

Module 5: Personal and Family Financial Wellness

Essential Question: What can be done to educate and influence teens to make wise financial decisions to live a comfortable and healthy lifestyle?

Lesson Problem: This lesson focuses on educating teens to be in charge of their own financial well-being and the importance of planning for their future.

[National FCS Standards](#)

Content: 1.0: Career, Community, & Family Connections

Comprehensive Standard: 1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).

Competency:

1.1.6 Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.

Comprehensive Standard: 1.2 Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.

Competencies:

1.2.1 Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.

1.2.2 Demonstrate job seeking and job keeping skills.

1.2.3 Apply communication skills in school, community and workplace settings and with diverse populations.

[Kansas Family and Consumer Science Competencies](#)

Content: Introduction to Family and Consumer Sciences (45001)

Benchmark: 1.4 Analyze management strategies of personal resources to meet goals.

Competencies:

1.4.1 Examine purpose of personal financial planning.

1.4.2 Identify sound management principles for personal financial practices.

1.4.3 Practice being a wise consumer of goods and services.

1.4.4 Use technology and other tools to manage personal and work (school) responsibilities.

Content: Career & Life Planning (22207)

Comprehensive Standard: 2.1 Analyze strategies to balance multiple roles and responsibilities (individual, family, and career).

Competency:

2.1.1 Compare and contrast occupations that fit individual interests and personal life goals (i.e. interest survey results)

Comprehensive Standard: 2.2 Enhance job application and retention.

Competency:

2.2.3 Demonstrate job seeking skills.

Comprehensive Standard: 2.3 Enhance career readiness through practicing appropriate skills in classroom, community and family situations.

Competencies:

2.3.1 Demonstrate appropriate communication skills (verbal, listening, and writing skills) to communicate clearly.

2.3.5 Create ideas, proposals, and solutions to overcome barriers to personal goal achievement.

2.3.7 Evaluate career portfolios (electronic or physical) to learn how to document knowledge, skills, and experiences.

2.3.8 Establish a personal portfolio (electronic or hard copy) to begin to document personal achievements and experiences

2.3.9 Use technology appropriately to access, manage and/or create career information (i.e. practice internet ethics, avoid identity theft)

2.3.11 Identify personal rights and responsibilities as an employee and how to address violations.

Content: Consumer & Personal Finance (22210)

Benchmark: 6.1 Analyze factors leading to strong personal and family consumer decision making.

Competencies:

6.1.1 Analyze the effects of finances on relationships across the lifespan.

6.1.2 Analyze and create a personal budget based on sound financial practices and spending allowances.

6.1.3 Demonstrate the ability to set SMART individual and family financial goals.

6.1.10 Identify local, state, and national taxes and other deductions that impact net income and budgeting.

6.1.11 Determine budgeting considerations related to pay periods. (Ex: Weekly, bi-weekly, monthly)

6.1.12 Demonstrate understanding and completion of basic tax forms (W2, W4, 1040EZ)

6.2.3 Evaluate savings alternatives.

6.2.4 Analyze spending habits and practice budgeting for a variety of life settings.

Benchmark: 6.2 Promote sound spending and saving practices across the life span.

Competencies:

6.2.4 Analyze spending habits and practice budgeting for a variety of life settings.

Benchmark: 6.4 Analyze factors related to credit and debt.

Competencies:

6.4.1 Evaluate sources and availability of credit for consumers and their families.

6.4.2 Summarize borrower's rights and responsibilities including role of credit reports.

Basic Skills (red font): [Language Arts](#), [Math](#), Science, Social Studies

21st Century Process Skills (red font):

- Thinking & Problem Solving: [Critical Thinking](#), [Problem Solving](#) (Flexibility), Creativity (Innovation)
- Information Literacy and Communication Skills: [Communication](#) (Media Literacy, Technology)
- Leadership and Collaboration: [Leadership](#) (Initiative) , [Management \(Resources\)](#)(Productivity), [Goal Setting](#), [Decision Making](#)

Learning Objectives: The learner will be able to:

- Identify ways to make informed consumer purchases using (technology) resources.
- Create SMART goals to accomplish financial needs and wants of a budget.
- Identify factors that influence our spending habits as a consumer
- Identify consumer tools that can help us manage our daily consumer spending
- Identify workplace/career skills that enhance the ability to maintain employment and the potential to earn more money
- Analyze how can budgeting, saving and investing your earnings help you achieve your ideal lifestyle?
- Demonstrate the use of a portfolio (including career research, resume, job application, cover letter, internship and job shadow experiences) to showcase skills gained in preparation for career selected.

Objective: Students will understand the importance of being in charge of their own financial well-being and the importance of planning for their future.

Introduction (anticipatory set):

[How to Become a Millionaire](#) Lesson plan \$ "is designed to get students interested in economics and personal finance. . . The lesson does not pretend to offer a fail-safe procedure for achieving wealth. It emphasizes, instead, self-discipline, planning, and making sound choices-about getting a good education, spending wisely, saving early and often, and taking prudent risks. Nor does the lesson imply that the main goal in life is to become wealthy. ([Financial Fitness for Life](#), Lesson 1)

[Making Personal Finance Decisions](#) Downloadable Curriculum - Excellent 262 page downloadable document that includes all of the information, worksheets, activities, discussion questions. Topics covered: thinking economically, planning, earning income, paying taxes, budgeting, saving, spending, investing, credit, identity theft. (Minnesota Council on Economic Education)

Decision Making and Goal Setting

[The Economic Way of Thinking](#): Lesson plan \$ - Includes cost/benefit analysis and opportunity costs ([Financial Fitness for Life](#), Lesson 2)

[Ten Things about Money](#) Lesson plan - Includes [Let's Talk about Money "Managing Your Money" video](#) (10:19) ([Lifesmarts.org](#))

[Opportunity Cost](#) Lesson plan - "Consumers are faced with tough choices because so many innovative and exciting products and services are available. Therefore, engraining a decision-making process that includes considering of opportunity cost is necessary to shape future consumer behavior." Includes link to video, discussion questions, and activities. (EconEdLink.org)

[Decision Making](#): Lesson plan \$ - [The Economics of Income: If You're So Smart, Why Aren't You Rich?](#) Includes information, discussion questions, worksheets and activities ([Financial Fitness for Life](#), Lesson 3)

[Spendster YouTube channel](#): Videos - Gain from the lessons learned by others who confessed their impulsive spending habits. ([National Endowment for Financial Education](#))

Careers

Post-Secondary Options

[Education Options After High School](#) Article - Begin discussion about after high school options (New Hampshire Department of Education, so some info not applicable)

[Why Some Jobs Pay More Than Others](#) Lesson plan \$ - "Why do some people earn more income than others? This lesson begins by clarifying what income is. Then it focuses on the relationship between human capital and income. It culminates with an activity linking levels of education to the fastest-growing occupations." ([Financial Fitness for Life](#), Lesson 6)

[Start Your Career Search](#) Article "Let's be real, a lot of people work to simply pay the bills. So when you're starting off on your hunt for the perfect job, salary may be the first thing on your mind. But before you jump at the first Help Wanted sign you see, there's a lot more you should consider." (National Endowment for Financial Education, [On Your Own](#))

[What Do You Want to Do for a Living?](#) Website - Help students investigate more about what careers may be right for them. Offers searching careers by key words, industry, or completing an [Interest Profiler](#) to reveal possible careers. Also can search by “bright outlook” to search for those careers that are growing, “interests” which narrows careers by a student’s interest and “job prep” which narrows careers by the amount of time the student wants to put into education (My Next Move)

[Wages and Me](#) Lesson plan - What wage will you make with your career? Activity helps walk students through finding out how lucrative their career choices may be. (EconEdLink.org)

[Jobs Vs Careers](#): Lesson plan - Includes information and worksheets. (Oklahoma State Department of Education)

College Financing:

Students need to know “What is the actual Cost of Post-Secondary Education?” Topics can include: FAFSA, government subsidized vs unsubsidized loans and their maximums; grants, work-study, scholarships, parent plus loans, gap (private) loans. Students should calculate costs and ROI to discover what their costs of college vs income potential of future job.

[Should You Go to College?](#) Article - Includes tips on what is needed for college applications. (National Endowment for Financial Education, [On Your Own](#))

[Kansas Board of Regents Degree Stats](#) Webpage tool - “This interactive online tool reviews cost and earnings data from real graduates for each undergraduate degree program offered at a public university or college in Kansas.” Also, great for seeing which colleges offer specific degrees. (Kansas Board of Regents)

[Paying Postsecondary Education Cost/Benefit Analysis](#) Lesson plan \$ “Designed to look at different options to help finance post-secondary education. Students will describe the costs and benefits of post-secondary education payment options and analyze the return on investment of post-secondary education for various scenarios.” ([Financial Fitness for Life](#), Lesson 16)

[Education: Weigh Your Options](#) Lesson plan - Students learn to use a weighted decision-making model to evaluate alternatives for postsecondary education AND Identify trade-offs made in their decisions. GREAT resources for different post-secondary options. (EconEdLink, 2015)

[411 on College Education](#) Lesson plan - “One of the most important financial decisions people make is whether to go to college. The price tag of a college education is rising, but so are the benefits.” (EconEdLink, 2017)

[Federal Student Loans](#) Webpage - Government information about subsidized and unsubsidized loans. (US Department of Education: Financial Aid Office)

[10 Things to Know About College Applications](#) Article - “Just like applying for a [job](#), attention to detail will set your student apart from the pack and help avoid delays and added stress.” 10 things your student should know. (eCampusTours.com, 2013)

FAFSA Information

[What is the FAFSA and How Does it Work?](#) (1:59) Video - Animated captioned video that introduces students to the FAFSA. (Utah Futures, 2016)

[Financial Aid 101](#) Article - Concise explanation of FAFSA, Student Aid Report (SAR), Award notification, scholarships, grants, loans, and work-study. (eCampusTours.com, 2018)

[Keys to Your Future: FAFSA Facts](#) Lesson plan with prompts, discussion questions, links to resources. (Everfi and UBS)

[Completing the FAFSA](#) Webpage - Step by step instructions for completing the FAFSA (Free Application for Federal Student Aid). (US Department of Education: Financial Aid Office)

[FAFSA](#) Infographic - Quick explanation of the process of FAFSA. (US Department of Education: Financial Aid Office)

[What you and your parents will be asked when completing the FAFSA](#) Worksheet - 4 page downloadable document that shows all the information needed to complete the FAFSA - great for showing students the process. (US Department of Education: Financial Aid Office)

Living on your own: Dorm vs Apartment living

Networking

[Networking and LinkedIn](#): Lesson Plan with activities (NextGen Personal Finance)

[5 Networking Lessons I Wished I'd Learned in High School](#) Article - 5 great suggestions for how high school students can begin their networking. (Ladders.com, B. Safani, 2009)

[Learning How to Network in High School](#) Article - More in-depth information about how to begin networking in high school with links to other informative articles (eCampusTours.com, 2018)

[25 questions to Ask a Mentor](#) Article - Can be used during interviews, job shadows, internships or if the student can identify a personal mentor. (Ladders.com, J. Miller, 2018)

[Job Shadowing in High School](#) Article - "Review these benefits of job shadowing and learn what you should do on the day of your job shadowing event." (eCampusTours.com, 2018)

[How to Be a Good Intern in High School](#) Article - " Use these tips to learn how to be a good intern in order to make the best possible impression." (eCampusTours.com, 2017)

Job Applications

[Get a Job](#) Lesson plan - Includes job applications, resumes, cover letters, and interview (must sign up for free membership): ([Take Charge Today](#), University of Arizona)

[Job Applications](#) - Lesson plan - Includes discussion questions, links to videos, articles, and an activity. (NextGen Personal Finance)

[Online Job Applications: Are They Worth It?](#) Video (9:24) "Paul Solman explores whether it is worth it to apply online or if there are better strategies to get employed." (PBS, 2012)

Activity:

Hand out a blank job application PRIOR to any conversation or lesson about how to properly complete one. Or get one from a local employer with permission to duplicate (write "sample" across the top). Have students complete, then hand in. Grade harshly and hand back. Then go through each part with recommendations on how to complete. They HAVE to try over and over until they get 100%! It's 100 or 0! Here are some samples:

[Sample Job Application #1](#) 4 page job application (Careerchoices.com)

[Sample Job Application #2](#) 2 page job application

[How to Complete a Job Application](#) Article - One page of tips for students on how to complete a job application. (Rogue Community College)

[How to Complete a Job Application](#) (4:02) Video - Good tips: (Career and Life Skills Lessons, 2017)

[Transferable Skills Lesson Plan](#) Worksheet - Students who have never held a job often think they don't have any experience. This worksheet helps them identify their skills that employers will value. (Norfolk County Council)

[Email Etiquette!](#) Webpage - Great information that students need to know about sending professional emails. (Virginia Tech, Career and Professional Development)

Resumes & Cover Letters

[Resume Writing](#) Lesson Plan - (Teachers Pay Teachers, \$6 for the resume unit or \$12.25 for bundled - Can also bundle with career research and cover letter writing)

[Joining the Workforce](#) Lesson plans - Includes lessons on: your first job, resume & cover letter, networking and LinkedIn, interviewing, and interview challenge. (NextGen Personal Finance)

[Resume and CV Guide:](#) Webpage - Contains abundant links to helpful information (Virginia Tech, Career and Professional Development)

[Resume Tips Document](#) Link to tips and worksheets for resumes. (Need permission to access) (Virginia Tech, Career and Professional Development)

[Cover Letter Tips](#) PDF Tips for cover letters with sample. (Michigan Civil Service Commission)

[Cover Letter Information](#) Webpage -Includes email etiquette and samples of cover letters for different purposes. Not a lesson plan, but PLENTY of information from which you can create a complete lesson (Virginia Tech, Career and Professional Development)

[Cover Letter](#) Video (2:44) . Explains the basics of a good cover letter. (Virginia Tech, Career and Professional Development)

[Cover Letter Grading #1](#) Rubric in Word document.

[Cover Letters and Resumes](#) Rubric (ReadWriteThink)

Interview Skills and Thank Yous

[Go For It! Practice Interview Questions](#) Practice Interview Questions: (Need permission to access)

[Illegal/Legal Interview Questions](#) Article "Illegal job interview questions solicit information from job candidates that could be used to discriminate against them. Asking questions about a candidate's race, religion, or gender could open a company up to a discrimination lawsuit." (Better Team, 2019)

[Legal/illegal Interview Questions](#) PDF Chart of topics and questions that can/cannot be asked in interviews. (University of Texas Health):

[Tips for interviewing](#): (Need permission to access)

[Interviewing](#) Lesson plan - Includes information, activities, video, and project (Next Gen Personal Finance)

[Body Language](#) Infographic - 10 types of body language with examples. (S. Howat files)

[Don't Let your Body Language Sink Your Job Interview](#) Article: "Savvy job seekers know how important choosing the right words is when communicating with prospective employers. But what about nonverbal communication." (Monster.com, R. Ordonez)

[Confident Body Language in an Interview](#) (5:52) Video Tips for body language in an interview: Captioned. (Professor H. Austin, 2018)

Paychecks

[Fine Print: Pay Stubs](#) Lesson plan - Includes video, worksheet, information, discussion questions. (Next Gen Personal Finance, 2018)

[Income and Taxes](#) Lesson plan with examples and worksheets: (Oklahoma State Department of Education)

[OK Passport to Financial Literacy Teacher Guide](#) Lesson plan - Includes information on jobs vs. career income and taxes; goal setting, managing your income, career scavenger hunt, budget puzzle, and [powerpoint](#) (Oklahoma State Department of Education)

Understanding Taxes

[Tax Rules for Children and Dependents](#) Webpage - (IRS.gov)

[Tax Issues That Impact Working Teens and Their Parents](#) Article - (Taxrate.com, K. Bell, 2018)

[Taxes - Somebody Has to Pay](#). Lesson plan - Good explanation of what a tax is, progressive vs. regressive, examples and questions: (Oklahoma State Department of Education)

[It's Your Paycheck: Know Your Dough](#) Lesson plan - 20 page document with examples, activities, and visuals. Paychecks, W-4, W-2: (Federal Reserve Bank of St. Louis)

[Teens and Taxes](#) Lesson plan - Information, activity, video, and links to articles, (Next Gen Personal Finance, SC-1.2)

[Uncle Sam Takes a Bite](#) Lesson plan \$ - "Young people are sometimes surprised to learn that the pay they earn is not the same as the pay they take home. This lesson introduces students to the concepts of gross pay, net pay, marginal tax rate, income taxation, tax planning using pretax dollars for retirement savings and insurance, and the completion of Form 1040EZ." (Financial Fitness for Life, Lesson 7)

[W-4 Form](#) PDF - Employee's Withholding Allowance Certificate - 4 page document(IRS.gov)

[Filing Requirements and Tip Sheets](#) Webpage - Job aids from Publication 4012 will help you determine the taxpayer's filing requirements. (IRS.gov)

[Understanding Taxes](#). Lesson plans - 38 lessons plans with activities and fact sheets. Key terms are defined and samples are included. Links to all relevant documents. (IRS.gov)

[1040](#) Webpage - Beginning with 2018 taxpayers will no longer use Form 1040-A or Form 1040-EZ, but instead will use the redesigned Form 1040. Many people will only need to file Form 1040 and no schedules.(replaces 1040A and 1040EZ) and instructions See Charts A, B, & D at the end of this document. (IRS.gov)

[PreparingL Your Form 1040](#) Lesson plan - How to complete the NEW 1040!!! Includes powerpoint, activities, and Kahoot. (EconEdLink.com, 2019)

Financial Institutions

[Banking Basics](#) Lesson plan - Includes information about Banks, savings & loans, credit unions, and various types of accounts and services offered at each. (Financial Fitness For Life, Lesson 9)

[Spent: Looking for Change](#) (40:02) Video Documentary - 70 million Americans don't use traditional banking. [Spent looking for change video worksheet](#) (American Express, 2014)

[Making Personal Finance Decisions](#) Downloadable Curriculum - Excellent 262 page downloadable document that includes all of the information, worksheets, activities, discussion questions. Topics covered: thinking economically, planning, earning income, paying taxes, budgeting, saving, spending, investing, credit, identity theft. (Minnesota Council on Economic Education)

[Broke 30/30](#) Video \$ Pro athletes who have gone bankrupt. (ESPN, 2012)

[How to Write a Check](#) (2:57) Video Nice concise video explaining each step of writing a check. (Ezvid Wiki, 2018)

Online Banking

[Online Banking Simulator](#) Simulation - "This Online Banking Simulation allows you to see what it is like to manage your very own online bank account. In the process, you will be able to manage this account when various situations arise, make all of the online transactions you would on a real account, and see the consequences of your actions- good or bad! (NextGen Personal Finance)

[Online Bank Simulator](#) Simulation - "Teaching and learning about banking and online banking skills. Learn about modern Internet and electronic banking using a computer, cell phone, or other electronic device. Includes lessons and worksheets for teaching, learning, and understanding online banking and related financial concepts." (MoneyInstructor)

[Mobile Banking and Payment Apps](#) Lesson plan - Includes articles, videos and infographic (NextGen Lesson plan)

Budgeting:

[Budgeting](#) Lesson plan - Includes articles, videos, activities, and discussion questions. (Next Gen Lesson plan)

[Budgeting 101 Online Course for Consumers](#) Online course - "Hands-on opportunity to create budgets for fictional "Regan" during her sophomore year in nursing school, and, later, as a recent graduate with an apartment and a new car. Using either Microsoft® Excel or Google Docs, download the budgeting tool with space for your own budget, as well as the examples created by establishing Regan's." (Federal Reserve Bank of St. Louis)

[Your Spending. Your Saving. Your Future: A Beginner's Guide to Financial Readiness](#) PDF - 53 page document including explanations, discussion questions and worksheets and links to online resources. (National Endowment for Financial Education, 2017)

[Smart About Money](#) Online interactive lessons - 7 free lessons - 45 minutes each. Includes earning plan, emergency fund, financial well-being plan, housing plan, life events and transition plan, retirement plan, transportation plan (SmartAboutMoney)

[Manage your Income](#) - Lesson plan with examples and student expense tracking, spending planner, worksheets (Oklahoma State Department of Education)

[40 Money Management Tips Every College Student Should Know](#) PDF The first 11 tips are specific to college students; the other 29 tips apply to all young adults. 28 page colorful document. (National Endowment for Financial Education)

Borrowing

Credit and Credit Scores

[Your Credit Report](#) Lesson plan includes vocabulary, [Credit Report video](#) (7:30) (LifeSmarts.org)

[Credit Cards](#) Lesson plan - Students will compare credit cards by looking at the amount of interest they will incur when paying off the balance on their purchases. Students will discuss times when they will need to use a credit card, rewards programs, and disadvantages of the use of plastic. (EconEdLink, M. Fladlien 2017)

[How is your Credit Score Calculated?](#) Article - Quick one page explanation. (National Endowment for Financial Education)

[What is My Credit Score Used For?](#) Article - Quick one page explanation. Spoiler alert: credit cards, insurance, utility companies, cellphone, landlords, employers. (National Endowment for Financial Education, On Your Own)

[What factors affects your credit score?](#) Article - Students don't often realize what all affects their credit score. - bill payment history, amount of credit, types of credit. (Credit Karma)

[How Expensive are Payday Loans](#) Lesson plan - "Students will learn how a payday loan works by watching a video. They will learn that payday loans are an expensive form of borrowing and then calculate the total cost of a payday loan using several methods." Includes link to video, discussion questions, activities. (EconEdLink)

Car loans

[Cars and Loans](#) Lesson plan - Teacher's guide (Practical Money Skills, 2009)

[Car Loan Project:](#) Lesson plan - "Each student will buy (hypothetically) a car that will need to be financed. The student will need to look at different options and decide which will be the best choice for his situation. The student will need to find an advertisement for a car that he would like to purchase. Each student will hand in a report that details his finding." (EconEdLink, 2019)

Debriefing Questions:

Technical:

1. Identify two ways to make informed consumer purchases.
2. Create SMART goals to accomplish financial needs and wants.

Interpretation:

1. What are the factors that influence our spending habits as a consumer?
2. What consumer tools can help us manage our daily consumer spending?

Reflective:

1. How can careers skills acquired enhance the ability to earn more money?
2. How can budgeting, saving and investing your earnings help you achieve your ideal lifestyle?

Assessment:

- Create an exit [portfolio](#) including career research, resume, job application, internship and job shadow experiences gained in preparation for career selected. Career research will include potential earnings to satisfy a healthy lifestyle and financial stability.

Teaching Resources:

LIVE RESOURCES:

- Industry professionals to conduct mock interviews
- College coaches- what do they look at as far as character and such when recruiting
- Current college students- what is college really like? What do you wish you knew in high school about college that you know now?

FREE RESOURCES

- [2019 Top 100 Personal Finance Blogs, Websites and Newsletters](#)
- [Career and Life Skills Lessons](#) Videos - 2 ½ minutes - 5 minute videos since 2017/
- [Career Cluster Survey](#)
- [Career OneStop](#): Has several tools/link available to analyze possible skill/interest/career matches.
- [CareerSpots](#) Series of videos (1-4 minutes) on searching for a job and interviewing for a job.
- [Consumer Man](#) Blog, articles, [videos](#)
- [Council for Economic Education](#) Focuses on personal finance and economic education for students K-12
- [eCampusTours.com](#) Information about colleges, articles about college

- [EconLowdown](#) Free online curriculum (Federal Reserve)
- [EverFi](#) Requires you to create a free account for access to a variety of free online interactive lessons for school all age groups.
- [EconEdLink.org](#): Search under “collections” tab (the Financial Fitness for Life 3rd Edition requires workbook purchase for lesson plans)
- [Federal Reserve Bank of St. Louis](#) Lots of free resources to teach concepts about finance.
- [Financial Literacy for High School - Take Control of Your Financial Future](#) Free online 7 interactive lessons - 2 hours (Everfi)
- [High School Financial Planning Program by NEFE](#): Sign up for free membership and have access to all lessons, student materials, slides, and activities. Savings, decisions, budgets, paychecks, investing, financial services, etc.
- [Internal Revenue Service](#) Government website of all official tax information
- [Kansas Department of Health and Environment Division of Public Health \(Bureau of Family Health\)](#)
- [Kansas Degree and Cost tools](#) “This interactive online tool reviews cost and earnings data from real graduates for each undergraduate degree program offered at a public university or college in Kansas. (Kansas Board of Regents)
- [Keys to Your Future: College and Career Readiness](#) Free online interactive lessons - 2 hours (Everfi) interactive lessons - 2 hours
- [LifeSmarts](#): For 25 years LifeSmarts has fostered consumer and life skills literacy in middle and high school students. [Videos and lessons](#). A program of the National Consumers League (some are tied to lessons from the FFFL book)
- [LinkedIn](#) Professional networking and articles
- [Michigan Civil Service Commission](#)
- [Mint](#) Budget tracker & planner
- [Money Instructor](#) Many resources for teachers, parents, students; includes simulation
- [Minnesota Council on Economic Education](#)
- [MyNextMove](#) Website - Learn about careers including skills, tasks, salaries, education, etc.
- [National Consumers League](#)
- [National Endowment for Financial Education](#) Dedicated to inspiring empowered financial decision making for individuals and families through every stage of life. Educational resources and financial programs.
- [Next Gen Personal Finance](#) 12 Units that feature 65 lessons, 200 activities, over 400 curated videos
- [NGPF Career Question of the Day](#)
- [NoFrills Money Skills Video Series](#) 7 videos (5-10 minutes) also includes discussion questions. Topics include: compound interest, 401k, stocks, bonds, mutual funds, insurance and car insurance. (Federal Reserve Bank of St. Louis)
- [Occupational Outlook Handbook](#) (Bureau of Labor Statistics)
- [Oklahoma State Department of Education](#) Educator page with links to resources.

- [Oklahoma State Passport to Financial Literacy Program](#): (good lesson on preparing for postsecondary education)
- [On Your Own](#) Website - Lots (almost 60) of short but helpful articles on topics related to young adults on their own. (National Endowment for Financial Education)
- [Practical Money Skills](#) Includes 22 [lesson plans](#) and [games](#) (Financial Education for Everyone)
- [Set SMART goals lesson plan/materials](#):
- [Smart About Money](#) Good courses about various aspects of money.
- [Take Charge Today](#) Includes FREE complete lesson plans and worksheets, grades 7-12 (University of Arizona)
- [Teachers Pay Teachers](#)
- [US Department of Education: Financial Aid Office](#) Official information on financial aid for post-secondary studies.
- [Virginia Tech, Career and Professional Development](#)
- https://www.practicalmoneyskills.com/assets/pdfs/lessons/lev_4/L4TeachersGuide2.pdf Living on your own lesson plan

PURCHASED RESOURCES

[Budget Challenge](#) (\$25/student; Last year of free access was 2018-19)

[Financial Fitness for Life \(FFFL\) Student Workbook, Grades 9-12](#) “Grades 9-12 Student Workbook was designed to be used with Financial Fitness for Life's teacher guide to teach personal finance. You will measure your students' progress in four themes of personal finance: earning an income, saving, spending and credit, and money management. “ (\$20.95/student)

[Financial Fitness for Life \(FFFL\) Teacher Guide Workbook, Grades 9-12](#) (\$39.95) Includes standards, lesson plan, links, student worksheets and answer keys. From the Council for Economic Education. Order information:

[Resume Writing](#) Lesson plan that can also bundle with career research and cover letter writing. (Teachers Pay Teachers, \$6 - 47 page guide includes templates and rubrics)

[Virtual Economics Flashdrive](#) (\$164.95) version 4.5 Offers a WIDE range of economic and personal finance lessons and resources:

Materials:

Handouts/Worksheets/References:

- 1.1

[FCCLA Integration](#): (Affiliated chapter is required to use these materials.)

[FCCLA National Program - Career Connections](#) \$75 flash drive or can be purchased as a download for \$60 on the FCCLA portal. Career Connection is a national FCCLA peer education program that guides students to develop, plan, carry out, and evaluate projects to discover their strengths and then develop and practice career-ready skills.

[FCCLA National Program - Financial Fitness](#) \$75 flash drive or can be purchased as a download for \$60 on the FCCLA portal. Financial Fitness is a national FCCLA peer education program that involves young people teaching other youth how to earn, spend, save, and protect money wisely. With updated activities, information, links, lesson plans, handouts, games and tools, the Financial Fitness is a great addition to any FACS classroom or FCCLA Chapter.

STAR Event:

- Career Investigation
- Job Interview
- Life Event Planning
- National Programs in Action (Financial Fitness)
- Consumer Math Challenge

Optional/Additional Learning Activities/Follow Up:

Lesson 4: Choosing a Career

Utilizes on OOH (I need to add "[My Next move](#)" for my students who are having a hard time coming up with a career to even investigate. Take them to the [interest profiler](#)

Another site listed in lesson 4 does this through [profiling into career clusters](#)

Lesson 8 Managing Your Money

Lesson 10. Managing Risk

Can google "Risk Tolerance Quiz" and have the students take that then use it as a tool throughout.

Goals & Decision Making

Standard: Recognize the responsibilities associated with personal financial decisions

Chart A – For Most People Who Must File

If you may be claimed as a dependent by another taxpayer, you must file as a dependent whether you are being claimed or not. See Chart B.

If your filing status is...	AND at the end of 2018 you were...*	THEN file a return if your gross income was at least...**
Single	under 65	\$12,000
	65 or older	\$13,600
Married filing jointly***	under 65 (both spouses)	\$24,000
	65 or older (one spouse)	\$25,300
	65 or older (both spouses)	\$26,600
Married filing separately (see the Instructions for Form 1040)	any age	\$5
Head of household (see the Instructions for Form 1040)	under 65	\$18,000
	65 or older	\$19,600
Qualifying widow(er) (see the Instructions for Form 1040)	under 65	\$24,000
	65 or older	\$25,300

* If you were born on January 1, 1954 you are considered to be age 65 at the end of 2018. (If your spouse died in 2018 or if you are preparing a return for someone who died in 2018, see Publication 501)

** **Gross income** means all income you received in the form of money, goods, property, and services that isn't exempt from tax, including any income from sources outside the United States or from the sale of your main home (even if you can exclude part or all of it).

• Do not include any social security benefits unless

(a) you are married filing a separate return and you lived with your spouse at any time in 2018 or

(b) one-half of your social security benefits plus your other gross income and any tax-exempt interest is more than \$25,000 (\$32,000 if married filing jointly).

If (a) or (b) applies, see the Form 1040 Instructions to figure the taxable part of social security benefits you must include in gross income.

• Gross income includes gains, but not losses, reported on Form 8949 or Schedule D.

• Gross income from a business means, for example, the amount on Schedule C, line 7, or Schedule F, line 9. But, in figuring gross income, don't reduce your income by any losses, including any loss on Schedule C, line 7, or Schedule F, line 9.

*** If you didn't live with your spouse at the end of 2018 (or on the date your spouse died) and your gross income was at least \$5, you must file a return regardless of your age.

Individuals who do not have a filing requirement based on this chart should also check Chart C, Other Situations When You Must File, and Chart D, Who Should File. Individuals with earned income but who do not have a filing requirement may be eligible for the Earned Income Credit.

Chart B – For Children and Other Dependents

If your parent (or any other taxpayer) may claim you as a dependent, use this chart to see if you must file a return.

In this chart, **unearned income** includes taxable interest, ordinary dividends, and capital gain distributions. It also includes unemployment compensation, taxable social security benefits, pensions, annuities, and distributions of unearned income from a trust. **Earned income** includes salaries, wages, tips, professional fees, and taxable scholarship and fellowship grants. **Gross income** is the total of your unearned and earned income.

Single Dependents	
Either 65 or over or blind	<p>You must file a return if any of the following apply.</p> <ol style="list-style-type: none"> 1. Your unearned income was over \$2,650 (\$4,250 if 65 or older and blind). 2. Your earned income was over \$13,600 (\$15,200 if 65 or older and blind). 3. Your gross income was more than the larger of — <ol style="list-style-type: none"> a. \$2,650 (\$4,250 if 65 or older and blind) or b. Your earned income (up to \$11,650) plus \$1,950 (\$3,550 if 65 or older and blind).
Under 65 and not blind	<p>You must file a return if any of the following apply.</p> <ol style="list-style-type: none"> 1. Your unearned income was over \$1,050. 2. Your earned income was over \$12,000. 3. Your gross income was more than the larger of — <ol style="list-style-type: none"> a. \$1,050, or b. Your earned income (up to \$11,650) plus \$350.
Married Dependents	
Either age 65 or older or blind	<p>You must file a return if any of the following apply.</p> <ol style="list-style-type: none"> 1. Your unearned income was over \$2,350 (\$3,650 if 65 or older and blind). 2. Your earned income was over \$13,300 (\$14,600 if 65 or older and blind). 3. Your gross income was at least \$5 and your spouse files a separate return and itemizes deductions. 4. Your gross income was more than the larger of — <ol style="list-style-type: none"> a. \$2,350 (\$3,650 if 65 or older and blind), or b. Your earned income (up to \$11,650) plus \$1,650 (\$2,950 if 65 or older and blind).
Under age 65 and not blind	<p>You must file a return if any of the following apply.</p> <ol style="list-style-type: none"> 1. Your unearned income was over \$1,050. 2. Your earned income was over \$12,000. 3. Your gross income was at least \$5 and your spouse files a separate return and itemizes deductions. 4. Your gross income was more than the larger of — <ol style="list-style-type: none"> a. \$1,050, or b. Your earned income (up to \$11,650) plus \$350.

Form 8615, Tax for Certain Children who have Unearned Income (Kiddie Tax)

Children under age 18 and certain older children who are required to file a tax return and have unearned income over \$2,100 must file Form 8615. For this purpose, "unearned income" includes all taxable income other than earned income, such as taxable interest, ordinary dividends, capital gains, rents, royalties, etc. It also includes taxable social security benefits, pension and annuity income, taxable scholarship and fellowship grants not reported on Form W-2, unemployment compensation, alimony, and income received as the beneficiary of a trust. Form 8615 is in scope, with limitations. See Tab H, Other Taxes, Payments and ACA.

Chart D – Who Should File

Even if a taxpayer is not required to file a federal income tax return, they should file if any of the following situations below apply.

1. You had income tax withheld from your pay, pension, social security or other income.
2. You made estimated tax payments for the year or had any of your overpayment for last year's estimated tax applied to this year's taxes.
3. You qualify for the earned income credit. See Publication 596, Earned Income Credit (EIC), for more information.
4. You qualify for the additional child tax credit. See Form 1040 Instructions for more information on this credit.
5. You qualify for the refundable credit for prior year minimum tax. See Form 8801, Credit for Prior Year Minimum Tax — Individuals, Estates, and Trusts. (Out of Scope)
6. You qualify for a refundable American Opportunity Credit.
7. You receive a 1099-B and the gross proceeds plus other income exceeds the filing limits in Chart A.
8. You receive Form 1099-S, Proceeds From Real Estate Transactions.
9. You qualify for the federal tax on fuels (Out of Scope).
10. You are required to file a state return.
11. You qualify for the Premium Tax Credit.