

COLLEGE MADE EASY: 10 TIPS TO FINANCIAL HEALTH & WELLNESS



1) Pay yourself first!

- Set up direct deposit to savings before you spend.
- Even starting off small like, \$10 a month and increase according to your budget, can make a difference.



2) Rule of Thumb: Eliminate High Interest Debt Greater than 13%

- Set automatic payments.



3) Take control & manage your money

- Create a budget and stick to it.
- Find those spending leaks.
- Save receipts for tax purposes.

*Interesting fact: Save about \$5.00 a day (from coffee or drinks), you will end up with \$1,825 *extra* a year.



4) Set short & long term goals

- Write down your short, intermediate, & long term goals.
- Read the list often to remind and motivate yourself.
- Plan for the future and prepare for the worst.
- Prioritize according to your values.



**FINANCIAL
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5) Educate yourself & apply concepts

- The more you know, the better you'll manage.
- Learn options for saving & investing money.
- Take action.



6) Don't try to "keep up with the Joneses"

- Ask yourself, "Is this a want or a need?"
- Resist peer pressure.
- Realistically, you can't keep up with everything.



7) Learn to use coupons & take advantages of sales

- Research, shop, and compare for best deals.
- Take advantage of student discounts.
- Find less expensive alternatives.
- Sign up on mailing lists and save coupons.



8) Prepare & organize ahead of time

- Make shopping lists and stick to it.
- Plan errands in one trip.
- Take public transportation or ride your bike for exercise

*Interesting fact: According to AAA it costs an average of \$9,282 per year to own and operate a vehicle! (That's about 2+ semesters of tuition!)



9) Understand & take control of credit cards

- Don't fear them, use them to build credit.
- Try to use them when you have learned to manage your finances.
- Look into rewards, such as cash back options.



10) Getting professional assistance & support

- Never feel embarrassed or ashamed to ask for help.
- With the experts at the Financial Wellness Center for further guidance.

I ❤️
SAVING MONEY



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