

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

## FINANCIAL LITERACY & DEBT MANAGEMENT



"Helping You Put It All Together"



Helpful links to get the New Year started out in the right direction!!

### How to Create a Budget:

<https://www.youtube.com/watch?v=6lb-bdtko5cE>

### How to Manage your Student Loans:

<https://www.youtube.com/watch?v=fIG4gFlIZzU>



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!

January 9<sup>th</sup> Mitsi Norton  
January 17<sup>th</sup> Lisa Wioskowski  
January 26<sup>th</sup> Lori Crooks

### Community Pantry



Location: **GPSG House, 306 Alexander Ave., Durham NC 27705**

**Saturdays 12:00-2:00PM. Note: hours are always subject to change based on volunteer availability. Continue to check the website for updates.**



Did you know our [website](#) can answer many of your questions??

- Disbursement Dates
- External Fellowships
- Policy and Procedures for financial aid



Harris Teeter at Erwin Square offers a 5% student discount for all Duke University students during Fall and Spring semester.

Stop by their service desk or click this [link](#) to learn more!



[NC DHHS: Food and Nutrition Services Food Stamps](#)



**Food is a human right**

[Food Pantries – End Hunger in Durham \(endhungerdurham.org\)](#)

[Map of Food Resources in Durham, NC](#)



A mutual aid network formed out of the COVID-19 crisis for the Duke/Durham community.

[Duke Mutual Aid | mutual aid network](#)

**[Duke University School of Medicine Financial Aid Office](#)**  
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