Afternoon and evening workshops are offered on the Medical Campus

## Fall Workshops

- **Military Scholarships & Loan Repayment Programs (Army, Air Force & Navy)**
  - **Thursday, August 13**
  - **Locations:** L210 (afternoon and evening)
  - Learn about military scholarships and loan repayment programs.

- **National Health Service Corps (NHSC) Scholarship and Loan Repayment Programs with Heather Stevens**
  - **Wednesday, September 2**
  - **Locations:** L210 (afternoon) and R103 (evening)
  - Learn about the scholarship opportunities and loan repayment programs offered by NHSC
  - **Topics discussed:**
    - Eligibility requirements, when and how to apply, funding levels
    - Site information, service requirements

- **Financial Planning with Richard Sentnor, Advisory Resource Group**
  - **Wednesday, September 16**
  - **Location:** L212 (afternoon) and R103 (evening)
  - Learn how to build a strong financial foundation for your future
  - **Topics discussed:**
    - Risk management and debt, Identifying your goals
    - Preparing your budget and protecting your credit

- **Understanding Public Service Loan Forgiveness (PSLF) with Scott Harrison, Student Financial Services**
  - **Wednesday, October 14**
  - **Location:** L214 (afternoon) and L303 (evening)
  - Learn more about PSLF and your career as a health professional
  - **Topics discussed:**
    - Eligible federal student loans
    - Borrower eligibility requirements
    - Specific loan repayment requirements
    - Qualifying public service jobs
o **Everyday Scams and Identity Theft with Nicholas Synowiec, Graham Rogers and Joe Duquette, Consumer Protection Bureau**
  o Thursday, November 12
  o Location: L201 (afternoon and evening)
  o Learn more about what victims must do to limit the damage of identity theft and avoid scams, how to create an Identity Theft Report, how to request a credit freeze and how to dispute fraudulent charges on existing accounts.

o **National Institutes of Health Research Opportunities and Loan Repayment Programs with Ericka Boone**
  o Wednesday, November 18
  o Location: L214 (afternoon) and L203 (evening)
  o Learn more about Loan Repayment Programs (LRP’s) and Training and Fellowship Programs.
  o Topics discussed:
    - General Overview of LRP’s
    - Eligibility and Qualifying Research
    - Programs and Application Components
    - Peer Review Criteria
    - Tips for Writing a Competitive Application
    - Common Mistakes

o **Traveling on a Shoestring Budget with Deirdre Couture, BCD Travel**
  o Thursday, December 10
  o Location: L206 (afternoon)
  o Learn some helpful tips on how to make the most of your budget when traveling.
  o Topics discussed:
    - Low cost air carriers
    - Social media and its advantages
    - Factors to consider when traveling by rail, bus and car
    - Sleeper cars
    - How to spend less on gas and parking
    - Hostels vs. Hotels
    - Purchasing food
Spring Workshops

o Going Green and Saving Green with Dean MaCartney, Citizens Bank
  o Wednesday, January 20
  o Location: L210 (afternoon) and L209 (evening)
  o Learn about the steps you can take in your daily life that can help you live a greener lifestyle while saving you some green.
  o Topics discussed:
    • Ways to cut household expenses
    • Implementing lifestyle changes that help sustain the planet
    • How to choose organic foods more selectively
    • Benefits of buying foods from local producers in bulk
    • Approaches to reducing your water bill
    • Going paperless
    • Ways to reduce energy consumption around your home and office
    • How to get your family involved with sustainability

o U.S. Army Dental Corps Benefits with Sergeant Sotith Sim
  o Wednesday, January 27
  o Location: L206 (afternoon and evening)
  o Target Audience: GSDM Advanced Standing Students (already DMD)
  o Learn more about the U.S. Army Dental Corps Benefits Package
  o Topics discussed:
    • Competitive Salary
    • Sign-on Bonus
    • Housing Allowance
    • Paid Vacation
    • Health Professions Scholarship Program
    • Health Professions Loan Repayment Program
    • Specialty, Variable Special and Board Certification Pay Options
    • Low-cost or no-cost medical, dental and life insurance
    • Retirement Plans

o Student Loan Repayment Programs with Dennis Murphy and Sarah Qin, Student Financial Services
  o Wednesday, February 10
  o Location: L206 (afternoon and evening)
  o Learn more about Federal Loan Repayment Options:
    • Standard Repayment Plan
    • Extended Fixed Repayment Plan
    • Income Driven Plans
Home Financing for Doctors / Physician Loans with Tal Frank, VP of physicianloans.com
- Thursday, February 18
- Location: L206
- Learn more about physician loan home financing.
- Topics discussed:
  - What obstacles will you face during the home purchasing process?
  - What mortgage products are available?
  - What loan meets your needs?
  - Understanding the timeline
  - Understanding the 3 C’s (Credit, Capacity and Collateral)
  - Checklist of documents required
  - Preparing your closing budget
  - Buy vs. Rent decision

Understanding Public Service Loan Forgiveness (PSLF) with Scott Harrison, Student Financial Services
- Wednesday, March 16
- Location: L206
- Learn more about:
  - Eligible federal student loans
  - Borrower eligibility requirements
  - Specific loan repayment requirements
  - Qualifying public service jobs

Loan Repayment Strategies with Julie Fresne, AAMC
- Friday, April 8
- Location: L110 (Morning Session Only)
- Learn how to manage your student loans post-graduation.
- Topics discussed:
  - How to find your Loan Servicer
  - Loan Deferment & Forbearance
  - Loan Consolidation
  - Pay As You Earn (PAYE) and Revised Pay As You Earn (REPAYE)
  - Public Service Loan Forgiveness
Improving Your Credit Score with Dean MaCartney, Citizens Bank
  - Wednesday, May 4
  - Location: L210
  - Learn about the importance of credit scores, what impacts your score and what actions you can take to raise it.
  - Topics discussed:
    - What is a credit report?
    - Understanding the information on your credit report
    - How your credit score is determined
    - Benefits of good credit and impact of bad credit
    - How to get a copy of your credit report
    - Managing your credit and dealing with debt

Real World Finances with Access Group
  - Wednesday, June 1
  - Location: To be announced at a later date
  - Learn how to manage your post-graduation financial matters.
  - Topics discussed:
    - Comparing job offers
    - Evaluating a paycheck
    - Retirement options
    - Insurance types
    - Investment/Savings Choices