

## Using On-line Videos for Adult Financial Education

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**Key words:** Adult financial education, Internet

**Target audience:** Adults

### Objectives/Purpose

Practitioners in this session will learn how to use two short movies , 12 video lessons, and publications corresponding to each video to teach basic financial education. All of the videos and publications described below may be accessed at the Mississippi State University Extension Service Family Resource Management webpage: <http://msucares.com/frm>

### Content/Description

Using videos for teaching is nothing new, but having instant access to video lessons through the Internet is an innovative and inexpensive method that can make it easy for layman peers or professionals to teach basic financial education with confidence. This session will introduce three video-based programs available on-line.

Two of the programs to be introduced are scripted movies using actors to illustrate principles of budgeting and credit in less than 10 minutes each. Corresponding publications also available on-line reinforce information presented in the videos.

*Financial Fitness: Exercises to Shape-Up Your Spending* is a 7-minute movie depicting Joe, a young man who is physically fit, but needs to complete a few basic financial exercises to improve financial health. The video and corresponding publication are available on-line in both English and Spanish.

*Credit: American Dream or Nightmare* is 9-minute video depicting Maria, a young woman who has ruined her credit and needs to start over to clean up her credit report. The corresponding publication includes a "You Are the Lender" activity in which participants take on the role of a creditor in analyzing a simple credit report and making a lending decision. This video and publication are also available on-line in both English and Spanish.

*Healthy, Wealthy, and Wise* is a financial education series of 12 lessons taught by Dr. Bobbie Shaffett, Family Resource Management Specialist. Video lessons with PowerPoint presentations (5 to 18 minutes in length) correspond with newsletter-style publications that are also accessible on-line. Each lesson challenges small groups, couples, or individuals to take action to improve financial health, increase wealth, and make wise consumer decisions by: (1) Learning to do an annual financial checkup and measure wealth with a net worth statement, (2) Finding extra income by identifying resources, such as tax credits, to make ends meet, (3) Balancing income and expenses by budgeting and plugging spending leaks, (4) Saving for immediate emergencies and for a secure financial future, (5) Writing SMART Goals to have the things needed now and in the future (6) Establishing a good credit report, (7) Using credit wisely by comparing credit costs and payment options, (8) Solving debt problems by making a plan for paying off credit and becoming debt-free, (9) Shopping for life, auto, health and property insurance to protect wealth, (10) Investing wisely to increase wealth, (11) Practicing consumer skills by complaining effectively and becoming an informed shopper, and (12) Organizing very important financial papers.

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