

# Saving

Lesson 2: Student Activities | Hall of Fame: Ages 18+

# FINANCIAL FOOTBALL

## Get a Game Plan for Saving

Savings are essential to building wealth and reaching financial goals. This 45-minute module will help you build your saving awareness and skills.

**Getting Game-Ready:** A touchdown in football is often the most dramatic moment of the game: when a player reaches the end zone in the final seconds, the crowd goes wild. While these exhilarating game-day feats tend to become our focus, those moments are the result of countless hours spent practicing and honing skills. The most successful players on the field are often the most disciplined. They have established good training habits on and off the field and are focused on learning how to maximize their performance.

Financial fitness is very similar. We often focus on the exciting big moments, like buying our first car or moving out on our own. Yet those moments would not be possible without building habits to save money. Just like athletes learning the strategies that work best for them on the field through practice, we can each identify strategies and tools that build our ability to save and reach our financial goals.

**Module Level:** Hall of Fame, Ages 18+

**Subjects:** Economics, Math, Finance, Consumer Sciences, Life Skills

**Materials:** Facilitators may print and photocopy handouts and quizzes for you, and direct you to the online resources below.

- **Pre- and Post-Test questions:** Answer five questions before completing the Savings activities to see how much you already know about the topic. After you've finished all the activities with your teacher and classmates, try taking the quiz again to see how your understanding has grown.
- **Practical Money Skills Savings resources:**  
[practicalmoneyskills.com/ff23](http://practicalmoneyskills.com/ff23)
- **SMART Savings Goals handout:** Examine goal-setting criteria, then set some of your own.
- **Savings Best-Case Scenario handout:** Play with a partner or small group to identify the savings options for each situation.
- **Written Exercise Compound interest handout:** Find the magic of compound interest with some simple calculations.
- **Glossary of Terms:** Learn basic financial concepts with this list of terms.

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# Learning Objectives

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- Set personal goals for saving
- Explore the benefits of interest and how saving money makes money
- Identify the different types of savings accounts and options
- Discover financial tools and strategies for building savings

## Key Terms and Concepts

Before you start the lesson, review the key terms and concepts below. The answers to each question will get you prepped and game-ready.

### Why save money?

Throughout your life, you will be faced with many decisions about saving and spending. Your goals may vary over time from smaller purchases such as a new smartphone, to larger purchases, such as a car or a house, to long-term savings for starting your own business or planning for retirement. There are some life events that you can plan and save for, like heading to college, but it's impossible to foresee all unplanned expenses. That's what makes saving important — so you'll be prepared for any type of expense by having money set aside.

### How much should you save?

Saving is essential to building your long-term wealth, and it is important to save early in life and often. Regardless of your age, you should save a percentage every time you receive money, whether it's from a paycheck or a monetary gift. The everyday decisions you make about money can have a lifelong impact. Saving allows you the freedom and flexibility to fulfill your goals and helps you develop good personal finance habits. Pay yourself first. Determine a set amount of money to put away every month and treat it like any other bill. Put away part of every paycheck — ideally a minimum of 10% — and watch your savings grow.

### What are the best strategies for saving money?

- Create a budget and stick to it
- Pay yourself first
- Save your raises
- Save your windfalls, such as birthday money or tax refunds
- Keep emergency savings liquid (easily accessible)
- Set financial goals to keep yourself on track
- Consider your options to grow your money

### Do you need a savings account to save?

Choosing the right savings method is dependent on a few factors: how much money you hope to save, how accessible

## Learning Objectives, cont.

you need the funds to be, and when you'll want to withdraw them. Having a savings account with a financial institution offers a variety of advantages over saving in a shoebox, under the mattress, or in a general checking account.

### What are the benefits to having a savings account?

A savings account offers the benefits of security, convenience, potential to earn interest, and peace of mind.

### What types of savings accounts are there? How do I choose between them?

There are many categories of savings accounts to choose from. You can use one savings account or multiple ones to organize your money for various purposes.

- Basic bank savings account — A savings account where you can deposit and store cash securely while earning interest on your money.
- Money market account — This type of account has many of the same characteristics of a traditional savings account, but also adds a safe, conservative element of investment.
- Online savings account — This type of account is available online only and might have a higher interest rate than one available through a brick-and-mortar financial institution.
- Credit union — For this type of “share account”, it is essential to obtain membership to the credit union. You'll also have access to their other services.
- Automatic savings plan — With this plan, you can automatically deposit funds to your savings account on a scheduled time, such as when a biweekly paycheck is deposited directly into your account.

### How do retirement accounts differ from savings accounts?

If you are able to leave your money alone for a longer period of time, from several months to years, investments and retirement plans can allow you to earn greater amounts of interest. Unlike with regular bank accounts, if you want to withdraw money, you may face a steep penalty.

### How does interest work?

The difference between saving money in a jar at home and in a savings account at a bank is how your principal (your money) grows. At home, your money grows only when you add (deposit) more money (principal) to the jar. In a savings account, your money grows not only when you deposit more money but also by accumulating interest. Interest is money the bank pays you for leaving it in your savings account. It's as if you are loaning the bank your money. You give them your money to hold. They pay you interest so your money grows. They are able to use your money to fund loans and investments for other people. The interest rate is the percentage amount of your principal that the bank agrees to pay into your account. An interest rate is often referred to as an APR, or annual percentage rate.

# Student Activities

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- > Saving Pre- and Post-Test
- > SMART Savings Goals handout
- > Savings Best-Case Scenario handout
- > The Magic of Compound Interest handout

# Saving Pre- and Post-Test

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Student Name: \_\_\_\_\_

**Directions:** Answer the questions with the most appropriate answer, noting a, b, c, d or filling in the blank.

**1. Ideally, how much should you save in your emergency fund?**

**2. It's suggested to consistently save approximately \_\_\_\_\_ from each paycheck.**

**3. A savings account pays you:**

- a. A fixed amount of money every month
- b. Interest on your account balance
- c. Every time you use your debit card
- d. Interest on the amount you borrow

**4. The interest earned on \$1,000 over three years at 10% compounded annually is:**

**5. A low-risk savings option for a short-term goal is:**

- a. Single stock
- b. Stock mutual fund
- c. A lottery ticket
- d. A savings account

# SMART Savings Goals

**Directions:** Your teacher will lead you in identifying whether or not certain savings goals meet the following SMART criteria, and in drafting a SMART financial goal.

Real-life reasons to save are good motivators. It is helpful to use the SMART criteria when you’re establishing a savings goal.

**SPECIFIC** goals inspire. Setting a clear goal will help you focus on saving for it.

**MEASURABLE** goals let you see the real task at hand. By using real numbers, you can measure your progress along the way.

**ATTAINABLE** goals pay off. When you’re setting your goal, ensure that it is realistic and within your reach.

**RELEVANT** goals make good sense. Set a goal only if you know it will be meaningful in the long run.

**TIME-RELATED** goals have a real deadline. Setting a time frame for your goal will help you stay committed to reaching it.

**Directions:** Select the savings goals that correctly incorporate the SMART criteria. Evaluate each savings goal and identify whether the SMART criteria was met for each.

SMART Criteria Met? Yes or No	Savings Goal
	I’m going to save for a pair of shoes
	I’ll have \$150 saved for a pair of shoes in three months
	I’ll have enough money to go to college
	I’m going to save toward my first car
	I’ll have \$3,000 saved toward my first car in one year

**Now it’s your turn to establish your own SMART savings goal:** To support setting specific goals, use the Emergency Fund financial calculator. [practicalmoneyskills.com/ff27](https://practicalmoneyskills.com/ff27)

# Best-Case Scenario

**Directions:** Break into pairs or small groups and examine the savings options line graph below. Select the best answer in the two scenarios in this activity.

## Savings options:



For more information: [practicalmoneyskills.com/ff24](http://practicalmoneyskills.com/ff24)

### Scenario 1: Don't let fees eat you alive

Imagine your friends meet you for lunch. They want to open their first savings account. They each only have around \$50 but want to start the habit of saving. Which account do you recommend?

- A. Basic savings account, .25% interest, no minimum balance requirement, no monthly maintenance fees
- B. Online savings account, 1.25% interest, \$4 monthly maintenance fee if average balance is below \$500
- C. Premium savings account, 1.5% interest, \$10 monthly maintenance fee if average balance is below \$1,500

### Scenario 2: Make the most of interest

You are entering your junior year in high school and have saved \$3,500 for a car, and you want to save another \$1,500 over the next six months. You want to find a new savings product that has higher interest rates for the \$3,500 you have saved so far. You're OK with the money being less liquid for the next six months. What is your best option?

- A. Online savings account, 1.25% interest, \$4 monthly maintenance fee if average balance is below \$1,000
- B. Money market account, 1.5% interest, \$10,000 minimum deposit, \$12 monthly fee if balance is below \$5,000
- C. Certificate of deposit (CD), 2.5% APY for six months, \$2,500 minimum deposit, withdrawal penalty fee if you take money out before six months ends



## Best-Case Scenario, cont.

### Scenario 3: Investing in your future

You and your best friend have graduated from high school. Your best friend graduated from a vocational school and is going to begin working full time. You have a full scholarship to attend college. You each have \$5,000 in earned income you have saved and can use for a long-term savings goal, like retirement. What is the best option for both of you?

- A. Money market account, 1.75% interest, \$10,000 minimum deposit, \$12 monthly fee if balance is below \$5,000
- B. Certificate of deposit (CD), 2.5% interest for five years, \$5,000 minimum deposit, withdrawal penalty fee if you take money out before five years ends
- C. Roth individual retirement account (IRA), 6% annual return on investment, early withdrawal penalties if money is taken out prior to age 59.5

# The Magic of Compound Interest

## Savings Written Exercises

**Directions:** Calculate how compound interest can help your savings grow by answering the questions in this activity.

**Compound interest:** The following formula shows how to calculate interest annually.

**Compound Interest Formula:**

$$A = P \left( 1 + \frac{r}{n} \right)^{nt}$$

A = Total amount of the future value of the investment/loan with interest

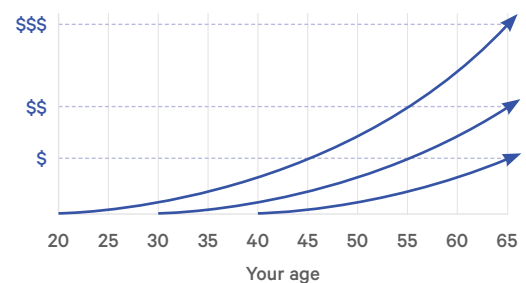
P = The principal, the initial deposit or loan amount

r = The annual interest rate (decimal)

n = The number of times that interest is compounded per year

t = The number of years the money is invested or borrowed

Growth of Savings Accounts



**Use the formula for compound interest and the How Will My Savings Grow? financial calculator to do the following exercise.**

[practicalmoneyskills.com/ff26](http://practicalmoneyskills.com/ff26)

**Find how much total savings you would have:**

If you made an initial deposit of \$100, then put \$100 in a savings account with a 3% APR every year for 25 years?

If you made an initial deposit of \$1,000, then put \$1,000 in a money market account with a 4% APR every year for 30 years?

**Using the formula for compound interest and the How Will My Money Grow? financial calculator, determine who will have saved more for retirement.**

Ben invests \$2,000 a year from the age of 19 to 26, for a total of \$16,000 invested. His investments earn 12% annually until the age of 65. How much will he have saved by the time he reaches 65?

Arthur invests \$2,000 a year from the age of 27 to 65, for a total of \$78,000 invested. His investments also earn 12% annually until the age of 65. How much will he have saved by the time he reaches 65?

Who will have more saved for retirement?

# Glossary of Terms

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Study this list of personal finance terms to help warm up before playing Financial Football. By mastering these terms, you will have a better opportunity to answer questions in the game correctly and score.

**529 plan:** A savings plan operated by a state or educational institution designed to help set aside funds for future college costs. Savings deposited in a 529 plan grow tax-free until withdrawn.

**American Stock Exchange (ASE):** The third-largest stock exchange by trading volume in the United States. It is one of the oldest U.S. stock exchanges and innovator of the exchange traded fund (ETF).

**Annual percentage rate (APR):** The yearly interest rate charged on outstanding credit card balances.

**Bank:** A financial institution that invests money deposited by customers, provides loans, and exchanges currency.

**Bank services:** Services offered by a bank for convenience, such as online banking, automatic transfer, and check cancellation.

**Bond:** A type of loan in which an investor extends money to the government or a corporation with a set interest rate and maturity date.

**Brokerage firm:** An organization that charges a fee to act as an intermediary between buyers and sellers of stock.

**Capital gains:** Profits from the sale of an investment.

**Certificate of deposit (CD):** A savings certificate issued by a bank, depositing money for a specified length of time.

**Checking account:** An account at a bank that allows checks to be written and deposited by the account holder.

**Compound interest:** Interest calculated on both the principal and the accrued interest. Compound interest is what makes savings really grow. A savings account earns interest every day. Each time your interest compounds, it gets added back to your account and becomes part of your principal. With more principal, the account earns even more interest, which continually compounds into new principal.

**Contribution limits:** Maximum legal limit on contributions to a specific account.

**Deposit:** Adding a sum of money to your account to increase your account balance.

**Depreciation:** The decrease in value of assets over time.

**Dividend:** A share in a company's profits, paid regularly by a company to its shareholders.

**Emergency fund:** Money set aside for emergency expenses, recommended to cover 3-6 months of expenses.

**Estate:** The whole of an individual's possessions, including property and debts.

**Estate plan:** The process of arranging for the dispersal of an individual's estate in the event of death.

**Executor:** A person or institution appointed to carry out the terms of a will or an estate plan.

## Glossary of Terms, cont.

**Federal Deposit Insurance Corporation (FDIC):** A body that regulates most banks in the United States and insures most private bank deposits. The Federal Deposit Insurance Corporation (FDIC) preserves and promotes public confidence in the U.S. financial system by insuring deposits in banks and thrift institutions for at least \$250,000; by identifying, monitoring, and addressing risks to the deposit insurance funds; and by limiting the effect on the economy and the financial system when a bank or thrift institution fails. An independent agency of the federal government, the FDIC was created in 1933 in response to the thousands of bank failures that occurred in the 1920s and early 1930s.

**Federal Trade Commission (FTC):** A federal agency established in 1914 that administers consumer protection legislation.

**Fixed rate:** A fixed rate does not fluctuate over the length of the loan or investment term.

**Individual retirement account (IRA):** A retirement account that allows individuals to contribute a limited yearly sum toward retirement on either a pre-tax (traditional IRA) or after-tax (Roth IRA) basis.

**Inflation:** The overall increase in the cost of products and services over time.

**Interest:** A charge for borrowed money, generally a percentage of the amount borrowed.

**Interest rate:** The rate at which a borrower pays interest for borrowing an item or money, or the percentage rate earned on a given investment.

**Invest:** To expend money with the expectation of earning a profit on that fund over time.

**Investment:** An item or financial product on which a consumer expects to earn a profit in the future.

**Investment portfolio:** A range of investments held by a person or organization.

**Investment strategy:** A set of rules or procedures to guide an investor's selections.

**Liquidity:** How easily or quickly you can withdraw your money.

**Long-term financial goal:** A financial goal that will take longer than a year to achieve.

**Money market account:** A type of savings account offered by banks that usually earns a higher amount of interest than a basic savings account. The minimum deposit and balance for this account is often considerably higher than the minimum balance of a basic savings account.

**Mutual fund:** A collection of stocks, bonds, or cash managed by a professional for a fee toward a stated goal.

**New York Stock Exchange (NYSE):** A New York City-based stock exchange, which is considered the largest equities-based exchange in the world based on total market capitalization.

**Principal:** The amount of money you deposit in your account to begin saving or the original amount of money borrowed.

## Glossary of Terms, cont.

**Retirement account:** An account such as an IRA or 401(k) that helps an individual set aside money for retirement while minimizing tax burdens.

**Savings account:** An account where money is kept for future use.

**Short-term financial goal:** A financial goal that will require less than six months to achieve.

**Social Security taxes:** A tax on individuals used to fund the U.S. government's Social Security program.

**Thrift savings plan:** A retirement savings and investment plan for federal employees and members of the uniformed services.

**Variable interest rate:** An interest rate that fluctuates based on market changes.

**Withdrawal:** When you take money out of your account, thereby reducing your principal.

**Withdrawal limit:** The maximum amount a customer is able to withdraw from an account on a given day.

**Withdrawal penalty:** Any penalty incurred by an account holder for early withdrawal from an account with withdrawal restrictions.