

*Sarah, in her thirties, attended programs at the Saint John Learning Exchange and READ Saint John. Struggling with a learning disability, she began work with a tutor in 1997. Since then, she has gotten married, started to work in a catering business as president of the board, and serves as the student advisor on the READ Saint John (a Laubach Literacy council) Board.*

I didn't feel very good about myself before I began my upgrading. I had no confidence. I was very shy and I didn't talk to people. I kept to myself.

Sarah believes that, like hers, "All stories have a victory."

I went to the Learning Exchange first. I felt good. I was talking to other people who were in the same boat as I was. I went as far as I could with them but I wanted more. Then I heard about READ Saint John. I came in and did an evaluation and they found me a Tutor.

I knew I had a learning disability. I was tested for it before. I have a problem getting things down on paper. I know what I want to write but it doesn't look like it on paper. I miss words all the time. Working with a tutor one on one, I am slowly learning how to compensate. My mother has got a computer and we are working on that together. I find that it helps me a great deal.

Since I have been working on my upgrading, I have become less shy and more self confident. I volunteer and am President on a board for a catering organization, and have started public speaking to new tutors. I also sit on the board of READ Saint John as the Student Representative. Last year I won an award for achievement and that was a great surprise.

I feel pretty good about myself. I'm planning on getting another job. I work for the Catering organization now and the new job will probably be in the same field.

Written by Sarah Critchlow, Saint John NB (pg. 14 of *Live and Learn*)