FINANCIAL ESSENTIALS
by TIAA

Ready to take control of your finances? Whether you're getting started or looking for a refresher, this series covers the basics—from smart budgeting and saving strategies to key investing principles. Explore bite-sized, jargon-free videos that turn complex money topics into clear, actionable steps.

YouTube

Save for your goals

- Social Security benefits: 4 key principles to know
- Myth busting: 3 healthcare cost myths
- Part 1 | What to know about annuities
- Part 2 | What to know about variable annuities
- Investing with confidence
- Living well in retirement
- 3 tips to maximize your employee retirement plan
- Set your retirement date

Manage your finances

- 4 key strategies for mid-career financial planning
- Preparing for retirement
- Financial planning for women
- Part 1 |Twin sisters: How to maximize retirement income
- Part 2 | Twin sisters: Partial annuitization uncovered
- How do I afford college for my loved ones?
- 5 major life events that need financial planning
- Vesting demystified

Protect your future

- Top 3 tips to stay safe online
- What is a beneficiary? 4 key principles explained
- Identity theft protection: 5 essential steps to safeguard your finances
- Financial tips for job changes

Essentials for early career professionals

- Five essential budgeting fundamentals for financial success
- Investing 101: How to start your wealth journey
- What to know about credit and debt
- Job pay and benefits explained
- You're not too young to plan for retirement

Financial education

Visit **tiaa.org/essentials** for actionable insights about budgeting, saving, and building your financial confidence.

YouTube.com/tiaa

Scan the QR code to join our community making smart money moves.
Like and subscribe to get more financial tips delivered directly to your feed.

Have questions?

Contact TIAA at **800-842-2252**, weekdays, 8 a.m. to 8 p.m. (ET).

Financial Essentials playlist

Essentials for early career professionals playlist

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2026 Webinar Schedule

Talking about money doesn't need to be complex. Free financial education—open to everyone.
Either select a webinar title below to register, or register anytime at **tiaa.org/webinarschedule**.

Month	Webinar Title	Date	Time (ET)
January	Naming your beneficiaries: Why it matters	Tuesday, January 6	11:00 a.m.
	Quarterly market update	Wednesday, January 14	12:00 p.m.
	Smooth transitions: Financial tips for a job change	Wednesday, January 21	12:00 p.m.
February	Yours, mine, ours: Finances for blended families	Thursday, February 12	12:00 p.m.
	Managing your finances during and after a divorce	Tuesday, February 24	11:00 a.m.
March	Your guide to living well in retirement	Wednesday, March 11	11:00 a.m.
	Understanding Required Minimum Distributions (RMDs)	Thursday, March 26	12:00 p.m.
April	What you need to know about Social Security	Tuesday, April 7	12:00 p.m.
	Quarterly market update	Wednesday, April 15	12:00 p.m.
	Navigating the sandwich generation: Strategies for the caregiving squeeze	Wednesday, April 22	11:00 a.m.
May	Money psychology: Beyond the numbers	Thursday, May 7	11:00 a.m.
	Finance for new grads	Tuesday, May 19	12:00 p.m.
June	Set your retirement date: Understand your factors to get you to your goal	Wednesday, June 10	12:00 p.m.
	Identity theft: Safeguarding your finances	Thursday, June 25	11:00 a.m.
July	Investing for beginners: Start your wealth journey	Tuesday, July 7	11:00 a.m.
	Quarterly market update	Thursday, July 9	12:00 p.m.
	Steps to help secure your income in retirement: A mid-career check-in	Wednesday, July 22	12:00 p.m.
August	Live long and prosper: Your guide to understanding longevity	Thursday, August 6	12:00 p.m.
	Take control of your financial life: 5 steps to save money and manage debt	Tuesday, August 18	11:00 a.m.
September	How can I afford college for my kids or grandkids?	Wednesday, September 9	11:00 a.m.
	Health Savings Account	Thursday, September 24	12:00 p.m.
October	What no one ever told you about job pay and benefits	Tuesday, October 6	12:00 p.m.
	Quarterly market update	Wednesday, October 14	12:00 p.m.
	What is an annuity? Know the basics.	Wednesday, October 21	11:00 a.m.
November	How to get the most from your employee retirement plan	Thursday, November 12	12:00 p.m.
	Myth busting: Planning and managing healthcare expenses	Tuesday, November 24	11:00 a.m.
December	What you need to know about credit and debt	Wednesday, December 9	12:00 p.m.
	Build smart financial habits for success	Tuesday, December 22	11:00 a.m.

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