



January 2017

Flight

Financial Literacy Information for Graduate/Professional Health Students of Today
Take FLIGHT.

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What about Budget Forecasting and Planning?

Once you create your first budget, begin to use it and get a good feel for how it can **keep your finances on track**, you may want to map out your spending plan or budget for 6 months to a year down the road. By doing this you can easily forecast which months your finances may be tight and which ones you'll have extra money. You can then [look for ways to even out the highs and lows in your finances](#) so that things can be more manageable and pleasant.

Extending your budget out into the future also allows you to forecast how much money you will be able to [save for important things like your vacation](#), a new vehicle, [your first home](#) or home renovations, an [emergency savings account](#) or your retirement. Using a realistic budget to forecast your spending for the year can really help you with your long term financial planning. You can then make realistic assumptions about your annual income and expense and plan for long term financial goals like starting your own business, buying an investment or [recreation property](#) or retiring. Read more at [My Money](#)

[Learn how to budget and create a spending plan.](#)

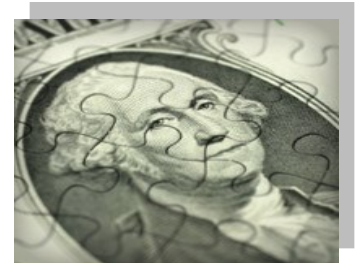
Related resources that may interest you

[Take the Pain Out of Budgeting with an Interactive Budget Calculator That Guides You](#)

[7 Steps To Build a Budget That Works](#)

[Expense Tracker](#)

[Budgeting Video Series](#)



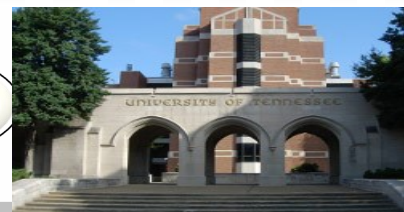
Amount of Spending Money a College Student Needs

By [Karen Frazier](#)

Going to college is an expensive venture. While tuition costs are clearly printed on schools' websites and in catalogs, the amount of spending money a college student needs may be difficult to determine. Pinning down an annual amount of money needed for college depends on many factors, including what one considers spending money, activities, and the geographical region where the student attends college.

In order to calculate spending money accurately, you first have to agree on what purchases fall into the category of spending money, and what is simply a cost of attending college. Read more: [Spending Money](#)





SCHOLARSHIPS, AWARDS & FELLOWSHIPS

HERBERT W. NICKENS AWARD

The Herbert W. Nickens Award is granted annually to an individual who has made outstanding contributions to promoting justice in medical education and health equity in the United States. The recipient receives a crystal award and \$10,000 prize. Nominees may come from the fields of medicine, dentistry, education, law, nursing, public health, or social and behavioral sciences. [Click here to learn more.](#)

HERBERT W. NICKENS MEDICAL STUDENT SCHOLARSHIPS

The Herbert W. Nickens Medical Student Scholarships are granted annually to five outstanding students entering their third year of medical school who have shown leadership in efforts to eliminate inequities in medical education and health care. Each recipient receives a \$5,000 scholarship. [Click here to learn more.](#)

Please visit aamc.org/initiatives/awards for details on submitting a nomination packet.

The Medical Student Research Program in Diabetes -(January 30, 2017) is sponsored by the National Institutes of Health through the NIDDK and allows medical students to conduct research under the direction of an established scientist in the areas of diabetes, hormone action, physiology, islet cell biology or obesity at an institution with one of the [NIDDK-funded Research Centers](#) during the summer between the first and second year or second and third year of medical school. The Program helps students gain an improved understanding of career opportunities in biomedical research and a comprehensive understanding of diabetes, its clinical manifestations and its unsolved problems. <http://medicalstudentdiabetesresearch.org/>

Prior research experience is not required.

The Pisacano Leadership Foundation is pleased to announce that the application for the 2017 Pisacano Scholars Leadership program is now available online at www.pisacano.org. The Pisacano Scholars Leadership program is designed to provide educational programs, leadership training, and funding to reimburse a portion of medical-school-related debt. Scholarships will be awarded to outstanding medical students for a four-year period. Students who have made a commitment to the field of family medicine and who will **enter their fourth year in medical school in the fall of 2017** may apply. The PLF will award scholarships with a maximum value of \$28,000 each for the 2017-2018 academic year. Applications must be **received by March 1, 2017** to be considered.

If you have questions, please contact Jane Ireland: jireland@theabfm.org or 888-995-5700, ext. 1249.

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Hours:

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8:00 a.m. - 5:00 p.m.