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United Way of Hastings Launches “Life 101” Teen/Young Adult Workshop Series

(Hastings, MN) The United Way of Hastings (UWH) is launching a monthly free workshop series for teens and young adults, called Life 101. These workshops are designed to address the needs and concerns of teens and young adults today. They are an extension of UWH’s Helping Kids Succeed community-wide youth development initiative.

The first workshop is titled “How to Graduate College Without Being \$100,000 in Debt: Exploring Post-High School Career & Financial Options.” The workshop will be held on July 25th, from 6:30 -8:00 p.m., in the Hastings High School Lecture Hall.

High school students, young adults, and parents are all welcome to this free event.

Hastings High School graduate Mike Tappella started his college journey in 2015. After the excitement of being at the University of Minnesota faded a bit, he started to run the numbers. When he figured out how much he’d owe in student loans after graduation, he developed a new education strategy. By combining community college, internships, and an eventual return back to the university, he will ultimately pay less than half of what his fellow classmates will owe for the same degree.

During the workshop, Mike will share his approach. He’s co-presenting with Susan Schroeder, formerly of the Dakota County Financial Empowerment office, and the two of them will offer a broad range of tools, tips, and strategies to help students explore post-high school options and ways to pay less for their degree.

Future workshops will speak to other topics of interest and concern to today’s young people. On August 22nd, the Life 101 workshop will deal with dating safety, bullying, and

avoiding peer pressure, and on September 19th, the Life 101 workshop will address stress, dealing with anxiety, and mental health support.

In the last 12 months, UWH brought our Helping Kids Succeed message to over 1400 Hastings middle and high school students, encouraging them in developing healthy webs of support. In addition, we provided funding support to our partner agencies to reach another 1500 students with personal safety and healthy web development training.

The United Way of Hastings is an independent United Way serving Hastings and the surrounding rural communities within Independent School District #200. Its mission is to build partnerships to improve the lives of people in our community. Donations are accepted year-round. For more information about the UWH and the agencies it funds, visit www.unitedwayofhastings.org.

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