Do your DOLLARS MAKE SENSE?

FIND WAYS TO IMPROVE YOUR RELATIONSHIP WITH MONEY
www.wgtn.ac.nz/wellbeing
Managing money is a skill you can learn and get better at.

What skills are you really good at? Whether it’s sport, cooking, craft or dance, remember, any skill takes practice and time to get good.

Managing money is the same—a skill you can learn and practice.

What skills are you really good at? Whether it’s

- sport
- cooking
- craft
- dance

Remember, any skill takes practice and time to get good.

Managing money is the same—a skill you can learn and practice.

Start now and save something each week

See how your savings can grow with what you put in every week.*

<table>
<thead>
<tr>
<th>EVERY WEEK</th>
<th>1 MONTH</th>
<th>1 YEAR</th>
<th>10 YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5</td>
<td>$20</td>
<td>$240</td>
<td>$2,400</td>
</tr>
<tr>
<td>$25</td>
<td>$100</td>
<td>$1,200</td>
<td>$12,000</td>
</tr>
<tr>
<td>$50</td>
<td>$200</td>
<td>$2,400</td>
<td>$24,000</td>
</tr>
</tbody>
</table>

*Add on the interest you’d earn, and things are looking great!

What’s your relationship with money like?

Makes me feel stressed, angry or anxious.

Try and focus on what you have (skills, opportunities) and try to accept where you are now, while learning what you can change.

Too hard, I don’t want to think about it.

This may make you overspend or buy things without thinking and give up on saving before you start. Set aside enough for things that really make you happy, and learn to enjoy saving money.

I want more of it, it’s what I think about most of the time.

A competitive, ambitious trait is great, but make sure you don’t sacrifice your health or happiness in the pursuit of it.

I have balance.

You know it’s important enough to learn more about money and stay on top of it, but you know it’s not so important that you sacrifice your health or wellbeing for it.

Understanding what’s happening in your bank account

Money stress can affect your ability to learn at university

Learn what you can do to have a more balanced relationship with money.

Less money stress means less stress in life.

What kind of spender are you?

Valerie

- Two flat whites each week day
- A muffin or snack most days
- Movie on Tuesday
- Two drinks Friday night
- Café lunch on Sunday

Weekly spend: $130

Jake

- Two coffees each week on campus
- Cheap Sunday brunch with friends

Weekly spend: $25

Sometimes it’s hard to say no...

For example, buying more drinks on a Friday night because everyone else is still going. It’s all about choice. Be clear on how much you’re willing to spend, and be comfortable saying no when you may feel pressured to go over your limits.

Is your bank balance putting you off balance?

Cut and keep this sheet to create a budget.

Make sure you set something aside for what really makes you happy. Having this in your budget may help you avoid overspending or making impulsive purchases under pressure.

My income

Please circle: (weekly/monthly)

- Student Allowance
- Student loan for living costs
- Part-time work
- Benefit
- Family Support
- Scholarship payments
- Family Tax Credits
- Other

Total

My essentials

Please circle: (weekly/monthly)

- Rent
- Power
- Internet
- Mobile phone
- Groceries
- Toiletries
- Transport
- Bank fees/insurance
- Other

Total

Things that make me happy

Please circle: (weekly/monthly)

- Coffee/soft drinks
- Takeaways/snacks
- Movies
- Clubs/gigs
- Music downloads
- Café meals/restaurants
- Other

Total

For more budgeting tips and tools, go to:

- Money tips and guides: www.sorted.org.nz/life-events
- Money planner: www.sorted.org.nz/calculators/money-planner
- Victoria University of Wellington Money Guide: www.wgtn.ac.nz/financial-survival

Go to www.sorted.org.nz/life-events for more info.

See how your savings can grow with what you put in every week.*

*Add on the interest you’d earn, and things are looking great!

Is your bank balance putting you off balance?

A good, basic budget can help you feel less stressed and more in control when bills are due.

For more budgeting tips and tools, go to:

- Money tips and guides: www.sorted.org.nz/life-events
- Money planner: www.sorted.org.nz/calculators/money-planner
- Victoria University of Wellington Money Guide: www.wgtn.ac.nz/financial-survival

You can apply for a grant from Victoria University of Wellington’s Hardship fund for help with emergencies such as medical/dental/optical, high course related costs, high transport costs, flattening problems or childcare costs.

Go to www.wgtn.ac.nz/financial-survival for more info.