

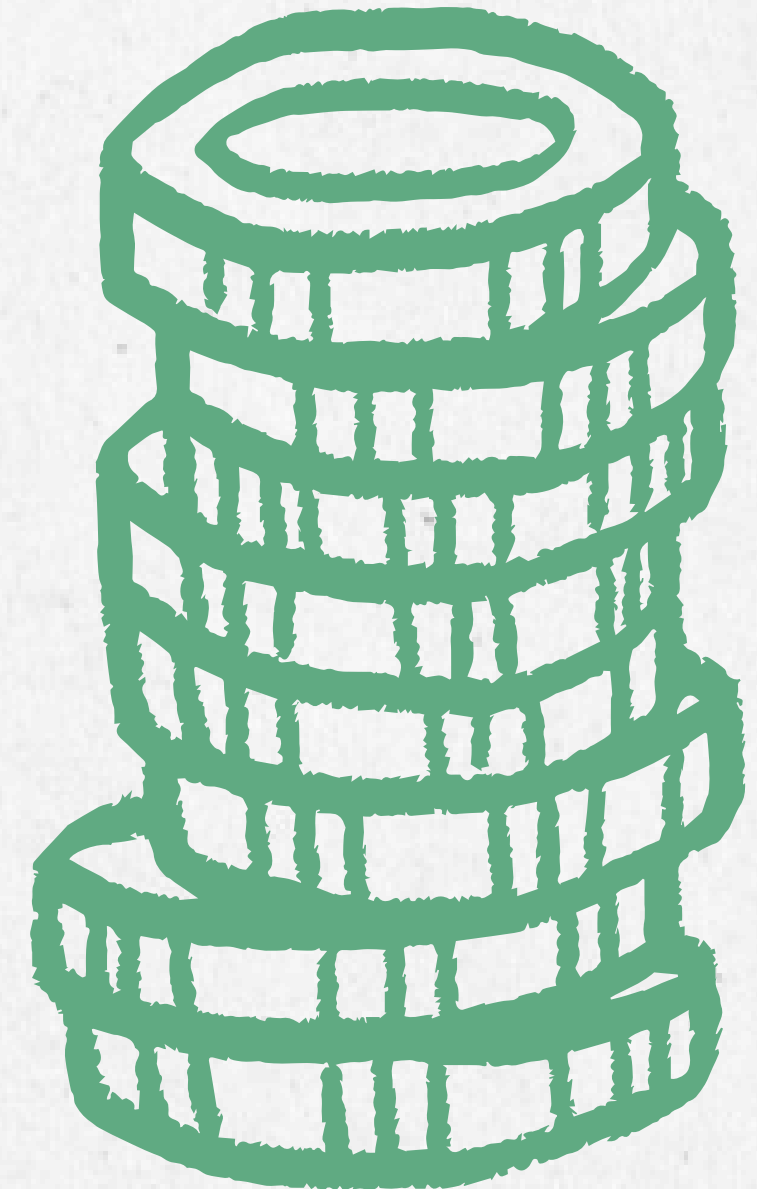
Life after Graduation: Financing Your Future

Presented by:

Kathryn Wilson
Student Financial Services

Agenda

- Financial Aid Recap
 - Federal and Private Loans
 - Loan Repayment & Deferment
- What Next?
 - Managing the Gap
 - Dental & Medical School
 - Employment / Life Decisions
 - Getting Ready
 - Intro to Credit
- Resources
- Q&A

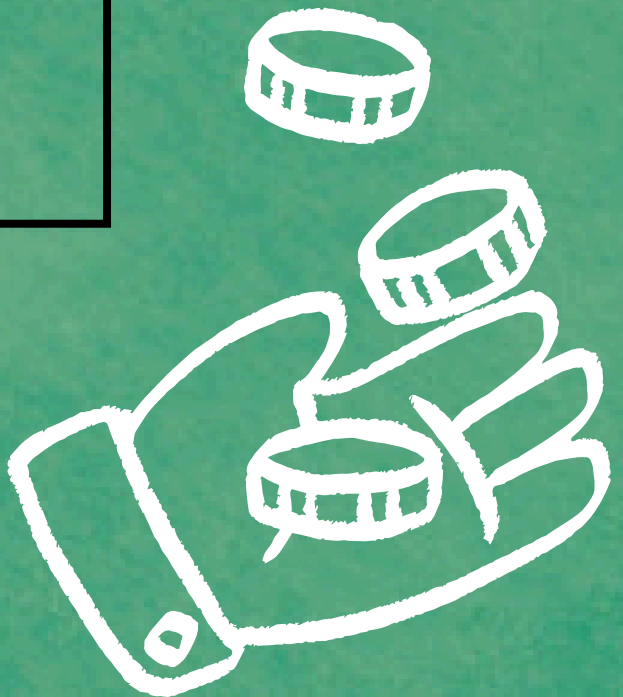




Financial Aid Recap



<u>Federal Loans</u>	<u>Private Loans</u>	<u>Scholarships</u>
Government Managed	Privately Managed	Institutional Funding or Third Party
Federal Loan Repayment Plans	Lender Specific Repayment Plan(s)	No Repayment Required
Direct Unsubsidized Graduate PLUS Loans		

Undergraduate Federal Loans
(Subsidized/Unsubsidized /Parent PLUS Loans)





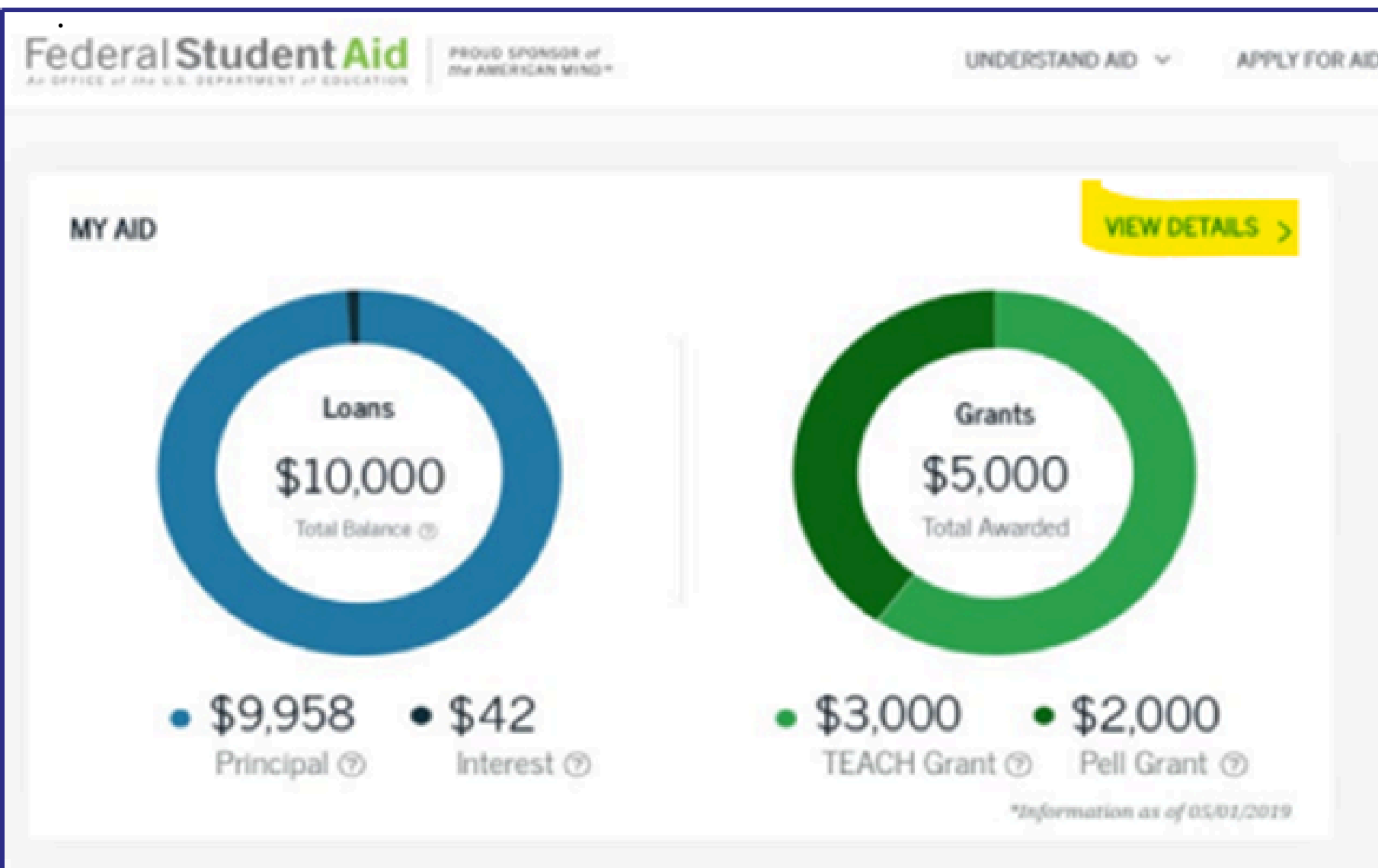
Learn the Terms

- **Principal balance** – the amount you initially borrowed. It is also the balance on the loan after any payment has been made
 - **Interest** – the cost of borrowing money; typically begins accruing as soon as your loans disburse
 - **Capitalization** – when unpaid interest is added to the principal balance
 - **Grace Period** – the amount of time you have before your first payment is due
 - **Deferment** – an opportunity to temporarily pause payments; interest may accrue during this time
 - **Forbearance** – an opportunity to temporarily pause payments; interest will accrue during this time
 - **Public Service Loan Forgiveness** – a federal program that eliminates federal student loans for specific borrowers after a period of repayment
- 
- 

Federal Loans: Know What You Owe

Visit your Student Aid Dashboard on
<https://studentaid.gov>

- Select “View Details” for additional information



Loan Repayment Simulator

<https://studentaid.gov/loan-simulator>

The Loan Repayment Simulator interface shows three main options, each with an illustration, a title, a "Log In and Start" button, and a "Or Start From Scratch" link. Below each option is a list of bullet points.

- Option 1: I Want to Find the Best Student Loan Repayment Strategy**
 - See how you can lower your student loan payment.
 - See how you can pay off your student loans faster.
 - Decide whether to consolidate your student loans.
- Option 2: I'm Struggling With My Student Loan Payments**
 - Consider a new repayment plan instead of suspending payments.
 - Find out about the impacts of suspending payments.
 - Learn how to avoid loan default.
- Option 3: I Want to Simulate Borrowing More**
 - Explore impacts when you borrow more student loans.
 - Find out about federal student loan limits.
 - See how your choice of school affects how much you may need to borrow.

Federal Loan Repayment



1 Personal Information 2 Loan Information 3 Repayment Goal

1 Which of the following apply to you? [Why do we ask this?](#)

(Select each tile that applies.)

Note: Some tiles may require information from a paystub and the use of a calculator. If you have a tax return, you can select "Skip Guided Questions," and enter your information in the Personal Information section.

 I have a job or plan to get one soon.	 I filed taxes in the last two years.	 I'm married (or will be soon).	 I have children or other dependents.
 I save for retirement but will pay tax on it later.	 I have additional taxable income.	 I pay/will pay health insurance premiums through my paycheck.	 I contribute to a health savings account or a flexible spending account.

☐ None of these apply to me.

Find the Best Repayment Strategy [Skip Guided Questions >](#)

1 Personal Information 2 Loan Information 3 Repayment Goal

7 What is your primary repayment goal?

(Select one tile.)

Note: You can change your primary repayment goal on the results page to see suggestions based on a different goal.

 Pay Off My Loans As Fast As Possible	 Have a Low Monthly Payment	 Pay the Lowest Total Amount Over Time
 Choose My Monthly Payment	 Pay Off by a Certain Date	 I Don't Have a Specific Goal

Consider your short and long term goals

Federal Loans: Repayment Plan Comparison

<div>+ Add to Comparison</div> <div>Standard Repayment Plan</div> <div><div>Recommended</div></div> <div>This plan allows you to pay the entirety of your loan via fixed payments (at a minimum of \$50) over your loan term (10 years for most loans, but it is usually longer for consolidation loans).</div> <div><div>MONTHLY PAYMENT</div><div>\$1,700</div><div>TOTAL TO BE PAID</div><div>\$204,005</div><div>PAY OFF DATE</div><div>January 2035</div><div>ESTIMATED PSLF AMOUNT</div><div>\$0</div><div>VIEW FULL PLAN</div></div>	<div>+ Add to Comparison</div> <div>Graduated Repayment Plan</div> <div>Payments start low and gradually increase every two years. You will repay your loans over 10 years (for most loans, but it is usually longer for consolidation loans).</div> <div><div>MONTHLY PAYMENT</div><div>\$997 - 2,960</div><div>TOTAL TO BE PAID</div><div>\$222,152</div><div>PAY OFF DATE</div><div>January 2035</div><div>ESTIMATED PSLF AMOUNT</div><div>\$0</div><div>VIEW FULL PLAN</div></div>	<div>+ Add to Comparison</div> <div>Extended Fixed Repayment Plan</div> <div>This plan allows you to pay a fixed monthly payment over an extended period of 25 years.</div> <div><div>MONTHLY PAYMENT</div><div>\$1,087</div><div>TOTAL TO BE PAID</div><div>\$325,983</div><div>PAY OFF DATE</div><div>January 2050</div><div>ESTIMATED PSLF AMOUNT</div><div>\$0</div><div>VIEW FULL PLAN</div></div>	<div>+ Add to Comparison</div> <div>Extended Graduated Repayment Plan</div> <div>Payments start low and gradually increase every two years. You will repay your loans over an extended period of 25 years.</div> <div><div>MONTHLY PAYMENT</div><div>\$942 - 1,448</div><div>TOTAL TO BE PAID</div><div>\$349,987</div><div>PAY OFF DATE</div><div>January 2050</div><div>ESTIMATED PSLF AMOUNT</div><div>\$0</div><div>VIEW FULL PLAN</div></div>
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Federal Loan Repayment Plans

- **Standard Repayment Plan (default)**

- Fastest & least expensive way to repay your loan
- Fixed monthly payments

- **Graduate Repayment Plan**

- Low initial payments but increased amounts every 2 years
- Assumes your income will rise as you continue throughout your career
- Will pay more over time

- **Extended Fixed Repayment Plan**

- Fixed monthly payment
- Payment increases every 2 years

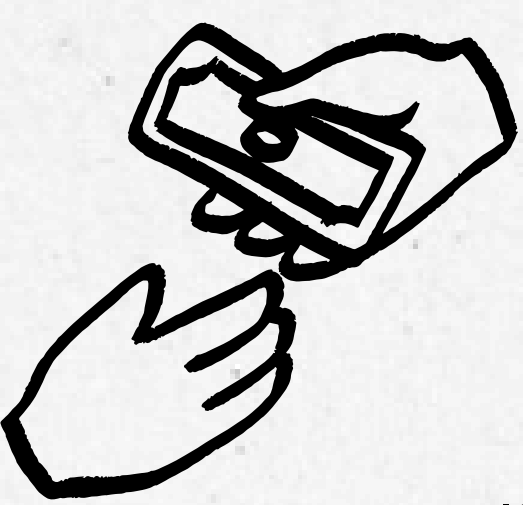
- **Extended Graduated Repayment Plan**

- Fixed monthly payment
- Payment increases every 2 years

Income - Driven Repayment

NO APPLICATIONS OPEN FOR ALL IDR PROGRAMS INCLUDING:

- Income-Based Repayment
 - Income-Contingent Repayment
 - Pay As You Earn (PAYE)
 - Saving on a Valuable Education (SAVE) Plan
-
- These repayment types base your monthly payment on your discretionary income
 - Discretionary income: The difference between your AGI and a set percentage of the poverty guideline (based on family size)
 - Automatic recertification if you agree to the secure disclosure of your tax information
 - you may be notified when your repayment amount changes each year
 - Manual certification is still possible



Federal Loans: Public Service Loan Forgiveness

- Qualifying loans: Federal Direct and Graduate PLUS Loans only
- As of July 1, 2010 all federal loans are issued as Direct Loans
- Qualifying repayment plan
- Qualifying employment
- Non-profit, 501(c)(3); military; federal, tribal, state or local government
- Qualifying payments
- Make 120 on-time payments while meeting the above conditions

Remaining balance is forgiven – tax free

Note: PSLF is not threatened by legal challenges to the SAVE plan as it was written into statute

While PSLF itself is unaffected, borrowers on IDR plans required for PSLF may face complications due to temporary freezes on new IDR enrollments



Federal Loan Deferment




Direct Loan Grace Period: 6 months after graduation, leaving school or dropping below half-time enrollment

*Parent PLUS loans do NOT have a grace period

In School Deferment: If you re-enroll in school at least half-time before the end of your grace period, you will receive the full six-month grace period when you stop attending school or drop below half-time enrollment



AAMC Loan Exit Counseling



Association of
American Medical Colleges

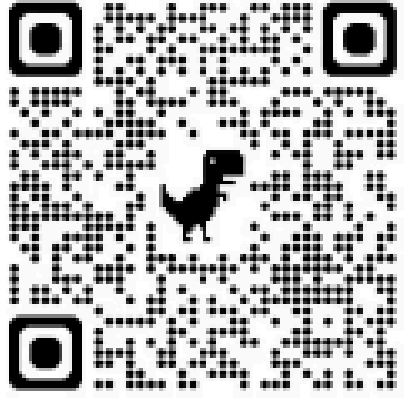
Loan Repayment Strategies Virtual Sessions

Strongly recommended for any
graduating BUMC student loan
borrower

Topics discussed will include:

- Debt management
- Deferment and forbearance
- Public Service Loan Forgiveness & SAVE repayment plan
- Loan repayment during residency (for MD session)

*Graduating SPH, GMS,
GSDM Students*
Tuesday, April 15
5 PM EST



SCAN ME

[Click this link to register](#) or
scan the QR Code



Private Loan Repayment

- Private loans do NOT show up on studentaid.gov
- Know your budget
- Terms and conditions vary - check with your lender
- Always follow up when making a payment
 - Unless paid via automatic withdrawal
- Ask about incentives for on-time payments and co-signer release
 - you may be able to secure a discounted interest rate
- Access to certain tax benefits and some loan repayment programs (not PSLF)



What Next?



Continuing Education

Gap Year

Medical School

Dental School

Other Professional Programs



Employment & Life Building

New Employment

Homebuying

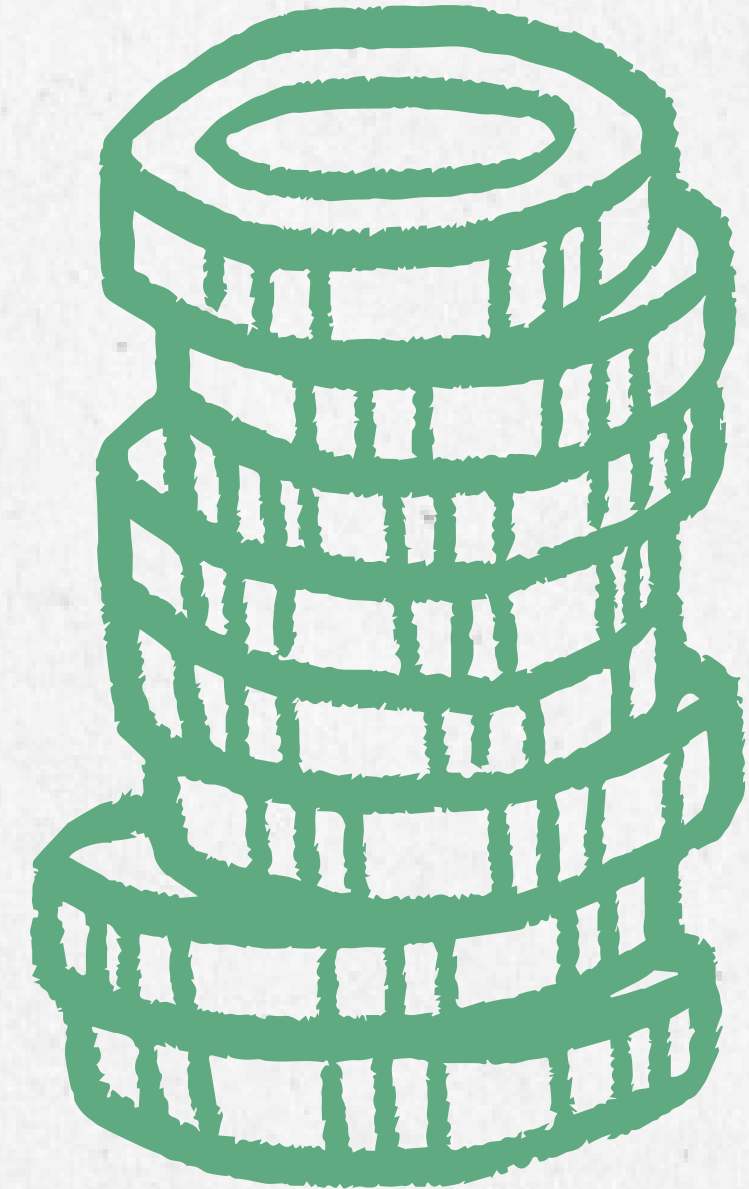
Family Planning

Other Major Life Events

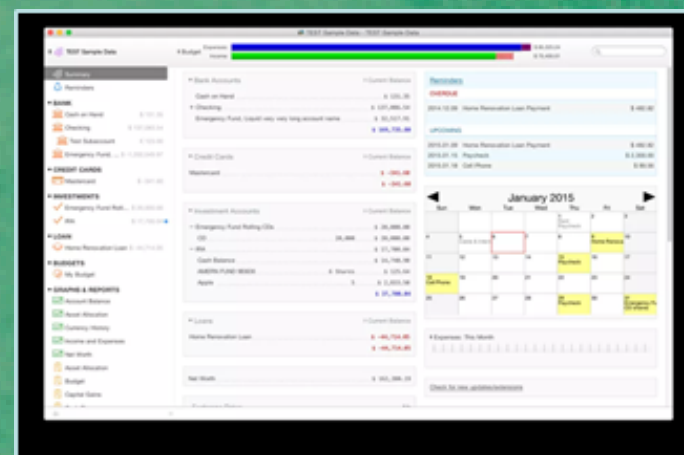
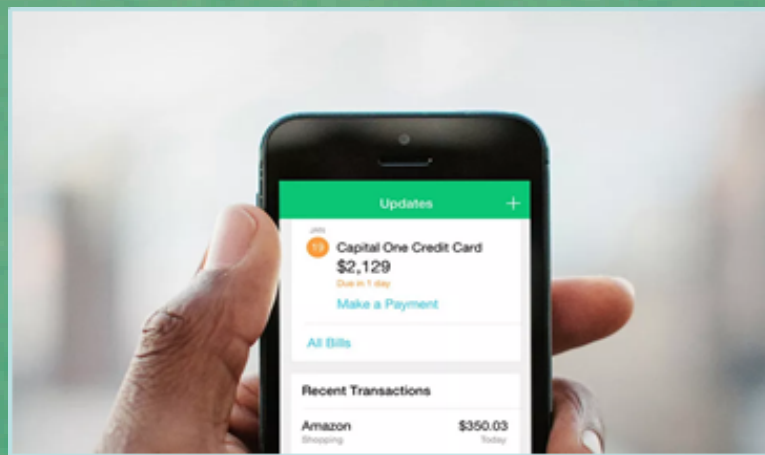
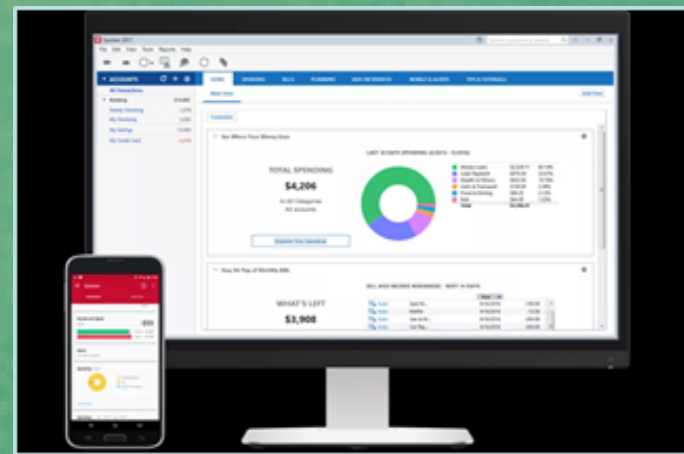
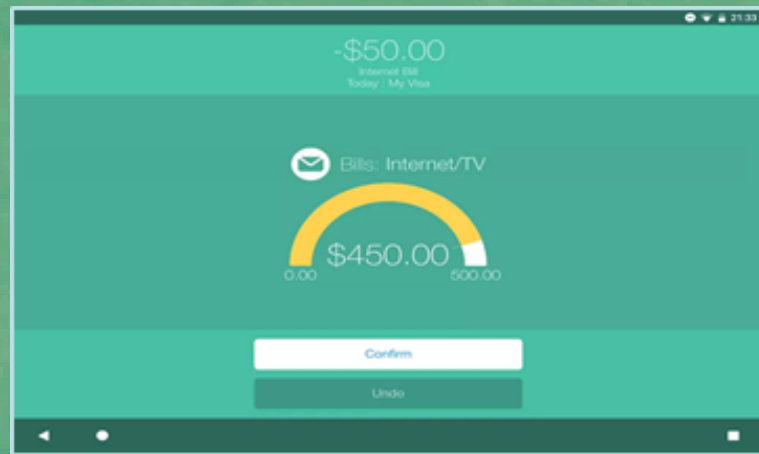


Managing the Gap

- Basics
 - Living expenses (housing, food, transportation, personal)
 - Taxes (federal & state)
 - Insurance (health insurance, life insurance, etc.)
 - Possible loan repayment
- Short- & Long-Term Goals
 - Emergency Fund
 - Moving expenses
 - Retirement
 - Mortgage down payment
 - Other major life events
- Income
 - Financial aid*
 - Employment income
 - Savings



The Basics: Budgets



Medical & Dental School

- Keep up to date with your current financial aid and budget for the 2024-2025 academic year
- Plan for the gap between graduation and the start of the next academic year
- Familiarize yourself with the Cost of Attendances
- Know your aid options
 - Federal, private, institutional
 - Payment plans
- Complete financial aid requirements on time
 - 2025-2026 FAFSA
 - 2025-2026 CSS Profile (if applicable)
 - Tax and Wage Documents (if applicable)
 - Other Aid Application Requirements
- Keep track of deadlines
- Begin your search/plan for housing and moving expenses!



Boston

<https://www.bumc.bu.edu/ohr/>
&
<https://offcampus.bu.edu/>





Cost of Attendances

MD Program 1-4 2024-2025

	MED I (10 mos.) 8/5/24 – 5/16/25	MED II (10 mos.) 7/8/24 – 4/11/25	MED III (12 mos.) 4/15/24 – 4/6/25	MED IV (12 mos.) 4/15/24 – 5/15/25
Tuition	\$71,202	\$71,202	\$71,202	\$71,202
Graduate Program Fee	\$750*	\$750	\$750	\$750
Health and Wellness Fee	\$538	\$538	\$538	\$538
Direct Loan Fee	\$462	\$462	\$462	\$462
USMLE Examination Fee	\$0	\$670	\$670	\$0
Health Insurance+	\$0	\$0	\$0	\$0
Rent/Utilities	\$13,000	\$14,300	\$17,160	\$17,160
Food	\$4,350	\$4,350	\$5,200	\$5,200
Books, Course Materials, Supplies, and Equipment	\$0	\$310	\$699	\$0
Required Technology	\$2,551**	\$0	\$0	\$0
Personal Expenses	\$4,300	\$4,300	\$5,160	\$5,160
Clinical Rotation Transportation	\$0	\$0	\$1,500	\$1,500
Transportation	\$2,300	\$1,550	\$1,860	\$1,860
Total	\$99,453	\$98,432	\$105,201	\$103,832

DMD Program 1-4 2024-2025

	DMD I (12 mos.) 7/29/24 – 7/11/25	DMD II (11 mos.) 8/5/24 – 7/3/25	DMD III (10 mos.) 7/15/24 – 5/16/25	DMD IV (12 mos.) 5/20/24 – 5/16/25
Tuition	\$96,076	\$96,076	\$96,076	\$96,076
Health and Wellness Fee	\$538	\$538	\$538	\$538
Program Fee	\$202	\$202	\$202	\$202
General Fee	\$2,250	\$2,250	\$2,300	\$2,100
Direct Loan Fee	\$462	\$462	\$462	\$462
Instruments*	\$6,532	\$10,362	\$0	\$0
Health Insurance	\$0	\$0	\$0	\$0
Housing	\$23,100	\$21,175	\$19,250	\$23,100
Food	\$6,600	\$6,190	\$5,500	\$6,600
Books, Course Materials, Supplies, and Equipment	\$2,555	\$1,920	\$2,085	\$0
Personal Expenses	\$5,280	\$4,840	\$4,400	\$5,280
Transportation	\$1,920	\$1,760	\$1,600	\$3,420
Boards**	\$0	\$0	\$1,445	\$3,395
Total	\$145,515	\$145,775	\$133,858	\$141,173

Know Your Stuff!

Loans

- What kind of loans did you borrow? What are their terms and conditions?
- How much did you borrow? When will they disburse to my account?
- What are the loan management tools?
 - loan servicer
 - deadlines
 - grace periods
 - loan repayment options

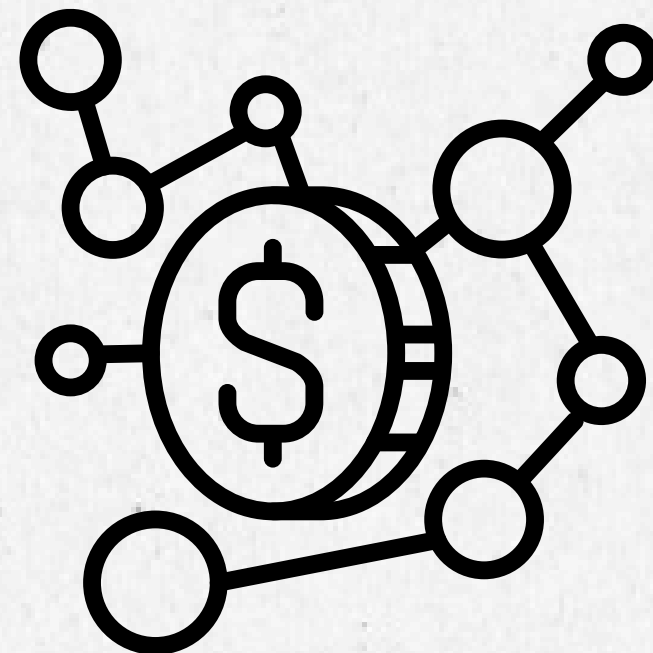
Living Expenses

- Will I need financial aid for these expenses?
- How many months should I budget for?
- Have I accounted for emergency funding?



Use Your Resources

- MyBU Student Portal
 - View Financial Aid
 - My Bill and Aid
 - Student Account Details
 - Account Balance Due/ NelNet Refund
- Kindros
- Financial Wellness Events and Pages
- Contact Student Financial Services
- StudentAid.gov, loan servicer portals
- Budgeting apps
- Webinars (AAMC, etc.)





Get Ready Months

Where do I see myself in five, ten, or fifteen years?

What are my short-term and long-term goals?

- Wedding?
- Buying a home?
- Traveling?
- Debt-free by X year?
- Saving for retirement?

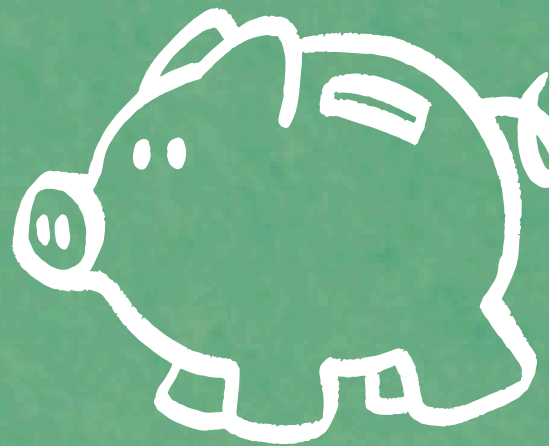
What are my other financial obligations?

- Supporting family members?

How much can I afford to pay per month?



Employment & Life



- Build your post-graduation budget
 - Tip: Use <https://www.paycheckcity.com/calculator/salary> to estimate your paycheck
- Our example assumes \$75,000 starting annual salary*
 - Tax filing status: Single
 - Federal allowances: 0
 - State: Massachusetts

*You will need to adjust for your employment type and compensation scheme



Tip: SAVE SAVE SAVE!
It is important to set aside funds

Employee Paycheck Results	
Gross Pay	\$6,250.00
Federal Withholding	\$676.17
Social Security	\$387.50
Medicare	\$90.63
State Tax Withholding	\$312.50
Family Leave Insurance (FLI)	\$28.75
Take home pay (net pay)	\$4,754.45

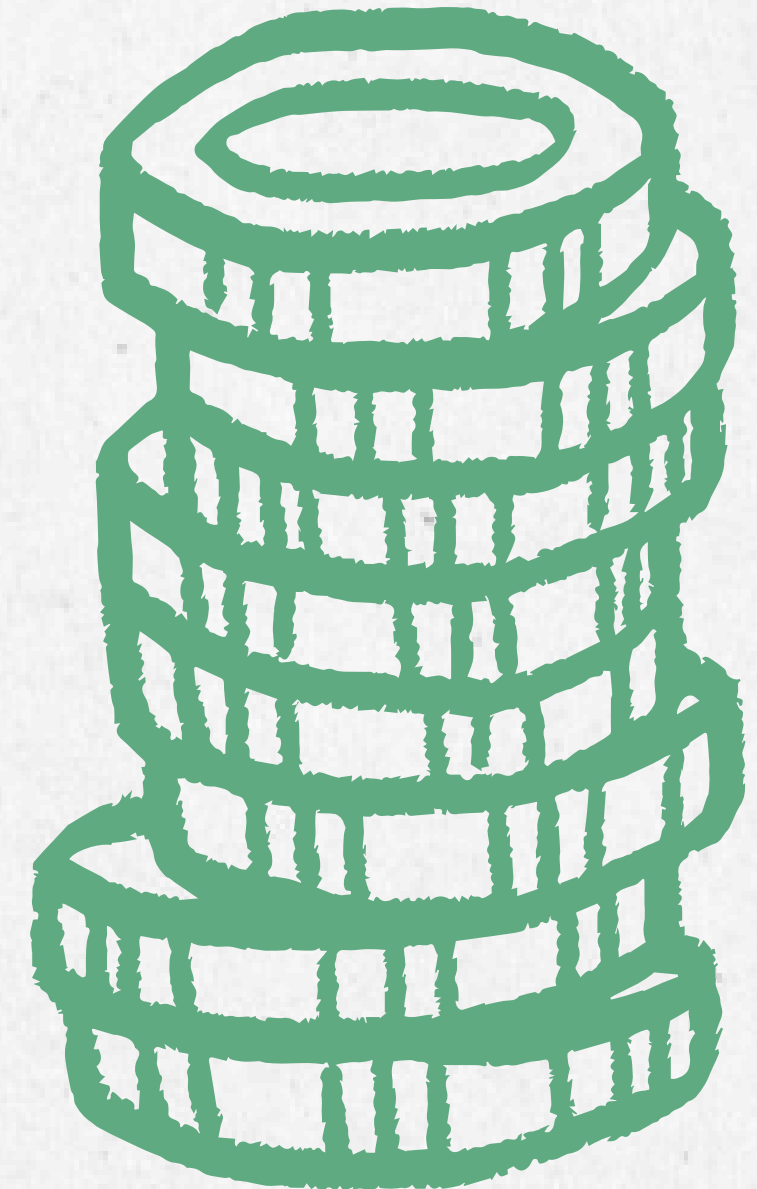
Annual Salary (pre-tax)	\$75,000
Annual Salary (post-tax)	\$56,087
Monthly net income	\$4,674
Rent/mortgage	\$2,000
Food	\$450
Utilities	\$265
Transportation	\$275
Health insurance/Health care	\$400
	Remaining: \$1,284
Personal/fun/miscellaneous	?
Emergency fund	?
Retirement	?
Student loan payments	?

Credit: What is it?

- Lenders use credit reports and credit scores to calculate the likelihood that you will pay them back
- Reports may be used in non-lending situations

Your credit report is your financial reference

Your credit score is the probability of default



Credit Report

- A personal credit report lists your financial accounts and obligations and the identifying information associated with them
- Credit reporting companies collect and organize data about your credit history from your creditors' public records
- The report may also be called a credit file or credit history

Payment history for loans and credit cards may remain on your credit report for up to 2 years

Dispute interactions if you disagree with an item

What's included in a credit report?

- Personal information
- Name, address, SSN
- Public records
- Bankruptcies, civil judgements
- Account information
- Open, negative and closed accounts
- Current debts
- Open loans and outstanding credit card balances
- Payment history for loans and credit cards



Not included:

Criminal background
Medical information
Transaction data
Checking or savings account balances
Credit scores
Financial income

How long does information remain on a credit report?

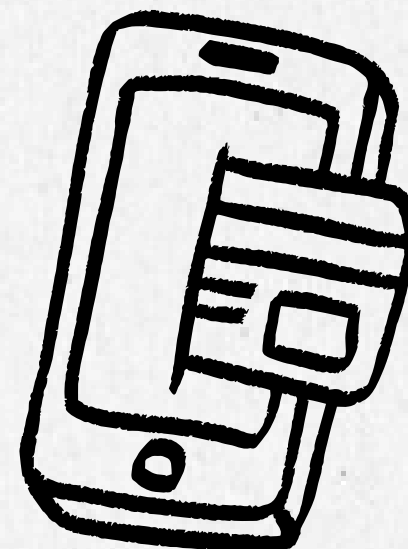
Types of account	Time frame
Open accounts in good standing	Indefinitely
Closed accounts in good standing	10 years
Late or missed payments	7 years
Collection accounts/civil judgements	7 years
Credit inquiries	2 years



Credit Report: Request it & Check It

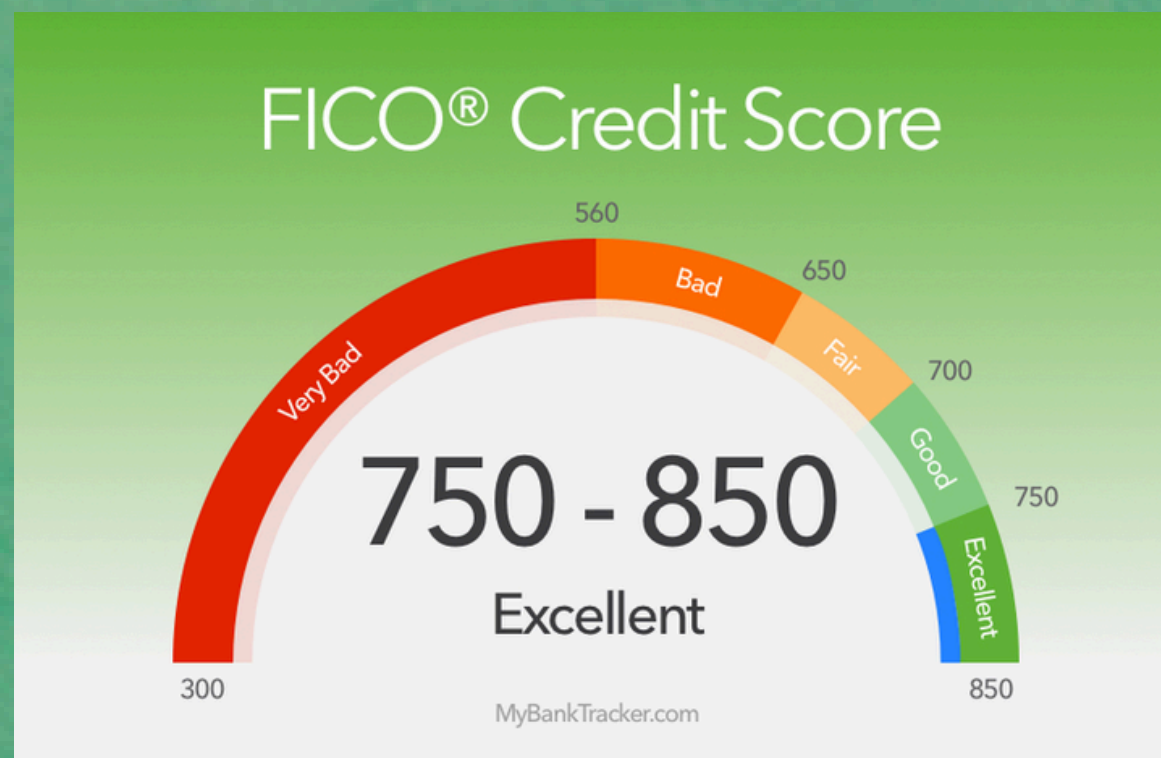


- All US residents may receive one free credit report from each bureau annually
- Yu can request all three reports at once or at different points in the year
- <https://annualcreditreport.com>
- Review all information carefully each year
- Every detail is important

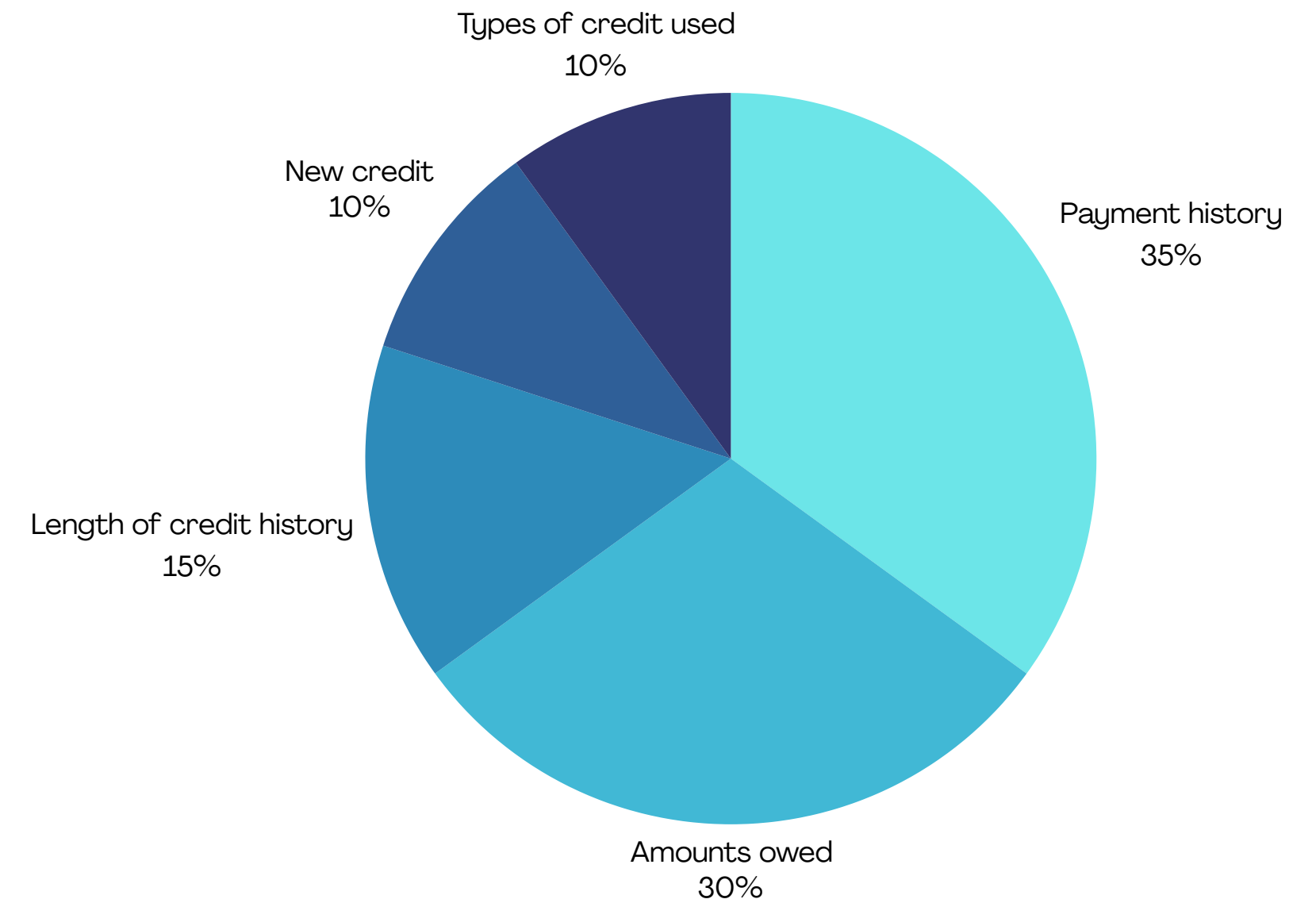


Credit Score

- Most banks and credit cards will provide a free credit score
- FICO Score is the traditional credit rating
- Scores range from 300 - 850
- VantageScore is a new credit rating
- Scores range from 300 - 850



What's Included?



What's NOT Included

- Race/ethnicity
- Religion
- Age
- Sex
- Marital status
- Location
- Salary, occupation, or employment status
- Child support or alimony responsibilities



Credit: Helpful Hints

- Make payments on time
- Keep balances on credit cards low
- Don't open cards you don't need
- You don't need a "credit repair" company
- When "shopping" for best rates (such as a home, education or auto loan) do so in a short period of time

TIP: Multiple hard inquiries submitted within a 2 week span are usually considered one hard inquiry - this reduces the negative impact to your credit score



Resources

APRIL,
2025
15

**VIRTUAL AAMC EXIT
COUNSELING**
5 PM **ANY BUMC
STUDENTS**



REGISTER HERE

Financial Wellness Resources



Parent Resources

With public schools ranked best in the country, excellent health care resources, and bountiful activities to explore, Boston is a great place to raise a family. But childcare and day-to-day expenses can add up quickly. We're here to help provide resources to parents to help manage expenses for children and families. Click the link for more info!

[Read More](#)



Budgeting

Start your journey to money management here - learn how to make a budget along with tips and resources.

[Read More](#)



Debt Management

When debt can't be avoided, you can still find ways to reduce the burden. We can provide tips and resources to reduce your borrowing and minimize debt.

[Read More](#)



Health Insurance

Unexpected health expenses are the largest form of debt today. Make sure you are receiving health insurance and (of course) how to reduce your health insurance costs.

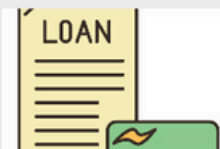
[Read More](#)



Food Costs

Besides housing, food is often one of the most expensive costs for a college. Click to learn more ways to save money on your food costs and resources available to students experiencing food insecurity.

[Read More](#)



Credit

What's a credit score? How's that different from a report? Find out all you need to know about credit.

[Read More](#)



Identity Theft & Scams

Learn how to protect yourself and your money and what to do if you have been the victim of identity theft or a scam.

[Read More](#)



Student Perks

Sure, college is expensive, but there are a lot of perks that come with being a student. We've rounded up some of the best student discounts around as well as further resources and tips on how to save money being a college student.

[Read More](#)

BUMC's Financial Knowledge Center, KINDROS

On-the-Go Financial Learning

[Get Started with Kindros](#)



The Financial Building Blocks™ Curriculum

Kindros is an online learning platform built specifically to help organizations provide unbiased financial knowledge. Kindros provides schools, companies, and community groups with a complete system for learning anytime, anywhere.



Earning

A paycheck is a powerful thing. Use it to pay for what you need today and to save for your future.



Budgeting

As easy as it sounds, taking control of your financial life starts with creating a simple budget.



Saving

There are all kinds of worthwhile reasons to save money - home, college, retirement, even a vacation.



Credit Scores

Your credit score is a record of your financial life, and a big step towards financial security.



Borrowing

With some planning you can make good borrowing decisions that won't cause you problems.



Insurance

Insurance is about protecting yourself against financial losses that come from unexpected events.



Housing

Buying a home is an important part of both the American Dream and a successful financial future.



Education

Higher education has the power to both broaden our knowledge and develop our skills.



Retirement

Retirement means more free time, the ability to pursue your dreams, and the end of work.

Knowledge to Power the Next Generation™ Learn more at [kindros.com](#) COPYRIGHT © KINDROS. ALL RIGHTS RESERVED.

<https://www.bumc.bu.edu/osfs/flp/>

Student Financial Services Office of Housing Resources

- Office Hours
 - Monday - Friday, 9am to 5pm
 - Drop-in sessions, 10am to 4pm
- Live Chat Drop in Hours
 - Wednesdays: 3pm to 5pm
 - Thursdays: 11am to 1pm

Contact Information:

Phone: 617-358-6550

Address: 72 E Concord St. B-401

SFS:

Email: osfs-gms@bu.edu

Web: www.bumc.bu.edu/osfs/gms/

OHR:

Email: ohr@bu.edu

Web: www.bumc.bu.edu/ohr