

Do your
DOLLARS
MAKE SENSE?



Money

FIND WAYS TO IMPROVE YOUR
RELATIONSHIP WITH MONEY
www.wgtn.ac.nz/wellbeing

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.



“ YOU SHOULD RULE YOUR MONEY. MONEY SHOULDN'T RULE YOUR LIFE. ”

- JAIME TARDY

START NOW AND SAVE SOMETHING EACH WEEK

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

	EVERY WEEK	1 MONTH	1 YEAR	10 YEARS
	\$5	\$20	\$240	\$2,400
	\$25	\$100	\$1,200	\$12,000
	\$50	\$200	\$2,400	\$24,000

*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

IS PART OF LIVING A BALANCED LIFE

MONEY STRESS CAN AFFECT YOUR ABILITY TO LEARN AT UNI

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 limit.

DEBT

Some form of debt is a normal part of student life.

Student loans are a good investment in your future and will be paid back over time. Credit card, overdraft or personal loans are ideally for cash-flow issues (like your power bill being due the day before pay day) and should not be used to fund your lifestyle.



Check out the debt calculator at www.sorted.org.nz to find out how long it will take to pay off your credit card debt.



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, flatting problems or childcare costs.

Go to www.wgtn.ac.nz/finadvice for more info.

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.

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

For a list of our support services, go to:
wgtn.ac.nz/students/support



VICTORIA UNIVERSITY OF WELLINGTON
TE HERENGA WAKA