

# Financial News For Students – December 2011

## Happy Holidays

On behalf of the Office of Student Financial Assistance and the Navigating Your Financial Future team, we wish each of you a wonderful holiday season!

## Surviving Finals Week

Thanksgiving break is over and now it's time to face the remaining tasks of the semester: F-I-N-A-L-S. If the very mention of this word gives you that "deer in the headlights" look, then you're not alone. Students all over the United States are in a state of panic preparing for final exams. Here are some practical tips for surviving this important week:

- **SCHEDULE** time to review the syllabus for each class and set aside blocks of time each day to study. Scheduling helps you focus on ONE class at a time without the overwhelming "I've got 5 assignments due this week!"
- **TACKLE** distractions when studying: turn off your cell phone and check for messages on an hourly basis. If roommate noise is an issue, find a quiet place on campus to study.
- **REST!** Students tend to cram all night before an exam. This overloads the brain and wears your body out, therefore producing less than stellar answers on the final exam.
- **EAT** healthy and often—take snack breaks to give your body a boost. This is not the time to go on a stress eating binge or drink mega-caffeinated drinks for one week straight. Pace yourself and choose foods like fruits, veggies, and smoothies that will give you energy without the sugar crash later.
- **SET** your alarm clock—Arrive at least 5 minutes early to class on the day of the exam. There's nothing worse than oversleeping and arriving late.
- **SMILE.** You have worked hard to get to this point of your education. Take pride in yourself and relax.

# December Graduates

Congratulations! As you prepare for the next phase of your journey, here are important tips regarding your student loans:

If you plan to immediately continue your education beyond this degree, contact your lender as soon as possible to request an "in school deferment."

If you are changing institutions, leaving because of degree completion, withdrawing, or enrolled below half-time status, contact your financial aid office to complete "exit counseling."

Once you have separated from the institution, the grace period for your student loan(s) begins. To learn more about how to use this time wisely and prepare for repayment of your student loan debt, please visit our free grace period counseling at [www.navigatingyourfuture.org](http://www.navigatingyourfuture.org). Select Online Workshops; OSFA University; Grace Period Counseling.

## Selecting a Repayment Plan

Are you confused by the repayment plans available? Did you know that you can choose which plan is best for YOU? You can even change repayment plans if needed. The U.S. Department of Education offers many affordable options for repayment.

If you choose NOT to communicate with your lender, you will automatically be assigned to the Standard Repayment Plan which is 10 years (120 payments) of fixed payments. For many students with low debt, this option works just fine. Other students may need a plan that allows smaller payments for longer periods of time. In either case, take charge of your repayment plan and choose the one that's best for you.

Please visit [www.StudentLoans.gov](http://www.StudentLoans.gov) for more information. You may also contact an Outreach Representative in Florida for assistance at [www.navigatingyourfuture.org](http://www.navigatingyourfuture.org). Select "Contact Us" to locate a representative near you.

### FINANCIAL NEWS FOR STUDENTS

#### Navigating Your Financial Future

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For more information about NyFF's products and services, please contact:

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