



## Moneywise: Financial Literacy

### What is financial literacy?

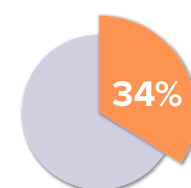
Financial literacy is an essential life skill that everyone can access — if given the proper tools. It refers to the ability to understand and manage one's personal finances effectively, being able to make informed decisions about budgeting, saving, investing and managing debt. According to a survey conducted by the Financial Industry Regulatory Authority (FINRA), only 34% of Americans are considered financially literate. This means that a significant portion of the population lacks the knowledge and skills necessary to manage their finances effectively. This can lead to a variety of challenging outcomes — such as debt, financial stress and low credit scores — which may have a domino effect on one's ability to access housing, transportation and other services for daily living.

### How does financial literacy benefit me?

One of the most significant benefits of financial literacy is improved financial well-being. A study conducted by the Consumer Financial Protection Bureau (CFPB) found that individuals with higher levels of financial literacy are more likely to save for retirement, have an emergency fund and lower levels of debt. In addition, they are also more likely to make better financial decisions overall, including achieving long-term financial goals — such as buying a home or starting a business — and are less likely to fall victim to financial fraud and scams.

### What resources can help me expand what I know?

There are many resources available for individuals who want to improve their financial literacy. The [National Endowment for Financial Education](#) offers a variety of resources, including online courses, articles and tools. The [Consumer Financial Protection Bureau](#) also offers a range of resources, including educational materials and financial coaching.



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## How to Test Your Financial Literacy

Here are **five** websites that offer curated quizzes, games and other tools to test your financial literacy:

- 1 Financial Football** – This website is a collaboration between Visa and the National Football League. Financial Football is an interactive game that tests your knowledge of personal finance, including budgeting, saving and investing
- 2 Investor.gov** – The U.S. Securities and Exchange Commission offers a wealth of resources on its Investor.gov website, including quizzes, games, and interactive tools to help people learn about investing and financial literacy
- 3 MyMoney.gov** – This website is a joint initiative between 20 federal agencies to provide financial education and resources to the public. It offers a variety of financial literacy tools, including quizzes and calculators
- 4 Financial Literacy Quiz** – This quiz, developed by FINRA, tests your knowledge of personal finance topics such as saving, investing and retirement planning
- 5 MoneySKILL** – This website offers a comprehensive suite of financial literacy tools, including interactive courses, quizzes and games. MoneySKILL covers a wide range of financial topics, including budgeting, credit and investing that is primarily aimed at students, but can be for all



The Magellan EAP also offers financial tools and resources that might be beneficial. Be sure to visit the website and bookmark **Magellan EAP's** monthly webinar schedule, which has activities ongoing throughout 2023. If you can catch it, today (04.12.23) at 1 p.m. CST, "Financial Setback? Regroup & Rebuild" will convene for those registered. Please register with **Magellan** directly.

Being financially knowledgeable is an essential life skill that can have a significant impact on an individual's financial health. By improving financial literacy, individuals can take control of their finances, and improve their overall quality of life and health. This can happen at any age and stage in life!

