

Financial Wellness

Financial Wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety, and fear for college students.

Keeping up with these financial responsibilities can quickly become overwhelming, but ignoring them will only increase feelings of stress, anxiety, and fear. With so many things to juggle within a busy academic schedule, adding in some time every day to seek ways to improve financial wellness will help you feel less stress. Keeping track of expenses, making a budget, and sticking to it are important skills to have in order to be financially responsible and independent.

We've compiled some resources below to help support your financial wellbeing.

[UNO Financial Aid](#)

- If you are seeking more information about your financial aid award package through UNO, the best information will come directly from our Office of Student Financial Aid. Check your UNO email regularly and the UNO Student Financial Aid website at <https://www.uno.edu/financial-aid>

[UNO Career Services](#)

- UNO's Career Services office supports and empowers students to be active participants in the career development process. Are you looking for a part-time or full-time job? Need a professional headshot or assistance with your resume to help you get there? Career Services staff provides comprehensive resources, advising, job readiness workshops, career fairs, access to internships, and access to part-time and full-time employment opportunities. Check out their website for more info: <https://www.uno.edu/career-services>

[Federal Student Aid](#)

- Check out the [Federal Student Aid webpage](#) for information on federal aid and how to manage student loans, including FAFSA deadlines and applying for aid using the FAFSA form.

[File for Unemployment](#)

- If your workplace has temporarily closed or you have been told to take unpaid time off, you may be eligible for unemployment benefits. You can [research the requirements](#) and file a claim if you think you are eligible with your state's Department of Labor.

To file a claim in Louisiana: <http://www.laworks.net/> or call 866-783-5567

[Apply for SNAP Benefits](#)

- SNAP benefits (formerly known as food stamps) is a nutrition assistance program. SNAP provides benefits to eligible individuals and families via an EBT card, which can be used to purchase food at a variety of food stores.

More information on applying for SNAP benefits in Louisiana can be found here:

<http://www.dcfslouisiana.gov/page/snap>

[Energy Assistance](#)

From Total Community Action, the Low Income Home Energy Assistance Program (LIHEAP) assists eligible low-income households with their heating and cooling energy costs, bill payment assistance, energy crisis assistance, weatherization and energy-related home repair. For more information, call 504-875-2653 or go to www.tca-nola.org.

[Sewerage and Water Board Water Help Program](#)

The Sewerage and Water Board has approved a Water Help / Plumbing Assistance Program to assist elderly, disabled and economically disadvantaged customers in paying their water bills and making minor plumbing repairs.

Customers wanting assistance should apply in person to the Plan Administrator for a determination of eligibility.

[Total Community Action](#)

1424 South Jefferson Davis Parkway
New Orleans, LA 70125
(504) 324-8609

[Internet Assistance](#)

The Affordable Connectivity Program (ACP) provides eligible households \$30 per month off their internet bills. The Biden-Harris Administration has secured commitments from 20 leading internet providers to offer ACP-eligible households high-speed internet for no more than \$30 per month. Eligible families who pair their ACP benefit with one of these plans can receive internet at no cost.

For a list of participating providers and eligibility requirements, go to www.whitehouse.gov/getinternet.

Regions Bank Next Step Resources

- Check out Regions Bank's Next Step resources at <https://www.regions.com/next-step>, where they share webinars on budgeting and saving, financial habits, credit scores, and more; wellness tools, including worksheets to help with money management and financial planning; and tools for college students including real-life insights, financial guidance, and tips to help you make the most of your time in college without breaking your budget.

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