



# The Results are In...

Financial Literacy Education has Positive Impact

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- Introduction, Background, Problem
- Research questions and methodology
- Review of research results
- Recommendations for practice
- Examples of best practices in financial literacy education from three institutions
- The impact of these programs on students
- Next steps for evaluation

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## Introduction and Background

Costs of education	Increased student loan borrowing	Credit card debt
Academic difficulty and personal struggles	Profession based on income potential than career goals or desires	Delay of home-buying, marriage, children
Challenged credit and debt burden	Average indebtedness of graduating classes	

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## Problem

There was a significant gap in the research literature on the impact financial literacy programs have on students' financial decision-making. Evaluation was weak or nonexistent.

The purpose of this study was to begin to fill this gap in the research literature.

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## Research Questions

How and to what extent does participation in financial literacy programs influence financial decision-making among graduate level health professions at selected institutions?



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## Research Questions

**Secondary questions-how does participation influence students'**

- review of credit reports and credit scores
- borrowing
- decisions on how they budget and spend their money
- payment of the interest on student loans while in school
- credit card usage



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## Methodology

### Mixed Methods Design

Sample population: three doctoral level health professions programs

- UMDNJ Dental school
- UMDNJ Osteopathic medical school
- Illinois College of Optometry

Quantitative research

Qualitative research



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## Variables Studied

Student loan borrowing and paying the interest on student loans

Budgeting and spending

Review of credit reports and credit scores

Credit card usage

Overall financial decision-making

Number of financial literacy sessions attended: 0, 1-2, more than 2

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## Results

Overall results suggested participation in financial literacy programs did influence decision-making.

The more sessions students attended the more positive the financial decisions they made in areas of credit cards, credit reports, and overall financial decision-making.



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## Results

### Focus Group Themes

- Financial literacy education was a reinforcement and reminder of prior knowledge. In most cases this inspired students to take initiative.
- Financial literacy education resulted in students exhibiting more thoughtful consideration before spending money and making other financial decisions.
- As a result of these programs, students reported strategic and resourceful decision-making, finding small and large ways to save money.

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## What does all of this mean?



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## Conclusions

It is reasonable to conclude that financial literacy education did influence financial decision-making among the students at the selected institutions.

This study addressed the research problem and fulfilled its purpose of adding to the body of literature, which was lacking in the area of evaluation of the impact of financial literacy education on financial decision-making.

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## Recommendations

### For practice:

- Require more mandatory financial literacy sessions.
- Incorporate financial literacy education into curriculum.

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## Illinois College of Optometry

- Established in 1872
- ICO awards the degree of Doctor of Optometry (O.D.) and Bachelor of Science in Visual Science (BSVSS)
- 638 Full-time Students
- 4 year COA is \$219,183
- Quarters with an average of 22 credits/term




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## Illinois College of Optometry

### Students told us:

- Don't have the time
- Not interested
- Scary/Not fun
- Already do it

### New Design:

- Keep it short
- Make it interesting
- Make it fun
- Make it challenging

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## Illinois College of Optometry

- 4 to 5 part mini-series each year in the Fall Term for all students
- Sessions are each 20-30 minutes long
- Scheduled immediately proceeding or following a mandatory class in the same room
- To create more interest in the topics, a theme is used to tie the content together




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## Illinois College of Optometry

- Many times a contest will be incorporated
- PowerPoint presentations with video clips, handouts, and homework at each session
- Attendees are invited to continue discussions with staff later in the office
- Attendance is high




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## Illinois College of Optometry

The  
Game  
Changer

### Mini-Series Overview

- Session 1: Goal Setting – Motivation
- Session 2: Credit Reports and Scores
- Session 3: Negative Cash Flows
- Session 4: Positive Cash Flows

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## Illinois College of Optometry

Have a Plan.

Order your credit reports.

Check your credit reports each year and make adjustments.

Spend less than you have and start saving.

Get your money to make money. Start investing and building your net worth today!

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## Illinois College of Optometry

2004  
Life,  
Liberty, &  
Pursuit of  
Happiness

2006  
Who's  
On  
First

2008  
The  
Land  
of OZ

2005  
Extreme  
RPS

2007  
The  
Perfect  
Storm

2009  
House  
of  
Cards

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## University of Medicine and Dentistry of New Jersey

- Public Health Care University
- Employs 15,000+
- Enrollment 6,174 students
- Eight Schools - located on 5 campuses throughout state



New Jersey Medical School

Robert Wood Johnson Medical School

School of Osteopathic Medicine

New Jersey Dental School

School of Nursing

Graduate School of Biomedical Sciences

School of Public Health

School of Health Related Professions

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## Financial Literacy Curriculum

### Selected Workshops:

- Budgeting 101 & 101 1/2
- Loan Strategies
- Basic Cooking
- Managing your Credit
- Primary Care Loan and Loan Redemption



### Lectures:

- Personal Financial Management

### Web-based curriculum

### Podcasts

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## Financial Aid 101

The goal of this session is to provide individuals with an understanding of how financial aid works in relation to the overall cost of attendance.

Finding discounts, negotiating various living expenses and stretching a 'dollar' are shared.



Establishing individual monthly budgets framed this workshop.

Students are challenged to live modestly in an effort to keep expenses down.

The program is geared towards first year students.

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## Cooking Basics

This program was requested by and designed for students. How to prepare quick, nutritious meals on a budget was the focus.

Stir frying, baking and pan techniques were taught with insight on cost and prep time.



The evening concluded with a home cooked meals being shared family style.

Multiple main courses were prepared by participants.

Recipes were provided.

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# Midwestern University




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- Admissions and Orientation Presentations
- Financial Experts Forums
- Couples and Finances series
- Armed Forces Day
- Thrifty Budget workshops
- Repay Ready product
- Loan Repayment workshops

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## Repay Ready Sessions

RepayReady

- Make repayment easier
- Save Money
- Be RepayReady

Are you new here?

Take a moment to setup your account

[Create a new account](#)

Returning User?

Log in your account

Username:

[Forgot password?](#)

[Create a new account](#)

[Continue](#)

- 1 Watch the video
- 2 Use the resources
- 3 Create a strategy

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## Peer Financial Counselors



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## Thrifty Budget Workshops



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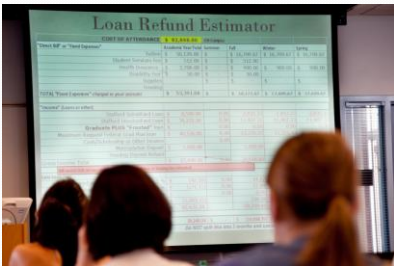
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## Thrifty Budget Workshops



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### Armed Forces Day

### Financial Experts Forum



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### FINANCIAL LITERACY SCHOLARSHIP PROGRAM

- Designed to emphasize “Best Practices” in minimizing debt and demonstrating solid efforts in an essay.
- Four scholarships on each campus
  - One \$5,000
  - Three \$2,500

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### FINANCIAL LITERACY SCHOLARSHIP PROGRAM

Essay factors evaluated:

- Active financial planning efforts
- Living frugally or modestly while at MWU
- Demonstrated efforts to minimize debt

More than 100 applied between both campuses

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## SCHOLARSHIP PROGRAM



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## Midwestern University

- Impact MWU has seen on students
- Next steps for MWU
  - Research project
  - PG presents – loan counseling services for 2012 grads



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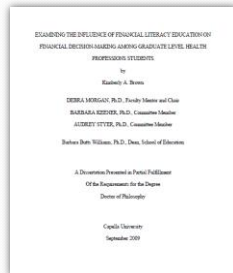
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Examining the Influence of Financial Literacy Education on Financial Decision-Making Among Graduate Level Health Professions Students

<http://disexpress.umi.com/dxweb>

UMI Number: 3372749



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