





## Helpful Site Resources:

- AnnualCreditReport.com
- NFCC.org
- CashCourse.org
- OnYourOwn.org
- Canada.ca 🍁

## The Basics

- Money is the number one source of **stress**.
- Smart spending is the balance between what you **earn** and what you **spend**.
- **Income** is all after-tax money, including wages, financial aid, or assistance from parents or relatives.

## Expenses

- Housing
- Utilities (gas, electric, water)
- Phone and/or internet
- Transportation
- Insurance (car, home, health)
- Groceries
- Entertainment
- Clothing

## Need To Know

- Understanding the **reason** why you spend is the first step to making **better** choices.
- Separating your **needs** and **wants** makes controlling your **money** easier.
- **Savings** is money you have immediate access to.
- Investments have **higher** risks than savings, but can offer **greater** return.
- Tax Deferred means you don't pay **tax** on the income or interest until the money is **withdrawn**.
- Using a credit card **responsibly** can help establish your **credit** history.
- Your best move is to **pay** the full balance on your card at the end of each **month**.
- Your **credit** score is basically a summary of your credit **history**.