



Money Problems Adding to Your Stress?

TAKE CONTROL!

Financial Aid

- see our web pages for financial aid programs (grants, work, loans) that you might be eligible for and tips to avoid problems
- watch aid eligibility requirements very carefully so you don't lose any aid you've been awarded
- file for financial aid early and every year in the Spring semester for the next academic year - see step by step instructions on our web site - and follow up on any problems early ---->>> there is still time to FILE NOW if you haven't filed already for the current academic year 2008-2009
- don't pay anyone to complete your aid applications --- do as much as you can and ask us for help on specific questions if you're not sure
- talk with your financial aid counselor if there has been a major negative change in your family's financial situation
- any questions? ask us --- NOT your friends!
- apply for outside and QC scholarships --- see our scholarships web page / go to the Honors and Scholarships Office (Honors Hall / previously known as Temp 3)

Financial Literacy

- watch for our **Financial Literacy Workshops** - one is scheduled for October 22nd, 2008 / free hour / SU 301
- see the **You and Your Money** pages on our web site for consumer tips and ways you can **Save Money at Queens College** through services and programs at QC (this flyer contains a few excerpts from our coming update).

Jobs

- apply early for aid and request consideration for college work-study on your application
- find a non work-study job through the Office of Career Development and Internships (Frese Hall - 2nd floor)

Academics

- stay on track academically - use eCat, stay focused and make each semester count / talk with advisors in the Academic Advising Center (KY 217), as well as those in your major - minor - program
- declare your majors / minors / concentrations officially with the Registrar's Office (Jefferson Hall - 1st floor)
- file for graduation in accordance with Registrar's Office procedures and deadlines (Jefferson Hall - 1st floor)

Health Insurance

- health insurance information / Health Services Center (Frese Hall - 3rd floor)

Stress Management

- go to stress management and time management workshops / College Counseling and Resource Center (Frese Hall - 1st floor)
- get help with depression / College Counseling and Resource Center (Frese Hall - 1st floor)
- see stress management materials and videos - some will get you CLIQ points! stressed and need a quiet place to sit and relax - with low lighting? / Health Services Center (Frese Hall - 3rd floor)

Let Your Voice Be Heard

- help to make things better - whatever your view is --- get involved through student activism and voting - if you don't have time for activism, at least VOTE / information through both Student Life Office and NYPIRG (SU)