



Financial Wellness

Stacey Hackett, MA.ED

Counseling Faculty at Pima Community College, Tucson

Agenda

Learning goals/objectives

Give background to why I started to add Financial Wellness to my classes

Preparing our Mindset - small group activity

Review of lessons: Day 1/Day 2

Review of homework assignment



Learning Goals/Outcomes

Participate in Financial Wellness lessons taught to Community College students with the intent to increase financial literacy and therefore impact students financial wellness.

Personal goal - to influence college students awareness about how financial decisions/spending habits in college impacts their financial stability. I want students to plan to pay for college without student loans.



Why Financial Wellness?

My Story -

This idea that student loan debt is good debt - it got me to where I need to be

Financial stability and retention



Reasons Students Leave College before Graduation

- Financial constraints (Go College)
- Financial reasons (Leaving Academia)
- Lack of financial support (State University)
- Financial pressure (Great Schools)
- Running out of money (College Raptor)



Warm Up - Preparing our Mindset

Traditionally in class this is an individual written assignment (bell work):

What do you define as financially stable? What does it look like? What type of financial decisions does a financially stable person make? Can a college student be financially stable? How?



Class Activity - Day 1

The day before class - a survey is sent to collect responses on what the students know about debt and then in class we address the same questions.

- 8 groups
- Review the fact provided to your table and discuss the topic
- Write on the sheet the responses from the table
- Be prepared to report out
- Discuss survey results with report out



Class - Day 2

- Students have watched Anthony O'Neil videos
 - Discuss in small groups responses to the videos
 - Report outs
- 5 Mistakes Not to Make in College (presentation)
- Homework - Monthly Budget (handout)
 - For STU100/107 (first semester students) the idea to have them to start saving for college
 - For STU210 (transfer students) the idea is to have them use their award letter and monthly budget to identify lifestyle changes or create a plan to pay for any award gap

