

Financial Wellness and Mental Health: Managing Money Stress in College

Sponsored by J.P. Morgan
Wealth Management

As a college student, managing financial responsibilities can be stressful.

If you've found yourself staying up late thinking about your finances or just feeling anxious overall about your financial future, you're not alone. In one survey, 78% of college students who reported financial stress had negative impacts on their mental health, and 59% considered dropping out. While finances can impact overall stress, taking steps to manage your finances can support your mental, emotional and physical well-being.

When it comes to money, the sources of stress may look different for each student, but identifying the underlying causes and setting goals accordingly may help you feel more confident about your financial future.

Consider these strategies to help improve your financial wellness and reduce stress.

1. Understand what causes

financial stress

While everyone's financial situation is unique, several common sources of stress have the potential to strain your financial health. These include financial and economic uncertainty, existing debts, unexpected expenses, and mental or physical health changes. Financial stress may differ from situation to situation, but understanding the factors contributing to yours may help you begin to craft a plan for your unique circumstances.

2. Determine your financial priorities

Start by reflecting on your financial priorities. For students this often includes paying for school or paying off student loans, studying abroad, saving for spring break, building an emergency fund, paying down credit card debt or buying a car. Name the milestones that are most important to you, and plan accordingly.

3. Create a plan and stick to it

While setting actionable goals starts you on the journey to better financial health, it's essential

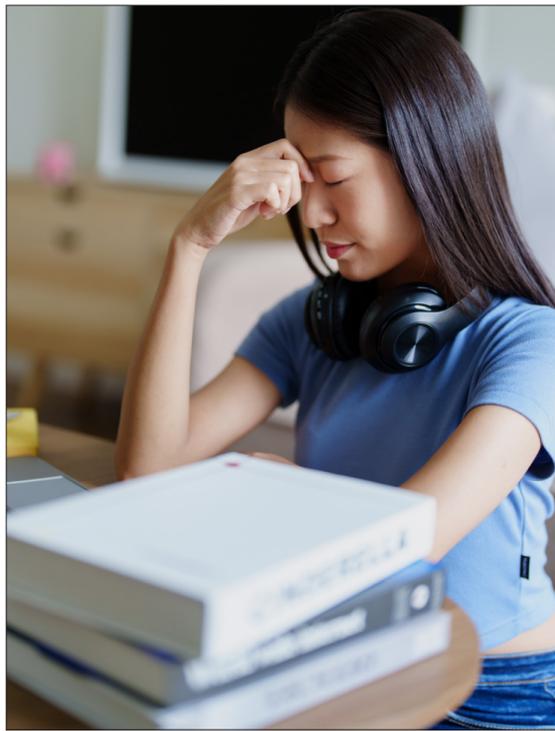


Photo courtesy JPMorgan Chase.

to craft a plan to follow through. Identifying and committing to a savings plan may give you a greater sense of control over your finances, which may help reduce

your stress. Creating and sticking to a budget allows you to better track where your money is going so you may spend less and save more.

4. Pay down debt

Many students have some form of debt and want to make progress toward reducing their debt obligations. One option is the debt avalanche method, which focuses on paying off your debt with the highest interest rate first, then moving on to the debt with the next-highest interest rate. Another is the debt snowball method, which builds momentum by paying off your smallest debt balance, and then working your way up to the largest amounts.

5. Build your financial resilience

Some financial stress may be inevitable, but building financial resilience may allow you to overcome obstacles more easily. The more you learn about managing your money, for instance, the more prepared you'll feel if the unexpected happens. Growing your emergency savings also may increase resilience since you'll be more financially prepared to cover unexpected expenses or pay your living expenses.

6. Seek help and support

Many colleges have resources to help students experiencing financial stress, like financial literacy courses or funds that provide some assistance for students in need. Talk to your admissions counselor or advisor about your concerns, and they can direct you to sources of support. Your school's counseling center can also be a great resource for mental health assistance if you're struggling with financial stress.

The bottom line

Financial stress can affect college students' health and wellbeing, but it doesn't have to derail your dreams. Setting smart financial goals and developing simple plans to achieve them may help ease your stress. Revisit and adjust your plan as needed to ensure it continues to work for you, and seek additional support on campus as needed to help keep you on track.

JPMorgan Chase Bank, N.A.
Member FDIC

© 2026 JPMorgan Chase & Co.

Q&A With Billionaire Tom Steyer: 'The Only Question I Ask Is What's Good for Working Californians'

By Tanu Henry and Edward Henderson
California Black Media

As California's 2026 gubernatorial contest takes shape, candidates are offering competing visions to address the state's most persistent challenges.

Tom Steyer, a billionaire investor and activist, says his campaign is focused on affordability and structural imbalances in the state's economy.

In a recent interview with California Black Media, Steyer discussed how his policies would shape his approach to governing.

How would you address the affordability crisis?

Californians cannot afford to live in California. They can't afford the rent. Electricity prices are about twice the national average. If we lower the cost of housing and utilities, we start to relieve the pressure.

How do you respond to concerns about campaign finance reform, considering you are a wealthy candidate?

I have an unfair advantage but, ultimately, it's about the message. If you don't have a message, it doesn't matter how much money you spend. Corporate PAC money should be banned.

You support expanding free education from preschool through community college. How would you ensure that this policy is sus-



Tom Steyer.

tainable?

I'm very specific about raising \$15 to \$20 billion a year by closing corporate tax loopholes like the corporate real estate loophole and the "water's edge" loophole that lets companies shift profits overseas. If we bring that revenue back to the state, we can invest in education that builds opportunity over the long term.

You've singled out utility giants as part of the state's affordability problem. What actions would you support to hold them accountable and reduce energy costs?

They charge Californians roughly twice the national average for electricity. The only way to lower

those prices is to take on the monopoly and break the system that allows them to keep charging so much.

What policies would your administration pursue to close the racial wealth gap and expand economic opportunities for Black Californians?

I started a nonprofit community bank out of Oakland to undo the structural redlining that has gone on in California for decades, really for a century.

That bank makes low-income housing loans, used-car loans, business loans and nonprofit loans because, in order for people to build wealth, they need access to capital, and that access has been denied

structurally to Black and Brown communities.

There's also been all this DEI criticism. People say you can't hire with race or ethnicity in mind. Yet, at our bank, we hire the best people, and it has resulted in a diverse workforce.

You have linked systemic racism to criminal justice reform efforts. How would you address racial bias, reduce mass incarceration, and improve rehabilitation outcomes?

California is coming out of a period where the incarceration system was incredibly racial and racist, and we've worked hard to push reforms that address that. We absolutely want safe streets and police officers who protect our communities, but we also believe strongly in treatment and rehabilitation instead of incarceration for many nonviolent offenders. The goal should be to help people reenter society successfully.

What sets you apart as the candidate best positioned to lead Californians across diverse communities?

I'm the only person in this race who represents working people and who is willing to go get the money we need by taking on powerful corporate interests. The only question I ask is what's good for working Californians, not what's good for me.

Treatment Not Tents: Gov. Newsom Announces New Funding for Local Communities to Fight Homelessness

By Bo Tefu
California Black Media

On March 2, Gov. Gavin Newsom announced \$291 million in new funding to help local communities expand housing and behavioral health services for people experiencing homelessness, while introducing new accountability measures tied to the state's mental health treatment program.

State officials said the funding will support supportive housing, treatment services and homelessness prevention efforts as California works to move more people off the streets and into care. The announcement comes as the state reports a 9% drop in unsheltered homelessness, the first statewide decline in more than 15 years.

The funding is part of California's implementation of the Community Assistance, Recovery, and Empowerment Act, known as the CARE Act, which allows courts to connect people living with untreated schizophrenia and other psychotic disorders with treatment plans, housing and social services.

"Care and accountability go hand in hand — full stop," said Newsom in a statement. "Through CARE Court, we have seen inspirational stories of recovery and resilience, but many counties continue to lag behind their peers."

Under the CARE Court system, family members, first responders or mental health professionals can

petition a civil court to help individuals access treatment and housing services. The program began in several counties in 2023 and was expanded statewide by the end of 2024.

According to state officials, more than 3,800 CARE petitions have been filed, and more than 4,000 people have been connected with services through diversions that helped them access care without going through the court process.

As part of the announcement, Newsom recognized several counties as "CARE Champions" for strong implementation of the program, including Alameda County, Marin County and San Mateo County.

The governor also identified counties receiving additional support to improve implementation, including Los Angeles County, Orange County and San Francisco County.

The \$291 million package includes \$131.8 million through the state's Homekey+ initiative to create 443 housing units for people experiencing homelessness and behavioral health challenges. Another \$159 million will go to local governments through the state's Homeless Housing, Assistance and Prevention program.

NOTICE AND DIGEST

AN ORDINANCE, AS RECOMMENDED BY THE PLANNING COMMISSION:

- (1) AMENDING TITLE 17 OF THE OAKLAND MUNICIPAL CODE (THE PLANNING CODE) TO (A) AMEND CHAPTER 17.96 S-14 HOUSING SITES COMBINING ZONE TO UPDATE THE DEFINITION OF DEVELOPMENT PROJECT AND TO INCLUDE A CONDITIONAL USE PROCEDURE FOR NON-HOUSING DEVELOPMENTS; AND (B) UPDATE "WORK/LIVE" AND "LIVE/WORK" RESIDENTIAL TO NON-RESIDENTIAL UNIT AREA, AS REFERENCED THROUGHOUT TITLE 17, TO CORRESPOND WITH REVISION TO THE CALIFORNIA BUILDING CODE AND OAKLAND BUILDING CODE REGULATIONS; AND
- (2) MAKING APPROPRIATE CALIFORNIA ENVIRONMENTAL QUALITY ACT FINDINGS.

This Ordinance serves to amend Oakland Municipal Code Chapter 17.96 to add a conditional use permit procedure and no net loss/surplus sites findings for non-residential projects located in the Housing Sites Combining Zone, and to add new uniform standards consistent with the Oakland Building Code for residential and nonresidential floor area in work/live and live/work units. The Council also found that the above actions are exempt from the California Environmental Quality Act

Notice of Publication

This Ordinance was introduced at the City Council meeting, Tuesday evening, **March 3, 2026**, and passed to print **7 Ayes; 1 Absent: Jenkins**. Final adoption has been scheduled for the Special City Council meeting Tuesday evening **March 16, 2026, 3:30 P.M.**, at One Frank H. Ogawa Plaza, Council Chamber, 3rd floor, Oakland, California, and via Teleconference.

Three full copies are available for use and examination by the public in the Office of the City Clerk at One Frank H. Ogawa Plaza, 1st floor, Oakland, California.

ASHA REED, City Clerk
Publication Date: **Friday, March 13, 2026.**
(One Time)

NOTICE AND DIGEST

AN ORDINANCE, AS RECOMMENDED BY THE PLANNING COMMISSION:

- (1) AMENDING TITLE 17 OF THE OAKLAND MUNICIPAL CODE (THE PLANNING CODE) TO ADD CHAPTER 17.86 S-8 ABUNDANT AND AFFORDABLE HOMES NEAR TRANSIT (SENATE BILL 79) COMBINING ZONE REGULATIONS IDENTIFYING SITES ELIGIBLE AND INELIGIBLE OR EXCLUDED FROM THE SENATE BILL 79 PROPERTY DEVELOPMENT STANDARDS;
- (2) MAKING RELATED OAKLAND ZONING MAP AMENDMENTS TO DESIGNATE PARCELS WITHIN THE S-8 COMBINING ZONE AND TO IDENTIFY WHETHER SUCH DESIGNATED PARCELS ARE ELIGIBLE FOR OR EXCLUDED FROM THE SENATE BILL 79 PROPERTY DEVELOPMENT STANDARDS;
- (3) MAKING APPROPRIATE CALIFORNIA ENVIRONMENTAL QUALITY ACT FINDINGS.

This Ordinance serves to locally implement the Abundant and Affordable Homes Near Transit Act (SB 79) by adding a new S-8 combining zone to the Oakland Planning Code. The combining zone serves to identify areas of the City that constitute transit-oriented development zones as defined under the state law, identify sites eligible for upzoning under the law, and designate sites as excluded pursuant to one or more of the exclusion provisions provided in the law under Government Code Section 65912.161(b). The Ordinance also enacts zoning maps consistent with the combining zone. The Ordinance is statutory exempt from the California Environmental Quality Act.

Notice of Publication

This Ordinance was introduced at the City Council meeting, Tuesday evening, **March 3, 2026**, and passed to print **6 Ayes; 1 Abstained: Fife; 1 Absent: Gallo**. Final adoption has been scheduled for the Special City Council meeting Tuesday evening **March 16, 2026, 3:30 P.M.**, at One Frank H. Ogawa Plaza, Council Chamber, 3rd floor, Oakland, California, and via Teleconference.

Three full copies are available for use and examination by the public in the Office of the City Clerk at One Frank H. Ogawa Plaza, 1st floor, Oakland, California.

ASHA REED, City Clerk
Publication Date: **Friday, March 13, 2026.** (One Time)