

From: [Rosen, Lee](#)
To: LCOM Class Of 2022 List
Subject: Financial Counseling
Date: Monday, February 14, 2022 3:56:16 PM
Attachments: [image001.png](#)

Hello 4th years!

Here's the information requested in today's GQ session about financial counseling. The Wellconnect information is in the middle of the message below. Note that Ryan Gates is always available to you also, and he's an amazing resource!

Lee

Hello Students,

I hope everyone is having a great semester!

Medical Student Financial Services offers several great financial wellness resources; our services begin with prospective students and continue through the curriculum. We advise students on various aspects such as financing their medical education, loan debt management matters, and financial wellness. I would be happy to meet with you to discuss any or all of the below topics.

- **Education loan debt management**
 - Loan Repayment options and strategies
 - Review loan volume and debt projections with MLOC (Medical Loan Organizer and Calculator)
 - Federal loan forgiveness programs
 - Strategies to reduce loan debt

- **Budgeting/Spending plan**
 - Review your current spending plan
 - Create a spending plan
 - Discuss budgets changes for future years

- **Scholarship opportunities**
 - Scholarships with a service component
 - External scholarships

- **Credit Score/Credit Reports**
 - Discuss the importance of your credit score
 - Learn what your credit score is comprised of
 - How to access and read a credit report

- **1:1 loan Counseling**
 - Review your loan volume in the MLOC (Medical Loan Organizer and Calculator)
 - Discuss repayment strategies during residency (deferment vs. repayment)

- Loan forgiveness programs
- Design a plan for successful repayment of loans
- ****WellConnect**
 - Free 30-minute consultation with a CFP®

The Larner College of Medicine has partnered with **WellConnect to provide you with access to a Certified Financial Planner®. This service is in addition to our Medical Student Financial Services, not in place of. However, given the knowledge base of a CFP®, certain questions (such as investing or disability insurance) may be best directed toward a true financial planner. You can access their website [here](#), and the school code is UVMCOM

Fourth Year Students

We will be offering **exit loan counseling** via our “Senior Series” starting in February. This series of webinars, group sessions, and guided conversations is tailored to prepare you for loan repayment and managing your finances during residency! While the Senior Series is geared toward those in their fourth year, students from ALL levels are welcome to attend. We believe debt counseling should occur throughout your entire medical education, not just the very end.

I am available for 1:1 sessions throughout the year and would be happy to meet with you to discuss your questions or concerns. You can schedule an appointment using the drop-in link [here](#).

On Friday, November 5th, from 12:00-12:45, I will be presenting on; Understanding Federal Loans and Tips to Reduce Loan Debt. The presentation will be 20-30 minutes, followed by Q&A. Keep an eye out in the Weekly Wire and the Activities Calendar for the Zoom link.

Thank you kindly for taking a moment to review this important information! If you have any questions, please let me know.

Have a great day.
Ryan

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