Addressing the Financial Education Needs of Student Athletes

Student athletes are faced with a significant challenge that distinguishes them from most of the student population:

* While the National Center for Education Statistics [reports](https://nces.ed.gov/programs/coe/pdf/coe_ssa.pdf) that 43% of full-time undergraduate students are employed and 78% of part-time undergraduates are employed (2015), it can be very difficult for student athletes to attend school fulltime, attend practices, workouts and events, and still work.
* For many students, being able to work means the difference in completing a college degree, or stopping out due to financial and/or academic concerns.

Financial education around these concerns can help students make informed decisions about managing their limited income while in college, finding outside funding sources, and considering the wide-ranging consequences of leaving school before completion. Trellis can facilitate this effort through multiple financial education pathways:

* iGrad offers online, on demand, financial education to your students in a variety of media:
	+ [Courses](https://www.igrad.com/courses) are short, interactive modules that include quizzes and a certificate of completion. We recommend in particular the courses titled “Assessing your financial health” and “Spending smart and creating a budget”
	+ Articles:
		- [6 Ways College Athletes Can Win the Game of Personal Finance](https://www.igrad.com/articles/6-ways-college-athletes-can-be-financially-savvy)”
		- “[Go Big or Go Home: What We Can Learn From the Financial Challenges of Professional Athletes](https://www.igrad.com/articles/what-we-can-learn-from-the-financial-challenges-of-professional-athletes),”
	+ Other tools:
		- [Scholarship Search](https://www.igrad.com/scholarships): can be customized to include institutional and local scholarships
		- [Financial Football](https://www.igrad.com/games/financial-football.aspx): an online football game that tests players’ financial knowledge
		- Create [Your Budget](https://www.igrad.com/budget): a spending planner specifically for college students
* aie.org, Trellis Company’s financial awareness site that guides students and parents through the college experience, beginning in high school through life after college:
	+ “[Things to Consider Before Dropping a Class](https://www.aie.org/succeeding-through-college/your-academic-journey/dropping-classes-financial-aid/)”
	+ What happens when you stop out? “[Stopping Out For Just One Semester](https://www.aie.org/succeeding-through-college/your-academic-journey/tips-keeping-track-staying-school/stopping-just-one-semester/)”
	+ “[Keep Your Career in Mind](https://www.aie.org/succeeding-through-college/your-academic-journey/keep-career-mind/)”
* Trellis’ in-person student financial education [modules](https://www.trelliscompany.org/student-financial-education-program/training-and-resources-for-schools/):
	+ “Plan and Spend”: students learn money management basics, including understanding needs and wants, creating spending plans and cash flow statements, and methods of tracking money.
	+ “Borrow Smart”: covers how uninformed credit decisions can have lasting effects, as well as types of credit, interest rates, credit reports and scores, kinds of credit to avoid, and how to resolve serious debt problems.
	+ These modules and all accompanying materials may be downloaded [here](https://www.trelliscompany.org/student-financial-education-program/download/).

These resources can be used in a variety of settings and frameworks, including in-class workshops, homework assignments/journal reflections, extra credit suggestions, and group activities. We recommend introducing fundamental topics (for example, the iGrad courses and Your Budget tool) early in a student’s academic career, and building upon that foundation in subsequent years through the integration of more advanced topics.