



## Money Management & Budgeting

*Hello, Graduates!*

High school is over and it is now time to turn the page and begin a new chapter of your lives. In a couple of months you will be headed off to the college campus you have chosen, where you'll grow academically, socially and personally. Congratulations - you have so much ahead of you!

Among the many new challenges college students face is managing limited resources. What better time to learn good budgeting habits and money saving techniques than while you are living with minimal income and significant obligations in college? In this issue, we will discuss a few financial basics all college students should know.

### *The Importance of Having a Spending Plan*

Creating a budget that shows your monthly take-home pay and expenses (both fixed and variable) will help you to better understand what you do with your hard-earned money. You will be able to plan for how and when you spend, and what expenses you can avoid in order to save for future purchases or emergencies. When you understand the reality of your financial circumstances, you can make adjustments to accomplish your financial goals. While initially your only financial goal might be to live within your means, managing a budget will establish good financial habits that extend beyond college.

And, remember, a budget doesn't work if it is unrealistic for your lifestyle or neglects expenses that you actually have. (For example, it would be unrealistic to think that you can save money on laundry expenses by washing your clothes at home only once per semester. And, it would be unrealistic and unhealthy to live on \$1.99 value meals three times a day!)

For tips on establishing a budget, including budget worksheets, [click here](#) for a free Microsoft Excel budget template designed for college students.

#### Money Management Websites We Love!

**NHjumpstart.org** - financial literacy for students in the state of New Hampshire.

**TheMint.Org** - great information and calculators on saving, spending, sharing, and more.

**MyMoney.gov** - common mistakes young adults make with money and how to avoid them.

**Whatsmyscore.org** - comprehensive website on all things credit related.

## Center for College Planning at the NHHEAF Network Organizations

The Center for College Planning at the **NHHEAF Network Organizations** is dedicated to providing students and families with valuable information about the college planning process—from savings options and college admissions requirements, to applying for financial aid and scholarships. We serve all student populations: traditional, continuing education, graduate and adult learner. We offer college planning materials and coordinate speakers for schools, businesses and community organizations free of charge. We provide dynamic small group workshops in our Concord, New Hampshire office. We also provide a toll free college planning hotline and comprehensive Web site. Our goal is to promote higher education as the means to achieving personal, career and life goals.

### The NHHEAF Network Organizations

The NHHEAF Network Organizations are comprised of four independent nonprofit organizations dedicated to streamlining the student loan process:

**New Hampshire Higher Education Assistance Foundation (NHHEAF)** guarantees, originates and disburses your loan.

**New Hampshire Higher Education Loan Corporation (NHHELCO)** funds your loan.

**Granite State Management & Resources (GSM&R)** services your loan.

**NHHEAF Network Educational Foundation (NNEF)** administers charitable giving.



The NHHEAF Network Organizations  
Center for College Planning  
1.888.7.GRADUATE x119  
[collegeplanning@nhheaf.org](mailto:collegeplanning@nhheaf.org)

### Prior to Graduation...

**Be sure to thank anyone who wrote letters of recommendation for you and update them on your college decision.**

**Request a copy of your high school transcript for your personal records.**

## Personal Banking

Students attending out-of-state schools might want to consider opening a checking account at a local bank, as some businesses may not accept out of state checks for phone or cable bills. This will also make it easy for you to transfer money or access an ATM. It is also a good idea to find out what ATM branch is available on campus. Often times you will be charged a fee if you use an ATM that is not affiliated with your bank. Those ATM fees can really add up! Most credit unions and banks offer student checking with no fees, rewards programs, online statements, mobile banking and free bill pay. Choosing a place for your personal banking is the first step toward taking responsibility for financial matters while in college.

## Miscellaneous Expenses and Book Costs

### Federal Work-Study Example

**\$1,500** offered at \$7 per hour = 214 eligible work-study hours. Seven and a half hours per week worked =

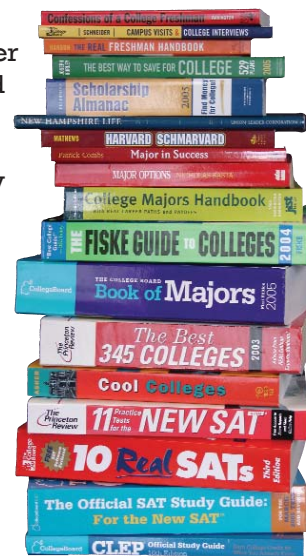
**\$107 biweekly paycheck**  
from the Bursar's Office

When students arrive on campus, they soon discover the need for additional money to pay for books and miscellaneous expenses. Typically, these costs are due prior to the student loan becoming available. Furthermore, students have yet to begin work-study or an off-campus job. For these reasons, it is critical for students to save a portion of their summer

earnings for these immediate expenses. These may

include cable, internet or phone set-up charges and parking passes. Begin depositing 20% of your weekly summer paycheck for college expenses. This will make paying for early college expenses much easier when the time comes. Once you begin to think about your summer job as a means to help you pay for college-related expenses, you will soon appreciate the importance of saving. For information about how saving for college impacts financial aid, call the Center for College Planning and speak with a college counselor or visit [www.finaid.com/savings](http://www.finaid.com/savings).

While various specialty programs may have more costs, many experts agree that you should expect to spend about \$1,000 for books and supplies for the academic year. Students can save money buying used books at local book exchanges or on websites such as, [amazon.com](http://amazon.com), [half.com](http://half.com), or [efollett.com](http://efollett.com). You may also want to check out [chegg.com](http://chegg.com) - a company that specializes in renting textbooks. Make sure to read the terms and conditions for this company, as you can't write in the textbook but can highlight "moderately". After the semester is over, students are often able to sell their books and earn some cash back. Students can sell their books online, at the campus bookstore or maybe even to friends on campus. There are lots of creative ways to save!



## Credit Cards and College Students

More students have credit cards than ever before. A recent NHHEAF survey found that eighty-three percent of the college students polled have open credit cards. However, most students do not understand the terms of the credit cards they carry. What's more, students are going into debt on their credit cards. The same study found that the average college senior had \$3,388 in credit card debt. This is staggering considering that most students do not have full-time jobs or the capacity to make even the minimum monthly payments! Easy access to funds to buy what you want when you want can be a huge temptation. But take it from many students who didn't use credit wisely, "when you're a student, live like a student so that when you graduate you won't have to..."

**The Credit Card Accountability, Responsibility, and Disclosure (CARD)** law took effect in February 2010 and it significantly changes credit card availability for those under the age of 21 in an effort to protect students from getting into debt by either requiring a \$500 credit limit or a limit that is 20% of your annual income. A co-signer may be required.

There are some advantages to having a credit card. Credit cards can be a helpful resource in case of emergencies. Remember though, that ordering a late night pizza (or worse, a spring break vacation) is not considered an emergency. Emergency situations may include car trouble, doctor's visits or prescriptions. Making on-time payments and paying off card balances will generate good credit, which is very important. Your time in college is a great opportunity to build a good credit history. Upon graduation, you may want to purchase a car or a home. Many times, employers will review credit reports in the hiring process. So, clearly, building good credit is very valuable and it is the student's best interest to use credit wisely and with a better understanding of the terms.

Some tips towards becoming credit smart include:

- Understand the credit card fees (finance charges, late payments, annual fees)
- Use credit only if you are sure you can repay it in a timely manner
- Pay bills promptly to keep charges at a minimum
- Avoid impulse shopping
- Look at the alternatives to credit cards (debit cards, pre-paid store cards, etc.)



Questions about what you need to do  
before you head to campus?  
Join us for a free webinar:  
**"Before You Set Foot on Campus"**  
Monday, July 26 6:15 to 7:15 p.m.  
[www.nhheaf.org/events.asp](http://www.nhheaf.org/events.asp)

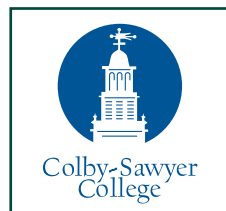
*Register here!*

## *Campus Spotlight*

### **Did You Know?**

#### **Colby-Sawyer Hosts Exercise and Sports Sciences & Athletic Symposium**

This year Colby-Sawyer College was the host for the 2010 Exercise and Sports Sciences & Athletic Symposium which focused on the specialization of youth sports. The question, "Is it too much too soon?" was at the center of the discussions. Expert speakers included Dr. Thomas Raedeke on "Burnout and the Changing Landscape of Youth Sport"; Dr. James Johnson on "How to Train Developing Athletes to Prevent Injury and Improve Performance"; Dr. Avery Faigenbaum on "A Coach's Dozen: 12 FUNDamental Principles for Building Young and Healthy Athletes"; and Dr. John Nauright on "Global Perspectives on Youth Sport."



At Colby-Sawyer College, within the Exercise and Sport Sciences Department, students may major in Athletic Training, Exercise Science, and Sports Management. Study in these three areas is integrated with the liberal arts and sciences, enhancing students' preparation for professional and personal roles in the exercise and sport sciences world. On-campus experiential learning and on-campus and off-campus internships provide students with practical learning experiences designed to strengthen both professional preparation and career placement. To learn more visit [www.colby-sawyer.edu/ess](http://www.colby-sawyer.edu/ess).

## *News Around the Nation*

### **2010 U.S. Presidential Scholars Announced**

Recently, U.S. Secretary of Education Arne Duncan announced the selection of 141 outstanding high school seniors as the 2010 U.S. Presidential Scholars. The students have demonstrated outstanding academic achievement, artistic excellence, leadership, citizenship, service, and contribution to school and community. These U.S. Presidential Scholars were honored for their accomplishments in Washington D.C., from June 19-22.

The 141 U.S. Presidential Scholars include one young man and one young woman from each state, the District of Columbia and Puerto Rico, and from U.S. families living abroad, as well as 15 chosen at-large and 20 Presidential Scholars in the Arts. The White House Commission on Presidential Scholars appointed by the President selected the scholars based on their academic success, artistic excellence, essays, school evaluations and transcripts, as well as evidence of community service, leadership, and demonstrated commitment to high ideals.

Since 1983, each Presidential Scholar has invited his or her most inspiring and challenging teacher to travel to Washington, D.C., to receive a Teacher Recognition Award from the U.S. Department of Education and to participate in the recognition events.

Three New Hampshire students were named U.S. Presidential Scholars. They are Harrison M. Potter, Bedford High School; Jillian L. Peters, Hopkinton High School and Samita Mohanasundaram from Nashua High School North. Congratulations to you! To learn more, [click here](#).

# Joe College Blog

This month at **Ask Joe College**, Val shares an article, "How the Cost of College and Student Loans Has Affected One Recent College Graduate". This article is written by a student who is suddenly faced with graduation, high loan debt and a volatile job market. As you plan to enter college, think about the situation facing this young college graduate and make wise financial decisions. Also, be sure to check out Jay's blog about the importance of Orientation and Krystal's helpful suggestions about Facebook and Orientation as tools to help students transition to college.

## Scholarship Corner

The **Take it to the Bank Scholarship** is one more way the NHHEAF Network Organizations hopes to encourage and support students. Each month through September 2010, we will draw a winner for the \$1000 scholarship. To be eligible, you must be enrolled at an eligible college or university in September 2010. Enter to win the \$1,000 drawing today!



**Your next CCP E-News will be sent in July. We will discuss ways students can prepare for dorm life.**

*The NHHEAF Network Organizations are comprised of three active 501(c) (3) nonprofit organizations that provide students and families with the resources and funding to pursue higher education aspirations. Funds generated by the Organizations make their charitable mission possible as student loan earnings are reinvested in programs and services that benefit citizens of New Hampshire. For more information, visit [www.nhheaf.org](http://www.nhheaf.org).*