



## CLASS TOPICS QUESTIONNAIRE

To help us structure the class with the most useful information, please check all the areas you are interested in learning more about.

Topic:	Yes, I am interested in learning more about this:
The relationship between mental health and/or addiction challenges and money issues	
Mindfulness tips to reduce financial stress	
Poverty in the United States and how it relates to privilege, intersectionality, and social justice	
How to build financial resilience and human capital	
Poverty guidelines and living wages in the United States	
Money saving ideas and tips	
Creating a person-directed plan to achieve your financial goals	
How to create and manage a comfortable, working budget	
State-wide and local resources for saving money	

Different types of financial institutions; common banking terms and fees	
How to open a checking or savings account	
How to remedy a poor banking history	
The different types of checking accounts	
How to read and write a check	
How to balance a checkbook	
Debit cards: how they work, common fees, safety tips	
How to use an ATM and ATM Safety	
Tips and resources for how to avoid identity theft	
Online banking and internet banks; mobile banking and cash apps	
Automatic bill payments; direct deposit; and the debit system through the Social Security Administration	
How credit works	
Understanding credit reports and credit scores; pros and cons of credit	

How to build credit and how to pay down credit cards	
How loans work; reasons to take out a loan; pros and cons	
Understanding loan contracts and interest rates	
Predatory lending; warnings signs and resources	
Calculating how much debt you have	
Debt payment options and strategies	
Pros and cons of bankruptcy	
Creating a Financial Crisis Plan	
Relationship issues and financial issues; how to communicate about money with your partner	
Financial abuse: warning signs and resources	
Mental health and taxes; common tax terms and forms	
How to file a federal income tax return	
Resources for filing taxes; payment options and plans	

