

STUDENT STACKS

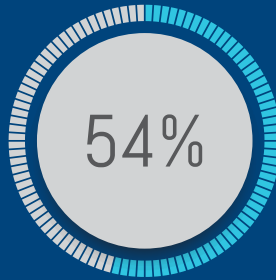


Office of Student Financial Literacy



KNOW YOUR NUMBER

54% of student loan borrowers say their mental health issues like anxiety and depression are directly related to their debt. (Source: CNBC, ELVTR)



Financial wellness is intertwined with mental wellness. To improve upon both, you must be honest with yourself. You need to know how much you have taken out in student loans. You can find all of your federal student loans in studentaid.gov.

How to improve your financial and mental wellness?

Step 1: Knowing your number is the first step to making choices to improve your situation. Find out your current total in student loans. Make decisions now to reduce spending which in turn will reduce how much you need in aid.

Step 2: Determine a maximum you are willing to take out in student loans. Then, make choices that will keep you under your target number. Check your total each semester to track.

EVENTS

Simulate Your Student Loan

Journey

10/26

BS 435, Noon



Trivia: Test Your Money Smarts

11/6

BS 435, Noon



MUSC Personalized College

Cost Analysis

11/9

Sent via MUSC E-mail

Return of Funds Deadline

11/30

Submit [Form](#) by 5pm

Register
Now on Engage.

Financially Fit Students Podcast

Don't let financial stress overshadow your education experience. Tune in to the Financially Fit Students podcast and embark on a journey toward financial empowerment.

Our episodes will feature insightful interviews, money FAQs, actionable tips from students, and lessons to avoid financial regret.

Check out Episode 1!



A PODCAST FROM

MUSC
Medical University
of South Carolina

EPISODE 1: BUDGETING AS A STUDENT

FINANCIALLY FIT STUDENTS
EMPOWERING STUDENTS WITH FINANCIAL SMARTS

Financial Literacy Interest Group
Office of Student Financial Literacy

John Bowman
FLIG President

FLIG Tip of the Month: Student Aid's Loan Simulator

Utilize the student loan simulator on studentaid.gov.

1 This tool estimates future loan payments based on various loan repayment options and your goals for loan repayment, such as pay off quickly or have low monthly payments. It shows the advantages and disadvantages.

2 Want to see the affects of borrowing more loans before you actually commit? You can do that, too. You can also see important information regarding federal student loan limits, impacts of suspending payments, and tips to avoid loan default. Make informed decisions about your borrowing each semester.

3 Remember to return unneeded funds within the first 120 days of when your loan was disbursed! Fall deadline is November 30.

That's it for now! Please feel free to reach out to the office of Financial Literacy or FLIG with any questions.



PLAN 1 PLAN 2

Want to Find the Best Loan Repayment Strategy?

Log In and Start

[Or Start From Scratch](#)

Personalized College Cost Analysis

MUSC is dedicated to providing an excellent education while supporting students in making empowered financial decisions. As part of OneMUSC's goal to reduce student loan debt, MUSC will email a personalized college cost analysis annually. This will help you KNOW YOUR NUMBER. It will arrive to your MUSC email on **Thursday, November 9th**.

What will it include?

All federal student loans you have taken out with their principal and their interest rate. This includes loans from MUSC and other institutions.

It also estimates your total principal and interest with an estimated monthly payment based on the standard repayment plan. Utilize the loan simulator to see other payment plans.

Book a 1:1 counseling appointment to discuss your student loan information and the best methods to manage it, including **unneeded student loan funds from fall by November 30**.



Someone is sitting in the shade today because someone planted a tree a long time ago.
-Warren Buffett

PLANT SEEDS NOW.
RETURN UNNEEDED LOAN FUNDS.