

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*

→ 697

Student
Attendees

Outreach Activities



6

Activities

→ 1,000+

Student Attendees

Activities: 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

→ 293

Student
Attendees

2

Faculty/Staff
Workshops

→ 20

Attendees

100%

of respondents learned about the budgeting process and budgeting tools (Budgeting like a Billionaire)

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 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)

100%

of respondents learned about paying interest, loan repayment, deferment/ forbearance, and loan servicers (Game of Loans)

* In partnership with the Bursar's Office

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

“The event was really eye opening as it showed me the realities of what is waiting for us in the future after college”

“Great way to get students thinking about their earning power and financial abilities”

“Gives knowledge and financial planning after graduation”

On Campus Partners

CARES Office

Financial Aid

Bursar's Office

SOAL

Summer Bridge

ASI Food Pantry

IPGE

Career Center

Admissions

WELL

SSWD

CAMP

SASEEP

MLK Center

FYE

New Student Orientation

Housing

Veteran's Success Center

Parents and Families

Off Campus Partners

The State of California – HR Department

Sacramento City College

The State of California – Department of Public Health, Wellness Program