

Duke University School of Medicine Office of Financial Aid and Student Financial Planning

FINANCIAL LITERACY & DEBT MANAGEMENT



"Helping You Put It All Together"

Important Student Loan Update:

Repayment Strategies for Duke University Health Sciences Students
Sponsored by the School of Medicine Financial Aid & Student Financial Planning

Thursday, November 3, 2022 at 5:00pm in the Learning Hall

Presenter: Paul S. Garrard, Founder and President
PGPresents, LLC, Independent Student Loan Consulting

Topics to be discussed include: details on your student loan portfolio, including interest rates and capitalization, repayment plans on federal loans including time-drive and income-driven repayment plans, updates on PSLF program, federal consolidation and refinancing with private lenders, repayment calculators, recent and anticipated changes in borrowing and repayment and more!

Space is limited, so reserve your place today! Check your message center on DukeHub for details on how to RSVP for this important and informative session!



When is my next refund?

- ✓ [Disbursement Breakdown for all programs.xlsx \(duke.edu\)](#)
- **Refunds that are scheduled for 12/30/2022 will now be on 1/2/2023**

Easy budget tool?

- ✓ [Monthly Expense Budget - Excel](#)

Food Nutrition Services (SNAP) Information?

- ✓ [Information on how to apply to SNAP \(duke.edu\)](#)



If you were chosen to complete the Cost of Living Survey for 2023/2024, please take a few minutes to complete the much-needed input from you!! Responses are completely confidential and the survey is used to estimate the educational expenses, including living expenses for each student on financial aid.



A representative from the Financial Aid office will be in the office at the Seeley Mudd Building on the following dates for in person appointments!

November 2, 2022	Cierra Harris
November 9, 2022	Lisa Wioskowski
November 17, 2022	Lori Crooks
November 22, 2022	Mitsi Norton

Spot identity theft early. Review your credit reports.

Suspicious activity or accounts you don't recognize can be signs of identity theft. Review your credit reports to catch problems early.

[Learn more about Identity Theft](#)



About the Community Pantry

GPCS's Community Pantry (located at the GPSC House) is open to all Duke Graduate and Professional students. The Pantry is open on Saturday 12:00 – 2:00 pm for in-person shopping hours and weekly bag pickup.

[GPSC Community Pantry](#)

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