

Managing my money

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Martin Upton: My name's Martin Upton - I'm Director of the Open University's True Potential Centre for the Public Understanding of Finance and this 8-week course provides a step-by-step practical guide to managing your money.

Before I joined the Open University I was the treasurer to the world's largest building society - so I hope my experienced understanding of finances can help you when it comes to managing your money.

The journey starts by putting together the basic building blocks of financial planning using real-life facts and figures - we look at everything from planning a pension to taking out a loan - and we also look at the bad habits that lead to poor money management - and things you can do to avoid them.

Simon Katte: We need to be able to understand what products exist, how they work, what they mean for us, and in taking the steps to choose and match maybe the products and the actions that we take to our own individual circumstances

Martin Upton: There's some great videos and audio, quizzes and discussions and practical online tools - all of these will allow you to assess your own financial position.

The course will provide a financial workout for anyone who wants to take charge of their financial future, regardless of age or level of confidence.

Jonquil Lowe: It's important to get to know lenders. There are banks and building societies, but also many others. And they're all different.

Martin Upton: Finishing the course will give you the confidence to deal effectively with the firms that offer financial products from credit cards to pensions. You'll be better placed to make your own decisions when shopping in the financial supermarket.