

Financial Literacy Material

Videos

Financial Literacy Topic: *Income, Expenses, Assets, & Liabilities*

Financial Literacy Video: <https://youtu.be/4j2emMn7UaI>

Video Length: 16:16

Financial Literacy Topic: *Escaping the Rat Race: What School Failed to Teach You About Money*

Financial Literacy Video: <https://youtu.be/9RJpIqD8MGg>

Video Length: 17:39

Financial Literacy Topic: *The Untold Truth About Money: How to Build Wealth from Nothing.*

Financial Literacy Video: <https://youtu.be/6mRbDEtDoyA>

Video Length: 17:25

Websites

10 Lessons in Financial Literacy All College Students Should Learn

Website: [10 Lessons in Financial Literacy All College Students Should Learn - Avantax®](#)

1. Understand your college financing
2. Know where your money goes
3. Start saving
4. Understand how student loan debt works
5. Not all debt is bad—managing debt badly is bad
6. Build credit
7. Don't be afraid to use loans to support a well-thought-out college experience
8. Be mindful about your work experience
9. Understand that you can refinance student loans—and how the process works
10. Understand opportunity cost

Smart About Money

Website: [Smart About Money | Personal Quizzes \(nefe.org\)](#)

1. The lifevalues quiz
Designed to reveal the underlying values that drive financial decisions. The tool made an impactful conversation starter and provided insight to help adults understand their money behaviors.
2. The financial identity quiz
Designed to help young adults identify where they were on their financial well-being journey

Money Smart

Website: [FDIC: Money Smart - A Financial Education Program](#)

How Money Smart Are You? is our new suite of 14 financial games and related resources. It's available now in English. The Spanish version will launch in early 2022.

Earn (virtual) coins, have some fun, and learn about everyday financial topics. You can play with or without an account – it's your choice and explained on the site. If you want an account, create one on the site. Accounts from the Money Smart Computer-Based Instruction (CBI) product will not transfer to How Money Smart Are You?

MyMoney.gov

Website: [Home | MyMoney.gov](#)

My Money Five

Making the most of your money starts with five building blocks for managing and growing your money -- The MyMoney Five. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

The five principles

EARN – Make the most of what you earn by understanding your pay and benefits.

SAVE & INVEST - It's never too early to start saving for future goals such as a house or retirement, even by saving small amounts.

PROTECT – Taking precautions about your financial situation, accumulate emergency savings, and have the right insurance.

SPEND – Be sure you are getting a good value, especially with big purchases, by shopping around and comparing prices and products.

BORROW – Borrowing money can enable some essential purchases and builds credit, but interest costs can be expenses. And, if you borrow too much, you will have a large debt to be repaid.

Practical Money Skills

Website: [Practical Money Skills](#)

Financial Education for Everyone

Savings fitness

Website: [SAVINGS FITNESS A Guide to Your Money and Your Financial Future \(dol.gov\)](#)

A guide to your money and your financial future

Content highlights

A Financial Warmup

Your Savings Fitness Dream

How's Your Financial Fitness?

Boost Your Financial Performance

Avoiding Financial Setbacks

Strengthening Your Fitness Plan

Personal Financial Fitness

Maximizing Your Workout Potential

Employer Fitness Program

Financial Fitness For the Self-Employed

A Lifetime of Financial Growth

Staying on Track
A Workout Worth Doing
Resources
Worksheets