

Stall Street Journal

Volume 3 Issue 3

www.plymouth.edu/finaid

Financial Wellness Newsletter

Help! I'm a hungry college student!



Whether you live in a dorm or off-campus, every student needs to eat. But, balancing food costs with everyday expenses can be difficult. It's easy to forget how much money we spend on food. Follow these tips to and keep hunger levels down and the bank account full:

- Grab a meal exchange. Different places on campus offer meal exchanges at different times of the day. Have late night cravings? The snack bar offers meal exchanges Mon-Thurs 7.30 P.M.-9.30 P.M. Try this option instead of fast food alternatives.
- Check for specials. PSU is part of the CampusLive.com community! Check out the 'Food Finder' option to see a list of participating local businesses. This will list any coupons and specials, as well as the full menu!
- Use your Flexcash at on-campus cafes and vending machines.
- Buy items off the dollar menu. You can get an entire meal for under \$5.00 as opposed to the more expensive "value meals". This will save you money and calories.
- Cook it instead! A pepperoni pizza from the local pizza shop costs \$10.95. A pepperoni pizza from you local grocery store costs \$6.99. You can also buy the ingredients and make it your own!
- Remember to eat healthy!!



Come Visit The PSU Financial Aid Team!

Located on the garden level of the Speare Building, across from the HUB

Open:

Monday and Tuesday:

8:30 A.M to 4 P.M

Wednesday: 10 A.M. to 4

P.M.

Thursday and Friday:

8.30 A.M. to 4P.M

Call us at 603-535-2338

Student Employment Opportunities

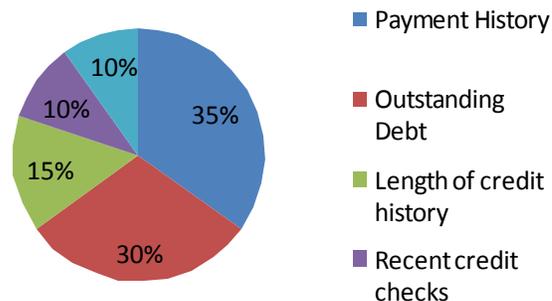
Visit the Student Employment section of the PSU Financial Aid Team website!

Five Ways to Improve Your Credit Score *(NIHEAF)*

1. Make your payments on time.
2. Do not sign up for new and unnecessary credit cards.
3. Try to keep your account balances low. For example try not exceed 30-40% of your credit.
4. Do not apply for several new cards at once. Many credit inquiries can negatively impact your credit score.
5. Work on paying off your debt rather than just moving it around.

What is YOUR credit score based on?

Visit www.myfico.com for more info.



Inside Story Headline

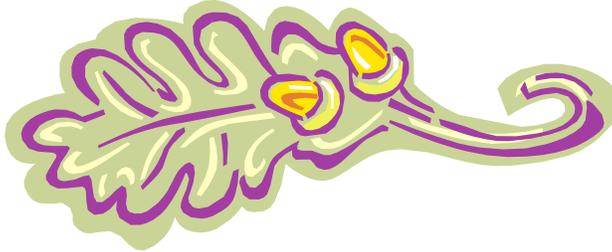
This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World



Caption describing picture or graphic.

publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial.

You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the



Caption describing picture or graphic.

caption of the image near the image.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find

“filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web

site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

Organization

PLYMOUTH STATE UNIVERSITY

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!
example.com

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to

any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the

month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.