

Going to School with my Daughter

Nicole Plamondon

I have a wonderful asset while going to class. My daughter Adena attends with me. Being in class with my daughter is such a good feeling. We have common ground together – not just as mother and daughter but as classmates and friends. We have a shared goal: to improve our educations. Adena is working toward a positive future, and I am learning to catch up to the world I live in.

Adena helps me with my math, and I help her with her reading. When Adena was in high school, I had no idea how to help her, and we

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both felt frustrated. But in our ABE class, we don't get frustrated because we actually understand the work. Going to class with Adena is a great support

for me. I have anxiety in social situations, and it makes me feel more settled to know that I have someone who understands.

The younger people and older people in our class all help each other. I watched a teen boy help an elderly man with math. He did it all on his own without a hint of condescension. In turn, the older man helped the younger man learn history by talking about his childhood.

The teachers and staff of our program are extremely supportive. They encourage students to perform well and to have goals both in and out of class. My daughter and I have increased our confidence and self-esteem. We enjoy going to class together. Learning together and from each other has brought us even closer than we already were.



Nicole Plamondon is a student at Project LIFT in Hillsborough, NH. She is a single parent of two children. Nicole has had experience in modeling, acting, writing, and marketing. She hopes to pursue a career one day in human services.