Afternoon and evening workshops are offered on the Medical Campus

2016 – 2017
Financial Literacy Program

Fall Workshops

- **Military Scholarships & Loan Repayment Programs (Army, Air Force & Navy)**
  - **Tuesday, September 13**
  - **Locations:** L206 (afternoon and evening)
  - **Learn about military scholarships and loan repayment programs.**

- **National Health Service Corps (NHSC) Scholarship and Loan Repayment Programs with Karen Guarin**
  - **Wednesday, October 12**
  - **Locations:** L214 (afternoon and 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

- **Understanding Public Service Loan Forgiveness (PSLF) with Scott Harrison, Student Financial Services**
  - **Thursday, November 10**
  - **Location:** L206 (afternoon and 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

- **Improving your Negotiation and Leadership Skills with Moshe Cohen, Questrom School of Business**
  - **Monday, November 21**
  - **Location:** L214 (afternoon) and L212 (evening)
  - **Learn how to negotiate better outcomes in your personal and professional life**
  - **Topics discussed:**
    - Conflict resolution
    - Competitive negotiations strategies and traditional bargaining tactics
    - Negotiating styles and their implications
    - Communicating effectively as you negotiate
Traveling on a Shoestring Budget with Mary Tognarelli, Shorts Travel Management

- Thursday, December 1
- Location: L311 (afternoon and evening)
- Learn some helpful tips on how to make the most of your budget when traveling.
- 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

National Institutes of Health Research Opportunities and Loan Repayment Programs with Dr. Ericka Boone (Recommended for MD and PhD students only)

- Monday, December 5
- Location: L311 (afternoon and evening)
- Learn more about Loan Repayment Programs (LRPs) and Training and Fellowship Programs.
- 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

Spring Workshops

U.S. Army Medical Corps Experience with Colonel Anthony Johnson, M.D.

- Tuesday, January 10
- Location: R115 (12:00 workshop only)
- Learn more about the U.S. Army Medical Corps experience
- Topics discussed:
  - Collaboration Opportunities with the Department of Defense.
  - Health Outcomes/Disparities in Female Combat Casualties: What do we know, what do we need to know and the way ahead.
Improving your Credit Score with Joe Green, Citizens Bank
- Wednesday, January 18
- Location: L209 (afternoon and evening)
- Learn about the importance of credit scores, what impacts your score and what steps you can take to improve it.
- Topics discussed:
  - How to obtain a copy of your credit report
  - How your credit score is determined
  - Benefits of good credit and the impacts of bad credit
  - Managing your credit and dealing with debt
  - Understanding your credit report

Home Financing for Doctors with Tal Frank, Physician Loans
- Wednesday, February 15
- Location: L209 (afternoon and evening)
- 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

Financial Planning with Timothy Radden, Radden Education Institute
- Wednesday, March 8
- Location: L206 (afternoon and evening)
- Learn how to build a stronger financial foundation for your future.
- Topics discussed:
  - Debt reduction
  - Long-term savings
  - Achieving better work/life balance
  - American Tax Payer Relief Act
  - Investment/Saving Choices
Financial Planning with Richard Sentnor, Advisory Resource Group
- **Monday, March 13**
- **Location:** L311 (afternoon and evening)
- Learn how to build a strong financial foundation for your future
- **Topics discussed:**
  - Understanding the Financial Pyramid
  - Creating and maintaining a budgeting
  - Identifying your goals
  - Protecting your credit
  - Risk management
  - Managing debt

Loan Repayment Strategies with Julie Fresne, AAMC
- **Friday, April 7**
- **Location:** L110 (11:00 AM workshop only)
- Learn how to manage your student loans post-graduation.
- **Topics discussed:**
  - How to find your Loan Servicer
  - Loan Deferment & Forbearance
  - Loan Consolidation
  - Capitalization
  - Pay As You Earn (PAYE)
  - Revised Pay As You Earn (REPAYE)
  - Examples of Repayment Plans with Various Income Brackets
  - Public Service Loan Forgiveness (PSLF)

Road to Zero: A Strategic Approach to Student Loan Repayment with Jennifer Schott, AccessLex
- **Thursday, May 11**
- **Location:** L203 (afternoon and evening)
- This session explores the various student loan repayment options and highlights how you can be strategic in your approach to repayment.
- **Topics discussed:**
  - How to find your Loan Servicer
  - Loan Deferment & Forbearance
  - Loan Consolidation
  - Capitalization
  - Pay As You Earn (PAYE)
  - Revised Pay As You Earn (REPAYE)
  - Public Service Loan Forgiveness (PSLF)
o Preventing Identity Theft with Nick Kadiu, Citizens Bank
  o Wednesday, May 17
  o Location: L203 (afternoon and evening)
  o Learn about identity theft, how it occurs, how to prevent it and what to do if you become a victim.