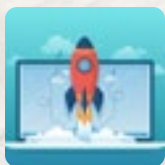


Student Course Descriptions

**YOU ARE THE
WRITER
OF YOUR
OWN STORY**

Do you want



more control over your life?

Course 0 Getting Started

Section 1	If I Were You I Would Maximize My Financial Sweet Spot	Section 4	Creating Your Financial Action Plan
Section 2	Welcome to the ASPIRE Financial Wellness Series	Section 5	Student Onboarding--Let's Get Started
Section 3	Finding Your Awesomeness		

"Formal education will make you a living; self-education will make you a fortune." --Jim Rohn

Aspire Financial Wellness uses the Moodle Learning Management System to deliver courses to students. The course series is hosted at www.aspireall.ca.

1. To get started you will receive an email with a link to log with a your user-name (email address) and a password.
2. The first time you login, you will be presented with a brief tour.
3. Moodle consists of several different areas that you should be familiar with. The first area is the "Dashboard". From the "Dashboard", select a specific course by clicking on it.
4. Click on a section to begin learning. The section must be completed in order. The center area also displays the different sections in the course. The first two areas (Announcements and Planning to Succeed) are discussion forums where you can discuss the course with other students and teachers.
5. The square boxes to the right of each section indicate sections you have taken.
6. Click on a lesson to start learning. Most lessons consist of a video component. Put on headphones, click on the "Play" icon to start watching the video.
7. Once finished with a lesson, use the buttons on the bottom to move backward and forward in the course.
8. Some lessons consist of Discovery Exercises. These quizzes are designed to collect your understanding of the previous lesson. Click on "Attempt Quiz Now" to access the quiz.
9. Once you click on the "Attempt Quiz Now" button, the quiz displays. Enter your answers in the appropriate boxes. When you have completed all the questions, click on "Finish Attempt".
10. On the Quiz confirmation screen, click on "Submit all and finish" to submit your answers.

If you forget your password go back to step 1 and click on "Forgot your user-name or password". You will receive an email from Moodle with a link to reset your password. Note that the password reset link is only valid for 30 minutes. Click on the link in the email to reset your password.

Do you want



more confidence and less stress?

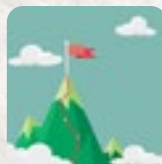
Course 1 Planning to Succeed

Section 1	Introduction:	Section 9	Detailing Your Goals
Section 2	Before You Begin Pretest	Section 10	Performing S.M.A.R.T.E.R.
Section 3	Setting and Achieving Goals	Section 11	Celebrating Wins
Section 4	You Matter	Section 12	Finding a Way to Make It Work
Section 5	Turning Dreams Into Reality	Section 13	Before You Finish Post Test
Section 6	Visualization		
Section 7	Self Talk		
Section 8	S.M.A.R.T. Goal Setting		

**Knowledge+Skills+
Confidence+Action Plan+Action =
Your Future**

less fear of the future?

Course 2 Investing in Your Career



Section 1	Introduction:	Section 11	Creating Your Resume' Summary Statement
Section 2	Before You Begin Pretest	Section 12	Building Your Resume'
Section 3	What Are Your Values?	Section 13	Selling Your Story in an Interview
Section 4	What Are Your Skills?	Section 14	The Owner's Mindset
Section 5	Skills Development	Section 15	Understanding Group Insurance
Section 6	It Is Never Straight Forward	Section 16	Understanding Group Saving
Section 7	Creating Career Paths	Section 17	Before You Finish Post Test
Section 8	PACED Your Career		
Section 9	The Job Application Process		
Section 10	Telling Your Story in a Resume		

Do you want

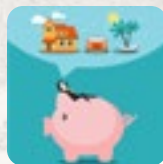


to learn how to pay for school, a car, house, or a vacation?

Course 3 Financial Planning

Section 1	Introduction:	Section 10	Financial Goals; Funding
Section 2	Before You Begin Pretest		Final 7000 Sleeps
Section 3	Financial Planning	Section 11	Financial Goals; Funding
Section 4	Financial Goals;		Your Final Sleeps
	Post Secondary and RESP	Section 12	Financial Goals; Paying
Section 5	Financial Goals;		For Your Vacation
	Your Post Secondary	Section 13	Creating an Emergency
Section 6	Financial Goals;		Savings Account
	Buying a Vehicle	Section 14	Creating Your Emergency
Section 7	Financial Goals;		Savings Account
	Buying Your Vehicle	Section 15	Setting Priorities
Section 8	Financial Goals; Down	Section 16	Before You Finish Post
	Payment for a House		Test
Section 9	Financial Goals; Down		
	Payment for Your House		

to find money to pay for your goals?



Course 4 Funding Financial Goals

Section 1	Introduction:	Section 11	Budgeting; Planning to
Section 2	Before You Begin Pretest		Spend
Section 3	The Flow of Money	Section 12	Balancing the Budget
Section 4	Home Pay	Section 13	Creating a Budget Action
Section 5	Earning Your Own Way		Plan
Section 6	Making \$ Work	Section 14	Creating Your Budget
Section 7	Keeping Interest Costs		Action Plan
	Controlled	Section 15	Federal Income Tax
Section 8	Tracking Spending	Section 16	Provincial and Territory
Section 9	Managing Expenses With		Income Tax
	a Budget	Section 17	Before You Finish Post
Section 10	Save 4 Yourself 1st		Test

Do you want



want to pay less for things?

Course 5 Purchasing Using Credit

Section 1	Introduction:	Section 11	Inconveniently Convenient
Section 2	Before You Begin Pretest	Section 12	A Mortgage Presentation
Section 3	What is Debt and Credit	Section 13	Mortgage Death Grip
Section 4	The Good/Bad Uses of Borrowed Money	Section 14	Loosing the Grip
Section 5	Student Loan	Section 15	Buying the Starter Home
Section 6	Your Student Loan(s)	Section 16	Financing Your Starter Home
Section 7	Potential Bad Uses of Debt	Section 17	Building CREDITability (Credibility)
Section 8	Financing Your Vehicle	Section 18	Debt Reduction
Section 9	Credit Card Debt	Section 19	Before You Finish Post Test
Section 10	Reducing Your Credit Card Debt		

protection?

Course 6 Protecting Your Assets



Section 1	Introduction:	Section 12	Protecting Income Part 1
Section 2	Before You Begin Pretest	Section 13	Protecting Income Part 1
Section 3	Insurance 101	Section 14	Leaving a Legacy
Section 4	Vehicle Protection	Section 15	Health Care Insurance
Section 5	Protecting Your Vehicle(s)	Section 16	Supplement Protection with Group Insurance
Section 6	Keeping Vehicle Insurance Costs Under Control	Section 17	Balancing Insurance Needs with Costs
Section 7	House/Renters Insurance	Section 18	Protecting Your Health and Life
Section 8	Protecting Your Home and Belongings and Renting	Section 19	Protecting Your Estate
Section 9	Protecting Health and Life	Section 20	Before You Finish Post Test
Section 10	Most Valuable Asset		
Section 11	Your Most Valuable Asset		

Do you want



to build wealth?

Course 7 Build Wealth

Section 1	Introduction:	Section 8	Invest the Difference
Section 2	Before You Begin Pretest		Wisely
Section 3	Wealth 101	Section 9	The Power of Time
Section 4	Creating Your Legacy	Section 10	Building a Cash Flow
Section 5	What is Financial Wealth		Machine
Section 6	Income and Wealth	Section 11	Inflating Costs
Section 7	Why Build Financial	Section 12	Before You Finish Post
	Wealth		Test

to invest in stocks, bonds and mutual funds?

Course 8 Stocks and Bonds



Section 1	Introduction:	Section 9	Reading Stock Charts
Section 2	Before You Begin Pretest	Section 10	Sector's and Indexes
Section 3	Building Wealth With	Section 11	What is a Mutual Fund
	Paper Assets	Section 12	Mutual Fund Types
Section 4	Matching Goals With	Section 13	Active and Passive
	Rates of Return		Investment Management
Section 5	Paper Asset Classes	Section 14	What are Index Funds
Section 6	Bonds..More Bonds		and ETFs
Section 7	Fixed Income and G.I.C.s	Section 15	Before You Finish Post Test
Section 8	Equity Assets and Stocks		

Do you want



maximize growth in investments?

Course 9 Investment Strategies

Section 1	Introduction:	Section 10	Keeping Your Financial
Section 2	Before You Begin Pretest		Goals on Track
Section 3	Integrating Investment Strategies	Section 11	Measuring Financial Wealth
Section 4	Parking Your Investments	Section 12	Measuring Your Financial Wealth
Section 5	TFSA and RRSP Strategies	Section 13	Keeping It Together
Section 6	Using TFSA and RRSP	Section 14	Before You Finish Post Test
Section 7	Dollar Cost Averaging		
Section 8	Group Saving Options		
Section 9	Determining Rates of Return		

to start or take over a business?

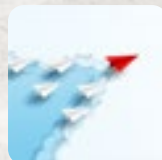
Course 10 Business Enterprises



Section 1	Introduction:		
Section 2	Before You Begin Pretest		
Section 3	Pre-Launch a Business		
	• The Entrepreneurial Process		
	• The Pre-Launch		
Section 4	Owning a Business		
	• Small Business Owners and Entrepreneurs		
	• Being the Boss	Section 8	Business and Its Revenue
	• The Owner Mind Set	Section 9	Direct and Indirect Expenses
	• Running a Business		Business and Its Profits
	• The Owners Responsibilities		Business R - P = E
Section 5	The Business Idea		Business and Marketing
Section 6	Business Planning		Business and Sales
	• Creating a Dream Team		Business Systems
	• Buying a Business		Succession Planning
	• Planning to Retire		• What is Succession Planning
	• Setting SMART Goals	Section 10	• Why Succession Planning is Important
	• Business Structures		• Reducing the Emotional Bond
Section 7	Fueling a Business		• Keeping the Business in the Family
	• Fueling a Business Introduction		Building Wealth with Real Estate
	• Fueling a Business in the Beginning	Section 11	• Building Wealth with Real Estate
			• Renting Out a Room Before You Finish Post Test

Do you want

to become a leader?



Course 11
Learning to Lead

Section 1	Introduction:	Section 8	Are You Communicating Correctly?
Section 2	Before You Begin Pretest	Section 9	Getting the Team Together,
Section 3	What is Leadership	Section 10	Having a Hard Time Making a Decision?
Section 4	Why Leadership is Important	Section 11	Before You Finish Post Test
Section 5	What Makes a Leader Effective?		
Section 6	Management Coaching		
Section 7	Leading in Style But With Delivery		

Your parents, teachers, and coaches have lots of financial experiences. Ask them to share their stories!

to qualify for a \$1000 scholarship?

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