

POPLAR HIGH SCHOOL COUNSELING DEPARTMENT

DATES TO KEEP IN MIND

Friday, September 18th: Homecoming Coronation
 Wednesday, September 30th: Grade Check

Check out the
 "Counselor Corner" on
 the school website
poplarschools.com



Make sure and join 
**the "PHS Counseling
 Department"**
**Facebook page for
 updated information!**

IT'S UP TO YOU

Written by: Mrs. Cummins

One of the great things about having a summer break is that you have time to get away, rest, and reevaluate your life. Some of you may have had a tough last semester or two; others may have felt burnt out from pushing themselves to keep their grades up. Others may have been distracted and failed a few classes. All of us struggle. We may want to give up, we may fail, or we may have even thrown in the towel at some point. I am here to tell you, that is ok. Although things could have gone better if we would have made some adjustments, we are where we are now, and it is up to us if we want to give it another shot. We can use these experiences to make us better or allow them to hold us back. The decision is up to us.

Here are a few tips if you are ready to pick up that towel and learn from your experiences. Start the year off strong, right from the first class or assignment.

Get organized. Take notes, write down due dates in a planner, break down assignments into manageable tasks.

Get enough sleep! Sleep is one of the best things you can do for your mental and physical health. When you are sleep deprived, small tasks can seem huge, anxiety levels increase, and you feel as though you have no control over your life. Some tips for a good night's sleep are getting off your phone and turning off the T.V. an hour before bedtime. You can try reading a book, listening to soft relaxing music, or have some quiet time to let your body know that it is time to start winding down.

Set some attainable short term and long-term goals for yourself. Maybe you want to bring your English grade from a "C" last year to a "B" this year (long term goal). If so, you could start with a short term goal of turning in all assignments on time for the first month of school. Maybe your long-term goal is to make the varsity basketball team. You could start by running a mile 3 times a week for the next month and do shooting and dribbling drills for an hour 2 times a week. Your long-term goal is where you want to go, and your short-term goals are how you will get there.

It's up to you if you want to make changes. Just know that we are here to help you any way we can!



WHAT ARE THEY DOING NOW?

Interview with William Prichard, PHS class of 2014

What are you currently doing for college, military or career?

I'm currently a certified Law Enforcement Officer working for the tribes. (Tribal Police.) I DID however, go to college at Full Sail University in Orlando, Florida for Digital Arts & Design. Little bit of a difference I know, but I'll try to get some details out in a later question.

What is/was the biggest adjustment you had to make transitioning from high school to your current situation?

I graduated with a lot of people supporting me, I still do have a lot of people supporting me. Just understand that once you graduate you're expected to be your own person and be able to handle everything on your own. I feel like that's something that's not talked about. Once I graduated, I seen that everybody has to live their own life now. It was harder to stay connected to friends, especially the ones that dropped onto the alcohol/drug train. Some classmates moved away and I've never talked to again. Some went on to college, graduated and are doing their thing. Some didn't go to school and went straight to the work force. There's a lot of roads life can take you on, just understand that you're the one driving, and you'll no longer have a whole class to bounce ideas off of.

What helped you make the adjustments?

You see there tends to be a repeating theme? Straight out of school I moved across the country, living on my own, and I was supposed to wake up and get to class all on my own. When a couple weeks before I was living at home with my mom making dinner and having everything being handled with no worry from me. It was a bit of an eye opener, really "threw me into the fire" kind of deal. I learned quick, and it was one of the best things for me. After I came home and had to move in to my grams place while I got on my feet, I hated it. Once I became independent and realized I have to get myself situated and solid in order to start pursuing greater things in life, life became easy. You don't need to worry about pressure from people because, you got your own thing going on. No matter what path you take, eventually you'll need to be independent without any reliance on family or friends. You can always ask for help, no doubt, but just make sure you're not relying on them to make it through day to day life.

What advice would you give to high school students?

This answer is a little too open ended, I could go on. Pages and pages worth. However, to the seniors getting ready to go out on your own, make sure college is 200% exactly what you want to do. Take some trips, visit some campuses, even then the tour guides will show you how great the school is but none of the behind the scenes things. Student loans, being thrown into an environment you maybe aren't prepared for, and the worst part, finding out college is not something you want to do. A lot of people will push you to college, I mean EVERYBODY will push you to college. I would suggest looking at a trade school early on. They'll get you right to work early. Also, consider taking the free classes at the Fort Peck Community College. I know a lot of you are eager to get out of town but the truth is, you may not know exactly what you want to do. Taking a few classes at the local college and getting a little time into the world will usually help you realize what it is exactly you want to do or accomplish in life. Again, college isn't the only path out of school.

To the underclassmen, suck it up and do as many sports and clubs you can be apart of. A lot of life lessons are taught in any part of the sports and clubs. (On the plus side, I got to go on a bunch of trips and be able to miss out on a bunch of class. It's a lot of fun, and getting out and around other schools and places really opens up your world.) Don't be one of the guys laughing down on the clubs while they're doing club stuff only for that club to be in Hawaii or Florida at nationals having a fun a-- time at "Workshops" later on in the year while everybody else is in math learning some algebra. It's all worth it, and 90% of my buddies that remember back on school wish they did sports and clubs. Don't be losing out on fun memories you could be having.

A quick final note to high school students, don't be smoking weed and drinking and setting a bad example to the kids below you. Kids are starting in at 8th grade and younger, it's honestly not that funny taking a drunk twelve year old kid who doesn't know where they are who they're with to the JDC. I didn't realize but middle schoolers look up to you high school guys a lot more than you know. You may not see it but everything you do that they can see you do, they want to do.

Also, if you're getting your weed from some sketchy sources around here, they've been know to lace it with meth. Take that information and do what you want with it. To the drinkers, I've seen the high school drinkers transition from "cool kids having a beer" to the alcoholics that are visiting the local bar every night. Trust me, it's not all it's made out to be. (Cont. pg. 3)

WHAT ARE THEY DOING NOW?

Interview with William Prichard, PHS class of 2014 (cont.)

What do you wish you would have learned in high school?

Long Answer: A few things that should be taught specifically in classes are how to change a tire (Just overall more car stuff, checking oil, change wind shield wipers etc. It really pays off in the long run instead of just "taking your car into the shop"), budgeting (specifically living on a fixed income, the general assistance area over at the tribes usually has to teach people how to budget to pay for food for their kids. Knowing how to budget and stretch out a fixed income is necessary in our present day world, looking at you college hopefuls), what is credit? How to obtain good credit, what good credit means etc. (Ask Mr. Fur-Bear, dude is a master of numbers he'll be able to teach a thing or two), learning to cook some easy home cooked meals (most people know how to cook around here but truly knowing your own way around the kitchen is a nice life skill), set up your own bank account (get a debit card and get some checks, a lot of things are switching away from hard cash and going digital, I imagine in your life time's you'll need a credit/debit card to access most resources).

What are your future plans?

My future is broken down in goals. My immediate goal is to learn modules 2,3 & 6 of my Krav Maga Instructor Certification. I have the basics down but the next one is advanced. My within one-year goal is SWAT Training (The class was cancelled this year because of the f--king Rona). 5+ Year goal is to be on a SWAT Team in a huge city department dealing with high risk/life threatening situations (and possibly teaching the combatives from my Krav Instructor training). Every officer you meet is different, my area of expertise is dealing with the dangerous stuff (Gun calls, pursuits, combative crazy subjects looking to do dumb s--t etc.).

Interview with Jessica Pipe, PHS Class of 2016

What are you currently doing for college, military or career?

I am currently a full time student through BYU-I online and my major is public health. I am also working as a cake decorator in a bakery in Logan, UT and absolutely loving it!

What is/was the biggest adjustment you had to make transitioning from high school to your current situation?

My biggest adjustment would probably be learning to live on my own away from my family and budgeting.

What helped you make the adjustments?

My first year of college I moved to Idaho but I still had all my family with me, so I didn't really need to adjust. What really helped me make the adjustments would be my year and half serving a full time mission for the Church of Jesus Christ of Latter-day Saints. For this mission I had to move to Southern, AL and only had help from those in the area I was living in and my missionary companion. My only contact with family was a phone call twice a year or email once a week. I had a pretty set schedule waking at 6:30 am and going to bed by 10:30 pm. I served, studied, and taught people all day long every day till my service was up. This experience definitely taught me a lot of discipline and ways to stay motivated in any activity whether it's learning something new, work, or even developing new relationships. The main thing I can take from that experience with how it applies to adjusting would be to STEP OUT OF YOUR COMFORT ZONE. There is no growth in the comfort zone and no comfort in the growth zone. You learn from your own personal experiences and the best way to do that is try something new and your adjustment will follow.

What advice would you give to high school students?

I would tell high school students to get involved!!!! The more experience you have the more you will benefit from them in the future. High school is easy and if you have a wide arrange of experience in a few different clubs or different areas like sports, art, music, auto, sciences, etc. This will broaden your horizon, make it easier to know what you're passionate about, develop a more outgoing personality (networking purposes) and even help with connecting to others you haven't met yet. Your success in life will come from you trying and putting forth an effort in any field you are in. High school, ESPECIALLY in a small school, will give you great practice.

What do you wish you would have learned in HS?

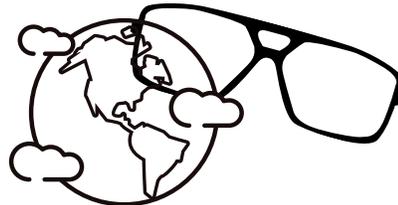
The main thing I wish I learned in High school would be how to handle my finances. EVERYTHING costs in life! So it would've been nice to have a family finance class or simple budgeting to help get you started.

What are your future plans?

My plans are to get a bachelors degree in public health and then a masters. I would love to help out communities become healthier. My goal is to help out reservations and implement healthy living programs. I want to specifically target the unique circumstances and problems that are so prevalent among these communities. Along with my career I plan on raising a family and hope all goes well!

WANT ~~HAPPINESS~~...JOY? DEVELOP YOUR WORLDVIEW

Written by: Mr. Wofford



Why is happiness in the title crossed out? If you recall your life this past year you will probably recall moments where you felt both happy and sad through out the entire year. Happiness is like being on a roller coaster up..down..sideways...stemming from unpredictable external factors like other people, things, places, thoughts and events. Joy comes when you make peace with who you are, why you are and how you are. Joy when cultivated is way more consistent than happiness by leveling the peaks and valleys of life. "You may ask, Wofford how do I get off the happiness rollercoaster and experience more joy?" Glad you asked young grasshopper, I will tell you. The key is developing a worldview (life philosophy) that promotes making peace with [enter your name here]. This article will give you guys some things to mentally chew on to develop your own world view, which is important because it will shape your future selves which could turn out a way you didn't intend.

First step is to study worldviews, worldviews are all around us and we can study them if we just open our eyes to them. Worldviews are located in books, movies, advertising, school, among your friends, family and the churches you may attend. Some are good, some not so much. Most are a combo of both, but you will choose which to learn from. What values do you want to keep, or modify, or reject?

If you don't learn about worldviews you will unconsciously adopt them and you might not like the results.

The second step is to step back into your toddler days... not the crying and temper tantrums but the "why?" stage and asking questions. Since your worldview is your lens to the world, asking yourself what you believe in? What do you value and why? How do you want to live, treat others? So the things that you surround yourselves with (books, movies, friends etc.), ask yourselves what do they think is important? What does Captain America think is important (hint! Actions speak louder than words)? If you are a person of faith, ask your faith the same questions. Do you agree with the answers you get, is this something you can build your life on? Your life will be built on a worldview make sure it something you choose and not unconsciously chosen for you.

Once you build you worldview "home" on a sturdy rock as it's foundation and not on sand you will start to experience joy and be able to weather the storms that life will inevitably throw at you. Need help with this life process ask your family, teachers, or your counselors. It will be worth it.



Mr. Wofford

High School Counselor
zane.wofford@poplarschools.com
Office- (406)768-6866



Mrs. Cummins

Student Welfare & Career Advisor
crystal.cummins@poplarschools.com
Office (406)768-6854