

You don't have to have experienced first hand what someone else is experiencing to be empathetic, it just takes you putting yourself in their shoes to consider how they are feeling. By doing this you will be able to help them through whatever the situation is.

(HS) Financial Health Lesson 1: Credit Scores and Salaries

Your credit score represents your track record with money.

Questions to Consider:

- What goes into calculating your credit score?
- How easy/hard is it to raise your credit score?
- How do you calculate how much money you will take home each month?

Being able to understand what your credit score means and how to raise it is so important when you are wanting to borrow money to make major purchases like a house, a car, student loans etc...

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

Your credit score represents your track record with money. Watch the following video to learn more about what goes into calculating your credit score.

(Watch the video and answer the questions that follow) What is a Credit Score?

<https://youtu.be/ULUKo1HqZWw>

- What is the range in which credit scores can fall?
- What is considered a good credit score?
- What is considered a bad credit score?
- What are the 5 areas that go into determining a credit score?

(Watch the video and answer the questions that follow) https://youtu.be/-S91Pe-BjL8 Understanding Your Credit Score

- How does your credit score help determine your interest rates when making major purchases like a car or house, or applying for loans?
- What are the 4 things you can do to help raise your credit score?

(Watch the video and answer the questions that follow) https://youtu.be/OO25TrVo_dU Dave Ramsey's Baby Steps: An Alternative to Credit

- How could having a \$1000.00 emergency fund help you?
- This program is an alternative to what most people are telling you. Do you think it could work for you? Why or why not?

(Watch the video and answer the questions that follow) https://youtu.be/1IXAt33nz0A Net vs Gross

- What does "gross income" mean?
- What does "net income" mean?

(Watch the video and answer the questions that follow) https://youtu.be/Q5jIY8_WmEE Dave Ramsey's Paying off Debt Using the Debt Snowball Method

- How does the snowball method work?
- Do you think this is a reasonable method for getting out of debt? Why or Why not?
- Being in debt can cause problems for your future. What do you think you can do as a teenager to help prevent you from going into debt as you move into adulthood?

Bottom line: Understanding what a credit score is and what can hurt or help your credit score is so important when it comes to making major purchases in your life. It's really important to understand that your credit score is not something you can increase overnight, it takes time and dedication to control your spending every day.

As we move into choosing careers, it is also important to be able to figure out your net income as that is what you will have to live on. Will you be able to live on that amount of money?

(HS) Financial Health Lesson 2: Choosing the Right

Career Questions to Consider:

- Do you know what career path you want?
- What factors are important to you when choosing what you are going to do for a career?
- What is more important to you, making money or loving what you do?

In this lesson, you will be looking at different factors to consider when selecting a career. Choosing a career isn't always easy so you will be looking at some things that can help make that decision easier.

For this lesson, you will first watch the video that starts each section and then answer the questions on the slides that follow that video. To get complete credit for each lesson, you need to answer the questions using at least 4-5 sentences.

(Watch the video and answer the questions that follow) <https://youtu.be/poSDV9aCs1o> What can a career provide?

- Besides money, what are some other things you can get out of a career?
- Many people stay in their careers even if they are unhappy. Why do you think this is so?
- What are some things you can do to help you find a career you not only enjoy but that you can be successful in?

(Watch the video and answer the questions that follow) <https://youtu.be/V2345VNkAyY> Exploring Careers

- How common is it for people to change jobs? What is your opinion about changing jobs?
- What is your favorite subject in school? What type of careers could be associated with this subject?
- What 5 questions should you ask yourself when considering a certain career?

(Watch the video and answer the questions that follow) <https://youtu.be/zhpccgpgWc1Q> How to Choose the Right Career in 7 Steps

After watching the video, complete the steps to explore career options.

- List 4 of your favorite hobbies and/or interests
- What are you good at? What are some of your strengths?
- What are some of your strongest, most positive personality traits?
- What do you want out of a career?
- What are some of your core values? What are some things that are really important to you?

Not all careers require a college education, there are lots of trade careers that are needed as well. Watch the next 2 videos to learn more about careers in the construction industry and other trades.

(Watch the video and answer the questions that follow) https://youtu.be/Hh3avnMf_Fs Consider a career in the trades

- What are some of the skills needed for most trade careers?
- What are some of the advantages of trade careers?
- What are some of the trade careers mentioned in the video?

(Watch the video and answer the questions that follow) <https://youtu.be/NDCuE2vTJEY> Careers in the Construction Trade

- What areas of construction are the highest paid?

- What is the estimated % job growth by 2028 for plumbers?
- What is the average salary of a mason?

Research 5 careers that you might be interested in pursuing after graduation. Put the name of the career and the annual salary in the table below.

Career Title	Annual Salary

Bottom Line:

Choosing a career isn't always easy, there are lots of factors to consider. No one is expected to know exactly what they want to do when they graduate from high school, but it is important to know the questions to ask and what factors could play a role in making that decision.

(HS) Financial Health Lesson 3: Your Money, Your Future

Questions to Consider:

- What career is of interest for you?
- How can you pursue an interest and turn it into a career?

One of the best things about having your own money is that you get to choose how to use it. Whether you get a weekly allowance or get paid for walking your neighbor's dog, your first step in handling your money well is to think about short-term and long-term goals and then make a plan to reach them.

For this lesson, you are going to use information from a website titled "Practical Money Skills". You will be learning about:

- How to EARN money
- How to SAVE money
- How to BUDGET your money
- How to SPEND your money

Earning is the first step in your journey to managing money wisely so that you can build a successful future.

We all have different talents and abilities. It's important to take the time to recognize your strengths and develop your skills so that you can excel at what you do. By investing in your education and interests, you will set yourself up for a path to success.

Click the link to access the website:

<https://www.practicalmoneyskills.com/en/teach/your-money-your-future/earn.html>

Read through the EARN content to learn how to HONE YOUR SKILLS

Answer the questions.

- What topics interest you? (list 3)
- What are you good at? (list 3)
- What are you passionate about? (list 3)
- What are your hobbies? (list 3)

Big Ideas, Big Money

You can earn money doing what you love by becoming an entrepreneur. Being an entrepreneur means using your skills, interests and unique ideas to build your own business.

Anyone can become an entrepreneur with enough hard work. Many teens have built amazing businesses right out of their homes. Some have started tutoring younger kids, selling handmade items online or even organized their own catering services

Answer the questions about career choices.

- Having an idea of your interests, strengths and hobbies can help in choosing a career path. What are some potential career paths based on your answers above and what is the annual salary for that profession?
 - List 3 potential careers
 - List the annual salary for each career
- Having an idea of what type of career you may want to do, what type of jobs can you do now to help prepare you for that career? List 3.

Click the link to access the website:

<https://www.practicalmoneyskills.com/en/teach/your-money-your-future/save.html>

Read through the **SAVE** content to learn how to **MAKE IT A HABIT**

Making smart choices with your money is the first step toward becoming financially fit.

The easiest way to save is to pay yourself first. That means setting aside a certain amount of money you earn and keeping it in a savings account. The key to saving successfully is by making it a regular habit. By saving early and often, you'll set yourself up for a brighter financial future.

It's important to save money for a rainy day, just in case you need it for any unexpected expenses like a broken laptop. Another portion of the money you receive should be set aside for your various goals. These goals can be categorized as short-term, medium-term or long-term. You can reach your goals by saving your money over time.

- Having goals can help you recognize what you may need to save for. Come up with 2 short-term goals, 2 medium-term goals, and 2 long-term goals.

It's tempting to spend all of your money as soon as you earn it, but you'll be better off in the long run if you save a portion of it.

- Within the website, have students complete the "Sharpen your Saving Skills" section using their answers from the previous question. Have students record their answers.
- Short Term Goal (1 month)
 - What item are you saving for?
 - How much will this goal cost?
 - How much money can you contribute each week?
 - How long will it take you to save for this item?
- Middle-Term Goal (2-12 month)
 - What item are you saving for?
 - How much will this goal cost?
 - How much money can you contribute each week?
 - How long will it take you to save for this item?
- Long Term Goal (Over a year)
 - What item are you saving for?
 - How much will this goal cost?
 - How much money can you contribute each week?
 - How long will it take you to save for this item?

Click the link to access the website:

<https://www.practicalmoneyskills.com/en/teach/your-money-your-future/budget.html>

Read through the **BUDGET** content to learn how **IT'S A BALANCING ACT**

To make good decisions about how to spend your money, start by setting your money goals and work toward achieving them with a plan in mind.

A personal budget is a plan that helps you put the money you've earned toward savings, expenses (lunch, bus or entertainment money) or paying off debt (money you may have borrowed).

When you're creating a budget, it is important to understand the difference between something you need to have and something you want to have.

Start creating a budget by setting goals for how you would like to spend and save your money.

Complete the Budget worksheet within the link and record the answers below.

- What is your total monthly income?

- What are your total monthly expenses?
- What is your total savings for the month?
- Why is it important to have a budget?

Click the link to access the website:

<https://www.practicalmoneyskills.com/en/teach/your-money-your-future/spend.html>

Read through the SPEND content to learn HOW TO SPEND YOUR MONEY WISELY

Spending may seem like the easy part of managing your money, but there are many tips and tricks that can help you save.

The key to spending is to stay within your means, or don't spend more money than you have. As you plan to shop, make sure you keep your goals and your budget in mind.

When you make a decision, you are often weighing a lot of factors — not just how much money you're going to spend.

- What are the 4 questions you should take into consideration when you buy something new?
- Sometimes spending can pay-off in the long run. Give an example of what this means to you.

BOTTOM LINE:

It takes a bit of practice to master your money, just like it takes time to learn to ride a bike. But once you get the hang of it, you'll be ready to tackle all sorts of money twists and turns.

For more tips about how to handle your money now and in the future, download the pdf of "[Your Money, Your Future](#)" and use it!