



Financial Wellbeing - Supporting Students to Develop Positive Habits

John McDermott,
Student Financial Support Advisor



Introduction

- Role was introduced in 2022 - now supporting almost **300 students per year**
- Dedicated service which offers one-to-one financial support & budgetary advice to **all UL students**
- **3 Student Budgeting Advisors** in Irish third-level sector - **there is a need for similar roles in all institutes**
- Engage with internal UL Student Support units and external agencies on behalf of students



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UL Student Financial Support Advice Service

The UL Student Financial Support Advice Service provides financial support and budgetary advice to the general UL student population. The service is dedicated to supporting students throughout their college journey.

Access to
financial
support

Financial
planning

Non-
judgmental

1-to-1
meetings

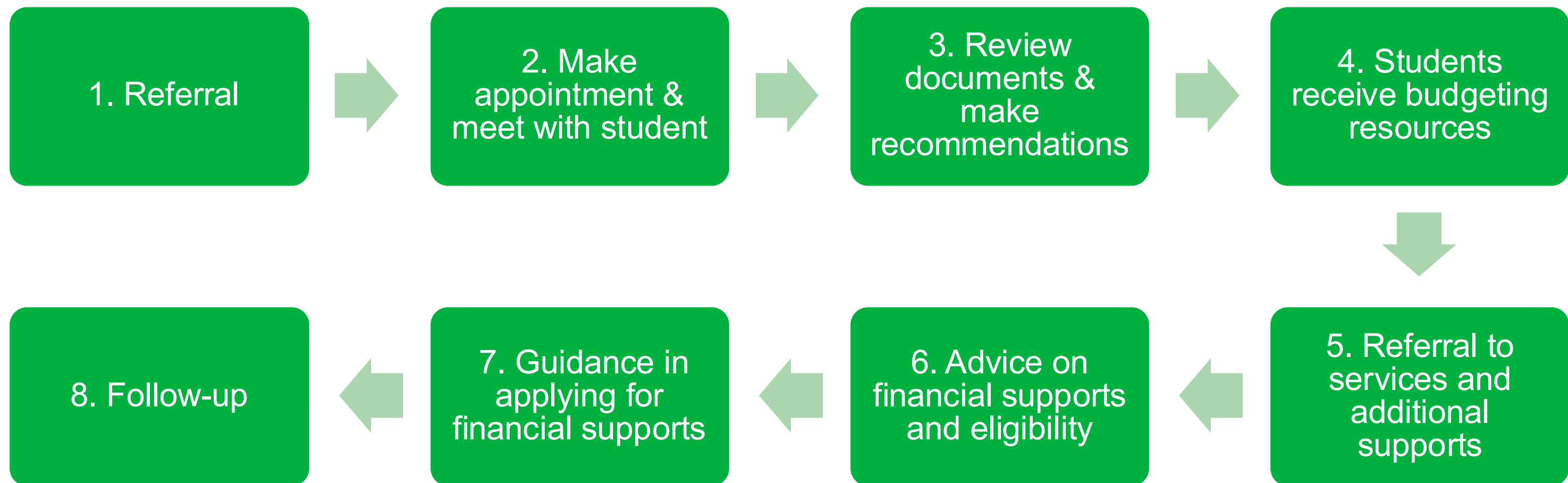
Advocacy



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Financial Support Process



Financial Challenges Students Encounter

- Cost of living
- Student fees
- Peer pressure
- Reduction in income
- Unpaid work placement
- Lack of savings
- Unforeseen events
- Unable to secure a loan



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How Students Develop Good Financial Habits

1. Budget planning sessions (one-to-one) ✓
2. Keep a spending diary (weekly) ✓
3. Essential & non-essential items list (review) ✓
4. Attend finance webinars (themed) ✓
5. Track bank statements (weekly / monthly) ✓



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Student Resources & Supports

Spending Diary	Budgeting Skills	Essential & Non-essential Items List	Poster & Flyer	Finance Webinars
SUSI Representation	Erasmus Financial Support	Social Welfare Information	Charity Liaison	Engage with Student Fees Office
Financial Aid Committees	Substance Use and Gambling Support	UL Student Life Commuter Hub (free breakfast)	Food Vouchers	Sources of Student Funding

Sample Resources



Items Record

Essential	Non-Essential

For more information, you can contact student.budgeting@ul.ie





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Spending Diary



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Income

Student grant

Part-time job

Savings

Other

For more information, you can contact student.budgeting@ul.ie



Expenses

Monday	Tuesday
Breakfast: Lunch: Dinner: Other:	Breakfast: Lunch: Dinner: Other:
Wednesday	Thursday
Breakfast: Lunch: Dinner: Other:	Breakfast: Lunch: Dinner: Other:
Friday	Saturday
Breakfast: Lunch: Dinner: Other:	Breakfast: Lunch: Dinner: Other:
Sunday	Notes
Breakfast: Lunch: Dinner: Other:	

Service Promotion

Website

Faculty Engagement

Promotional Material

Coffee & Chats Workshops

Breath of UL Podcast

UL Global Webinars

First Year Orientation

University Open Days



A group of six graduates, five men and one woman, are standing outdoors on a grassy area under a blue sky with scattered clouds. They are all wearing graduation gowns and stoles. They are looking upwards and throwing their black graduation caps into the air. Several caps are already in the air, and one is in the process of being thrown. The graduates are smiling and appear to be celebrating their graduation.

Service Impact for Students

- **1. Support in obtaining financial help through college**
- 2. Learn valuable money management life skills**
- 3. Support enables students to complete university**
- 4. Eases financial stress**
- 5. Students are heard & needs are met**

Gratitude

Hi John,

Words cannot express how grateful I am to you and the committee. Thank you so much. This will provide a huge relief for me.

I will never forget your kindness.

Many thanks.

Hello John ,

Thank you so so much. I'm so so grateful for everything you've done to help me with my situation. Thank you so so much again.

Hi John

I just want to say a huge thank you for helping me with the fund, you've helped us out in a huge way and I can't possibly thank you enough.

You've gone above and beyond for me and my family in our time of struggle and I hope you know how much of a difference you are making to us.

Thanks a million.

Dear John, thanks for your support and kindness, I cannot thank you enough, this is a huge burden lifted off my shoulders.



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Thank you



University of Limerick,
Limerick, V94 T9PX,
Ireland.
Ollscoil Luimnigh,
Luimneach,
V94 T9PX, Éire.
+353 (0) 61 202020

ul.ie