



Financial Wellness in College...

College students are often subject to significant financial distress. Student debt can be a looming challenge, especially with the rising costs of higher education, housing, bills, food, taking care of other dependents, and other basic expenses. Keeping up with these financial responsibilities can quickly become overwhelming, but ignoring them will only increase feelings of stress, anxiety, and fear. With so many things to juggle within a busy academic schedule, adding in some time every day to seek ways to improve financial wellness will help students feel less stress. Developing financially smart habits during college is a valuable investment to achieve future goals.



This Month in Financial Wellness

Too much student loan debt? Iowa lawmakers think they have a solution:

Before students at Iowa's three public universities embark on earning a bachelor's degree, they should know how much student loan debt they could leave school with and how much money they could earn in their field of study after they graduate, some Iowa lawmakers said Wednesday. [Senate File 2361](#), which was passed on a 39-10 by the Iowa Senate, would also require all undergraduate students to take a financial literacy course.



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Recommended Books on Financial Wellness:

1. Personal Finance for - [Teenagers and College Students](#)
2. The Total Money Makeover - [A Proven Plan for Financial Fitness](#)



How Online Financial Literacy Responds to the Student Money Cycle...

When speaking about financial aid, many resources adopt the easiest viewpoint by focusing on the initial loan counseling and ending with repayment. Not to mention, the beginning and end of loan disbursement are the times when students most seek out assistance.

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Need an app for that?

Here are some free apps recommended to help students track expenses and learn how to budget...

