



Level:



### Let's think!

1. How do you spend your pocket money?
2. How much do you save each year?

PLAYLIST



READ ALONG



<https://moneyhelper.com/wealth/money-management-tips>

Investment

Retirement

Young adults & Money

Money Essentials

## Taking control of your MONEY

By Nina Cheung

**1** Managing money is like dieting. Many people start off with good intentions and motivation, but then they lose control when they face temptations like spending on things they enjoy. According to a study by the Education University of Hong Kong, many university students in Hong Kong struggle with managing their expenses, despite their awareness of the importance of personal financial planning. 59% of the interviewees aged between 15 and 19 admitted that they are 'moonlight clans'—they could not save any money, which is concerning. In fact, keeping track of your spending can make a huge difference to your bank balance. Here are some tips to help you manage your money effectively.



**2** You should create a budget to stretch your dollars. By setting a budget, you can determine the appropriate amount to spend on specific items and avoid overspending. Additionally, budgeting enables you to gain a better understanding of your spending habits. To ensure that your budget aligns with your financial goals, you are recommended to include a savings category, because this will help you establish a realistic





savings target. To further enhance your budgeting efforts, consider carrying only a small amount of cash with you to prevent impulsive spending. As using credit cards excessively can lead to debt, it's best to avoid relying on them.



3 If you can't save as much as you would like to, it may be time to tighten your belt. A good starting point is to distinguish between your needs and wants to reduce unnecessary spending. There are several ways to keep your daily spending down. For example, instead of going to an instagrammable café, you may order a humble two-dish rice takeaway or bring your own lunch. Other ways to cut spending wisely include buying in bulk and developing free hobbies such as reading in the library or hiking.

4 However, financial management involves not only scrimping to make ends meet, but also knowing how to grow your wealth. To do so, you should set short-term and long-term goals. Short-term goals typically span one to three years and may include a future vacation or an emergency fund that can cover your living expenses for three months. On the other hand, long-term goals extend beyond four years and may include savings for tuition fees for higher education or retirement expenses.

5 Once you reach your savings target, you can pamper yourself with something you have been eyeing for a while. Since this can reinforce your savings behaviour, you are motivated to continue saving.

6 Take the above suggestions and the road to your financial future can be rewarding.

~420 words

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### Looking into Grammar

We use **linking words** to connect ideas. We use **because, as or since** to talk about reasons.

✓ ... include a savings category, **because** this will help you establish a realistic savings target.

✓ **Since** this can reinforce your savings behaviour, you are motivated to continue saving.

? Circle a linking word that introduces reasons in paragraph 2 of the text.

Read the text and answer questions 1–11. For multiple-choice questions, choose the best answer and blacken ONE circle only. (31 marks)

1. Complete the following sentences using the information in paragraph 1. Your answers must be grammatically correct.

Both dieting and saving money are hard to do. Many people are (i) \_\_\_\_\_ at first, but they fail to keep it up. However, you can (ii) \_\_\_\_\_ what you eat and how you spend to improve your habits.

2. Below is a summary of paragraph 1. In three of the lines, there is ONE mistake. Underline and replace it with ONE word that expresses the correct idea. Write the word in the space on the right. If there is NO mistake, put a tick (✓) in the space. The first one has been done for you.

e.g. According to a study conducted by a <u>foreign</u> institution,	local // tertiary
(i) less than half of the interviewed students struggle	_____
(ii) to manage their money, even though they know	_____
(iii) why they should spend money. Researchers who have done	_____
(iv) the study are pleased about this finding.	_____

3. Complete the table using the information in paragraph 2. Fill in each blank with a word or a phrase. Your answers must be grammatically correct.

Ways to manage money wisely	Avoid ...
Plan your expenses.	(i) _____ too much.
Create a (ii) _____ plan.	setting (iii) _____ targets.
Carry only a little cash.	(iv) _____.
Don't rely on (v) _____.	getting into (vi) _____.

4. Read paragraph 3. Give THREE examples of ways to 'tighten your belt' (line 25).

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

4 Look for the key word 'ways' in paragraph 3.

5. Find a word in paragraph 4 which can be replaced by 'spending less money'.

\_\_\_\_\_

6. According to paragraph 4, which of the following are NOT long-term goals for saving money?

- A. travel expenses
  - B. senior living costs
  - C. home repairs
  - D. urgent medical expenses
  - E. tuition fees
  - F. rewarding treats
- ,  ,  and

7. According to paragraph 5, what would be the possible outcome of buying yourself a small gift?
- A. spending more money      C. getting rewards from the bank      A      B      C      D  
 B. taking away a savings goal      D. saving more money

8. What would you expect to see after tapping 'Click to read more' (line 42)?
- A. Tips to avoid living beyond your means  
 B. Ways to achieve lasting financial growth  
 C. Sample business budgets      A      B      C      D  
 D. Ways to treat yourself

9. Determine whether the following statements are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) A budget helps you learn more about how you spend money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Nowadays, more and more young people get into debt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) You should buy something to treat yourself any time you like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) A long-term savings goal usually lasts less than five years.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. The main purpose of the text is to present ...

10 Read the topic sentences for clues.

- A. the results of a study.  
 B. advice on managing money wisely.  
 C. tips on creating a budget plan      A      B      C      D  
 D. examples of achievable savings goals

11. Using the information in paragraphs 2–4, complete the following table. Write a word or a phrase in each blank. Note that the suitable word or phrase may not appear in the text. Your answers must be grammatically correct.

Situation	Solution	Reason
Spending without thinking	<ul style="list-style-type: none"> <li>draft a budget</li> <li>add a savings (i) _____ to your budget plan</li> <li>do not bring (ii) _____ cash</li> </ul>	<ul style="list-style-type: none"> <li>limit or control how much you spend</li> <li>help set realistic goals</li> <li>avoid (iii) _____ buying</li> </ul>
Overspending	<ul style="list-style-type: none"> <li>(iv) _____ desires from necessities</li> <li>cut expenses by doing (v) _____ activities</li> </ul>	<ul style="list-style-type: none"> <li>reduce (vi) _____ expenses</li> </ul>
Lack of savings goals	set long-term and short-term savings goals	help you meet your financial needs in the (vii) _____

# Vocabulary

GLOSSARY



A. Complete the conversation below with the given words. Make sure your answers are grammatically correct.

**Adjective:** financial      impulsive

**Phrase:** in bulk

**Noun**      bank balance      budget      debt      savings      temptation

**Verb:**      overspend      pamper

## Financial Management and Spending Habits

**Joe:** You know what, I've got fired from my job today. It'll affect my  
(1) \_\_\_\_\_ stability if I can't find another job soon.

**Jessie:** I'm sorry to hear that.

**Joe:** I don't have much (2) \_\_\_\_\_ in my account, so my  
(3) \_\_\_\_\_ has always been low. I have a habit of (4) \_\_\_\_\_  
myself by buying things that I don't really need. That's why I end up (5) \_\_\_\_\_  
my salary almost every month.

**Jessie:** That sounds tough. You should try to prevent (6) \_\_\_\_\_ spending. Starting  
from now, set a / an (7) \_\_\_\_\_ for yourself and stick to it.

**Joe:** I'll try, but there are so many (8) \_\_\_\_\_ around! Ads and promotions are  
everywhere.

**Jessie:** Think twice before you spend each time. Ask yourself if you really need the item or if it's  
because you've just seen an ad for it. If you really need to buy something, try buying it  
(9) \_\_\_\_\_ because it reduces the cost per item.

**Joe:** OK, I'll keep that in mind.

**Jessie:** Also, try not to use credit cards since they can make you spend more than what you have.  
You can very easily get into (10) \_\_\_\_\_.

**Joe:** You're right. I should be more mindful of that. Oh well, let's forget about this bad day and  
treat ourselves to some good food!

**Jessie:** Oh, come on! You can't be serious.



- B. Complete the following tips for money management with the given words. Make sure your answers are grammatically correct.

### Sound money management

THEME



afford

bank account

borrow

emergency

grocery

luxury goods

pocket money

sale

- Wait until items go on \_\_\_\_\_ so you can buy them at a lower price.
- Teach children how to save and spend wisely by giving them \_\_\_\_\_.
- Compare prices at different supermarkets to find the best deals when you do \_\_\_\_\_ shopping.
- Save money for \_\_\_\_\_ like car repairs or medical bills.
- Avoid overspending on \_\_\_\_\_ such as jewellery.
- Before you \_\_\_\_\_ money, consider if you can pay it back.
- Prioritise expenses and spend only on things you can \_\_\_\_\_.
- Monitor your \_\_\_\_\_ regularly to stay in control of your finances.



## Writing

Do you have a saving habit?

Write an article about your way of managing money in about 150 words.