

# LINDENWOOD UNIVERSITY



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## Financial Fitness for College Students

Dr. Porter & Mrs. Porter

April 9, 2024

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# Agenda

- I. Introduction
- II. Budgeting Basics
- III. Retirement Planning for Young Adults
- IV. Building an Emergency Fund
- V. Smart Spending Decisions
- VI. Getting Started After College
- VII. Saving and Investing
- VIII. Q&A Session



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# Introduction

- Importance of financial literacy for long-term success
  - [“If you don’t respect money, it won’t respect you”](#)
- Overview of key topics to be covered
  - Understanding the value of saving early in your career
  - Being disciplined in your approach to budgeting
  - Smart spending habits
  - Using experts to help plan your financial future
- Personal experience

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# Budgeting Basics

- Importance of tracking income and expenses
- Creating a budget (e.g., 50/30/20 rule)
- Budgeting tools and apps
  - [See sample budget](#)

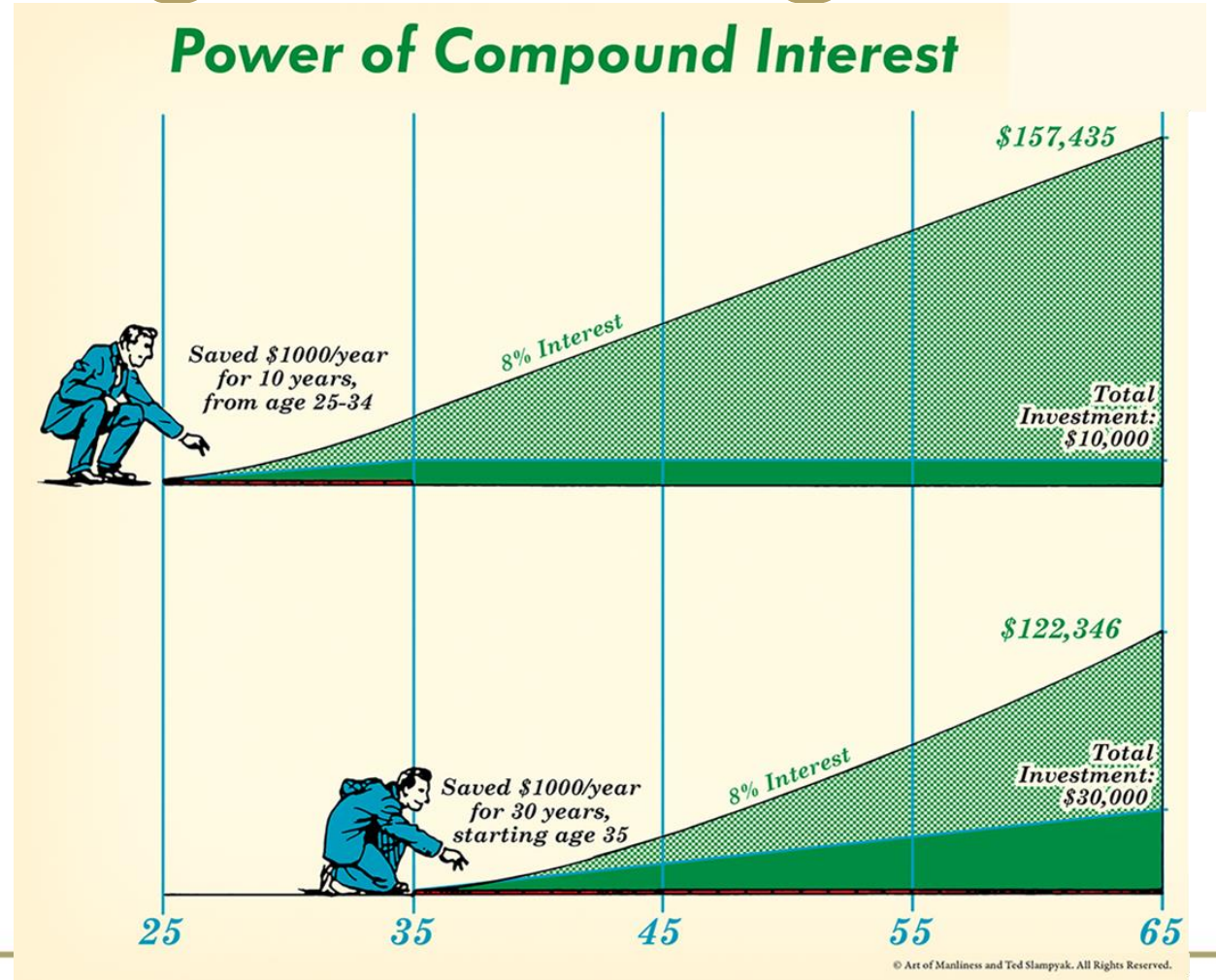
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# Retirement Planning for Young Adults

- The power of compound interest and starting early
- Introduction to retirement accounts (e.g., 401(k), Roth IRA)
- Employer-sponsored plans and matching contributions



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# Building an Emergency Fund

- Why an emergency fund is crucial
- Recommended amount (e.g., 3-6 months' living expenses)
- Strategies for saving (e.g., automatic withholdings, cutting expenses)

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# Smart Spending Decisions

- Differentiating needs vs. wants



- Evaluating major purchases (e.g., car, housing)
- Avoiding debt traps (e.g., credit card misuse)

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# Getting Started After College

- Negotiating your first salary
- Repaying student loans
- Building credit responsibly
- Balancing financial priorities

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# Saving and Investing

- Setting financial goals
- Investment options (e.g., stocks, bonds, mutual funds)
- Risk tolerance and diversification

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# Q&A Session

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