

## **Financial Fitness @ Your Library**

Curriculum was developed by the National Endowment for Financial Education.

### **Week 1: Your Fiscal Strength**

This session will cover how participants were raised, examine their money attitudes, and explore how experiences and even gender can affect our relationship with money. Participants will be encouraged to examine how they can improve their relationship with money and make it a less emotionally charged issue. Tracking will also be introduced during this session.

### **Week 2: Booyah for your Budget**

This class will cover in detail how to set up a budget, plan for periodic and variable expenses, why tracking is important and how to learn from it, how to start saving money and why, how to pay bills on-time, electronic bill pay, calendar method, and the importance of goal setting.

### **Week 3: Credit Crunches**

This session will cover reading credit reports, credit scoring, how certain actions affect credit scores, how to dispute incorrect items, and why good credit is important (interest rates, insurance, employment, etc), and protecting yourself against identity theft.

### **Week 4: Basic Training for Borrowing**

This class will cover things that participants need to know when borrowing money, how to get the best deal, types of loans, differences in credit cards, mortgages and pitfalls such as payday loans, rent to own, and overdraft fees.

### **Week 5: Debt Drills**

This session will cover ways to pay down debt and an overview of the different options to do including self-repayment plans, debt management plans, debt settlement, debt consolidation (including personal loans, home equity loans and borrowing from retirement) and bankruptcy. Pros and cons of each option will be discussed.

### **Week 6: Staying Fiscally Fit**

This session will talk about looking ahead to the future, saving long-term (money market, CDs, bonds), college savings, retirement, investments, and advantages to participating in your employer's 401k/403b plan.