



# FINANCIAL WELLNESS SERVICES

## ABOUT FINANCIAL WELLNESS



Sacramento State Financial Wellness is a peer led program created to promote and assist students with money management. We host classroom presentations, campus-wide workshops, fun events, and we conduct individual coaching sessions throughout the year.

## PRESENTATIONS & WORKSHOPS

Financial Wellness conducts educational classroom presentations and campus-wide workshops on diverse personal finance topics, such as: budgeting, credit, savings and investing. In addition, we collaborate with various campus departments to create customized programming based on individual needs.



## FUN EVENTS



Financial Wellness hosts fun events throughout the semester, such as *Paint Your Piggy* and *Drop by for a Donut*. These events allow us to engage and promote the importance of money management and financial education in a stress-free environment.

## COACHING SESSIONS

Peer Coaches are available to meet with students individually for free, unlimited, and confidential discussions of their financial situations. Whether it's breaking down financial aid, getting out of debt, or changing spending habits, money can be difficult to talk about. Since our coaches are students themselves, students can gain confidence in relatable financial discussions.



## MONEY ON YOUR MIND? WE'RE HERE TO HELP!

Visit the [Sac State Website](http://www.csus.edu) (www.csus.edu) & Search: Financial Wellness

Location: Lassen Hall 1000 | Phone: 916-2784192

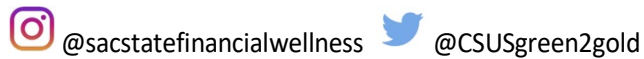
Email: [green2gold@csus.edu](mailto:green2gold@csus.edu) | Instagram: @sacstatefinancialwellness | Twitter: @CSUSgreen2gold



## Changing Your Perception of Money

E-mail: [green2gold@csus.edu](mailto:green2gold@csus.edu) | Phone: 916.278.4192 | Lassen 1000

Visit: [The Sac State Website](http://www.csus.edu) (<http://www.csus.edu>) | Search: Financial Wellness



### Here are a few tips to help you stay on track:

- Remember to apply to financial aid (FAFSA or CADAA) every year during the priority filing period from October 1st to March 2nd.
- Estimate and calculate your expenses prior to the start of each semester by having a budget.
- Only borrow what you need and be creative with how you have fun. Remember to split any grant or loan money into monthly allotments.
- Pay yourself first! Setting up direct deposit, with a portion of each paycheck going directly into savings makes saving easy!
- Apply for different types of scholarships through Sac State, community and scholarship websites.
- Get a part-time job on or off-campus to earn money to help you pay for college.
- Take advantage of student discounts via your OneCard on online purchases or with local businesses.
- Plan to pay off your credit card each month, or at least pay **more** than the minimum required, and save on interest charge.

### Check out these websites and campus resources:

#### Student Services Center

Provides students with a wide range of information and transactions related to enrollment, registration, and financial aid. Career Center

Help students get connected to employers through various campus positions and career opportunities.

#### Scholarships

Dedicated to support students by offering a wide variety of institutional and community scholarships.

#### CARES Office

Provides support to students who are in crisis or experiencing unique challenges to their education.

#### ASI Food Pantry

Provides food and basic necessities to Sac State students with financial hardships and food insecurity, at no cost.

#### Dreamers Resource Center

Provides support to undocumented students and students with mixed-status to overcome unique challenges to their education.

#### Student Health and Counseling Services

Offers various services and resources, such as counseling, health visits, sexual violence support, wellness education and pharmacy to Sac State students.

### Get a 1-on-1 Session

Visit Sacramento State's [Financial Wellness website](http://www.csus.edu/student/financialwellness) ([www.csus.edu/student/financialwellness](http://www.csus.edu/student/financialwellness)) to schedule a FREE, confidential, unlimited, and individual coaching session. To request a workshop (class, club or group), visit our website or email us [green2gold@csus.edu](mailto:green2gold@csus.edu).

Disclaimer: California State University, Sacramento provides financial and wellness resources as a convenience for informational purposes only. The University does not endorse, or approve any of the products, services or opinions of the entities or individuals affiliated with these links; and bears no responsibility for the accuracy, legality or content of any external site associated with the links provide or any subsequent links. These are simply suggestions, and you are encouraged to conduct your own detailed analysis relating to all aspects of financial wellness.

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