



HELP! MANAGING YOUR MONEY ON CAMPUS

CFEE Workshop Resource List

Living a Financially Healthy Life

A useful student budget template for post secondary students:

<https://www.canada.ca/en/financial-consumer-agency/services/budget-student-life/student-budget-worksheet.html>

Great tips on budgeting for student life:

<https://www.canada.ca/en/financial-consumer-agency/services/budget-student-life.html>

Intelligent Student Budget Calculator Template Worksheet for Excel - Designed for Canadian College & University Students:

https://www.mymoneycoach.ca/budgeting/budgeting-calculators-tools/student-budget-worksheet?gclid=CjwKCAjw2Jb7BRBHEiwAXTR4jRiwtMGw2GX9boC_AIWpP3zi2yttP6zVzKLI1kY1Zu9WevEdMW9JhoCt1kQAvD_BwE

Credit Canada's free online expense tracker and budget spreadsheet gives you a complete breakdown of how you spend your money on a monthly basis. All you need to do is plug in some basic information and start tracking your expenses:

<https://www.creditcanada.com/budget-template#:~:text=Credit%20Canada's%20free%20online%20expense,money%20on%20a%20monthly%20basis.&text=Armed%20with%20this%20information%2C%20you,debt%20or%20save%20up%20money>

Get Smarter About Money Student Budget Worksheet:

<https://www.getsmarteraboutmoney.ca/wp-content/uploads/2017/06/Student-budget-worksheet.xls>

Free Budgeting App from Mint:

<https://www.mint.com/canada>

What is a SMART Goal video?

<https://youtu.be/xy9TcqgpIjk>

What is a zero based Budget?

https://youtu.be/59_FCoOkRYU

Compound interest video from workshop

https://www.youtube.com/watch?v=iTW777ENc3c&trk=organization-update-content_share-embed-video_share-article_title

How does Compound Interest Work?

<https://www.youtube.com/watch?v=wf91rEGw88Q>

What is Compound Interest?

<https://www.youtube.com/watch?v=INK95khKvSk>

Compound Interest

<https://www.youtube.com/watch?v=GUnFPWH83tU>

Bonus money saving tips:

https://youtu.be/GH_JLA-fkBY

Money and Youth is a complete student's guide to financial literacy. Download the resource in modular form and use the resource to guide the decisions that you make in the coming year.

<https://moneyandyouth.com/>

Six Fundamental Human Needs We Need To Meet To Live Our Best Lives – Forbes

<https://www.forbes.com/sites/quora/2018/02/05/six-fundamental-human-needs-we-need-to-meet-to-live-our-best-lives/#7efc0c1b344a>.

Personal Values and Decision Making:

https://www.mindtools.com/pages/article/newTED_85.htm

Financial well being study from 2019 from FCAC:

<https://www.canada.ca/content/dam/fcac-acfc/documents/programs/research-surveys-studies-reports/financial-well-being-survey-results.pdf>

Money Laughs – Need It, Want It, It's Your Call

<https://www.youtube.com/watch?v=0SZyr7OqByc>

National Bank Resources:

The student budget survival guide. <https://www.nbc.ca/personal/advice/studying/the-student-budget-survival-guide.html>

How to make a personal budget. <https://www.nbc.ca/personal/advice/budget/creating-a-personal-budget.html>

Plan a budget for better saving. <https://www.nbc.ca/personal/advice/budget/saving-which-method-is-right-for-you.html>

SMART GOAL WORKSHEET

	Tips	My Goal
Specific	<i>What am I doing? When am I doing it? Why?</i>	
Measurable	<i>How will you track your progress? Fitness tracker? Class/gym attendance?</i>	
Action-oriented	<i>How will you meet your goal? Do you need to buy comfortable shoes? Join a gym? Find a workout buddy? Move dinnertime back a little? What are the steps you need to take?</i>	
Realistic	<i>Do you feel excited about this goal? Is it true to you, your body and your limits?</i>	
Timebound	<i>Deadline to complete goal. Make it close enough to keep you motivated. Break large goals into smaller pieces.</i>	



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