

Trent University Resources

Student Accounts

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Financial Aid

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Common Barriers to Financial Literacy

1. Unaware of financial literacy skills. It's hard to understand complex financial concepts when no one has taught us.
2. Limited real-world experience. If you've never had to pay bills or make a big purchase, chances are you don't have the hands-on experience to understand financial concepts.
3. Lack of confidence. When we have limited experience, we can become discouraged in trying something new! Understanding your finances can be very intimidating.

Tips & Tricks

Shop for discounts, use coupons, and thrift when you can! University life is already filled with so many expenses, so getting things at a discounted price helps a lot.

Carry cash! Sometimes it can be hard to keep track of how much we're actually spending. Having physical representation of how much money you have encourages you to be mindful of your spending.

Keep spare change in a jar! It may not seem like much, but setting aside spare cash or loose change can add up over time and give you funds for a special purchase or an unexpected emergency.

Try to wait before making a purchase! Sometimes it takes us some time to realize the things we want to buy aren't necessarily the things we need.

Ask for a receipt every time you spend money! This helps with tracking how much you spend, which can help you make a budget.

SHOW ME THE MONEY

Financial literacy is more than just understanding how money works, it's something we should be incorporating in our everyday life! Now is the perfect time to start learning about healthy and smart spending habits.

Whether it's through opening a savings account, budgeting, or investing, simple money habits that seem small actually help us a lot in the long run.



Let's Budget!

Want to practice your budgeting skills? Here's \$1,000! Select all the icons that apply to you and see how you would manage your money.

