



## INFORMATION SHEET

# VIRTUAL MEETING

## with 2022 HDS spokesperson Laurent Duvernay-Tardif and guests!

**Wednesday, February 16, 2022, 1 to 2 p.m.**

**Target audience:** Teachers of elementary grades 5 and 6, and secondary 1 and 2

Want to boost your students' interest in the topics that will be discussed in the "Meeting with LDT and guests" event?

Here are a few points you can address with your students:



### BEFORE THE EVENT

**Help your students ask themselves the right questions**

- + Who is **Laurent Duvernay-Tardif**?
- + What are the inspirational aspects of his journey?
- + What do perseverance, motivation, and engagement mean?

### DURING THE EVENT

**Encourage your students to reflect during the event**

- + What is Laurent Duvernay-Tardif going to talk about today?
- + What kinds of things help Laurent and his guests stay motivated?
- + Which guest made the biggest impact on you? How do you identify with this person?

### AFTER THE EVENT

**Help your students connect with the event's key messages by asking questions related to the following topics:**

#### MOTIVATION

- + What is motivation?
- + What affects your own motivation?
- + What helps you stay motivated in class?
- + What are the differences between intrinsic motivation and extrinsic motivation?

#### ENGAGEMENT

- + What kinds of things keep us engaged in our educational journey?
- + Do you know any people who are engaged? What do these people do to maintain their engagement?



#### CAREER AND EDUCATIONAL ASPIRATIONS

What does the word "aspiration" mean?

An aspiration is a long-term interest and desire to work toward a future goal. Aspirations relate to how young people see themselves in the future.

You can begin some interesting discussions by asking questions such as:

- + Is there anyone in your entourage who inspires you?
- + Why are these people inspiring?
- + What do educational aspirations mean to you? What is important to you?



## TAKEAWAY

*When students understand an assignment's value, have the skills to accomplish it, and feel accepted and appreciated in class, they are more likely to be motivated and engaged in their educational journey.*



## GOOD COMMUNICATION : THE KEY TO SUCCESS

Talk to your students about their goals, aspirations, and values. Some are probably unsure about their futures. This is a chance to help them realize that it is completely normal to not yet know what they want to do later in life. Take this opportunity to talk to them about it and reassure them.



### SUPPLEMENTARY MATERIAL

Winning approaches  
to support your child

## BUILDING SELF-ESTEEM

When interacting with your students, share your observations about positive aptitudes and personality traits—things like sporting or academic achievements, their ability to persevere through difficulties, or their engagement in extracurricular activities.

Ideas for building your students' self-esteem :

- Accentuate the positive
- Be constructive in your criticism
- Help your students recognize their strengths
- Set clear and realistic expectations
- Help them experience success



## SUPPLEMENTARY ACTIVITIES

Here are some websites with ideas for activities to do with your students :

- Improv cards  
(in French)



- The **tools** section of the  
Hooked on School  
Days website



AN INITIATIVE OF:



WITH THE PARTICIPATION OF:



Remember that your actions, words,  
and advice count for so much.

By acknowledging your students' efforts and various  
educational and career aspirations, you help them dream  
about their future and encourage them to persevere.

**OUR  
ACTIONS,  
A+IN  
THEIR  
SUCCESS!**