

# STAYING ON GOOD TERMS: CREDIT AND DEBT

## Introduction:

**M**any Americans are very unprepared to handle the responsibility of credit cards – and some college students are in this group. As a result, many of us acquire more credit card debt than we want, almost before we know it.



The average credit card debt for undergraduate credit card holders was \$3,173 in 2008, up 46% since 2004.\* Also, there are new rules about credit cards that affect everyone and some that are unique to young adults. The purpose of this lesson is to help us understand how to use credit cards responsibly and how to get out of credit trouble if we need to.

*\*How Undergraduate Students Use Credit Cards, 2009, Sallie Mae.*

## Lesson Description:

Because credit cards are such a big issue for college students, this seminar explores different types of credit, responsible credit card use, and what to do if you can't pay your credit card bill.

## You will learn to:

1. Understand the different types of credit
2. Recognize the advantages and disadvantages of using credit cards
3. Recognize common mistakes in using credit
4. Recognize and avoid credit card trouble
5. Decide what to do if you can't pay your bills
6. Understand how the new credit card rules affect you