

Financial Wellness

Changing your perception of money

Student Survey Response from Fall 2019 Trellis Research Student Financial Wellness Survey

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)

Coaching Services – how did people learn about this?

- 22% from campus event
- 22% from social media
- 12% from classroom presentation
- 3% from campus website

Facts

- 100% of students would come back or recommend our services to a friend
- 699 total number of student appointments

Workshops – approachable and tailored for students

- Engagement
- Relatable Stories
- Student Presenters

Virtual Workshops

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

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

Testimonials

- “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.

(916) 278-4192

green2gold@csus.edu

<https://www.csus.edu/student-affairs/centers-programs/financial-wellness/>

@csusgreen2gold

@sacstatefinancialwellness