



# UMKC FINANCIAL WELLNESS CENTER

## Learning how to manage your finances will change your life – we can help!

The **Financial Wellness Center** can help you create a financial plan that will see you through college and beyond. Our staff and students are trained to provide unbiased support to help you build financial confidence and achieve your goals.

### TOPICS WE COVER

- Savings and financial goal setting
- Building a budget
- Managing student loans
- Planning for an apartment or car
- Best practices for credit cards
- Credit reports and scores
- Understanding employment benefits
- Financially preparing for graduation

### WHAT TO EXPECT

Our coaching sessions are generally scheduled for 30 minutes. You may come with a specific question or with a general interest in better understanding your money. Regardless of your interest, our team can help you find answers to your money questions.

### SCHEDULE AN APPOINTMENT

- Sign up for an appointment through **UMKC Connect**
- Call us at **816-235-1401**
- Email us at **financialwellness@umkc.edu**
- Stop by our office in the **Administrative Center, Room 223**



#### ONE-ON-ONE FINANCIAL COACHING

All UMKC students are eligible for free financial coaching sessions.



#### EVENTS AND WORKSHOPS

Join us for financial events and workshops throughout the year.



#### RESOURCE LIBRARY

Access tools and calculators to help you achieve financial success.

### REQUEST A PRESENTATION

Workshops and presentations are available by request to all student organizations, staff and faculty at UMKC. Content and length can be customized to your audience. Contact us to request a presentation today.