



DONALD AND BARBARA  
**ZUCKER SCHOOL of MEDICINE**  
AT HOFSTRA/NORTHWELL®

# Financial Aid Pulse

## Office of Student Finance Newsletter

### JANUARY 2025 News & Updates



#### Welcome back and Happy New Year!

We hope you had a healthy and rejuvenating winter break.

The **2025-26 FAFSA** is now to complete at [fafsa.gov](https://fafsa.gov). A FAFSA is required to be completed each year in order to receive federal student loans. A FAFSA is **not** required to be completed to continue to receive institutional aid (scholarship/NSLIJ Health loan).

**All continuing students are strongly encouraged to submit the FAFSA application no later than March 15th to apply for federal student loans (Direct Unsubsidized / Graduate PLUS).** If your application is received after this deadline, there is no guarantee that federal student loans will be offered prior to the date at which your bill is due.

Students with a completed financial aid application will receive an email when their financial aid package is ready for the upcoming year. Emails will be sent to **Hofstra Pride** accounts beginning this spring.

The Office of Student Finance looks forward to working with you during the upcoming academic year and throughout your time at ZSOM. Please be on the lookout for continued communications and support offered by our office.

As always, please contact the Office of Student Finance at [medicine.finaid@hofstra.edu](mailto:medicine.finaid@hofstra.edu) with any questions or concerns.

We wish you all a healthy, successful semester!

### Important Dates to Remember

1/1: Spring disbursement for all students

1/6: Spring term begins for all students

- 1/15: Outstanding balance late fee assessment (\$150)
- 2/15: Outstanding balance late fee assessment (\$250)
- 3/21: Match Day! (MS4 students)
- 3/26: MS4 Exit Day
- 4/25: Last day to return federal loan funds disbursed 1/1 (MS4)
- 4/27: MS4 spring term ends
- 4/30: Last day to return federal loan funds disbursed 1/1 (MS1-MS3)
- 5/16: MS3 spring term ends
- 5/23: MS2 spring term ends
- 6/6: MS1 spring term ends

## Financial Tips & Info

### Make Cents of It: Personal Finance Tip -

#### *The White Coat Investor: Best Budgeting Apps Reviewed*



It isn't glamorous, but everyone should have some kind of budget. Budgeting helps keep you aware of the money you make, take out in loans, and the money you spend to ensure you don't find yourself overspending and going into debt.

A good budgeting app or software makes it easy to keep track of your income and expenses, and it can make managing your money much simpler. Whether you're looking for a new app to move to or giving budgeting apps a try for the first time, click [here](#) for some of the top options.

### AAMC FIRST: Quick Clips

**Prioritize Your Loan Knowledge**

- Keep track of what you borrow each year
- Run your numbers through MedLoan Organizer and Calculator (MLOC) often (interest accrual can affect payment numbers)
- Meet with your Financial Aid Office before borrowing if you have questions
- Do **NOT** wait until graduation to focus on your loans

#### *Money Management for Medical School Students*

This video provides information to help medical students borrow wisely and understand money management during medical school.

## FAQ's

### Am I eligible for Student discounts and where can I get them?

There are always ways to cut costs by simply showing your college ID. Many retailers offer college students discounts on everything from clothing to food to electronics.

Here are two resources to help you find the best student discounts:

[Free Student Discounts US | Valid Codes](#)  
[Top Student Discounts and Deals | ID.me Shop](#)

## What FAFSA code should I use?

As you know, the **2025-26 FAFSA** is now available at [fafsa.gov](https://fafsa.gov) and all students are strongly encouraged to submit the application to apply for federal student loans. When completing the application, please indicate the Hofstra University FAFSA code **002732**.

## Outside Scholarship & Loan Repayment Opportunities

### AMA Foundation's 2025 Physicians of Tomorrow Scholarship

The Physicians of Tomorrow Scholarship program distributes \$10,000 in tuition assistance scholarships to medical students approaching their final year of school. The AMA Foundation has had a long-standing tradition of supporting medical students and has awarded more than \$61 million in scholarships since 1950. With 16 scholarship categories in a variety of focus areas the AMA Foundation awards scholarships to a diverse cohort of medical students each year.

For more information click [here](#) and to start an application, head to <https://amafoundation.secure-platform.com/a/solicitations/14/home>

Application Deadline: **Monday, February 17, 2025 at 11:59 p.m. CST**

### Waterbury Medical Association

The Wellsford and Mildred Clark Scholarship was created to provide scholarships for third-year medical school students entering their fourth year of medical school.

Completed applications will be accepted through **April 30 of the applicants third year in medical school**. Winners will be announced on July 1 of the same year.

For additional information on the scholarship offered and eligibility requirements, please visit: <http://www.waterburymedicalassociation.org/Scholarship.html>

### National Medical Fellowships (NMF) Scholarships

The National Medical Fellowships (NMF) offers many scholarships throughout the year that our students may qualify for.

For additional information on scholarships offered, eligibility requirements, and application deadlines, please visit: <https://nmfonline.org/about-our-scholarships-and-awards/programs/>

### Immigrants Rising

Immigrants Rising provides comprehensive information on scholarships and fellowships available to undocumented students nationwide.

For additional information, please see the following lists:

Graduate scholarships: <https://immigrantsrising.org/resource/graduate-scholarships/>

Graduate fellowships: <https://immigrantsrising.org/resource/graduate-fellowships/>

# Upcoming Webinars & Events



## Cover Your Assets

Tuesday, January 28th, 2025 at 6:30pm ET

Protecting your financial future is just as vital as building it. In this practical and informative webinar, you'll learn how to fortify your finances with essential safeguards to stay on track—even when life takes unexpected turns.

This session delivers clear, actionable insights to help you confidently transition into residency and establish a solid protection plan that ensures peace of mind and long-term security.

[Register For Webinar](#)



## FIRST Webinars:

### Home Financing for Medical Students and Residents

Tuesday, February 25th, 2025 at 2:00pm ET

This informative session will explain the ins and outs of obtaining the best home financing for graduating medical students and residents. Emphasis will be placed on the proper steps to take when applying for a loan and the exact questions to ask loan officers. Additional topics will include what mortgage loans are available for doctors (including special no money down home loans), understanding budgeting for a home purchase, debt ratios and estimating funds required to close a mortgage will be covered.

[Register for Webinar](#)

## Filing Taxes and Student Loans

Wednesday, March 5th, 2025 at 2:00pm ET

Filing taxes is important during and after medical school. Join Martin Penn, Senior Director of OME at Albert Einstein College of Medicine, CPA, MBA, who will discuss filing requirements, including when to file and what documents or information you need to do so, as well as provide key dates / deadlines. We'll also touch on the implications filing taxes may have when looking at retirement savings and student loan repayment options.

[Register for Webinar](#)

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