

# STUDENT GUIDE SYLLABUS

<b>WORKSHOP 1</b>	<p><u>Introduction &amp; Course Overview</u></p> <ul style="list-style-type: none"> <li>• Welcome and introductions</li> <li>• Ground rules, course goals</li> <li>• Preview course schedule</li> <li>• Pre-class questionnaire, demographics form, class topics questionnaire</li> <li>• Thoughts and beliefs about money</li> <li>• Mental health and money issues</li> <li>• Addiction and money issues</li> <li>• Mindfulness tips to reduce financial stress</li> <li>• Poverty, class, intersectionality, and privilege</li> <li>• Social justice and equity</li> <li>• Financial resilience</li> <li>• Poverty guidelines and living wages</li> <li>• Individual course goals</li> <li>• Money saving ideas</li> </ul> <p>Homework:</p> <ul style="list-style-type: none"> <li>• Choose one money saving idea and commit to using it this week. Facilitators will do this too. Note which ideas are going well and which are not.</li> </ul>
<b>WORKSHOP 2</b>	<p><u>Setting Financial Goals: Person Directed Planning</u></p> <ul style="list-style-type: none"> <li>• Welcome back and group sharing</li> <li>• Person Directed Planning</li> <li>• Life now; what works and what doesn't</li> <li>• List of my strengths, gifts, and capacities</li> <li>• My financial dream</li> <li>• My life one year from now</li> <li>• Action Plan</li> </ul> <p>Homework:</p> <ul style="list-style-type: none"> <li>• Choose one more money saving idea and commit to using it this week. If you'd like, continue the money saving idea from last class.</li> <li>• Gather information (a list of expenses) for your personal budget.</li> </ul>
<b>WORKSHOP 3</b>	<p><u>Creating a Personalized Budget &amp; Resources to Save Money</u></p> <ul style="list-style-type: none"> <li>• Welcome back and group sharing</li> <li>• Different types of expenses</li> <li>• Separating expenses into needs vs. wants</li> <li>• Creating a personalized, working budget</li> <li>• Additional budgeting options</li> <li>• National, state, and local resources for saving money</li> </ul> <p>Homework:</p>