

POPLAR HIGH SCHOOL COUNSELING DEPARTMENT

DATES TO KEEP IN MIND

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

Seniors	12:00 pm to 1:00 pm
Juniors	1:00 pm to 2:00 pm
Sophomores	2:00pm to 3:00 pm
Freshman	3:00 pm to 4:00 pm

Make sure and check out the "Counselor Corner" on the school website poplarschools.com



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

FACING GIANTS- OVERCOMING ADVERSITY

Written by Mr. Wofford

As a wrestling coach I teach my athletes to face their "giants", the kids that they seem to lose to all the time. When they see they have to wrestle their giant the anxiety & self-doubt instantly set in and I can see it in their faces and their body language that they are going to lose again... and they do. It is frustrating as a coach and counselor to see the sparkle of life dissipate in the blink of an eye knowing that in sport and life, any given moment victory can be ours. Wrestling is a sport of life, facing giants (adversity) on our own. We may have our coaches on the sideline, our families/friends in the stands all supporting us but in the end it is us facing the giant. Here are some strategies for victory: 1) Develop a world view/life philosophy – this will be your foundation/anchor to weather the storm. There are many world views out there but some are stronger than others find one. Ask mentors/life coaches/counselors for help if you don't know how to start. 2) Reflect on and write down the victories you have had over past giants, this will remind you of your strength and abilities to overcome the current/future ones. 3) Have a growth mindset "I haven't beaten you...yet". 4) Along with a world view (your anchor), have goals and dreams these are your lighthouses of life and keep you going in the right direction. 5) Preparation and hard work "Anything worth having is worth working for. Anything you love is worth fighting for" – Brian Rathbone. This includes victories over giants, prepare for them (mind, body and spirit), work hard to even the odds. 6) Be steadfast (never give up), keep moving forward even if you have to crawl. The giants of life never last forever. Giants can be slain, I have seen my wrestlers do it on the mat, I have seen, and I know you have slain giants in your life. Think of those times when you have won, and what you have learned from those wins. When the GIANTS of life come before you again know you can win and you will have your arm raised in victory once more.

5 TIPS TO A GROWTH MINDSET

1. Acknowledge & embrace imperfections so you can overcome weaknesses.
2. View challenges as opportunities. They can help you improve.
3. Read some articles on Brain Plasticity. The brain isn't fixed.
4. Value the learning process over the end result. The point of learning is to learn.
5. Use the word "yet". If you are struggling with something, it's only because you haven't mastered it yet.

GET TO KNOW YOUR COUNSELORS

What are your must-have smartphone apps?

Wofford- Sirius XM, Facebook, Apple TV Remote, Hopper, and News.

Cummins- Bookshelf, Amazon, Snapchat, Facebook, and Pinterest!

What is your dream vacation?

Wofford- Going to Israel, I love history!

Cummins- The Maldives with a bungalow over the turquoise waters.

Do you prefer mountains or the beach?

Wofford- I'm gonna say Mountains because they feel like home and are peaceful.

Cummins- The beach! I love the calmness of the sound of the waves and the warmth of the sand.

COMING TO TERMS WITH LOSS

Written by Mrs. Cummins

Some of you may be feeling sad or mad that you didn't get to have the full high school experience. You may feel as though you have been cheated and that you will never get this time back. You may have been looking forward to your last or first year of prom. You may have been looking forward to spring sports and participating in track and field, tennis, or golf. You may have had plans on making it to state, setting a record or looking forward to your last semester with your friends. I'm here to tell you, that is ok.

It's normal to feel these emotions and it's important to let them out rather than bottling them up. Some ways to come to terms with loss are to express your feelings by journaling or talking to someone. You may think that it's silly that you are upset because there are other people who are experiencing worse. However, your experience is your experience and it does suck that you didn't get to experience these things. Remember the good times.

Remember the times that you did have with friends, the proms that you did get to go to and the sports that you did get to participate in. Look through old photos, and reminisce with some friends. Lastly, remember that you have a full life ahead of you and many more life events to experience!

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

Call or text- (406)250-5640

www.facebook.com/zane.wofford.3



Mrs. Cummins

Student Welfare & Career Advisor

crystal.cummins@poplarschools.com

Call or text- (605)216-1158

www.facebook.com/crystal.speelmancummins.5