

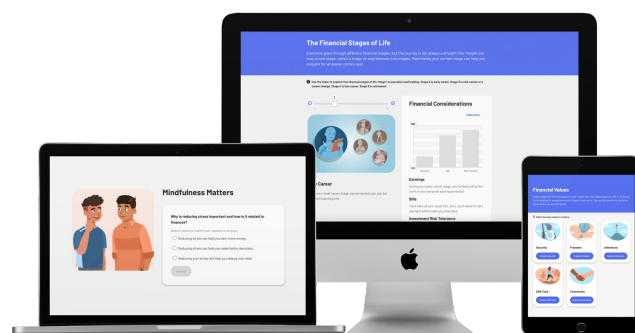
FREE DIGITAL LESSONS

Minding Your Money: Skills for Life

Research demonstrates that financial worries and psychological distress often go hand-in-hand. With financial worry often comes increased stress, anxiety, and depression. A study found that 47% of young people cite their long-term financial future as the main reason for feeling stressed.¹

Minding Your Money: Skills for Life is a free digital financial education course that teaches students about different financial stages in life, how money and mental health are intertwined, and how money can affect interpersonal relationships. The interactive course empowers students to develop their own personal financial values, goals, and habits.

1. Deloitte Survey (2022)



Minding Your Money: Skills for Life

GRADE LEVEL:

9-12

LENGTH:

4 digital lessons,
10 mins each

CURRICULUM FIT:

Finance, Economics, CTE,
Social Studies, Business

STANDARDS ALIGNMENT:

Jump\$tart National Standards
for Personal Finance Education

EFFICACY:

All EVERFI K-12 courses
are research-based.

Learn more at
EVERFI.COM/Research



Free Digital Platform & Support



Self-guided, interactive digital lessons with real-world scenarios



Extension activities & resources to bring the digital lessons to life



Built-in student assessments with automatic grading



Single sign-on (SSO) available to streamline student registration

Clever -and- **ClassLink**

PRE-SURVEY

LESSON 1

Financial Stages of Life

LESSON 2

Identifying Your Financial Values

LESSON 3

Money and Mental Health

LESSON 4

Money and Relationships

POST-SURVEY

Teach Students the Relationship Between Money & Mental Wellness



EVERFI has given me indispensable knowledge on how to plan out my future with my financial needs in mind, and that will ultimately help me live a happy and successful life.

– High School Student, Maryland

Danilo's Goals

Sort the four items to continue.

- Gain more experience in the field
- Minimize debt
- Finish school more quickly
- Be able to afford more classes

Avoid student loans

Take more classes at once

Take on a paid internship

Work more hours

Reset

Financial Stages of Life

Students explore the financial considerations at each of the financial stages of life.

Question 5: Priorities

Think about your future. You probably have many hopes and dreams.

Of the following three, what is most important to you?

Select a response. Submit your response to continue.

- Being able to retire comfortably.
- Being able to explore the world.
- Being fit and healthy.

Submit

Identifying Your Financial Values

Students identify their own financial values and learn how these are shaped by various factors in life.

Coping with Stress

While mild stress can help you focus and motivate you to complete your tasks, chronic stress can lead to negative symptoms in both the mind and body, such as anxiety, high blood pressure, and sleeplessness. There are actions you can take to reduce your stress levels.

Select the five arrows to learn about ways to reduce stress.

Talk It Out

Reach out to trusted friends, family, teachers, religious leaders, or your doctor to share how you're feeling.

Money and Mental Health

Students explore the connections between finances, stress, and mental health.

Navigating Finances with Friends

It's an uncomfortable fact that not all people have access to the same amount of money. Some of your friends may come from families with lots of money, while others may just be getting by. Figuring out how to choose activities that everyone can participate in can be tricky.

Review the conversation to continue.

Carmen

But Angelina, you know I don't want to spend that much money.

Angelina

It's for a special occasion! It's not like we get to do this every week!

Continue

Money and Relationships

Students describe ways that friends and family influence their financial attitudes and behaviors.

This course is a part of EVERFI's High School Financial Education Suite



Library of complementary courses covering topics like banking, saving, investing, employment, income, and setting financial goals.

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from Blackbaud

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EVERFI from Blackbaud empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success – now and in the future.

EVERFI.COM/K-12