

Financial Wellness Resources for Graduate Students



To access additional resources and webinars, go to [Sallie Mae's Financial Wellness Portal](#)

Blogs	Description	URL
Within Reach	Tackle school and money decisions with confidence thanks to expert tips and help from those who have been there before.	www.salliemae.com/blog
SmartyPig®	Money tips from Professor Pig.	www.smartypig.com/professor-pig
Planning & Paying	Description	URL
Decoding Financial Aid Offers	6 tips to know before making the big decision.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/decoding-financial-aid.pdf
Options for Filling a Financial Gap	Comparing the Federal Direct Graduate PLUS Loan and private student loans.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Private vs Grad PLUS sheet.pdf
How to Pay Your Bar Study Expenses	A 9-minute video that reviews eligibility, features, benefits, and repayment terms of bar study loans.	https://salliemaebank.webex.com/salliemaebank/ldr.php?RCID=fdf58d7e2cecec0dd6c955ba91961487
How to Pay for Residency & Relocation Expenses	A 9-minute video that reviews eligibility, features, benefits, and repayment terms of residency and relocation loans.	https://salliemaebank.webex.com/salliemaebank/ldr.php?RCID=4b7cae788ed89b8f8c7b09713bc51b08
FAFSA®	Description	URL
FAFSA® Information/Timeline	Completing and submitting the Free Application for Federal Student Aid (FAFSA®) just got easier, but let's review the changes so you're prepared!	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Filing the FAFSA.pdf
FAFSA® Guide	Looking for FAFSA® help? Get step-by-step instructions for each question to maximize your financial aid.	https://www.salliemae.com/college-planning/financial-aid/fafsa/fafsa-guide/

Scholarships	Description	URL
Graduate School Scholarship Search	Graduate school scholarships are available through organizations, companies, states, and more.	www.salliemae.com/gradscholarships
Money Management	Description	URL
Monthly Budget Worksheet	Use this worksheet to easily track spending and create a budget (enter and edit data directly in the PDF).	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/monthly_bud_work.pdf
Accrued Interest Calculator	See how unpaid interest on student loans can grow, and the impact of paying interest.	https://www.salliemae.com/college-planning/tools/accrued-interest-calculator/
Credit	Description	URL
Understanding Credit Handbook	FICO® Scores, loans, and financial health tips.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/FICO_handbook.pdf
FICO® Education Video Series: What is a FICO® Score?	Topics include: <ul style="list-style-type: none"> • Understanding Your Credit Report • What is a FICO® Score? • What goes into FICO® Scores? • Managing Your FICO® Scores • How lenders use FICO® Scores • Which Credit Scores Matter 	vimeopro.com/myfico/fico-educational-ideo-series/video/121931993
Student Loans	Description	URL
How Can a Cosigner Help You Secure a Private Student Loan? (Video)	Important things to know when considering a cosigner for a private student loan.	www.youtube.com/watch?v=KcdgPbOQ3Ck
Student Loan Interest (Video)	Learn about the components of loans – interest rate, principal amount, accrue, capitalization – and tips on how to manage your loans.	www.youtube.com/watch?v=4Mudv_0RVJY&index=1&list=PL4I7V27U1QKjWtRDKAZBUC78Kwm4nb4Lv
Variable vs. Fixed Interest Rates (Video)	Learn about interest rates and the difference between fixed and variable rates.	www.youtube.com/watch?v=bqQxVVh3lcl
Student Loan Repayment	Description	URL
The College Grad's Guide to Money – SmartyPig	Simple tips to help students start their new life off right.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/College_Grads_guide_to_money.pdf
Student Loan Payment Amount Estimator	Use this calculator to estimate monthly payments.	www.salliemae.com/college-planning/tools/student-loan-repayment-calculator/

Understanding Student Loan Repayment	These strategies can help to make student loan repayment simpler.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/understanding-repayment.pdf
Student Loan & Financial Planning Checklist	This checklist and spreadsheet can help students keep track of what they need to know about each of their loans.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Repayment Checklist Info Sheet.pdf
Student Loan Delinquency & Default (Video)	Learn about delinquency and default and tips to help you successfully repay your loans.	www.youtube.com/watch?v=rF2fvIUtQsU&list=PL4I7V27U1QKjWtRDKAZBUC78Kwm4nb4Lv&index=3

SALLIE MAE RESERVES THE RIGHT TO MODIFY OR DISCONTINUE PRODUCTS, SERVICES, AND BENEFITS AT ANY TIME WITHOUT NOTICE. CHECK [SALLIEMAE.COM](https://www.salliemae.com) FOR THE MOST UP-TO-DATE PRODUCT INFORMATION.

SmartyPig and the SmartyPig logo are trademarks of Q2 Software Inc.

FAFSA® is a registered service mark of U.S. Department of Education, Federal Student Aid.

FICO is a trademark or registered trademark of Fair Isaac Corporation in the United States and other countries.

© 2024 Sallie Mae Bank. All rights reserved. SLM Corporation and its subsidiaries, including Sallie Mae Bank, are not sponsored by or agencies of the United States of America. Sallie Mae, the Sallie Mae logo, and other Sallie Mae names and logos are service marks or registered service marks of Sallie Mae Bank. All other names and logos used are the trademarks or service marks of their respective owners. Revised 4/18/24

Financial Wellness Resources for Undergraduate Students



To access additional resources and webinars, go to [Sallie Mae's Financial Wellness Portal](#)

Blogs	Description	URL
Within Reach	Tackle school and money decisions with confidence thanks to expert tips and help from those who have been there before.	www.salliemae.com/blog
Smarty Pig®	Money tips from Professor Pig.	www.smartypig.com/professor-pig
Planning & Paying	Description	URL
Applying to College Guide	Stay on track with this stress-free guide for applying to college.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Apply to College Checklist.pdf
1-2-3 Approach to Paying for College	It can be tough to know where to start when it's time to help pay for college. This brochure breaks it into steps with this 1-2-3 approach.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Paying for College Consumer Handbook.pdf
Decoding Financial Aid Offers	6 tips to know before making the big decision.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/decoding-financial-aid.pdf
Comparing Financial Aid Offers	This worksheet can help students get an idea of what each college may cost—and help start the discussion of how to pay any remaining costs.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/comparing_fin_offers.pdf
Options for Filling a Financial Gap	Comparing the Federal Direct PLUS Loan for Parents and private student loans.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Private vs Parent PLUS Sheet.pdf
FAFSA®	Description	URL
FAFSA® Information/Timeline	Completing and submitting the Free Application for Federal Student Aid (FAFSA®) just got easier, but let's review the changes so you're prepared!	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Filing the FAFSA.pdf

FAFSA® Guide	Looking for FAFSA® help? Get step-by-step instructions for each question to maximize your financial aid.	https://www.salliemae.com/college-planning/financial-aid/fafsa/fafsa-guide/
How to Fill Out the FAFSA® (Video)	The FAFSA® can qualify students for scholarships, grants, and loans from the federal government as well as colleges and states.	share.vidyard.com/watch/2GabQVCuorGQ2FhQDkvhNr
Scholarships	Description	URL
Scholarship Search	Take the hassle out of searching for scholarships.	www.salliemae.com/scholarshipsearch
How to Find Free Money for College (Video)	Every student wants to find free money for college—like scholarships and grants. Most students don't understand what grants are or how to find scholarships.	embed.vidyard.com/share/8NXdPL3kaGeuZo49YT9Mn
Money Management	Description	URL
Monthly Budget Worksheet	Use this worksheet to easily track spending and create a budget (enter and edit data directly in the PDF).	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/monthly_bud_work.pdf
Accrued Interest Calculator	See how unpaid interest on student loans can grow, and the impact of paying interest.	https://www.salliemae.com/college-planning/tools/accrued-interest-calculator/
Credit	Description	URL
Understanding Credit Handbook	FICO® Scores, loans, and financial health tips.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/FICO_handbook.pdf
FICO® Education Video Series: What is a FICO® Score?	Topics include: <ul style="list-style-type: none"> • Understanding Your Credit Report • What is a FICO® Score? • What goes into FICO® Scores? • Managing Your FICO® Scores • How lenders use FICO® Scores • Which Credit Scores Matter 	vimeopro.com/myfico/fico-educational-ideo-series/video/121931993
Student Loans	Description	URL
What You Need to Know About Student Loans (Video)	Understand the difference between federal student loans and private student loans as well as things like loan term, interest rate, and repayment terms.	embed.vidyard.com/share/X4epbYU TEh37o6P6hZaTxS
How Can a Cosigner Help You Secure a Private Student Loan? (Video)	Important things to know when considering a cosigner for a private student loan.	www.youtube.com/watch?v=KcdgPbOQ3Ck

Student Loan Interest (Video)	Learn about the components of loans – interest rate, principal amount, accrue, capitalization – and tips on how to manage your loans.	www.youtube.com/watch?v=4Mudv0RVJY&index=1&list=PL417V27U1QKjWtRDKAZBUC78Kwm4nb4Lv
Variable vs. Fixed Interest Rates (Video)	Learn about interest rates and the difference between fixed and variable rates.	www.youtube.com/watch?v=bqQxV_Vh3lcl
Student Loan Repayment	Description	URL
The College Grad's Guide to Money – SmartyPig	Simple tips to help students start their new life off right.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/College_Grads_guide_to_money.pdf
Student Loan Payment Amount Estimator	Use this calculator to estimate monthly payments.	www.salliemae.com/college-planning/tools/student-loan-repayment-calculator/
Understanding Student Loan Repayment	These strategies can help to make student loan repayment simpler.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/understanding-repayment.pdf
Student Loan & Financial Planning Checklist	This checklist and spreadsheet can help students keep track of what they need to know about each of their loans.	https://www.salliemae.com/content/dam/slm/writtencontent/schoolmaterials/Repayment_Checklist_Info_Sheet.pdf
Student Loan Delinquency & Default (Video)	Learn about delinquency and default and tips to help you successfully repay your loans.	www.youtube.com/watch?v=rF2fvIUtQsU&list=PL417V27U1QKjWtRDKAZBUC78Kwm4nb4Lv&index=3

SALLIE MAE RESERVES THE RIGHT TO MODIFY OR DISCONTINUE PRODUCTS, SERVICES, AND BENEFITS AT ANY TIME WITHOUT NOTICE. CHECK [SALLIEMAE.COM](https://www.salliemae.com) FOR THE MOST UP-TO-DATE PRODUCT INFORMATION.

SmartyPig and the SmartyPig logo are trademarks of Q2 Software Inc.

FAFSA® is a registered service mark of U.S. Department of Education, Federal Student Aid.

FICO is a trademark or registered trademark of Fair Isaac Corporation in the United States and other countries.

© 2024 Sallie Mae Bank. All rights reserved. SLM Corporation and its subsidiaries, including Sallie Mae Bank, are not sponsored by or agencies of the United States of America. Sallie Mae, the Sallie Mae logo, and other Sallie Mae names and logos are service marks or registered service marks of Sallie Mae Bank. All other names and logos used are the trademarks or service marks of their respective owners. Revised 4/18/24