

CCOMMON CENTS

YOUR FINANCIAL LITERACY NEWSLETTER

What do I need to Know?

PA2, M2, M3, M4 Students:

You may have noticed that there is a \$130 professional liability insurance charge on your u-bill. This once a year charge protects you during clinical rotations. Money has been included in your spring refund for this charge.

M2/PA2 Students

You may have noticed that your spring refund was larger than your fall refund. That is because the spring semester is 26.5 weeks long and your fall semester was only long and 19.5 weeks long. So your Spring refund will need to last until early July 2020. Please be sure that you are budgeting for this.

M3 Students:

You will need to register for Step II CS and CK this spring. Money has been included in your spring refund to pay for this. Make sure that you are accounting for this when you are budgeting!

M4 Students:

Save the Date: On March 24, a Debt Management Specialist from the AAMC will be at CCOM from 5:30-7:00 PM to talk about loan repayment strategies. Watch your email for more details! You are strongly encouraged to attend this as a kickoff to our exit interview season!

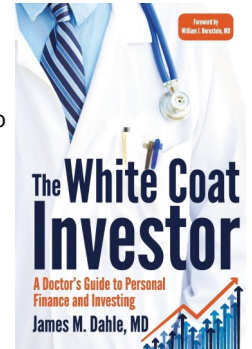
Financial Services Office Hours:

Monday - Friday 7:30 - 5:00
Please stop by 1216 MERF if you have any financial or debt management questions!

Appointments are generally not necessary!

The White Coat Investor

Are you looking for a good resource for financial literacy materials? Look no further! Jim Dahle is an emergency physician with an interest in personal finance. Like many other doctors, he felt overwhelmed and underprepared to begin loan repayment. So he learned as much as he could about personal finance and he has been sharing his knowledge with other doctors and students ever since. He wrote a book called the White Coat Investor. Since then he has created a [website](#) where you can find a great deal of information about various financial literacy topics. Jim Dahle has also written a second book, created an online blog, a newsletter, and has a podcast as well—if you are looking for information on financial literacy, these are great resources to check out. (We actually have two copies of the White Coat Investor that are available for check out in the OSAC office)



Summer Loan Disbursements Dates:

Current M2, PA2, & M3 students: 7/6/20 Current PA1 students: 6/7/20

You must have filed your 2020-21 FAFSA in order to receive your summer loan disbursements!

Avoiding Lifestyle Creep

Lifestyle Creep (also called lifestyle inflation) is a serious concern for many students. It is simply a gradual increase in your spending that occurs when you get a raise or get a large amount of money. This can be a definite problem for MD/PA students when they receive their loan disbursements at the beginning of each semester. Students often increase their spending habits at this time because they now have more money to spend—so they start buying things that they didn't have money for previously. This way of thinking can get you into trouble quickly! You get used to these luxuries and they become part of your lifestyle—often times it is very difficult to give up some of these luxuries and go back to your previous lifestyle. So what's the answer?

- Create a budget and be aware of your spending limits—this is the best way to avoid this problem. If you know what your budget is, then you are less likely to fall victim to lifestyle creep.
- Create a list of needs vs wants so that you are more focused on purchasing things that you actually need.
- Be cautious when purchasing anything that comes with a monthly payment because this is committing you to a long term expense that you may not be able to afford in the long run.

Lifestyle Creep can be a serious problem, but it can easily be avoided. Don't be another victim of lifestyle creep—live within your means! Live like a college student now so that you don't have to later!



Amount of loans returned in November 2018	Amount of Loans returned in November 2019
\$355,798	\$530,727

Great job keeping your student loan debt to a minimum!

Is there a topic that you would like to see covered in a future newsletter? Email chris-roling@uiowa.edu