



Issue 3

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School of Family & Consumer Sciences



LIFE Center Newsletter

LIFE Center 3015 Lumpkin Hall

For FREE
information and
advice

Schedule an
appointment by
emailing
life@eiu.edu
during the
following times:

Mondays

2:00pm-4:00pm

Tuesdays

12:00pm-4:00pm

Thursdays

10:00am-12:00pm

Make sure to
include the topic
you'd like to
discuss in the
email!

Making a List and Checking it Twice

The holidays are upon us and shopping for presents for family and friends can seem both daunting and expensive, but it doesn't have to be!

The holiday season can be stressful for a lot of people. It's a time where you are fleeing from family member to family member, friend's house to friend's house, spending time with loved ones. But with that comes the expense of not arriving empty handed.

So how do we participate in the season of giving without making our bank account angry? Budget. Budget. Oh, and budget! A little planning helps, too. While the holidays aren't for a few weeks, it's a good idea to get a jump start on planning and budgeting now by setting aside a little money at a time!

How do you begin? Well, the first step in sensible spending is to know how much money you have to spend on holiday presents this year! Let's take a look at a little budgeting 101:



1. Know your income
2. Write down your expenses/costs, both fixed and variable
3. Make room for some "wants"
4. Consider saving
5. Any money leftover can be set aside for your holiday presents

It's important to note that you don't need to spend a lot of money on presents for people in your life, it's the thought that counts.

Now that you've got the basics to budgeting, here are a few helpful tips to consider when shopping for the holiday season:

- Make a list of people you'll be shopping for
- Pre-Shop—do some research before you step foot in a store. Scope out who has the best price.
- Utilize lingering Black Friday and Cyber Monday sales—many stores are still offering awesome deals to get more bang for your buck!
- Consider making your gifts—whether it's as simple as getting a nice picture printed of you and your best friend and putting it in a frame, baking your mom's favorite dessert, making a scrapbook for your grandma, etc. Gifts don't have to be store bought or expensive.
- Check out the dollar section or clearance section in the store! Target has a lot of great, inexpensive gifts in their dollar section such as mugs, candles, frames, etc.
- Look at deals on Groupon to have a one stop shop for all your special people!
- Maybe, suggest a secret Santa among friends or family, that way you don't need to have a gift for everyone!

Be sure to consider these steps to save yourself some money this holiday season! Remember, it all starts with a little budgeting.

