

# Common Cents Quarterly

A quarterly newsletter focused on financial wellness for UWM students

## Resource Highlight



UWM's Food Center & Pantry provides access to non-perishables to address food insecurity with UWM students. UWM students can visit the Food Center & Pantry twice a week to obtain non-perishable food items and toiletries. Learn more and connect with the Food Center & Pantry at: [www.uwm.edu/studentassociation/uwmfcp](http://www.uwm.edu/studentassociation/uwmfcp)

## Homemade Chili Recipe

Check out this budget friendly recipe!

### Ingredients

15 Ounce Can Chili Beans: Make sure to use undrained beans.

The sauce helps give that soupy consistency.

10 Ounce Can Diced Tomatoes With Green Chiles: Rotel or Hunt's Seasoned Diced Tomatoes in Sauce

1 Pound Ground Beef or Turkey: Optional if Vegetarian

### Instructions

1. Mix the meat, beans and tomatoes together in a large pot. Bring it to a boil over medium heat and then bring heat to medium low and allow to simmer for about 30 minutes.
2. Salt and pepper to taste. Enjoy with your favorite toppings such as cheese and sour cream.



Recipe/Image Source: <https://www.iheartnaptime.net/easy-3-ingredient-chili/>

Riddle  
of the  
Season

If money really did grow on trees, what would be everyone's favorite season?

Answer: Fall

## Emotional Spending

therapist: and what do we do when we are sad?

me: add to cart

therapist: no

While some of us may be able to relate to the meme above (maybe even more so than we would like to admit), the reality is that retail therapy can seriously damage your budget!

Do you find that you oftentimes feel depressed or anxious after spending money? Do you return more purchased items than you keep? Are you constantly justifying your spending, hiding evidence of new items, or buy things that you forgot about? These are all signs of emotional spending. Furthermore, emotional spending does not always come from negative emotions – it could be a way to celebrate when happy, a way to pass time when we are bored, or it may stem from insecurities.

While most things are okay in moderation – sometimes rewarding yourself with a well-deserved Latte from The Grind after acing your final is necessary. However, if you find that emotional spending is impacting your savings goals, or taking away from more important monthly costs (rent, food), you may want to take control. Consider unsubscribing from mailing retail mailing lists, asking others to help keep you accountable, identify your spending triggers, and leaving credit cards at home.

If you find that you need additional help, please consider visiting the Norris Health Center on Campus.

University Counseling Services (UCS)

Northwest Quadrant: 5th Floor

Hours: Monday – Thursday (8:00 a.m. – 4:45 p.m.), Friday (9:00 a.m. – 4:45 p.m.)

Phone: 414.229.4133

Website: <https://uwm.edu/Norris>

## FAFSA Filing Checklist



Gather you and your parent's (if applicable) Federal Student Aid ID information



Gather you and your parent's 2018 taxes



Schedule a time to file the 20-21 FAFSA