

FINANCIAL WELLNESS

NEWSLETTER

Clark College

Topic of the Month -

Protecting Yourself from Predatory Financial Practices

How can you protect yourself and others you care about from fraud and scams? Criminals and con artists use many scams to target unsuspecting people who have access to money. Losing money or property to scams and fraud can be devastating. Learn how you can help prevent, recognize, and report scams and fraud.

In this issue:

- Topic - Protecting Yourself from Predatory Financial Practices
- Financial Wellness Q & A
- Events & Workshops

Financial Wellness Q & A

Q: Can I learn more about finances online at Clark?

A: Yes! Check out [MyPlan](#), Clark's newest online financial education tool.

Q: How can I schedule an appointment with a financial wellness coach?

A: Contact a Financial Wellness Coach at financialwellness@clark.edu to schedule an appointment.

Student quotes about recent workshops -

Very well organized and presented! I will apply this to my daily life.

There were a few things that I never considered and Dan brought them to light in his presentation and with the other student questions.

Upcoming Events and Workshops

Better Banking

Thursday, April 15 @ 2:00 pm

[Register Here](#)

Learn about banking basics and how to choose the best banking relationship for you.

Understanding Credit

Wednesday, April 21 @ 2:00 pm

[Register Here](#)

Learn how to establish and manage credit, check your credit score, and fix credit issues.

Managing Debt

Thursday, April 29 @ 2:00 pm

[Register Here](#)

Learn strategies to eliminate debt and discover specific methods for paying down debt.

Financial Preparedness

Wednesday, May 5 @ 2:00 pm

[Register Here](#)

Learn to create a budget that is practical for your financial situation. We will focus on budgeting to attain your long-term goals and create strategies to understand your expenses.

Economic Impact to Your Finances

Wednesday, May 12 @ 2:00 pm

[Register Here](#)

Understand how economic events such as interest rate changes, inflation, and recessions impact your finances.

Low-Income Home Buying Programs

Tuesday, May 25 @ 2:00 - 3:15 pm

[Register Here](#)

Join our panel of experts for a Q & A on how to buy a home on a budget.

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Protecting Yourself from Predatory Financial Practices -

The following information was collected from the Consumer Financial Protection Bureau at [Consumer Financial Protection Bureau \(consumerfinance.gov\)](https://www.consumerfinance.gov)

Identifying different types of Fraud and Scams:

View a list of [fraud and scam key terms](#).

Learn about some common [types of scams](#).

How to [spot identity theft](#) and what to do when someone steals your personal information.

Where do I [get a copy of my credit report](#)? Tip: Be cautious of websites that claim to offer free credit reports. Some of these websites will only give you a free report if you buy other products or services. Other websites give you a free report and then bill you for services you have to cancel. To get the free credit report authorized by law, go to AnnualCreditReport.com or call (877) 322-8228.

Beware of [coronavirus-related scams](#) as scammers are taking advantage of the coronavirus pandemic to con people into giving up their money.

Learn some common-sense steps to [help protect yourself and others from fraud and scams](#).

Know how to [protect older adults](#) from fraud and financial exploitation.

What to do if you think you've been a [victim of identity theft](#). There are two main types of fraud alerts: initial fraud alerts and extended alerts. Members of the military have an additional option available to them – active duty alerts, which give service members protection while they are on active duty.

[How do I get my money back](#) after I discovered an unauthorized transaction or money missing from my bank account?

Learn best practices for [security when using mobile devices](#) for financial services.

Tips to protect yourself from scams:

There are several steps you can take to protect yourself and others from fraud and scams. Consumer scams happen on the phone, through the mail, e-mail, or over the internet. They can occur in person, at home, or at a business. Here are some tips to protect yourself from scams:

- **Never click on a link** in an email from someone you don't know and always check their email address to confirm it's a sender you know.
- **Don't share numbers or passwords for accounts, credit cards, or Social Security.**
- **Never pay up front for a promised prize.** It's a scam if you are told that you must pay fees or taxes to receive a prize or other financial windfall.
- **After hearing a sales pitch, take time to compare prices.** Ask for information in writing and read it carefully.
- **Too good to be true?** Ask yourself why someone is trying so hard to give you a "great deal. If it sounds too good to be true, it probably is.
- **Watch out for deals that are only "good today" and that pressure you to act quickly.** Walk away from high-pressure sales tactics that don't allow you time to read a contract or get legal advice before signing. Also, don't fall for the sales pitch that says you need to pay immediately, for example by wiring the money or sending it by courier.
- **Put your number on the National Do Not Call Registry.** Go to www.donotcall.gov or call (888) 382-1222. Take a look at other Ask CFPB questions regarding financial [scams](#) or check the FTC's website_ to stay up-to-date on the most recent scams.
- Learn more about [what to do](#) if you or someone you know is the victim of a scam.
- If you manage someone else's money, take a look at this [information](#) to help you understand the pitfalls to avoid.