My Wellbeing.
My Community.
My Identity.

Financial Literacy Series
FY'24 Grant Cycle
Dr. Chequeta D. Allen
Dr. Jean Stanford | St Health
Dr. John Brown | FSAP
Dr. Jeffrey Hanson
Golden1 Fin Wellness Center
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Overview

Develops financial management decision-making and credit-building skills to impact long-term financial stability

Provides education on positive consumer behaviors and debt management to mitigate financial stress.

Offers guidance on how to achieve personal, financial goals while pursuing professional goals

Close economic wealth and knowledge gaps across social classes, cultures, and ethnicities.

Project Details

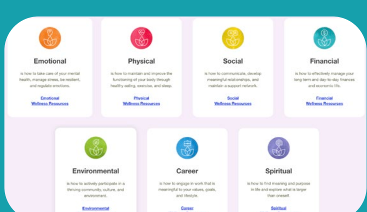
The program offers financial education, often overlooked during a scholar's research training years due to a primary focus on scientific demands. UCSF Postdocs are at risk of assuming a heavy financial burden due to the high cost of living and lack of financial knowledge and skills which can negatively impact research training experience and well-being. The program's focus is on mitigating financial-related stress from a lack of financial management knowledge and skills.

The 2022 Consumer Price Index data showed San Francisco's cost of housing was 202% more expensive than the U.S. average, with utilities about 33% higher, and basic necessities such as food and clothing and groceries about 22% more than in the rest of the country.

The Series delivered six one-hour sessions on topics below
1. Financial Health & Emotional Health - the Link. (MB)
2. US banking (credit unions, banks tools & access for US & Int'l Postdocs) (IMB
3. Income/Exp Mgt or Spending & Saving (Zoom)
4. Managing graduate loan and/or cc debt/ Fed Loan Mgt options (Zoom)
5. Building Credit History & Credit Scores (Zoom)
6. Planning for family & future - Retirement (Zoom)

Data Snapshot

Series from 3/6/24 – 4/27/24
Program Reg: 85
Program Reach: 150
Amazon e-gift cards (books)



Project Challenges

1. Holding all sessions in person would have further enhanced attendance. However, the financial expert delivering four sessions was based in a different state and time zone.
2. The course content is extensive and difficult to contain in just six sessions.
3. Including information about first-time home buying in CA with home buying resources for W2 and 1098T earners was missing and will be added..

Resources

HansonEdServices@gmail.com
UCSF Student Financial Services
Golden1.com.
Harvard Money Bookshelf
The Psychology of Money
I Will Teach You to Be Rich

Lessons Learned

Supporting Postdocs to mitigate financial-related stress will become a core part of our OPS mission.

Content for the most popular sessions, #3 and #6 should be expanded

Quotes: "What a fabulous series this was! It leveled the playing field for our international postdocs by giving them the language and tools needed to survive and thrive in the U.S."

"Thank you for the book. I got a lot out of this series!"

UCSF Wellness and Community
Campus Life Services