

# TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

March, 2023

A VIRTUAL HELPING TOOL  
FROM ARCC COUNSELING

## MONTHLY NEWSLETTER

TOPIC: PERSONAL FINANCE

### FACTS

- ✓ 64.8% of college students in the US report having credit card debt
- ✓ 44.7% report only paying the minimum monthly payment
- ✓ 37.6% report making late payments

### The Student Guide to Personal Finance



In this [video](#), they will discuss jobs for teens, budgeting, saving, and the basics of money management.



Curious about how much money you need to make to cover expenses after you graduate?



Click [HERE](#) to take the Reality Check Assessment!

### ARCC Food Pantry

Food Pantry coming soon to the Rapids campus!

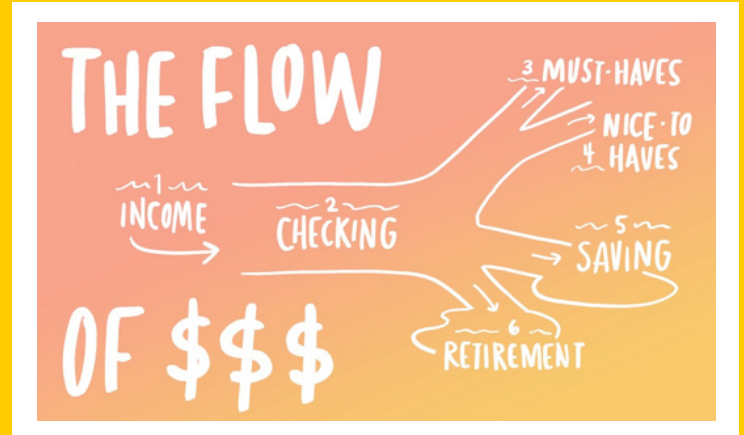


Students will soon have access to a food pantry to support basic needs. Communication will be sent out college wide when pantry is ready to open.

## BUDGETING FOR COLLEGE STUDENTS: WHERE TO START

This **article** provides a method for college students to create a budget and put a plan in place to track your spending. Some of their suggestions include:

- Determine who is paying for college and how (e.g. parents, your partner, financial aid?)
- List your expenses/track your spending (textbooks and supplies, transportation, clothing and room and board) and cut back on where you can
- Determine needs vs. wants
- Keep your future self in mind. What are your financial goals?



### Take 5 for Personal Finances Event!

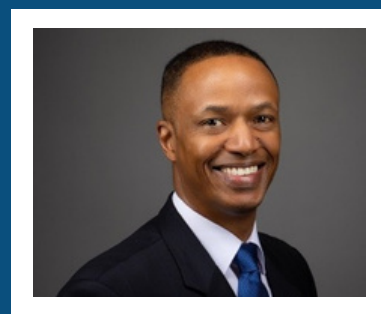
This vibrant session will be a venue for students to learn how to save money, eliminate debt, and make wise financial decisions! The presenter, Stephen Kent, concludes the session with **give-a-ways** that will reinforce what was taught and help students maintain their motivation to apply techniques learned.

**When:** Tuesday, March 21 at 1:00pm

**Where:** Rapids Campus - SC270

Unable to attend in person?

Click [HERE](#) to register for Zoom.



# TAKE 5

When things are tough financially, it can be hard (or near impossible!) to think about anything else. If you have additional stressors in life (e.g., health, relationships, school, work, etc.), trying to stick to a financial routine and budget seems completely out of the question. How do you get from where you currently are to where you'd like to be? What changes are you willing and able to make? What support and resources can provide guidance? What bridges will you need to cross to get to the other side – especially when you're walking over troubled waters? ARCC has many amazing people (employees, students, and community members) who want you to succeed. Please embrace the opportunity to direct your life by taking advantage of our many resources. We want you to be here. We're glad you're here. You Belong here.



*Brandyn Woodard, ARCC Vice President of Equity and Inclusion*

## RESOURCE CORNER

- **ARCC Basic Needs Website:** You will find a comprehensive list of resources for basic needs such as food shelves, and assistance, housing assistance and links, healthcare, legal help and much more!
- **Crisis Grants:** Anoka-Ramsey has Crisis Grants available to assist students who are struggling with basic needs due to unexpected expenses. If you would like to see if you qualify for this grant, please click the [link](#) to setup a time to meet with a counselor.
- **ARCC Financial Aid:** The Anoka Ramsey Financial Aid website has several resources about Financial Aid Literacy. This robust collection of tools includes videos, readings, apps, and more! On this site you can watch videos about Federal Student Loans, learn about a Credit Score, find budgeting tools, and learn about different types of debt!

### **ARCC Counseling Services**

For appointments click [HERE](#) or Call 763-433-1100

For non-emergency questions email: [Counseling@anokaramsey.edu](mailto:Counseling@anokaramsey.edu)