

**CFAES**

# Financial Wellness

## Financial education across the lifespan with Ohio State University Extension

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**THE OHIO STATE UNIVERSITY**

EXTENSION

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# Key Takeaways



**1**

Recognize how healthy finances at community and household levels is comparable to public health and personal health

**2**

Identify how this information can support your role in AmeriCorps

**3**

Know where to access quality resources for financial education

**(you will have links to all resources shared today)**

# Vital Conditions for Health & Well-Being



# OSU Extension



## Family and Consumer Sciences

“The science and art of living and working well in a complex world”

*American Association of Family and Consumer Sciences*

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# Partnerships

Federal Partners

Statewide Agencies

Local Organizations = all our  
partnerships at various sites



# Partnerships - financial education

## Federal Partner examples:



Consumer Financial  
Protection Bureau



State Agencies

Local Organizations

# Partnerships – financial education

Federal Partners

## Statewide Agencies, examples



Housing Finance  
Agency



Department of  
Education &  
Workforce

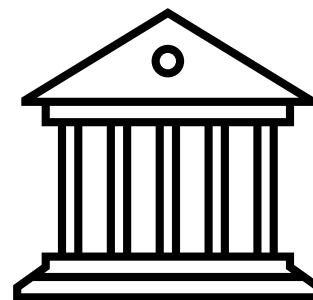
Local Organizations

# Partnerships – financial education

Federal Partners

State Agencies

**Local Organizations**



- Local banks and credit unions
- Libraries
- Schools
- Local businesses

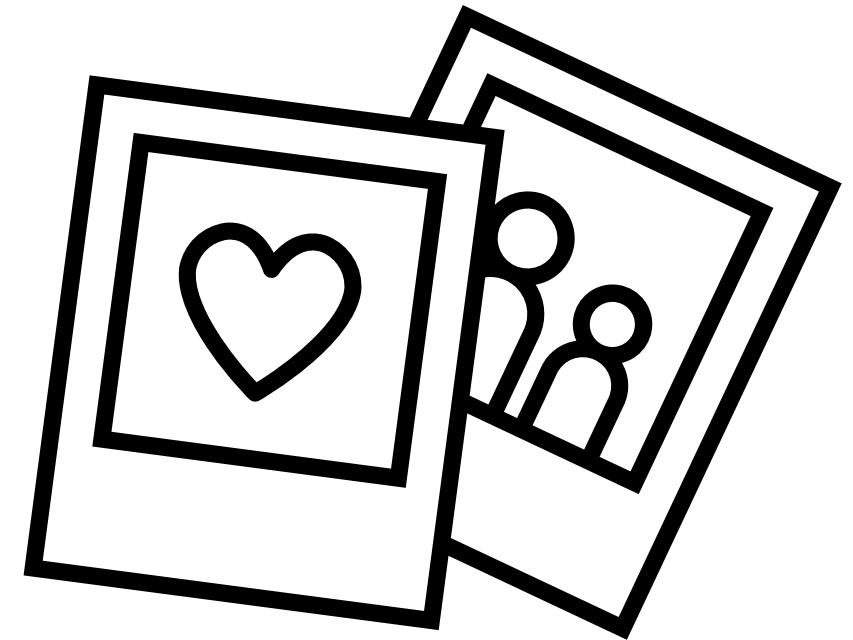


# Meet the Buckeye Family

An energetic, lovable, Ohio family

- Two adults
- Two children – one teen, one preschooler
- Currently rent an apartment, looking forward to a home and a back yard!
- Goal – purchase first home within the next year
- Have some debt they would like to pay down

***What financial education resources are available to them?***



# Money as You Grow Bookshelf for Parents and Caregivers

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/bookshelf/>

- Recommended about 20 children's books, ages 3-8
- Download parent reading guide
- Could be used by individual family and/or group lessons
- Great local partners = preschool or library



Consumer Financial  
Protection Bureau



# Real Money Real World (RMRW)

[realmoneyrealworld.osu.edu/](http://realmoneyrealworld.osu.edu/)



- State of Ohio requires a semester of personal finance before graduation
- RMRW Classes – often with schools but other local partners
- 15 tables/booths
- Simulation – adult volunteers
- Teens make financial decisions for their “family”
- Scenario, 27 years old, married, 1-3 children

# Adult Financial Education

“To personalize your financial plan, you need your own data. Invest the time now for a better payoff later”



Manage Your Money, OSU Extension

# OSU Extension Publishing

<https://extensionpubs.osu.edu>



- Manage Your Money, 6 lessons (chapters), pdf \$6.25
- Counting Your Money Calendar, \$8.75 (mailed) or pdf \$5.75

CFAES COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

Family and Consumer Sciences

## Counting Your Money Calendar

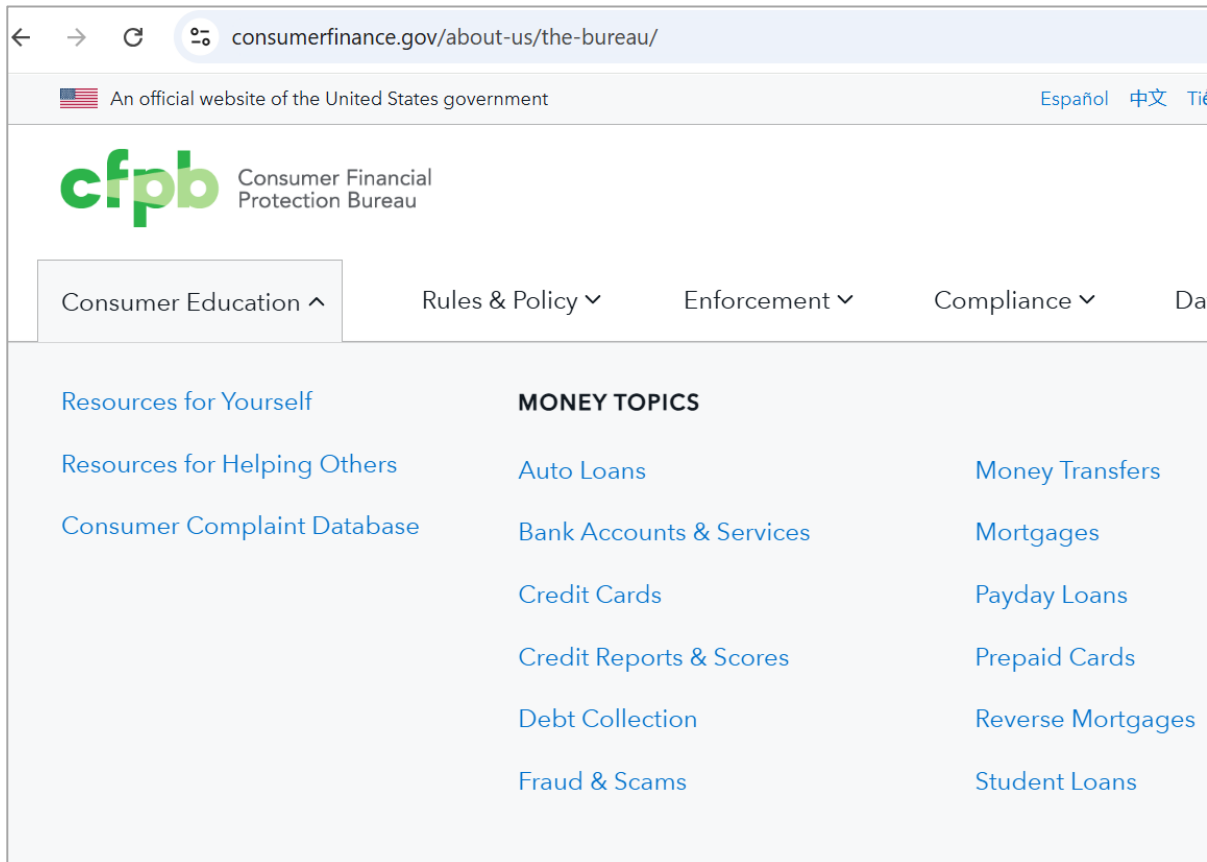
THE OHIO STATE UNIVERSITY EXTENSION



FCS 917

# Your Own Data

Track expenses and design spending plan



consumerfinance.gov/about-us/the-bureau/

An official website of the United States government

**cfpb** Consumer Financial Protection Bureau

Consumer Education ^ Rules & Policy v Enforcement v Compliance v Data v

Resources for Yourself

Resources for Helping Others

Consumer Complaint Database

**MONEY TOPICS**

- Auto Loans
- Bank Accounts & Services
- Credit Cards
- Credit Reports & Scores
- Debt Collection
- Fraud & Scams
- Money Transfers
- Mortgages
- Payday Loans
- Prepaid Cards
- Reverse Mortgages
- Student Loans

## Eight Easy Exercises for Financial Fitness

Plan Your Spending



A spending plan puts you in charge of your money. It will help you reach your financial goals.

These exercises will help you make a spending plan that works for you.

# Building Savings

America Saves Week (**right now!**)

<https://americasavesweek.org/>



**THEME: SAVING  
FOR YOUR PAST,  
PRESENT, AND  
FUTURE**

- Monday, April 7, 2025 | Saving Automatically
- Tuesday, April 8, 2025 | Saving for the Unexpected
- Wednesday, April 9, 2025 | Saving for Major Milestones
- Thursday, April 10, 2025 | Paying Down Debt is Saving
- Friday, April 11, 2025 | Saving at Any Age

# Paying Down Debt

With New Features!



[Powerpay.org](http://Powerpay.org)

- How soon can I be out of debt?
- Eliminate debt faster by making power payments.



With New Features!

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# Buckeye Family

Have some debt they would like to pay down

- Vehicle
- Credit card
- Student loan

# Additional Resources

With New Features!



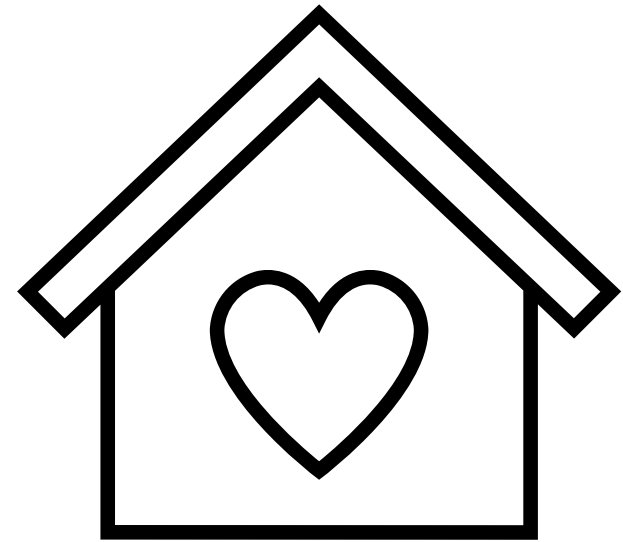
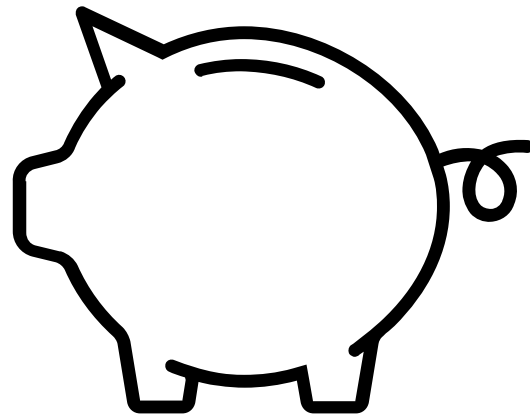
- **PowerPay**: How soon can I be out of debt? Eliminate debt faster by making power payments.
- **Spending Plan**: How much am I spending? Compare what you spend to that recommended by financial experts.
- **PowerSave**: How much am I saving? Project savings using the different PowerSave options.
- **Calculators**: How can I look at my finances quickly? Calculate house and transportation costs, emergency savings and more.

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# Buckeye Family

## Housing Education

- Rent Smart
- Homebuyer Education



# Rent Smart

- Understand the application and screening processes used by landlords
- Learn the responsibilities and rights of tenants and landlords
- Positive relationships with landlords and neighbors
- Find and maintain affordable housing

Our next statewide offering of the Rent Smart series starts **May 2025, register now** for the online lessons.



# Housing Education

## First Time Homebuyer – FCS and Community Development

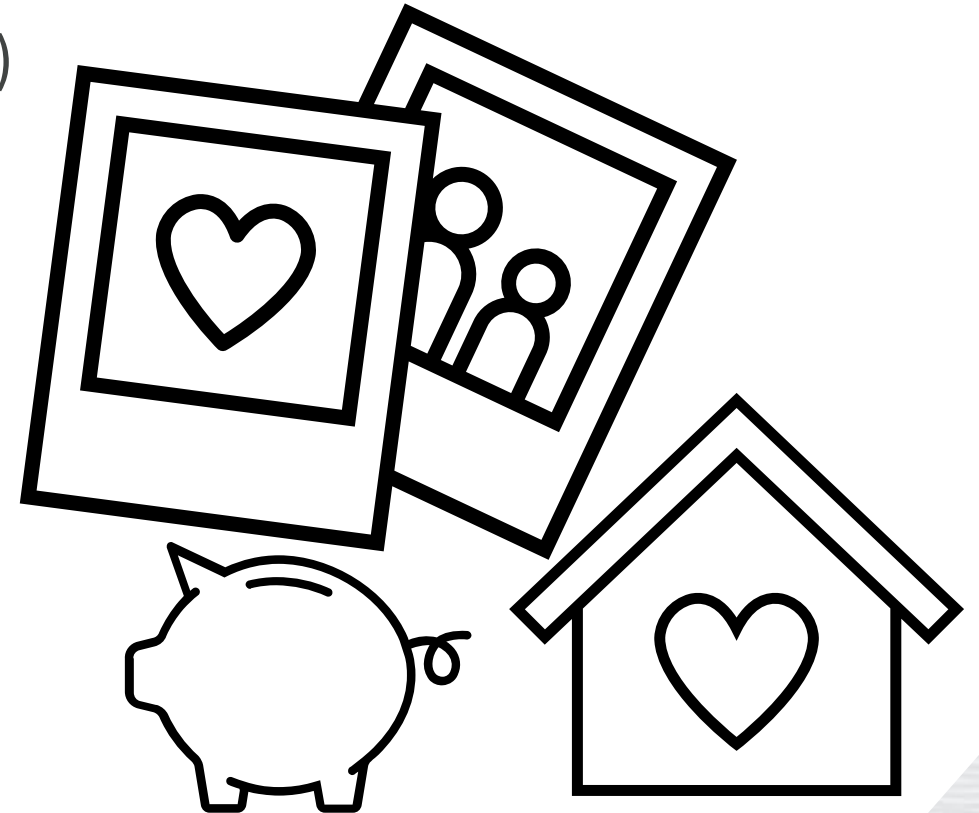


- Often downpayment assistance
- Homebuyer Education through OSUE, three options:
  - 8-hour webinar through Franklin County
  - Framework, online self-study class
  - Partnership with OHFA (online)
- All homebuyer classes are complete after a one-hour phone consultation with HUD certified housing counselor

# Buckeye Family

## What financial education resources have they utilized?

- Money As You Grow, Bookshelf (preschool)
- Real Money Real World (high school)
- Adult Financial Education:
  - Classes and resources from OSU Extension
  - Worksheets and resources from CFPB
  - Resources and goal setting from AmeriaSaves
  - PowerPay - pay down debt
- Housing Education
  - Rent Smart
  - First time home buyer education



# Financial Education Across the Lifespan

“Everyone wants to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

— Oprah Winfrey



# go.osu.edu/EPHACfinancialED

- Power Point
- Links to Resources
- References



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AmeriCorps VISTA Alumna



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