



UPSOM Financial Literacy Resources

Year-round access to financial aid professionals dedicated specifically to medical students

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- Regina Brinza, Financial Aid & Admissions Administrator; reb149@pitt.edu

Reach both at financial_aid@medschool.pitt.edu or 412-648-9891. Offices in S520 Scaife Hall.

One-on-one meetings

All students are welcome to meet individually with financial aid any time. Meetings are currently held virtually and will be available face-to-face again once University in-person operations fully resume. Darren and Regina can assist with your financial aid and personal financial wellness concerns. Common topics are listed below, but guidance is not limited to these areas.

First year students may be interested in discussing their overall financial plan for med school, Second year students may want to talk about the expenses associated with USMLE testing, Third year students might focus on planning and budgeting for residency interview expenses, Fourth year students typically have questions about loan repayment strategies.

24/7 access to the AAMC Financial Wellness curriculum <https://aamcfinancialwellness.com/>

Over 100 topics are covered, from basic concepts such as budgeting and evaluating financial products to advanced topics such as investing and estate planning. Examples include “Paying for the Baby Years,” “Protecting Your Success with Insurance,” and “Understanding Daily Simple Interest.” This AAMC product serves both beginners and those with very advanced financial savvy, no matter what milestones you’re approaching in life.

Current students - to set up your free financial wellness account:

1. Visit <https://aamcfinancialwellness.com/>
2. Under "Need to Register?" select University of Pittsburgh School of Medicine
3. Complete the registration form
4. Explore, create financial goals, take courses, and more!

MedLoans Organizer and Calculator (MLOC)

Use the MLOC <https://students-residents.aamc.org/financial-aid/article/medloans-organizer-and-calculator-mloc/> during and after med school to estimate your loan repayment situation based on various possible scenarios. Customizable fields include current and anticipated debt, marital status, choice of repayment plan, length of residency/fellowship, anticipated salary during and after training, etc. This amazing tool is free to all medical students and residents.

Loan repayment workshops

Several are held every spring to assist students with planning debt management strategies. Review the AAMC Education Debt Manager Booklet at <https://store.aamc.org/education-debt-manager-for-matriculating-and-graduating-medical-school-students.html> long before 4th year for a wealth of information about borrowing and repaying loans.

External scholarships

On SharePoint (Navigator) the Office of Financial Aid maintains a database of external scholarships that Pitt Med students have previously received or that an organization has specifically asked us to announce.

<https://pitt.sharepoint.com/sites/nav365/financialaid>

Review the list periodically. The Office of Financial Aid sends reminder emails when the deadlines of certain opportunities are approaching.

Newsletters

Several times each year, the Office of Financial aid produces a Financial Literacy Newsletter. Examples of past topics include tips for building credit, strategies for preventing identity theft, explanations of legislation affecting Federal Student Aid, unpacking the psychology of money, and more. View past issues at

<https://pitt.sharepoint.com/sites/nav365/financialaid/Pages/FinancialLiteracy.aspx>

Annual debt letter

Every spring, the University provides student loan borrowers with a summary of their student loan debt. It is a great reminder to review borrowing history and plan ahead for the next year.

AAMC webinar reminders

AAMC FIRST <https://students-residents.aamc.org/financial-aid/> presents articles, videos, fact sheets, and webinars covering everything from Public Service Loan Forgiveness to home rental vs purchase to the financial implications of marriage. The Office of Financial Aid sends email reminders when a webinar is approaching.

The Joan Harvey, MD, School of Medicine Student Emergency Fund

The fund is designed to provide temporary, short-term financial assistance to students enrolled in the Medical School program who are confronted with unanticipated or emergency financial situations. For details and the application, please

visit <http://www.medschooldiversity.pitt.edu/student-support-0>

The Office of Financial Aid exists to help you. Please ask us questions. We are happy to assist you not only with financial aid processing but also with identifying the information and resources that address your situation and enable you to maintain financial wellness. Medical school is an excellent investment in your future, but it can feel overwhelming, especially without a plan. Please know that you are not alone. Reach out to us any time. We want to help you grow your financial knowledge and confidence.

Sincerely,

Darren and Regina