FACT OR FICTION?

1. Your credit score is like your GPA for adulting. Keep it high, and you’ll unlock better financial opportunities. It’s the ultimate quest for a credit A+!

2. Student loans are like time-travel devices. You get to experience your future income but in reverse. Handle with caution!

3. It’s possible to have a healthy social life while working long hours and pursuing a successful career.

4. Maintaining social wellness means never saying ‘no’ to social invitations or requests.

Valuing diversity and treating others with respect

Some Signs of Social Wellness

- Staying true to yourself
- Creating healthy boundaries within relationships
- Developing social networks
- Balancing social and personal time

GET TO KNOW THE COACHES!

Bhumika: Social wellness: I do grocery shopping with my friends almost every weekend. It’s like our little thing we do together. Financial Wellness: I use “Money manager” app to track my expenses.

Vamshi: To boost my social wellness I attend campus events and club meetings, building connections and interacting with diverse people. I put a monthly cap on my spending to boost financial wellness.

Gania: I make sure to meet up with my friends once in a while to improve my social wellness, and check my bank statements to make sure I’m not overspending for financial wellness.

Mrunmayi: One way that I practice social wellness is by setting a time aside every week to spend with friends! I check my bank statements to maintain financial wellness by regulating my spending.

Some Signs of Social Wellness

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RECIPE OF THE MONTH

COACHING WITH Oreo

COACHING WITH Oreo

1. Expressing vulnerability in a relationship can strengthen the bond between individuals. FACT!

2. Loneliness only affects older adults and has no impact on young people’s social wellness. FICTION!

3. It’s possible to have a healthy social life while working long hours and pursuing a successful career. FACT!

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Download the app OR

Follow us on:

https://www.timeforpayback.com/

This game shows you how the decisions you make now will impact your finances after college. Copy and paste the link into your browser to play!

RECIPE OF THE MONTH

CHICKEN: $23.50
VEGETARIAN: $21.49
VEGAN: $17.50

VEGETARIAN: $2.41
VEGAN: $2.16

PER MEAL COSTS

CHICKEN: $2.86
VEGETARIAN: $2.41
VEGAN: $2.16

PER MEAL ADDITIVES:

CHICKEN: $2.90
VEGETARIAN: $2.40
VEGAN: $2.16

TOTAL GROCERY COSTS

CHICKEN: $22.15
PORK: $17.50
ADDITIVES: $2.90

Recipient of Oreo Coach

FACT!

1. Low scores on social media can make you feel lonely and isolated.

2. Link to the recipe

3.高い

4. Low scores on social media can make you feel lonely and isolated.

Fun Facts

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