NOVEMBER 2020 / VOL. 2 ISSUE 2

POPLAR HIGH SCHOOL COUNSELING DEPARTMENT

DATES TO KEEP IN MIND

Wednesday, November 4th — Grade Check
Thursday, November 12th 1:00-7:00 — Parent Teacher Conference
Thursday, December 9th — Grade Check

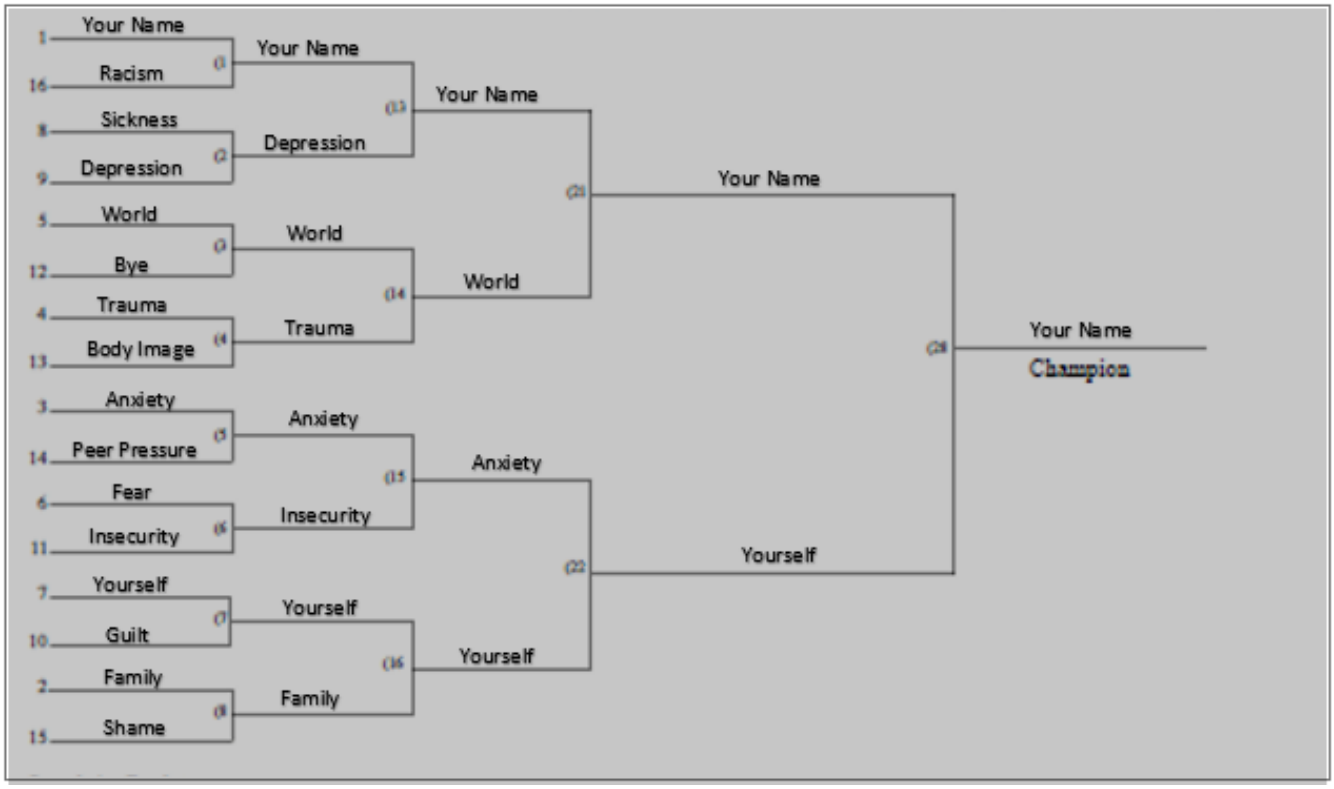
Check out the "Counselor Corner" on the school website poplarschools.com

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

DEFEAT YOUR BIGGEST OPPONENT

Written by: Mr. Wofford

Who is your biggest adversary you face today? Some of you may say depression, some may say substance abuse and others will say anxiety. There is and always will be remnants of these and/or others throughout you life. Life itself can be an adversary throwing curve balls, blocking a kill shot in your attempts to score and win. Each adversary though similar within each sport, have different play styles that need to be met in different ways to defeat. Your life is no different, to grow and succeed in this game/adventure we call life your opponents require nothing less than your ultimate best. Each opponent can/will beat YOU at times through out YOUR lives. If YOU have the courage, discipline, and GRIT to learn, grow and overcome YOU can be champions of your life, finishing the race. Goals accomplished, life fulfilled, wisdom passed on, and JOY are among the many awards.



LIFE AFTER HIGH SCHOOL

Written by: Mrs. Cummins

Have you ever thought about what you'd like to do after high school? Maybe you wanted to be a business owner, a cosmetologist, a nurse, a diesel mechanic, or a teacher. There are so many options to choose from. Maybe you are unsure at this point what you'd like to do and don't know where to start. Perhaps you think it's too early to be thinking about that stuff.

I'm here to tell you that it is never too early to start preparing for your future. This doesn't mean that you have to have everything figured out. Things change, and we understand that. However, it is our goal, as the high school counseling department, to help you prepare for life after high school. One way to do this is for us to help you see your options for after high school.

A tool that has been successful in the past is the college and career planning program, Xello (thanks to the Chante Grant). This is a program that you can log onto at home. We hope to get into the classroom with you all and go over this info once things get back to normal a bit. Until then, if you would like to begin working on it, you can let Mrs. Cummins know, and she can get you your login info.

If you're thinking about going directly into the workforce, begin looking at job openings on Monster, Indeed, USAJobs.gov, and the Fort Peck Tribes website. This can help you get an idea of the skills and experience needed and the pay you can expect. You can begin writing a resume by keeping track of tasks at part-time jobs and volunteer work.

If you're planning on enlisting in the military, you can start by learning about the different branches and talking to recruiters. It would help if you also started studying for the Armed Services Vocational Aptitude (ASVAB) Test. All students take this test as a Junior, even if they are not joining the military. There are books for studying for the ASVAB located in the Counseling Center as well as websites. Getting a good score on the ASVAB can set you up for a better position and possibly a sign-on bonus. There are physical and mental challenges that come with enlisting. Getting into the weight room, running, and exercising can prepare you. Joining sports like wrestling, Cross Country, basketball, and so forth can help keep you fit and prepare you for the military as well.

You can also begin visiting with people who work in a field that you are interested in. I know that many teachers would be willing to answer questions you have. You can reach out to aunts or uncles and talk to them about their occupation, your friends' parents, or anyone who you look up to. More often than not, they will be willing to share their experience with you if you ask.

Find a part-time job and/or volunteer. Part-time jobs and volunteering allow you the opportunity to build your resume. They give you valuable experience in different occupational fields and help you discover what you like or dislike specific jobs.

GRADES. I'm sure you all get sick of teachers and parents talking to you about your grades, but they are essential, especially if you plan on attending college. Having good grades can separate you from the rest of the pack when you apply for scholarships. Yes, even athletic scholarships. Scholarship committees want to invest their money in someone who is going to graduate from college. Having good grades in high school lets them see that education is important to you.

When you stay on top of your grades and take advanced and dual credit classes, you will be better prepared for college. Although it may be more comfortable to stick with easier classes, you are not giving yourself a chance to grow. You are showing yourself that you are capable of overcoming challenges. If you've ever heard us talk about a growth mindset, this falls in line with that growth process.

As always, Mr. Wofford and I are always available should you need any help or have any questions.

WHAT ARE THEY DOING NOW?

Interview with Rachel Diaz De Leon, Class of 2019

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

I am currently going to college at MSU Bozeman to pursue the career of being a nurse I am not sure what type of nurse I want to be yet but I'll decide along the way. I have also considered going into the military when I'm done with college or become a nurse in the military.

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

My biggest adjustment I had to make transitioning from high school to my current situation in college was leaving the comfort of a small town to attend a college where there are thousands of students.

What helped you make the adjustments?

What helped me make the adjustments to college life was going to the AIC the American Indian Council. The AIC helped me adjust the most because I was around other Native students. The AIC members would also direct me to tutors and other resources on campus. They also have weekly meetings on Monday's called nations and that's where we would meet in the AIC room and play games. They would also invite a speaker to come in to speak to us and give us motivation and there are other outdoor activities we would do like go cross country skiing. While attending nations I got to meet a lot of people and make friends it was a nice break from classes. Also joining clubs helped me a lot because I got to meet people who had the same interests as me and do something fun rather than just doing school work.

What advice would you give to high school students?

Advice I would like to give to high school students is to sign up for every scholarship and go to college or go into the military. I think it's best to leave the reservation and have that experience to figure out what you want to pursue a career in.

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

In high school I wished I had learned how to write APA essays. I also wished there was more college prep classes in high school. Another thing I would have liked to have learned was how to take proper notes and learn studying skills.

What are your future plans?

My future plans can change but as of right now my plan is to graduate from college and hopefully move to California to find a job as a nurse there.

WHAT ARE THEY DOING NOW?

Interview with Samantha Youngman, Class of 2017

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

I am currently in my fourth year of college at Dickinson State University pursuing my Bachelor degree in General Business.

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

I think my biggest transition was the amount of responsibility, having to schedule all my classes, paying tuition, and making sure all paperwork is correct for the college.

What helped you make the adjustments?

My advisor, and many helping acquaintances from home.

What advice would you give to high school students?

If you know that college is the path to go, pursue it, if you are having second thoughts there is nothing wrong with gap years.

What do you wish you would have learned in HS?

Everything that I now know. It is a lot, but nothing really prepares you for what you encounter in college.

SENIORS: If all goes as planned with Parent Teacher Conferences, you and your guardian are welcome to come to the Counseling Center that evening to complete your Free Application for Federal Student Aid (FAFSA). This is how colleges determine how much money you quailfy for to pay for college or trade school.

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