



Lifeskills Lessons

Unit One

Money Matters



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

Lifeskills Curriculum Focusing on Money Matters

Unit One of a Three-unit Lifeskills Curriculum

Lifeskills curriculum is based on a research project started in 2012. Research data was statistically analyzed and published in three peer reviewed journals. Lesson topics and printed materials were identified as useful during the four semester research project. Each unit contains 12- lessons. Each lesson is designed to be offered as a standalone lesson, offered in workshop format using selected topics based on community or audience need, or combining the three-units to support a 36 CEU class. Each lesson has a Talking Sheet, Lesson Plan and Evaluation Sheet and may be downloaded from the UTTC Extension website. Lesson Plans include a list of resources for instructors to prepare for their presentation and enhance their knowledge about the individual lesson, prior to the presentation. Resources may include You-Tube, websites, State Extension handout materials, DVDs, speakers, or books. Each presenter may select different resources to prepare for or guide the 50 minute sessions.

Several of the lessons include UTTC Extension Handouts prepared as supportive materials. These handouts will also be stored on the UTTC Extension website for educational use by individuals. Although materials do not reflect the culture of any specific tribe, Native American philosophy, quotes, and stories are intertwined into most lessons. The lessons follow Family and Consumer Science standards and are intended to be living documents with room for updating. Over the coming years, UTTC Extension staff will gather input from users to make necessary changes. Share your input, comments or ideas through landgrant@uttc.edu.

UTTC Lifeskills Unit 1 Money Matters Topics

Lesson 1 – Making Ends Meet at College

Lesson 2 – Develop a Plan: Create a Budget

Lesson 3 – Banking Systems: What and Why

Lesson 4 – Pay Yourself First- Savings

Lesson 5 – Buying a Car and How to Use the Blue Book

Lesson 6 – Credit – Credit Score versus Credit Report

Lesson 7 – Credit Cards and Interest Rates

Lesson 8 – Life Planning

Lesson 9 – Home – Rent or Own

Lesson 10 – Insurance

Lesson 11 – Taxes

Lesson 12 – Raising Children

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