

# 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!

## DARE TO DREAM

Written by Mrs. Cummins

Sometimes growing up on the rez or small-town America, it can be hard to dream. When we are faced with disappointments time and time again, it can hinder our ability to dream. I know for me, I have had difficulty dreaming. I was afraid that I wouldn't be able to accomplish my dreams, or that something out of my control would steal it from me. When I have shared my dreams with others, it made me feel vulnerable, embarrassed, and afraid that I would fail and everyone would see it. You know what? I have failed, time and time again. Yes, it hurt, and it sucked, but I got back up and tried again. Sometimes it took me years to move on, other times only a few days. Life is about learning from our failures.

If life was easy, it wouldn't make the good times so sweet! I challenge each of you reading this to begin to dream and dream big! If you already have a dream, write it down and remind yourself of it daily. Begin to work towards it by talking about it with others who will support and encourage you. Start reading about others who have accomplished what you want to achieve, if you know them, ask them about their journey. For me, the biggest thing that has helped me when things have gotten difficult is knowing that I have four children and that I want them to know that they can accomplish whatever it is that they dream of! When times have gotten difficult, I have been able to dust myself off and get back up because my life isn't just about me. It's about generations behind me who are looking up to me. It's about making a difference and changing the statistics for Native people and women. When you feel that you are ready to share your dreams, let myself or Wofford know. We would love to be a part of your journey and help you any way we can!

## 5 TIPS ON HOW TO TAKE CHARGE OF YOUR FUTURE

1. Don't be afraid to dream!
2. Write down your goals or plans for the future.
3. Find a mentor or two to learn from. If there's someone you look up to, ask them if they can mentor you!
4. Personal Development. Read books, watch videos, learn more about what you want to do!
5. Determine your "why". Knowing your "why" will help you push through any difficulties.

# GET TO KNOW YOUR COUNSELORS

## What's your favorite dinosaur?

Wofford- Triceratops because they look cool.

Cummins- A T-Rex because it's easy to say and spell.

## What's something on your bucket list?

Wofford- Learn to fly so I can sky dive out of it.

Cummins- Eat a hotdog from a street vendor in New York City, with all the toppings.

## Do you prefer Coke or Pepsi?

Wofford- Coke because it's not as sweet and I like the burn.

Cummins- PEPSI because it's sweet and tastes good after a stressful day.

# BATTLEFIELD OF THE MIND

Written by Mr. Wofford

I have to be honest with this week's article, I struggled with it. I knew this topic was the one I needed to write about but I couldn't think of how to write about it. The battlefield of the mind is something I struggle with on a daily basis, some areas of my life more than others but struggle never the less. This battle that everyone wrestle with falls along the lines of previous articles I have written on anxiety and Facing your giants. This week's article focuses on what anxiety and giants can cause in our own minds. The "All or nothing thinking", "Mind reading", "Unhelpful rules", "Justification", "Delusional thinking", "Exaggerated thinking" As I struggled with how to write this with my own battle raging, I remember what one of your school mates wrote from her Harvard experience and so I decided to let her teach all of you about thought distortions (the lies we tell ourselves).

*"I'm a wrestler, a female wrestler from an Indian Reservation. I come from a Native community where women are seen as a target and are ten times more likely to be murdered compared to the national average, families suffer from poverty, the youth lack proper education, people with illnesses lack access to healthcare, and many succumb to drug addiction losing hope for the future. Growing up in this environment, I have confronted challenges my whole life, both physically and mentally from the lack of resources in my community. However, this has taught me to become a fighter, both for myself and for others. Despite the limitations of my community, I have learned how to make best use of the small resources and opportunities given to constantly move forward and help others do the same. Even in times of failure, I have learned how to cope with it and turn it into a lesson for improvement for the future. I realize the value of hard work and persistence as it leads to true victory".*

- Samantha Brunelle, Poplar Student Council President.

Our experiences, environments, and people's words shape the battlefield of our minds, about who we are and what we tell ourselves. Re-frame (change) the thought distortions into something positive (practice makes perfect). Remember thoughts turn into action, make them good thoughts and you will get better results. Stay safe my goobers, see you again soon.

## **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

[zane.wofford@poplarschools.com](mailto:zane.wofford@poplarschools.com)

Call or text- (406)250-5640

[www.facebook.com/zane.wofford.3](http://www.facebook.com/zane.wofford.3)



**Mrs. Cummins**

Student Welfare & Career Advisor

[crystal.cummins@poplarschools.com](mailto:crystal.cummins@poplarschools.com)

Call or text- (605)216-1158

[www.facebook.com/crystal.speelmancummins.5](http://www.facebook.com/crystal.speelmancummins.5)