

# STAYING ON TOP: CREDIT REPORTS AND SCORES

## Introduction:

**T**he recent changes in federal law allow all individuals to receive one free credit report from each credit bureau each year. Keeping a close eye on your own credit report reduces the risk of identity theft or mistakes that could increase the cost of credit.

However, many students have never requested their credit report and many believe they do not even have a credit report. The purpose of this lesson is to help us understand credit reports and credit scores. This lesson will also teach us why these two things are important and how we keep track of our credit history.

### Lesson Description:

This lesson focuses on what is in a credit report, what impacts your credit history may have, and how to request your credit report.

### You will learn to:

1. Understand what is in a credit file
2. Understand the impacts of your credit history and credit score
3. Order a copy of your credit report
4. Understand your rights and responsibilities under laws related to consumer credit
5. Understand how to get help with serious credit and debt problems