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Back-to-School Moms

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"Women — many of whom have kids — are going back to school to increase their knowledge, get higher-education degrees and boost their earning power," says motivational coach Caroline Adams Miller, author of the upcoming book *Creating Your Best Life: The Ultimate Life List Guide* (Sterling; 2009). While some moms are attending traditional classes, the majority are enrolling in online degree programs. "Many fine universities offer this option, and students can augment their program by sitting in on classes in person once a month," Miller says.

Still, taking on the college-parenting combo is no picnic. Tackling homework while helping kids with *their* homework — plus juggling dinner, playdates and carpooling — is an extreme test of one's multitasking and organizational skills. But, Miller encourages women to think of the example they're setting for their kids. "They see Mom working hard, getting a degree and going after her goals. Plus, there are huge financial advantages, and you'll feel the exhilaration that comes from lighting up your brain with new ideas," she says.



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