

# WORKSHOP ONE: INTRODUCTION & COURSE OVERVIEW

## **Advanced Preparations for Workshop 1:**

**Set-up:** Prepare room for class with adequate chair/table arrangement, sign-in sheets, pre-class questionnaires, Student Guides, and handouts. Set up projector and PowerPoint slides. If facilitating an online session, set up the slides and Zoom meeting room.

## **Materials Needed For This Class:**

1. Attendance (sign-in sheet if in-person, facilitators take attendance if class is virtual)
2. Whiteboard (or virtual whiteboard)
3. Facilitator Guide
4. Student Guide: Workshop 1
5. Laptop & projector
6. PowerPoint slides: Workshop 1
7. Poster paper and markers (in-person)
8. Writing paper and pens
9. Pre-class questionnaire
10. Demographics & Registration form
11. Class Topics Questionnaire
12. Workshop 1 Worksheets
13. "Poverty and Hunger in America" Handout
14. "The Hidden Rules Among Classes" Handout
15. "Steps Toward Financial Resilience" Handout
16. "Poverty and Intersectionality in Oregon" Handout
17. "How Poverty is Measured in the U.S." Handout
18. Snacks (if budget allows)

## **Learning Objectives:**

*Upon conclusion of Workshop 1, participants will:*

1. Have a basic understanding of what to expect in this course.
2. Recognize subtle and pervasive thoughts and reactions toward money.
3. Have a basic understanding of how mental health challenges and financial difficulties impact one another.
4. Learn new tips for mindfulness and self-care.
5. Have a basic understanding of poverty in the U.S. and how it relates to classism, intersectionality, privilege, equity, and social justice.
6. Have a basic understanding of financial resilience and how to build human capital.
7. Identify the financial areas that are most important for them to address.