

# POPLAR HIGH SCHOOL COUNSELING DEPARTMENT

## DATES TO KEEP IN MIND

### Every Wednesday- Homework Packet Pick-ups and Drop-offs

<b>Seniors</b>	<b>12:00 pm to 1:00 pm</b>
<b>Juniors</b>	<b>1:00 pm to 2:00 pm</b>
<b>Sophomores</b>	<b>2:00pm to 3:00 pm</b>
<b>Freshman</b>	<b>3:00 pm to 4:00 pm</b>

Make sure and check out the "Counselor Corner" on the school website [poplarschools.com](http://poplarschools.com)



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

## GOING ALL IN

Written by Mr. Wofford

As I have been reflecting on my previous articles, I have been thinking of where am I going with these insights (I am a big picture person, I need to see a bigger purpose to what I do). Then I had a moment yesterday where I was listening to an FCA Wrestling podcast and it hit me, going all in. The speaker Larry Brown said "great things happen when you go all in". In that moment this was profound to me. I am a big picture person and I love it but I tend to spread myself too thin with all that is involved with the big picture. Going all in means being in the moment, putting everything you got into what is facing you at that particular time. You have a giant facing you in the moment, go all in. You have your grandma, baby sibling wanting to talk to you for a few minutes, go all in. You have wrestling practice/match, go all in. You have your own thought distortions in the moment, go all in and defeat them. There is a season for everything, when it is harvest time, farmers are all into the harvest. Have a schedule, have a plan but face the moment and go all in. Poplar High School students, great things happen when you go all in.

## 5 TIPS TO HELP WITH MOTIVATION

1. Start small. Sometimes we have so much to do that it makes it difficult to start. Overcome this by saying you'll complete one page of work rather than a whole packet.
2. Accountability. Ask a family member or friend to hold you accountable.
3. Declutter your work space. When your work area is clean, it can make it easier to focus and stay on task.
4. Break things up.. Rather than working for hours straight, do some work for 45 minutes and take a 15 minute break.
5. Reward yourself and celebrate your success!

## GET TO KNOW YOUR COUNSELORS

What's the weirdest thing you've eaten?

Wofford- Escargot (snails), loved it! Would totally try it again.

Cummins- A Kangaroo burger. It tasted like wild game and was kind of dry. Glad I tried it but only had one bite.

What's your favorite smell?

Wofford- Lilac always gets my attention.

Cummins- Petrichor (rain smell). Mmmm

Toilet Paper: Over or Under?

Wofford- I guess over, or which ever way i have it.

Cummins- Over, because it makes more sense... it's easier to grab.

## MOTIVATION

Written by Mrs. Cummins

I know that for me lately, motivation has been hard to find. When you feel like you have all the time in the world and nothing seems urgent, it can be challenging to get things done. Sometimes we get overwhelmed with everything that has piled up and see no end in sight. Some tips that have helped me overcome these things are to think back on my successes and see how far I've come. Making a list of 5 things that I can check off and see that I am getting things done. Remembering that if I get things done now, I can relax over the weekend. Other times, I just start doing something like pulling out my computer to start typing or go start researching whatever it is that I need to work on. It can be challenging but pushing ourselves to complete what needs to be done teaches us that we can do what we say we are going to do. It helps us to believe in ourselves so that we can accomplish our goals. I know that each of you has it in you, so encourage yourself and move forward!

### Need someone to talk to?

Feel free to contact Mr. Wofford or Mrs. Cummins anytime between 8:00 am - 8:00 pm  
You can contact us via email, call, text, or Facebook messenger at the info at the bottom of this page.

**If it is a life threatening emergency, please call 911**



**Mr. Wofford**

High School Counselor

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