

Lesson Plan: Money Myths



Course Specifications

of Videos: **6**

Workbook Pages: **21-62**

Course Duration*: **41 minutes**

Homework Time: **1 hour**

Items Needed:

- Computer
- WI-FI
- Calculator

*Approximate time for videos and course work only
Classroom discussion times may vary.

Course Description

This course helps students understand the top money myths and how they can impact the ability to better understand money. Students will learn how to rethink their own misperceptions while creating a clear foundation for better financial awareness.

[Link to Sample Schedule](#)

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Course Details

- Learn the top myths about money and how they shape your perception about your own financial health
- Start to establish a strong mental framework to better understand and handle your own money
- Learn why making lots of money is not the key to financial health
- Understand why winning the lottery does not necessarily lead to financial stability
- Define and adjust your own internal “money narrative”



Learning Outcomes

Upon completion of this course the successful student will have the ability to:

- Understand the top myths about money and why they have a powerful impact on their own financial health
- Learn that most Canadians face challenges with money at different times in their lives and nobody should feel alone
- Recognize the two critical skills that everyone requires for financial success: the skill of making money, and the skill of saving and investing.



Topics to Discuss Before Viewing

- Have you ever felt stressed about money?
- What would you buy if someone gave you a million dollars?
- Is learning about money and finances important?
- What did you learn about money growing up? (for example, how to balance a checkbook, how a credit card works, how to pay back a student loan, etc.)
- What did you learn about money from your parents?
- What do you wish you had known about money before you started your first job?
- What are some myths you have about your own financial situation?



Topics to Discuss After Viewing

- What did you learn today that you didn't know before when it comes to building wealth?
- Do you believe that saving and investing is complicated? Why?
- What do you wish your parents had taught you about money?
- What is ONE thing you want to do differently with your own money in order to become more financially solid?

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Interviews and Experts:

- **Sherry Cooper** (Chief Economist, Dominion Lending Centres)
- **Mya Karline** (Teen Investor)
- **Jeff Keeping** (President CFLPA)
- **Laurie Campbell** (CEO Credit Canada)
- **Bruce Croxon** (Personal Finance Expert, Author)
- **Melissa Leong** (Personal Finance Expert, Author)
- **Chantel Chapman** (Personal Finance Expert)



Additional Recommendations for Homework

Homework Assignment #1:

Have students spend time thinking and writing out their own financial goals and what they want to achieve or change with their money situation.

Homework Assignment #2:

To spark ongoing learning, ask students to spend time researching the reading lists books we recommend online or in a library.

Homework Assignment #3:

Have students write down at least two money habits they could adjust based on what they learned in this first course, then have them describe how they plan to break bad habits and create better habits instead.



Books and Resources: (click cover to follow link to purchase)

