

Human Sciences Extension and Outreach

REGION 10/11 NEWSLETTER

Small Change Builds Financial Security

A small change can have a big impact over time. "Small Change: Building Financial Security" is a personal financial management course targeted at two audiences-- educators and other school personnel, or city and county employees. The blended course includes one in-person class followed by self-paced online learning.

Participants choose from lessons covering finance fundamentals, insurance, investing and retirement planning. The course uses game-based learning principles so participants can tailor their learning to their own interests and needs.

Linn and Dubuque counties held classes for both targeted audiences. Participants who completed the course reported an increase in personal and professional financial knowledge and skills. Financial literacy is a key component of both the Iowa Core 21st Century Skills and Social Studies for grades K-12. The course connects educators with vetted curricula, resources and school-based programs for elementary, middle and high school levels.

Program Impact and Future Direction

Course outcomes indicated significant changes in participants' confidence to make decisions about their own personal finances and to teach others these skills. In the post survey, 80% of participants reported taking personal and professional actions after completing the course.

A two-year grant from the FINRA Investor Education Foundation covered costs of program delivery. The programs will continue in 2020. Key partners include the State Library of Iowa, Iowa State Education Association and Iowa Public Employee Retirement System.

Regions 10-11 Human Sciences Specialists

Nutrition and Wellness: [Kelsey Salow](#)

Buy. Eat. Live Healthy:

Family Life: [Danielle Day](#)

Family Finance: [Phyllis Zalenski](#)

Upcoming Events

ServSafe

January 16 - Dubuque

January 22 - Cedar Rapids

February 18 - (Farner Bocken)
Cedar Rapids

February 26 - Cedar Rapids

SafeFood Handler

January 10 - Coralville (Hilton)

February 17 - Cedar Rapids

Making Ends Meet

January 10 and 17 - Cedar
Rapids

KCRG-TV9 Nutrition and Wellness Segment (2nd Tuesday)

January 14 at 6:15 am

Raising School Ready Readers

February 4, 11, 18, 25,
March 3 – Vinton

Spend Smart. Eat Smart.

February 12 - Cedar Rapids
(Mt. Mercy Wellness Fair)

Healthy Relationships

February 13 - Independence

Strengthening Families Program: For Parents and Youth 10-14

February 20, 27, March 3, 10,
17, 24 - Monticello

More event details:

www.extension.iastate.edu/calendar

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