

#KNOWL

PSYCHOLOGY OF MONEY



UNDERSTANDING WHY YOU HANDLE MONEY THE WAY YOU DO

We've all made poor spending choices, even when we sometimes know better; it's what makes us human. How do external *and* internal factors impact your financial choices? How do your life experiences and the way your brain is hardwired affect your money decisions? These are important questions to consider when reflecting on your own personal relationship with money.

The Knowl will help you answer these questions, while exploring your financial philosophy type to examine how emotions and past experiences impact your spending and saving. From empowering tips and strategies to retrain your brain for better financial decision-making, to helping you identify and define your relationship with money, this course serves as the foundation upon which healthy financial habits can be built.

THROUGHOUT THE *PSYCHOLOGY OF MONEY* COURSE, YOU'LL:

- Recognize the influence of one's financial preferences in financial decision-making.
- Examine personal habits, strengths, weaknesses and values when it comes to money.
- Identify common financial situations where decision-making may be influenced by external forces.
- Create a plan to create good money habits based on your personality type and common external forces.

Register today for Smart Track and complete the *Psychology of Money* course.

www.suny.edu/smartrack/literacy

School Name:

