



Financial Wellness Tips During COVID-19 & Beyond

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June 10, 2020

- Impact of COVID on our finances
 - Key Financial Strategies
 - Scam alert
- New FAME COVID-19 Resources
- FAME Financial Education Tools and Resources
- Additional Resources
- iGrad Overview and Demo

Key Financial Strategies

- Impact of COVID-19 on our finances
- **Key Financial Strategies**
 - Review and update your current budget
 - Review and maintain your credit
 - Evaluate your fixed monthly expenses
 - Consider ways to kick start saving
 - Ask for help and seek out additional resources
- Be aware of scams!

■ New FAME web resources:

- COVID-19: *Financial Wellness Tools and Resources*
- COVID-19: *Impact on Students, Borrowers, and More*
- FAME's 5 on the 5th: Top 5 Financial Wellness Tips During COVID and Beyond



June 2020

Top Five Financial Wellness Tips During COVID-19 and Beyond

The coronavirus pandemic has created a great deal of financial uncertainty and many Maine families have been impacted by unemployment and loss of income. If the past few months have taught us anything, it's that saving for a rainy day and safeguarding our finances are critical steps to ensuring lifelong financial stability. Whether you have been impacted financially or not, focusing on the following strategies will help improve your overall financial outlook.

1. Review and Update Your Current Budget

Now is a great time to evaluate your income and expenses and make a plan for your money. Regardless of your situation, it's likely that your expenses have changed. You've probably been spending less on everyday expenses, such as meals out, gym memberships, and entertainment. If you created a budget in the past, set aside some time to evaluate your spending plan and make

FAME Financial Wellness Tools & Resources

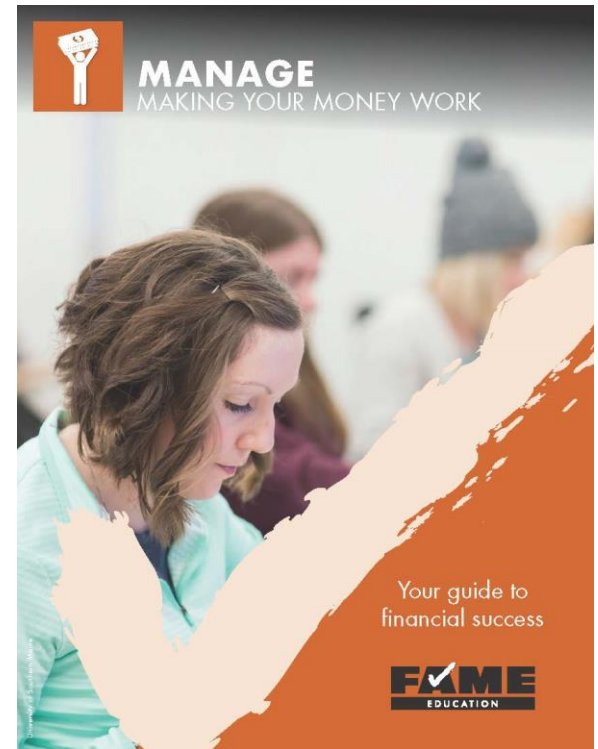
■ **MANAGE**

- Intended for high school, college, and adult students
- Companion presentation and online resources available

■ **Presentations**

- Financial aid, financial wellness, and beyond!

■ **Claim Your Future**



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ECMC Student Loan Outreach

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Prepare
to pay

Repayment
options

Trouble
paying?

Loan forgiveness/
cancellation

Why paying
is important

Education and
career planning

Solutions

[Home](#) > [Student loan repayment resources](#)

Student loan repayment resources

We may be able to help find the right federal student loan repayment plan for you.

Live chat hours

Monday-Thursday: 7:30AM to 8PM CT
Friday: 8AM to 4:30PM CT

Contact us

Have questions? Need help?

Call us at 877-331-3262

Email us

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- Maine & National Jumpstart Coalitions
- NextGen Personal Finance
- Consumer Financial Protection Bureau - Youth Financial Capability
- MyMoney.gov
- The Council for Economic Education

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iGrad Demo



Questions?

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