



POPLAR HIGH SCHOOL COUNSELING DEPARTMENT

DATES TO KEEP IN MIND

Friday, January 15th	Last Day of Fall Semester
Wednesday, January 20th	ASVAB all Jr.'s & select Sr's Interested in the Military
Friday, January 22nd	Last Day to sign up for Remote Learning
Tuesday, February 2nd	Xello (Career/College Prep) with Juniors
Wednesday, February 3rd	Xello (Career/College Prep) with Seniors
Tuesday, February 9th	Xello (Career/College Prep) Freshman & Sophomores

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



CONTROLLING THE CONTROLLABLES

Written by: Mr. Wofford

A student came in to talk to me yesterday. I asked her how things were going and if she was still interested in the military? This student said no and gave me reasons why she could not do it; then we went on to talk about grades and being on remote status. Some of the same reasons came up as to why she was not successful with their schoolwork. Most of the things were out of her control, and I asked, "what do you have control over in your life"? She gave the correct answer and said, "myself." There are only two things in this world that we have 100% control over, 100% of the time: Our effort and our attitude (Stein. A). Once we can wrap our heads around this concept, we can liberate ourselves from many anxieties we face in our lives. We cannot control COVID-19, but we can control washing our hands, wearing a mask, social distancing to reduce our chances of getting it or spreading it. We cannot control the behaviors of the toxic people in our lives, but we can control our attitudes around them. We can try (effort) to set healthy boundaries with them. You cannot control what other students think about you, but you can control your behaviors to build a good reputation. Your most valuable resource is time; spending that time, focus, and energy on things/people outside of your control is a waste of your energy. Focusing on the two things you can control (effort & attitude), you can impact and influence events and people in your life, but you cannot control their behavior or decisions. As fourteen-to-eighteen-year old's in Poplar High School, there may not be many things in your control with parents/guardians and school officials dictating much of your life but controlling what is controllable will help in managing anxiety in this chaotic time in your lives.

WHAT ARE THEY DOING NOW?

Interview with Hilary Gourneau, Class of 2007

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

I'm currently the Director of Head Start for the Fort Peck Tribes.

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

The hardest part for me during my latest educational adventure; moving to Portland, Oregon to attend graduate school at Portland State University was not being able to be home with family. I missed out on birthday parties, family gatherings, cultural celebrations, holidays because of my school schedule and finances. I've had to miss funerals of loved ones which was challenging, to not be around family when grieving was difficult. It made me homesick. These were things I knew would happen, especially over a three-year period, but it didn't make them any easier. I loved every moment of living in Portland, it was a rich experience for me and it showed me what I was capable of. It was scary, lonely at times, but there was so much love, laughter, excitement and adventure...which is normal when something new or unfamiliar is being experienced, a mixture of feelings. Being a Native kid from the rez, you're used to having your family around all the time and to be away from them is difficult but how I look at it is; Fort Peck will always be home to me, this is where I'm from and my People are from, this is where I have grown up and has helped shaped me into the person I am.

What advice would you give to high school students?

It's okay to not know exactly what you want to be while in high school, but that you should have a Plan A, B, C and D. Always have a plan. Write them down, if A doesn't work will B and if that one fails will C work. Did you know the average college freshman will change their major five times before they graduate? Follow your passion because you don't want to invest time, energy and money into a career that doesn't ignite a flame within you. Yes, life will get tough and things will happen that push you in another direction or you'll fall down, but only stay down long enough to reflect on what got you there and then jump back up and try again or create a new plan. You'll never know if you never try. Do not let fear of failing hold you back. Everyone fails. Everyone makes choice that aren't the best, but you'll learn from them. You'll be a life-long learner because the world will not stop teaching you.

What do you wish you would have learned in HS?

More about financial responsibilities-checking accounts, loans (auto, student, bank, housing) interest rates, credit score, savings, health insurance, filling out applications of various things (renting, job, government assistance, higher ed. Apps, etc.), filling out taxes. Knowing that just because it sounds cool or like a good idea doesn't mean it always is, scammers do exist. I also think everyone should take a home ec. and mental health class. Understanding even a little bit about your mental health will help you in learning so much about not only yourself but those around you.

Do you have any future plans?

I believe in manifesting what you want and also working your buns off to make it happen. I do plan to return to college and work towards an administrative license and/or a Doctorate degree. I'm interested in racial identity, cultural teachings, education, and leadership so something that incorporates all of those areas. I do believe when the time is right and I'm ready things will align. I would like to work in Education at the federal level and become a College Professor so I could share my knowledge and passion with others. Also, one of my dreams is to write a children's book.

THE ENEMY OF GREATNESS

Written by: Mrs. Cummins

We read about people who became great in their line of work. People like Martin Luther King Jr., Michael Jordan, Billy Mills, Elon Musk, Bill Gates, Albert Einstein, and so forth. But how did these people become so great? If your answer to that question is “they were born with it,” “they lucked out,” or some other uncontrollable factor, then this article is for you. Although some people are born with natural talent and appear to have “lucked out,” this is not what makes them great. To become great, they had to dedicate themselves. They had to make sacrifices. They had to fail and pick themselves off the ground. They had to prepare themselves to take advantage of any opportunities that arose. How can you dedicate yourself? If you want to be a great basketball player, you can start by doing things like lifting weights, doing dribbling, and passing drills. You can become great by focusing on your game out of season, not just during the season. You can begin to trust yourself with that last-second shot to win the game. If you want to be great in the world of Academia, you can begin honing your skills by reading everything you can about the topic of your interest. You can take advantage of learning opportunities like the Harvard Program or dual credit classes. If you aspire to work in the trades and want to be a great mechanic, you can read and watch all you can about mechanics. You can begin tinkering with your car to discover the inner and outer workings. If you want to be a great humanitarian, you can begin by helping those around you. You can begin with community volunteering, raising funds for an organization, reading about those who inspire you and their journey. No matter your age, you are capable of greatness. So what is the enemy of greatness? The enemy of greatness is assuming that greatness is something to be attained. Greatness is a process. It is the continued effort to make one self-better than they were the day before. Start your year off smart and begin setting goals and working towards that greatness. YOU ARE CAPABLE!

Start the New Year S.M.A.R.T

Set yourself up for success by setting goals for yourself that are:

Specific-What is your goal exactly?

Measurable-How will you know that your goal has been met?

Achievable-What steps will you take to reach your goal?

Relevant-Why is this goal important to you?

Timely-When do you want your goal to be met by?

My Goal Is: _____

I can & I will

I will take the following steps to reach my goal:

Step 1: _____

Step 2: _____

Step 3: _____

This goal is important to me because: _____

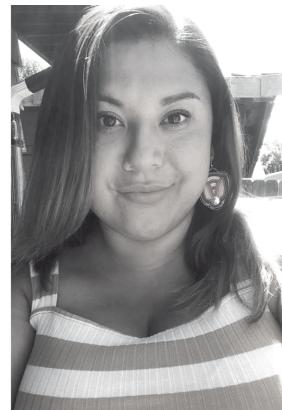
I will meet my goal by (Date) _____

I will know that I have succeeded by: _____



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