

STUDENT GUIDE SYLLABUS

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