

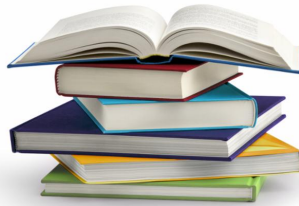


DONALD AND BARBARA  
ZUCKER SCHOOL *of* MEDICINE  
AT HOFSTRA/NORTHWELL®

# Financial Aid Pulse

## Office of Student Finance Newsletter

### September 2024 News & Updates



**We hope you are enjoying the fall semester!**

We are currently scheduling individual Entrance Counseling sessions with our MS1 students and new loan borrowers. During the session we will discuss your loans, review your projected indebtedness and help develop your personal budget. If you are a new loan borrower or plan to borrow loans in the future, email [medicine.finaid@hofstra.edu](mailto:medicine.finaid@hofstra.edu) to make your appointment!

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

**9/6:** Last day to return federal funds - MS3

**9/9:** Individual Entrance Counseling Sessions begin for new loan borrowers

**9/15:** 2nd late fee assessment (\$150) - MS1 and MS2

**9/20:** Last day to return federal funds - MS4

**10/15:** 3rd late fee assessment (\$250) - MS1 and MS2

**10/18:** White Coat Ceremony - MS1

**11/22:** Last day to return federal funds - MS1

**12/13:** Last day to return federal funds - MS2

# Financial Tips & Info

## ***Make Cents of it: Personal Finance Tip -***

### ***Use Cash in Certain Budget Categories to Help Better Manage Funds -***

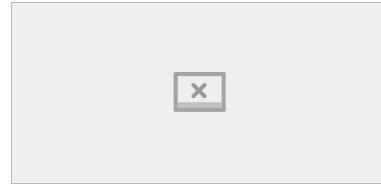


We all have those spending categories that we just can't seem to tame.

To help limit your spending, "cash stuffing" may help you manage your budget in some areas.

Cash stuffing is a way to keep spending within a budget using cash and envelopes. You start by preparing a household budget for as many spending categories as makes sense for you, then create an envelope for each category. Put your budget-designated amount of cash into each envelope. Purchases are made using the cash that's in its respective envelope - not by using a credit card or your digital wallet.

An empty envelope is a clear indication that the budgeted spending amount has been reached. Leftover cash can be transferred to an envelope marked for "savings" or kept in the same envelope to be rolled over to the next month.



## ***Student Loans and Repayment Strategies:***

Watch this recording to learn about ways to manage your student loan debt and determine which repayment strategy is right for you after graduation.

## **FAQs**

### **How Do I Locate the Names of My Loan Servicers and How Much Money I Owe?**

To review an up-to-date record of your federal loan borrowing history, as well as information regarding your federal loan servicers, log onto the Federal Student Aid website at [studentaid.gov](http://studentaid.gov) with your FSA ID and choose "view details" under the *My Loans* section.

North Shore-LIJ Health loan borrowers can view details of their loan by logging into the servicer website, at <https://heartland.ecsi.net/>.

## **Outside Scholarship & Loan Repayment Opportunities**

## Nassau Academy of Medicine - Pride in the Profession Scholarship

The Nassau Academy of Medicine's Pride in the Profession Scholarship program aims to recognize and support exceptional students who embody the true essence of dedication, compassion, and excellence in the field of medicine.

Applications must be returned by September 20, 2024 to be considered.

For additional information please visit: [Scholarships | The Nassau Academy of Medicine](#)

## 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/>

## Military Health Professions Scholarship Program (HPSP) and Navy Health Services Collegiate Program (HSCP)

For additional information about HPSP programs, visit <https://medicine.hofstra.edu/financialaid/military-resources.html>

For Navy HPSP an HSCP, you may also review the [attached flyer](#), or contact HMC Matthew Galbraith, Navy Medical Programs Recruiter at [matthew.k.galbraith.mil@us.navy.mil](mailto:matthew.k.galbraith.mil@us.navy.mil)

## Upcoming Webinars



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### MedLoans Organizer and Calculator (MLOC) Demo

Tuesday, September 24th at 1:00pm ET

Join the AAMC FIRST team for a demonstration on how to utilize the AAMC's MedLoans™ Organizer and Calculator (MLOC) to determine which repayment plan will meet your financial needs and goals. We will preview each payment plan, including the new SAVE plan and review how MLOC shows details of each one. Join the FIRST team as we highlight this amazing tool!

[Register Here](#)

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## Optimizing Your Finances During Residency

**Tuesday, October 22nd at 2:00pm ET**

This session will cover essential topics such as structuring an intentional spending plan, managing student loan repayments, evaluating renting vs. buying, building emergency savings, understanding insurance needs, and strategic investments for retirement planning. Stephen aims to empower you with the confidence and clarity needed to establish a solid financial foundation early in your career. Don't miss this opportunity to gain valuable insights that can shape your financial future.

[Register Here](#)

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## Update on Public Service Loan Forgiveness (PSLF)

**Wednesday, November 20th at 2:00pm ET**

Please join Emma Crawford, Financial Planner, CFP®, as she breaks down the details of Public Service Loan Forgiveness (PSLF). She'll discuss the program's requirements, how to qualify, and how to begin making PSLF-qualifying payments as quickly as possible after graduating from medical school. Viewers will leave the webinar with clear and concrete action steps based on their specific circumstances.

[Register Here](#)

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