

College Students:

- *Financial Aid*

From what I understand the U.S. Department of Education awards more than \$120 billion a year in grants, work-study funds, and loans to more than 13 million students. This basically covers expenses such as tuition and fees, room and board, books and supplies, and transportation. Aid also can help pay for other related expenses, such as a computer and dependent care.

- *Family*

From what I understand, not all students are going to college after high school. As a student takes on adult responsibilities their role will change but might need support from family members. The student needs support for their growth, development, and independence, and to be a stable force in their ever-changing world.

- *Grades*

Obviously, grades are a big part of the college experience. Students attend college for many reasons, but classroom experiences, and the grades that go along with those experiences, are an important measure of college outcomes. Some students seem to care more than others about their grades, but all college students know that they matter.

The Elderly:

- *Retirement*

Retirement is often the first major transition faced by the elderly. Its effects on physical and mental health differ from person to person, depending on attitude toward and reason for retiring. About one third of retirees have difficulty adjusting to certain aspects of retirement, such as reduced income.

- *Health*

We all know that the older we get, we are prone to certain disorders. According to the World Health Organization, over 15 percent of adults over the age of 60 suffer from a mental disorder. A common mental disorder among seniors is depression, occurring in seven percent of the elderly population. Unfortunately, this mental disorder is often underdiagnosed and undertreated.

- *Family*

Sooner or later everyone grows up and moves out leaving the elderly. It can be challenging for the elderly to face life alone. That's why we have care givers to look after them. Caregiving for the Elderly. More than ever before, families are providing long-term care to older adults with limitations in the ability to perform tasks necessary for independent living. Nearly 25% of American households are providing care to people age 50 years and over.

Kids:

- *Education*

Education is the road that children follow to reach their full potential in life. Many children in need around the world do not get a quality education where they can learn and develop.

- *Safety*

We want all our kids to be safe by teaching them from right from wrong. It's all part of being a kid, it's the little things we can all do to ensure that kids avoid the more serious injuries that can lead to disabilities and even death.

- *Food Choices*

We need to enforce healthy eating habits for our kids. We need to be sure to serve fruit or vegetables at every meal. Make it easy for kids to choose healthy snacks by keeping fruits and vegetables cheaper and get rid of the unhealthy ones. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese served with water or low-fat milk instead.