

Zoom Tip: Use Google's Jam Board feature. Participants can write their responses to these questions anonymously on virtual post-it notes on the Jam Board. Facilitators can read off the responses when everyone is finished. Jam Board is a great way to make virtual discussions more collaborative, and anonymity can help participants who may usually not be comfortable sharing out loud be more involved in the discussion.

Pass out the “Debt and Mental Health” and “How to Cope with Debt” handouts. Allow time for participants to read through the handouts. Facilitate a quick discussion on the ways debt can affect a person’s mental health and well-being, asking the participants to brainstorm ways that debt can impact a person’s stress levels, relationships, self-worth etc. Emphasize again that the focus of this class is on hope and a debt-free future.

Calculating Debts & Debt to Income Ratios

Facilitator:

Suggested Time: 10-15 minutes

Materials: PowerPoint slides, Student Guide p. 119-121; whiteboard; calculator

Discussion:

Participants should have completed their lists of current debts as homework. Take a few minutes to check in with them about how this went and if they have any questions. If they weren’t able to complete their lists before class, ask them to do so as homework for the next class. This list will be useful when you get to the section on payment options and techniques.

Follow the steps in the Student Guide to calculate participants’ Debt-to-Income Ratios, using the list of debts they compiled. A person’s Debt to Income Ratio measures their ability to make current debt payments by dividing their debt payments by their take-home pay.

Monthly debt:	\$600
Monthly income:	\$2,000
Debt to income ratio:	30%

Facilitators should do the activity with participants and be available to answer questions. Participants can complete the activity in the space provided in their Student Guides, Workshop 7 Worksheets, or in notebooks/scratch paper. Once everyone is finished, invite a group discussion and open the space up for questions.