

Happy



F.L.I.G.H.T. NEWS

November 2015

Thanksgiving

Flight

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



Reminder! 1-on-1 Counseling is Mandatory

All First Year Students

Each first year student is required to schedule and complete a one-on-one counseling session with their Financial Aid Counselor. PLEASE complete this counseling at your earlier convenience. This requirement MUST be completed before you can register for the school next year.

Counselors:

Gloria Dobbs gdobbs1@uthsc.edu (Health Professions)

Phyllis Faulkner pfaulkn1@uthsc.edu (Pharmacy)

Jessica Howell jhowell15@uthsc.edu (Nursing)

Janice Maddox jmaddox9@uthsc.edu (Dentistry & College of Graduate Health Science)

Debra Bolton dhall48@uthsc.edu (College of Medicine)

ATTENTION

December Graduates



Federal Exit Loan Counseling

The timely repayment of your student loans is important to maintaining a good credit history, especially if you wish to consider applying for future consumer or student loans. Therefore, it is important to know who owns your loan, when your payments are due, how to make a payment, and your total amount of indebtedness. Federal regulations require that all students who have borrowed from the federal loan programs receive exit loan counseling. **Exit loan counseling** provides details regarding a borrower's rights and responsibilities for student loan repayment, deferment options, and loan consolidation benefits.

If you are scheduled to graduate on December 11, 2015, have ACCEPTED Federal Student Loans, and applied the funds toward the cost of tuition, **you are required to have exit loan counseling before you graduate.** You can complete exit counseling online at www.studentloans.gov.

If this requirement is NOT completed a hold will be placed on your account. If you need further assistance, please contact Janice Maddox at jmaddox9@uthsc.edu or 901-448-7703.

Your Year-End Financial Checklist

Before the winter holidays shift into high gear, consider spending some quality time with your finances. [Read more](#)



REPAYE Repayment Plan

MORE student loan borrowers are expected to gain access this year to a repayment plan that cuts monthly debt payments to a small share of their income. The plan has been called Repaye, for "revised pay as you earn." As the name suggests, it is based on the "pay as you earn" repayment program, which became available to some student loan borrowers nearly three years ago.

Monthly loan payments for participants in the repayment program will be capped at **10 percent of their discretionary income**. Any loan balance remaining after 20 years of payments will be forgiven, if the students have only undergraduate loans. **If they borrowed money for graduate school, the forgiveness comes after 25 years.**

You can apply online at studentloans.gov for the plan that offers the lowest payment for which you are eligible.

When lunch bites back



Americans Report Spending Avg. \$2,746 on Lunch Yearly

New survey commissioned by Visa shows Americans are spending nearly \$3,000 a year on lunch, which is an average of \$53 per week. [Read more](#)



SCHOLARSHIPS, AWARDS & FELLOWSHIPS

CashCourse is sponsoring an essay contest. Students could win up to \$1,500!

CashCourse is looking for students to share their definitions of financial independence, and any lessons, choices or experiences that helped form those definitions and you could win money for school!

Starting Oct. 1, students can visit the [My Story Contest Page](#) to submit their short essay and the official entry form. Six winners will be selected, and prizes include:

- One grand prize winner: \$1,500
- One second place winner: \$750
- Four runners up: \$250

Entries are due Nov. 30, 2015. For more information and official rules, visit www.cashcourse.org/my-story. Questions? Contact us at cashcourse@nefe.org.

The Mayo Clinic Multidisciplinary Simulation Center has a new Simulation Medicine Fellowship. [Application for Fellowship in Simulation Medicine](#)

The 2016 [National Health Service Corps \(NHSC\) Students to Service Loan Repayment Program](#) application cycle is now open!

Eligibility is open to medical students (allopathic or osteopathic) in their final year of a U.S. accredited school who are planning to pursue a career in primary care, and are committed to working in underserved communities with limited access to care. Please note that applicants who have federally-serviced loans will need to [create a FSA ID](#) before beginning the application process. Additional instructions can be found in the [2016 NHSC Students to Service Application and Program Guidance](#).

Buckfire & Buckfire, P.C. (<http://www.buckfirelaw.com>) offers a \$2,000.00 scholarship available to medical students who currently are attending an accredited medical school within the United States. Applicants must be a member of an ethnic, racial or other minority or demonstrates commitment to issues of diversity within their community. **The deadline for submitting an application is April 1, 2016.** Apply at: <http://www.buckfirelaw.com/library/medical-school-diversity-scholarship-2016.cfm>



Location:

910 Madison Ave. Suite 105 Memphis, TN 38163
(901) 448-7703 (O)
(901) 448-7700 (F)

flight@uthsc.edu

Hours:

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