

The background features several concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble is centered on the page, containing the text.

# Financial Aid Avenue Workshop Tutorial

Step One: Click on the link provided on the website, to begin the workshops.



## Enroll in University of Louisiana at Lafayette Financial Avenue

You are enrolling in **University of Louisiana at Lafayette Financial Avenue**.

Please enter your Email:

**Email**

- I am a new user
- I already have a Inceptia login

[View Privacy Policy](#) 



## Enroll in University of Louisiana at Lafayette Financial Avenue

You are enrolling in **University of Louisiana at Lafayette Financial Avenue**.

Please enter your Email:

Email

- I am a new user  
 I already have a Inceptia login

Full Name

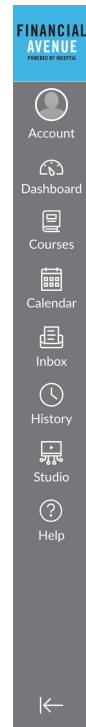
I agree to the [Acceptable Use Policy](#).

[View Privacy Policy](#) 

Enroll in Course

Step Two: Fill out  
the form with  
your School Email  
and Full Name.

After filling out the form with your information, you will see the welcome screen.



## Enroll in University of Louisiana at Lafayette Financial Avenue

You have successfully enrolled in **University of Louisiana at Lafayette Financial Avenue**.


[Go to your Dashboard](#)

[Go to the Course](#)

Hello,

Here's some quick tips to get you started in Canvas!

1. How do I find my courses?
2. How do I contact my instructor?
3. How do I download the Student App?



Student Tour

Step Three: Click on  
“Courses” and Select  
“University of  
Louisiana at  
Lafayette Financial  
Avenue.”

The screenshot displays the 'Courses' page of the Financial Avenue mobile application. On the left is a vertical navigation menu with icons and labels for Account, Dashboard, Courses (highlighted in green), Calendar, Inbox, History, Studio, and Help. The main content area shows a search bar containing 'University of Louisiana at Lafayette Financial Avenue'. Below the search bar is a link for 'All Courses' and a welcome message: 'Welcome to your courses! To customize the list of courses, click on the "All Courses" link and star the courses to display.' At the top right of the page, there are two buttons: 'Go to your Dashboard' and 'Go to the Course'.

Step Four: Select the Financial Aid Avenue Workshop that you will be taking.

FINANCIAL AVENUE  
POWERED BY INCEPTA

Account

Dashboard

Courses

Calendar

Inbox

History

Studio

Help

- Home
- Modules
- Grades

### University of Louisiana at Lafayette Financial Avenue



Welcome to Financial Avenue, home of the Knowl, an owl with a wealth of money knowledge. Seriously, whooooo else is a better mascot than a wise owl? Next to finding a good barn or tree for hanging out, there's nothing the Knowl likes better than helping folks learn to master their finances. The Knowl hopes you're ready to swoop in and get started. Select from the courses below to become seriously **Knowl**edgeable on all matters of money management.

[Psychology of Money](#) | [Foundations of Money](#) | [College and Money](#) | [FAFSA](#) | [Loan Guidance](#) | [Earning Money](#) | [Credit and Protecting your Money](#) | [Spending and Borrowing](#) | [Debt and Repayment](#) | [Future of your Money](#)

PSYCHOLOGY OF MONEY	FOUNDATIONS OF MONEY	COLLEGE AND MONEY
PSYCHOLOGY OF MONEY	FOUNDATIONS OF MONEY	COLLEGE AND MONEY

- View Course Stream
- Drop this Course
- View Course Calendar
- View Course Notifications

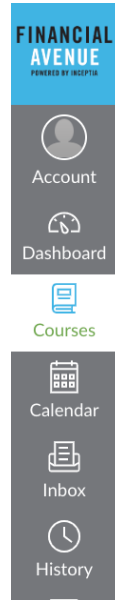
**To Do**  
Nothing for now

**Recent Feedback**  
Nothing for now

Step Five: Complete  
the entire Financial  
Aid Workshop.

The screenshot shows a Blackboard LMS interface. On the left is a navigation sidebar with icons for Account, Dashboard, Courses, Calendar, Inbox, History, Studio, and Help. The top navigation bar shows the course path: 'xg4d62 > Pages > Your Brain and Money'. The main content area is titled 'Your Brain and Money' and features a 'PSYCHOLOGY OF MONEY Welcome.' header with a green circular icon containing a checklist. Below the header is a grey box with a welcome message: 'Welcome to Psychology of Money, a course that's going to teach you a little bit about your brain, and a lot about your brain's reaction to money. Don't worry, you're still going to learn about budgeting, saving and other financial must-knows. You'll find all that in the other courses. But first, you've got to understand why humans handle money the way we do, and why sometimes your brain is your own worst financial enemy.' Further down, there is a quote from a philosopher about 'KNOW THYSELF' and a paragraph explaining the course's focus on understanding one's mind and making wise choices. To the right of this text is a yellow icon of a head profile with a dollar sign inside. At the bottom left of the page, there are three circular profile icons.

If there is anything in the workshop that was not submitted or completed, you will not be allowed to complete the workshop.



- Home
- Modules
- Grades

## PSYCHOLOGY OF MONEY: Action Items

This page is part of the module **PSYCHOLOGY OF MONEY: Summary** and hasn't been unlocked yet.

### Completion Prerequisites

The following requirements need to be completed before this page will be unlocked:

#### PSYCHOLOGY OF MONEY: Unit 3. Retraining Your Brain

[PSYCHOLOGY OF MONEY: Adopt Some Financial Traits Exercise](#)  
must submit the assignment

◀ Previous



Step Six: Once you have completed the Financial Aid Avenue Workshop, your screen will look like this.

The screenshot displays the 'Financial Aid Avenue' user interface. On the left is a vertical navigation sidebar with icons for Home, Modules, Grades, Account, Dashboard, Courses, Calendar, Inbox, History, Studio, and Help. The main content area is titled 'PSYCHOLOGY OF MONEY: Summary'. It features a large green play button icon in the top right corner. Below this is a 'You Did it!' section with a congratulatory message: 'You survived our most scientific course in one piece and are still awake! Congrats! But more importantly, you took the most important step in setting yourself up for financial wellness, and that's reflecting on your relationship with money.' At the bottom of the page, there is a paragraph of text: 'Now you're ready to go forward and learn the rest of it, always looking through the lens of your own unique experiences that make you who you are and give you the Money Philosophy you have. And now you can make a plan to get closer to the money philosophy you want to be.' In the bottom right corner, there is a cartoon owl character wearing a green pilot's cap with goggles and a black leather jacket with a gold dollar sign on the chest. Navigation buttons for 'Previous' and 'Next' are located at the bottom of the page.

Step Seven: Make sure to read the tips and tricks at the end of the workshop! These are very helpful in becoming responsible with spending money.

The screenshot shows a course page for 'Financial Avenue'. On the left is a vertical sidebar with navigation icons and labels: Home, Modules, Grades, Account, Dashboard, Courses, Calendar, Inbox, History, Studio, and Help. The main content area has a header with the text: 'Whenever you have a financial decision to make, your first instinct will come from your limbic brain, viewing this decision as a threat. Your brain will go into fight or flight mode immediately, and we know that can make for some bad decisions. We need to balance our emotional brain with our thinking brain, which will take more time and energy. You'll want to slow your brain down and gather more information to make your financial decision. Your brain needs more time and energy to make better financial decisions.' Below this is a section titled 'Luckily, the Knowl has Four Ways To Retrain Your Brain:' with sub-links for 'Mindfulness', 'Sleep on it', 'Get a 2nd opinion', and 'Label emotions'. The 'Mindfulness' link is active. The 'Mindfulness' section contains the text: 'Whenever you have to make a financial decision, count to ten and focus on your breathing. Doing so will increase the oxygen and glucose available to your prefrontal cortex and lessen the impact on your limbic brain. This practice is called mindfulness or is a state of focusing your awareness on the present moment and calmly acknowledging and accepting your feelings, thoughts, and sensations. Here are four short steps to practicing mindfulness:' followed by a numbered list: 1. Sit in a chair or on the floor. Keep your back straight and let your shoulders drop. Take a deep breath and close your eyes. 2. Notice your breath. Don't change your breathing, but focus on the feeling of air moving in and out of your lungs. 3. As thoughts come into your mind and distract you from your breathing, acknowledge those thoughts and then return to focusing on your breathing each time. 4. Don't judge yourself or try to ignore distractions. Your job is simply to notice that your mind has wandered and to bring your attention back to your breathing. Below the list is the text: 'The more you practice mindfulness regularly, the easier it will be to keep your attention where you want it. But if you can't practice regularly, at least practice this whenever you reach for your wallet!'. At the bottom of the content area are two blue buttons: 'Continue to the Next Course' and 'Go Home to See All Courses'. At the very bottom of the page are navigation arrows labeled 'Previous' and 'Next'.