

Financial Wellness

Who We Are

Financial Wellness provides students with FREE, confidential one-on-one sessions on money management, as well as customized classroom presentations, outreach activities, and campus-wide workshops.

Financial Wellness by the Numbers (Academic Year 2018-2019)

- One-on-One Session
 - 39 individual coaching sessions
- Classroom Presentations
 - 41 Classroom Presentations (In partnership with the Bursar's Office)
 - 697 student attendees
- Outreach Activities
 - 6 activities
 - More than 1,000 student attendees
 - New Student Orientation, Move-in Day Shuttle, Admitted Students Day, API Day, Air Your Dirty Financial Laundry - Res Halls, and community event
- Workshops
 - 26 Student Workshop with 293 student attendees
 - 2 Faculty/Staff Workshops with 20 attendees
- Feedback from Attendees
 - 100% of respondents learned about the budgeting process and budgeting tools (Budgeting like a Billionaire)
 - 100% of respondents learned about credit report, derogatory, how credit affects them, and how to restore credit (How Does Credit Affect Your Life?)
 - 100% of respondents learned about setting financial goals, the difference between saving vs investing, and retirement income sources (Save and Invest in Your Future)
 - 86% of respondents learned about tax law changes, and tips to save money in April (Adulting 101: Taxing Out)
 - 100% of respondents learned about negotiation strategy, determining one's value, and understanding a job offer (Salary Negotiation for the Win-Win)
 - 100% of respondents learned about paying interest, loan repayment, deferment/forbearance, and loan servicers (Game of Loans)

How to Win at Life Event (Fall 2018 and Spring 2019)

- a fun, educational game to gain a realistic picture of what students' financial life after graduation might look like
- 320 student attendees

- 92% of students increased awareness about financial planning.
- 93% of students agreed that the event gave them a better understanding of how spending habits affect their financial future.
- 98% of students will refer this event to their friends.
- Feedback from Students
 - “Great way to get students thinking about their earning power and financial abilities”
 - “Gives knowledge and financial planning after graduation”
 - “The event was really eye opening as it showed me the realities of what is waiting for us in the future after college”

On Campus Partners

- CARES Office
- Financial Aid
- Bursar’s Office
- SOAL
- Summer Bridge
- ASI Food Pantry
- IPGE
- Career Center
- Admissions
- Veteran’s Success Center
- SSWD
- CAMP
- SASEEP
- MLK Center
- Parents and Families
- New Student Orientation
- FYE
- Admissions
- Housing
- WELL

Off Campus Partners

- The State of California – HR Department
- The State of California – Department of Public Health, Wellness Program
- Sacramento City College

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