Name: _____ #_____ Date: _____

Who is Laurent Duvernay-Tardif?

Watch this video and answer the following questions.

https://www.youtube.com/watch?v=5JRLfHNiMwl

1. **Why is Laurent a good role model?**
a) He is a successful NFL player
b) He is a successful doctor from Montreal
c) He's the first person ever to graduate medicine while being an active NFL player
d) He's the first person ever to be working as a doctor while being an active NFL player

2. **What year did Laurent graduate in from McGill University?**
a) 2020
b) 2018
c) 2019
d) 2015

3. **Laurent played for the team called _____ until 2020.**
a) The Chiefs
b) The Texans
c) The Chefs
d) The Habs

4. **What is Laurent's long-time girlfriend's name?** _____

5. **When did Laurent get into football?**
a) high school
b) Elementary school
c) CEGEP

6. **His first game in the NFL was against the team _____ in 2015.**
a) The Chiefs
b) The Texans
c) The Habs
d) The Raptors

7. **What did he have to do in order to graduate on time in May 2018?**
a) Study every night and weekend for 3 years
b) Pass the big board exam with 8 years' worth of material
c) Be the best doctor in his program

8. **Why couldn't he continue studying in his apartment in Montreal? What was his solution to this problem?**
a) He had too many friends, so he went to Kansas city
b) He had too many distractions, so he went to a cottage
c) He wanted to spend time with his girlfriend, so he went to cottage
d) He had too much to study, so he stayed up all night to do so

9. **True or false:**
a) Laurent had doubts that he might not pass the exam. _____
b) The most beautiful day of his life was his graduation day. _____
c) He felt motivated after getting injured. _____
d) Laurent works best in stressful environments. _____

10. **How did his friends' visit in Kansas City help him?**

a) Gave him more energy and focus
b) They had fun BBQ parties together
c) They told each other jokes and laughed

11. **If you had a chance to ask him a question, what would you ask?**

_____

12. **Give an example of a time when <u>you</u> persevered and accomplished something that was difficult for you at first.**

_____

_____

Bonus: Growth mindset - fill in the blanks.

Change your words, Change your MINDSET!
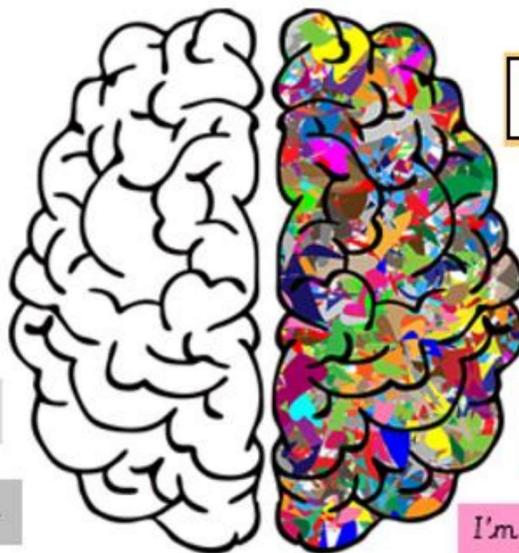
I'm not good at this.

I give up.

This is too hard.

I made a mistake.

I just can't do that.

It's finished.

I can always improve.

This may take some time.

I'm going to train my brain.

Is this really my best work?

Update

Since this video, his team went on to win Super Bowl LIV in 2020, their first championship in 50 years. Then, during the COVID-19 pandemic, Duvernay-Tardif wanted to help combat the virus outbreak and returned to his own province of Quebec to work at a long-term care facility in Saint-Jean-sur-Richelieu. On July 24, he announced that he had chosen to opt-out of playing during the 2020 season as a precaution due to COVID-19. He had been working as an orderly at a Montreal long-term care facility during the pandemic. He was the first NFL player to announce he would not play the season because of COVID-19.