

CCOMMON CENTS

YOUR FINANCIAL LITERACY NEWSLETTER

Important Updates

Update on 25-26 FAFSA

The new FAFSA should be ready to complete by December 1. We will send out an email when it is ready. **M1, M2, M3, PA1, PA2 students need to file their 2025-2026 FAFSA before February 1.**

M1, PA1, M2, PA2 students

The deadline to return Fall loans is approaching. If you have extra loans that you would like to return to the lender, please send an email to [Chris Roling](mailto:Chris.Roling@uiowa.edu) before December 2 and let him know how much you would like to return.

PA3 students

It won't be long before you are officially Physician Assistants! That means that loan repayment is not too far away. Be sure to schedule a loan exit counseling appointment with Chris Roling by clicking on this [link](#). Find out the facts about loan repayment and get estimates on what your monthly payments might look like!!

Spring 2025 Loan Disbursement Dates

M2 & PA2 students: January 6
All other students: January 13

Financial Services Office Hours:

Monday - Friday 7:30 - 5:00
Please stop by 1216 MERF if you need to speak with one of us!

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

Holiday Shopping on a Budget

The holidays are just around the corner! Here are a few suggestions on how to give presents and stay within your budget:

- Make a plan! Write out a list of people that you need to buy gifts for and determine the amount of money that you have available to spend. Determine how much you can afford to spend on each person and stick to those amounts.
- Try to limit the amount that you spend on yourself during the holidays so that you have more money for gifts. Remember—tis the season to give, not the season to buy things for yourself!
- Give the gift of time—this costs nothing! Friends and family should understand that you are living on a fixed budget. They should also understand that your time is just as limited, so spending time with family and friends can be the best gift of all.
- If you are creative, think about making gifts rather than buying gifts. You may have to buy some supplies, but it can still be cheaper than buying gifts. Be sure to check Pinterest for ideas.
- Chip in for gifts with other friends and family members. If you split the cost of a gift with others, you can still give nice gifts and save money at the same time.
- Re-gift unused gift cards...if you have some unused gift cards, you can always re-gift them to other people (and no one has to know).



Paying for Housing During Away Rotations

Most CCOM students will have an away rotation during their program. According to the Family Medicine Department, your Family Medicine assignments should be at locations where housing is provided. Occasionally students may find themselves in a situation where they have to rent a place to live on a rotation and figure out a way to pay for it. Since we have already included money for housing in the Cost of Attendance budget, the Department of Education's regulations prevent us from increasing loans for additional housing during rotations. (even though students will usually have to keep paying their monthly rent back in Iowa City during this time). If this happens, what options do students have available to them?

Utilize the HOST Network—[Help Our Students Travel](#) is a network of CCOM alumni all over the country. Originally, this network was designed to help save M4 students money when traveling to residency interviews. These alumni would allow students to stay with them while they were in town for their interviews. Some of these alumni might be willing to let you stay for a 2-week rotation. It does not hurt to ask!

Special Circumstance Request—You can always request to have your loans increased to cover the additional expense of having to pay for rent on an away rotation while still being responsible for paying your rent back in Iowa City. You can complete a [Special Circumstance Request](#) and a committee in the main financial aid office will review your request to see if they feel that it is reasonable. When you submit your request, be sure to include an estimate of the amount that you are requesting. If approved, you will need to provide documentation of these expenses. A few things to keep in mind:

1. My main goal is to keep your student loan debt to a minimum, so only use this option as a last resort. Additional loans will usually be Grad PLUS loans which have higher interest rates. When you factor in the accrued interest, increasing your loans by \$2000 will lead to significant amount of debt that you have to repay over the life of the loan.
2. Keep your request within reason. You do not need to stay at the Ritz-Carlton for a month. If you are requesting an exorbitant amount of money, they will most likely deny your request.
3. These requests are generally a ONE TIME adjustments—they will not approve multiple requests.
4. There is no guarantee that you will be approved—the financial aid office makes the final decision.