



# University of Missouri School of Medicine

## Exit Counseling Prep Packet

2013 Group Session May 2, 3:00 p.m. in room S255

Name: \_\_\_\_\_

This is your pre-session packet that you should review and complete before coming to your scheduled exit counseling session. The completion of this packet requires about 20-30 minutes. The effort put in ahead of time will make the session even more valuable to you.

What you should bring with you:

- This pre-session packet, with the required sections completed
- Laptop to access websites (not required but helpful)
- Writing utensil for taking notes

This packet is for your records and use in the future. It is imperative, however, that you complete it to the best of your ability prior to the session. If you have any questions, please contact the financial aid coordinator, Cheri Marks, at 573-882-2921 or [marksc@health.missouri.edu](mailto:marksc@health.missouri.edu).

### **STEP ONE – Calculate your Federal and Commercial Education Debt**

To obtain the balance, including accrued interest and any fees, review your online account information through your lender's website or call the loan servicer. Better numbers will yield better results. List the amount owed and the interest rate on page 3 of this packet for the loans in your portfolio.

#### **Federal Stafford Loans**

Locate your loan servicer at [www.nslds.ed.gov](http://www.nslds.ed.gov) or by calling the Federal Student Aid Information Center at 1-800-4-FED-AID (433-3243). Note the principal amount and accrued interest. Stafford loans typically have a 6-month grace period. For loans borrowed after July 1, 2006, the interest rate is fixed at 6.8%. Loans prior to that will be variable. Consolidation loans have a fixed rate based on the weighted average of the loans consolidated.

#### **Grad PLUS Loans**

The above site will also provide your loan servicer for Graduate PLUS. This loan has a fixed 7.9% interest rate and typically has a 6-month grace period (referred to as a post-enrollment deferment).

#### **Federal Perkins Loans**

This loan is serviced by ECSI. You can access your account by going to [www.ecsi.net](http://www.ecsi.net) and use a school code of 2B. ECSI assigns your password and PIN. Balances are also reported to [www.nslds.ed.gov](http://www.nslds.ed.gov). If you received a Perkins Loan at another institution, make sure you include that balance in the total on page 3 of this worksheet (obtain balance at [www.nslds.ed.gov](http://www.nslds.ed.gov)). Perkins Loans have a 9-month grace period, accrue interest at 5% when in repayment, and do not accrue interest in school.

#### **University Long Term Loans**

You may have borrowed this loan to fund a computer purchase or other costs above the regular cost of attendance. These loans are serviced by ECSI. They are interest free while you are in-school and have a fixed interest rate of 8% unless otherwise noted. You can access your account by going to [www.ecsi.net](http://www.ecsi.net) (school code is 2B; ECSI assigns your password and PIN).

### **Health Profession Loans**

These loans include Loans for Disadvantaged Students and Primary Care Loans and are serviced by ECSI. They both have a fixed interest rate of 5% with a 12 month grace period. You can access your account by going to [www.ecsi.net](http://www.ecsi.net) and use a school code of 2B. Students with Primary Care Loans are eligible for a complete deferment on this loan during an eligible residency. You must contact ECSI for the appropriate form. Additionally, you must self-report that you are practicing Primary Care until the loan is repaid in full or the interest rate increases to 7%.

### **Private Loans**

You may have borrowed a private loan before medical school or for residency and relocation expenses during your fourth-year. The Missouri State Medical Foundation is the most common lender. The interest rate is fixed at 7.3%. Payment of interest of about \$85.00 is due during residency. Your contact for this loan is Patrick Mills [pmills@msma.org](mailto:pmills@msma.org). If you borrowed other private loans, you will need to contact the lender for the amount due. Private loans are not listed on the NSLDS website.

### **Pre-Existing Debt**

A few students arrived at the MU School of Medicine with pre-existing educational debt. Do not forget to include those loans when determining your monthly loan payments. Balances on your federal loans (subsidized, unsubsidized, and Perkins) can be obtained at [www.nslds.ed.gov](http://www.nslds.ed.gov) or by contacting your lender. List the amount owed and interest rate amount on page 3 of this packet.

## **STEP TWO – Calculate your Outstanding Consumer Debt**

Gather all of your statements on your consumer debt. If you do not have any balances, congratulations; you may skip this section. If you do have balances, you'll need to work through this section. Determine the outstanding balance, interest rate, and estimated monthly payment on your consumer debts:

**Credit cards** – if you expect your balance to increase, estimate the balance at the time of graduation.

**Installment Loan Payments** – these include car loans, furnishings, mortgages, etc. List your required payment. If you are planning on making a larger payment, indicate your expected payment.

**Lease Payments** – if you have leased items that will require a monthly payment (separate from your residential lease) please indicate the required monthly payment(s) on the worksheet.

**Other Consumer Debt** – if you have other required debt payments that will continue beyond your graduation, include those payments as well.

## **STEP THREE – Your Monthly Expenditures**

Provide an estimate of your current monthly expenses. This will provide a baseline of what your future spending is likely to be, particularly in the area of “miscellaneous” expenses when estimating your future costs. If you know what your future fixed expenses will be, then use those costs.

## **STEP FOUR – Your Goals**

On the last page you will outline your plan for the future. From a range of options, you will select the most important items in your life. If you do not find an item listed, please add it in the “other” section. Then to make the goal specific, you will assign a date that you wish to attain the goal. You will use these results when allocating your resources as part of your financial strategy.



# University of Missouri School of Medicine

## Pre-session Worksheet

**MY EDUCATION DEBT:** *the payment columns can be completed at the session.*

	Total Owed with Interest	Interest Rate %	Est. Monthly Payment DURING Residency	Est. Monthly Payment AFTER Residency
<b>Pre-medical Debt</b>				
Federal Stafford/Direct Loans				
Federal Perkins Loans				
Commercial Loans				
Loans from School				
Federal Consolidation				
<b>MU SOM Debt</b>				
Federal Consolidation				
Federal Direct Loans				
Federal Perkins Loans				
Federal Grad PLUS Loans				
Health Profession Loans				
Private Loans				
University Long Term Loans				
<b>TOTAL</b>				

### **Calculating the Repayment Amount**

If you need assistance calculating your repayment amount, go to [www.aamc.org/first](http://www.aamc.org/first) and select the "Medloans Organizer and Calculator". Using the information you completed on this worksheet, you can calculate an estimated repayment for your loans.



## MY CONSUMER DEBT

	Interest Rate %	Total Amount Owed \$	Est. Monthly Payment \$
<b>Credit Cards</b>			
<b>Installment Loans</b>			
<b>Lease Payments</b>			
<b>Other</b>			
<b>TOTAL</b>			

**Repayment Tip:** consider paying off the lowest balance owed first rather than the debt with the highest interest rate. After that debt is paid off, roll that payment into the next largest balance and so forth. Dave Ramsey calls this method the “debt snowball”.



# University of Missouri School of Medicine

## Pre-session Worksheet

### Monthly Expenditures

Housing (Rent or Mortgage)		\$
Utilities	+	\$
Telephone	+	\$
Health Insurance	+	\$
Consumer Debt Repayment	+	\$
Food	+	\$
Transportation (payment, maintenance, insurance)	+	\$
Entertainment	+	\$
Clothing/Dry Cleaning/Laundry	+	\$
Cell Phone	+	\$
Prescriptions (including eye care)	+	\$
Professional Services	+	\$
Subscriptions	+	\$
Dues	+	\$
Personal Supplies	+	\$
Education (Student Loan) Debt Repayment	+	\$
Other	+	\$
Other	+	\$
Other	+	\$
Other	+	\$
<b>TOTAL MONTHLY EXPENDITURES</b>	<b>=</b>	\$

**Income Calculation:** to calculate your estimated take home pay, go to [www.paycheckcity.com](http://www.paycheckcity.com).



# University of Missouri School of Medicine

## Pre-session Worksheet

### Pre-session Goal Sheet

Allocate 50 points among the following items. The most important items should receive the most points. Some items may not have any points. If you would like to list another goal, please do so in the space provided. Fill in the date you wish to attain the goal after you have allocated your points.

GOAL	DATE
_____ Purchase a home	_____
_____ Purchase a car	_____
_____ Work abroad	_____
_____ Plan for a vacation/travel	_____
_____ Get married/have a wedding	_____
_____ Have children	_____
_____ Pay off consumer debt	_____
_____ Minimize total repayment costs on education debt	_____
_____ Retire early (or comfortably)	_____
_____ Prepare for college costs for children	_____
_____ Establish an emergency reserve fund	_____
_____ Provide financial support for parents/family	_____
_____ Further education	_____
_____ Make significant contribution to school/religious organization/charity	_____
_____ Other: _____	_____
_____ Other: _____	_____

Now establish a date and timeline for your goals. Remember to keep them **SMART: specific, measurable, attainable, realistic, and timely**. Identify goals as short-range (pay off credit cards), mid-range (increase savings), and long-range (pay student loans). Keep these goals in mind when developing your overall financial strategy. Revise your goals as needed as your life circumstances change.