

# FINANCIAL WELLNESS

## CHANGING YOUR PERCEPTION OF MONEY

### STUDENT SURVEY RESPONSE\*



Understanding the connection between student finances and student success is essential to supporting the 21st century student.

69%

of students worry about having enough money to pay for school

62%

of students say they would use financial support services if offered by their school

59%

of students say they would have trouble getting \$500 in cash or credit to meet an unexpected need within the next month

48%

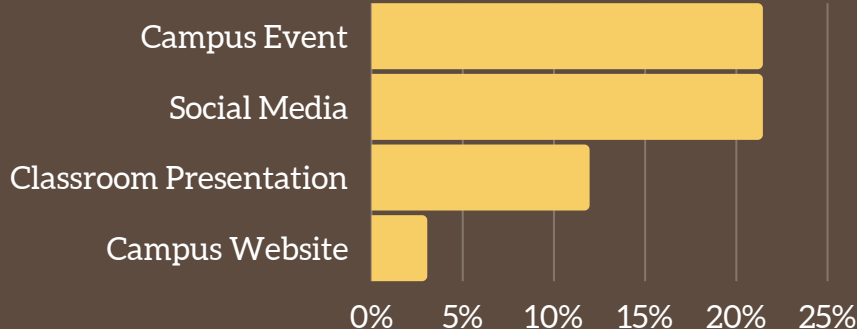
find their total debt amount to be overwhelming (credit card, car loan, money owed to family/friends)

\*Data from the Fall 2019 Trellis Research Student Financial Wellness Survey of Sacramento State Students © 2020 Trellis Company | 70643



### COACHING SERVICES

How did people learn about us?



100%

of students would come back or recommend our services to a friend

### WORKSHOPS

Approachable and tailored for students

#### Virtual Workshops

- Community 8
- Campus-wide 48
- Classroom/Department: 54

Engagement

Relatable Stories

Student Presenters

Number of Student Appointments

699

### STUDENT RESPONSES

What did students learn from the workshops?



"Strategies for budgeting"



"Paying off loan interest"



"Ways to save money"

"How to build credit"



"Different types of loans"

"Thank you for all the advice it really helped me understand a lot of things no one ever told me."

"It was all interactive and really inspired me to be aware of my spending."

"I really liked the presentation and it felt like students talking to students."

"I like how examples were made from real life situations and the slides didn't overload with information."

### WHY IS FINANCIAL WELLNESS NECESSARY?

To educate, build confidence, and prepare students by building a strong financial foundation, providing them the confidence that they can cover expenses, emergencies and future financial goals.



Financial Wellness  
at Sacramento State

Learn more at [www.csus.edu/student-affairs/centers-programs/financial-wellness/](http://www.csus.edu/student-affairs/centers-programs/financial-wellness/)

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