

Personal Finance Education Curriculum for 18-35 year olds

Curriculum written by Kate Nixon Anania

February, 2019

For use in conjunction with *Twenties in Your Pocket: A twenty-something's guide to money management*, by Kate Nixon Anania

Available on [Amazon](#).

Note: this is a six class course. Each class is designed to be 45mins to 1 hour long. If your students are under 18, the last class may be shorter than 60 minutes.

Class 1- Introduction, Feelings about Money

Assigned reading: Chapter 1 of *Twenties in Your Pocket: A twenty-something's guide to money management* by Kate Nixon Anania

- Instructor introduction
- Explain 6 class curriculum
 - Class 1- introduction
 - Class 2- banking basics. What banks are for, how to set up your bank accounts, what to look for in a bank.
 - Class 3- budgets. Our feelings about them, how to actually set them up, how to prioritize your spending.
 - Class 4- credit. What is credit, what goes into a credit score, why credit is important, how to manage credit cards.
 - Class 5- debt. Good debt vs. bad debt, student loan debt, how to pay debt off.
 - Class 6- how to check your credit reports.
- The class is a judgment free zone- money is personal and everyone has different experiences with money management.
- If the class is small enough or if they don't know each other, have them introduce themselves. Ask what they are most interested in learning about or if there is anything we aren't discussing that they want to discuss

Activity: Have the student stand up/sit down according to the answers to the following questions

- Who is under 18, under 21
- Who has a checking, savings, retirement, other investment accounts
- Who is married, who has kids
- Who has credit cards
- Who has a budget
- Who owns a car
- Who rents a house, who owns a house
- Who is in school
- Who is working
- Who has debt
- Who has specific financial goals

Activity: The four money personality types

Directions: Send students to each of four corners- which represent saver, spender, worrier, avoider- based on answers (be consistent with which corner is for which personality—every “a” choice should be sent to the same corner each time.)

Questions:

1. If I suddenly came into \$100,000, I would want to:
 - a. Go on a shopping spree or buy something I really want.
 - b. Put it in my savings account.
 - c. Feel overwhelmed and not decide what to do with it for a while.
 - d. Feel relieved I could cover my expenses for a while.
2. My goals about money are:
 - a. To be able to buy what I want
 - b. To save enough for my future needs
 - c. I don't have goals, I just work with the money in my pocket or account
 - d. I have goals but I don't think I'll be able to achieve them
3. Here's how I feel about budgets:
 - a. Lame. I like to spend on things I'm interested in.
 - b. I'm always trying to reassess my budget to save more money.
 - c. I don't have a budget and I never want one.
 - d. I check my budget often because I am worried I will make a mistake and overspend.
4. When I think about spending money:
 - a. I feel happy!
 - b. I'd rather save it for a rainy day.
 - c. I don't really think about it.
 - d. It makes me anxious because I might not have enough later.
5. Here's how I feel about planning for emergencies:
 - a. I'd rather deal with them when they come up, I don't want to do without things that I want now to plan for bad things.
 - b. I have a savings plan in place.
 - c. I keep thinking I will start saving for emergencies soon but I haven't yet.
 - d. I have a plan for emergencies but I worry I won't have enough saved.
6. Here's how I use credit cards:
 - a. I use them to their fullest extent and make minimum payments.
 - b. I use credit cards and pay them off quickly.
 - c. I use credit cards but I don't track what I spend and sometimes forget to pay.
 - d. I would never get a credit card; I'm scared I would mismanage it and be in debt forever.
7. When I'm feeling down:
 - a. Buying something new cheers me up.
 - b. Saving more money might make me happy.
 - c. I don't think about spending money as something that will cheer me up.
 - d. Thinking about money makes me feel even more anxious and worried.

Note for facilitator:

A= spender

B= saver

C= avoider

D= worrier

Post activity discussion-

- Strengths of each personality type
- Goal of class is to move everyone out of avoider and worrier modes
- Ultimate goal is a balance between saver and spender. Saving too much (for example, never taking a vacation or being “cheap”) is not the point of earning money and spending too much will not set you up for the future or to meet your goals. A balance between the two is key.

Activity- have the class list words to describe their feelings about money—should list some negatives and some positives. The takeaway from this activity is that money isn’t good or bad—and it actually doesn’t matter how much money you have. The difference between feeling positively and negatively about money is whether or not you have confidence in your financial choices.