

THE IMPORTANCE OF FINANCIAL LITERACY



Financial Capability

- it's understanding how to use one's skills and abilities to make financial choices that benefit citizens as well as their participation in their community

- it's more than setting financial goals; it's about building towards them

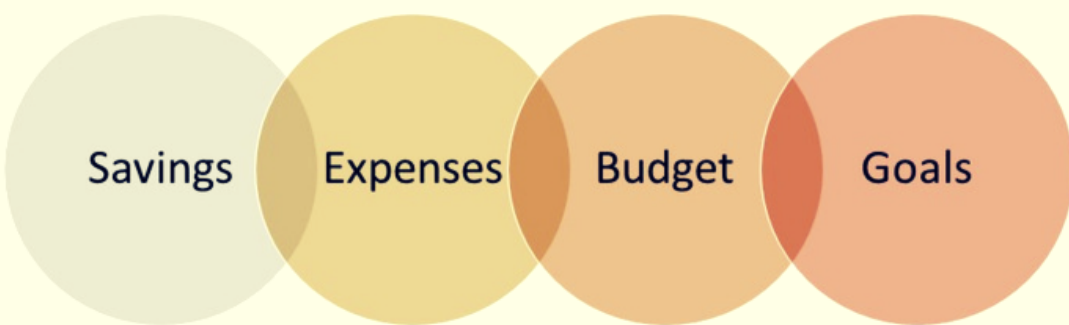
- it's about navigating life; knowing what steps to take and then taking them



Financial literacy is important for the financial well-being of individuals, and for the economy as a whole. Understanding the basics about money is essential.

Benefits of financial literacy

- Control your financial future
- Achieve your life goals
- Provide for yourself (and family)
- Be a smarter consumer
- Reduce stress & sleep better at night
- Be more confident in your ability to manage your finances



RESOURCES

Government of Canada - Financial Consumer Agency

<https://www.canada.ca/en/financial-consumer-agency.html>

Bank of Canada

<http://www.bankofcanada.ca/about/educational-resources/financial-education-resources/>

Province of Nova Scotia Student Assistance

<https://novascotia.ca/studentassistance/EI/LoanRepaymentStrategy.asp>