

# The Impact of Financial Problems on a Person's Well-being

**SUBJECT(S):** Personal Finance

**GRADE LEVEL(S):** 9, 10, 11, 12

## ≡ **NBEA STANDARD(S):**

- Personal Finance, I. Personal Decision Making
- Personal Finance, VII. Using Credit

## ≡ **RELATED ARTICLES:**

- [“Two Young Women Share their Struggles and Successes with Student Loan Debt”](#)
- [“Talking Money: Students Reflect on a Year of Spending, Valuing and Socking It Away for College”](#)
- [“Preparing Students for the Hard Reality of Post-college Debt”](#)
- [“Money Makes the World Go ‘Round: Are You Ready?”](#)
- [“Educator Toolkit: Financial Literacy”](#)
- [“College Decisions Sometimes Require Sacrifice”](#)
- [“3 Ways Technology Is Revolutionizing Financial Services”](#)

TOPIC/COMPETENCY: Credit and Debt

CEE National Standard:

IV Using Credit

Jump\$tart National Standard: Financial Responsibility and Decision Making

## Standard 1, *Take responsibility for personal finance decisions*

Common Core State Standard:

CCSS.ELA-Literacy.RST.9-10.4

CCSS.ELA-Literacy.RST.11-12.2

ESTIMATED TIME: 50 minutes

MATERIALS NEEDED: Internet access, computer, mobile device

KEY VOCABULARY/TERMS: [financial distress](#), [stress](#)

**WHY THIS MATTERS TO YOU NOW:** There will come a time when you will be solely responsible for your own financial well-being. It can be stressful and it can take a toll on you if you need to make tough decisions.

\_\_\_ 1. As a class, read and discuss the article: [Three-quarters of Americans are stressed about this](#). The article details that financial distress is very common and can lead to health issues when it is not addressed or supported.

\_\_\_ 2. Show students the trailer for the SPENT game: [SPENT by McKinney](#).

\_\_\_ 3. To simulate the tough decisions that some people need to make on a daily basis, have students play [SPENT](#). This simulation forces students to cope with financial struggles that could be right around the corner. Give students a set amount of time to see how many can actually make it through the entire month.

### ASSESSMENT

Have students write a reflection on what they would do to cope with financial stress and difficult decisions. They may want to research the topic more before reflecting. Some possible articles for use:

- [Top 10 Ways to Lower Your Financial Stress](#)
- [10 Ways to Deal with Money Stress](#)
- [Financial Stress: How It Affects You and What You Can Do](#)
- [How Financial Stress Can Harm Your Health](#)

- The Debt-stress Connection

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