

Financial Wellness



A judgment-free space to learn and develop healthy money habits.

Workshops will be held on Mondays from 12 PM to 1 PM



Sept. 15

Financial Wellness **CEN**

This session will help you understand how money trauma can affect our daily habits and how we view money.



Sept. 22

Understanding Credit **PSCU**

Covers becoming an educated credit consumer, including credit approval evaluation, qualification factors, and credit scoring.



Sept. 29

Car Buying **EECU**

Explore key steps in car buying, including preparation, common terms, and financial/credit aspects.



Oct. 6

Planning for Money Milestones **PSCU**

This session prepares millennials to manage finances through SMART goals, expense control, and debt reduction.



Oct. 13

How to set Goals, Budget, and Save **Chase**

In this workshop, learn to set value-based goals, build a workable budget, and save for the future.



Oct. 20

Fraud Prevention **EECU**

Discover eye-opening insights into safeguarding yourself from financial fraud



Oct. 27

Introduction to Banking **Chase**

Learn banking basics, how to open accounts, and smart banking tips in this interactive session.



Nov. 3

Wise Up **EECU**

Experience being a financially responsible adult by choosing a career and managing expenses like housing and transportation.



Nov. 10

Saving with a Purpose **PSCU**

Saving is easier with a goal. This workshop shows how to choose goals and overcome barriers to achieve them.



Nov. 17

Ways to Help Avoid Fraud and Scams **Chase**

Learn to stay organized, spot scams, protect yourself, and respond to fraud.



Join us in the Family Food Science
Building Room 110
559.278.6736