

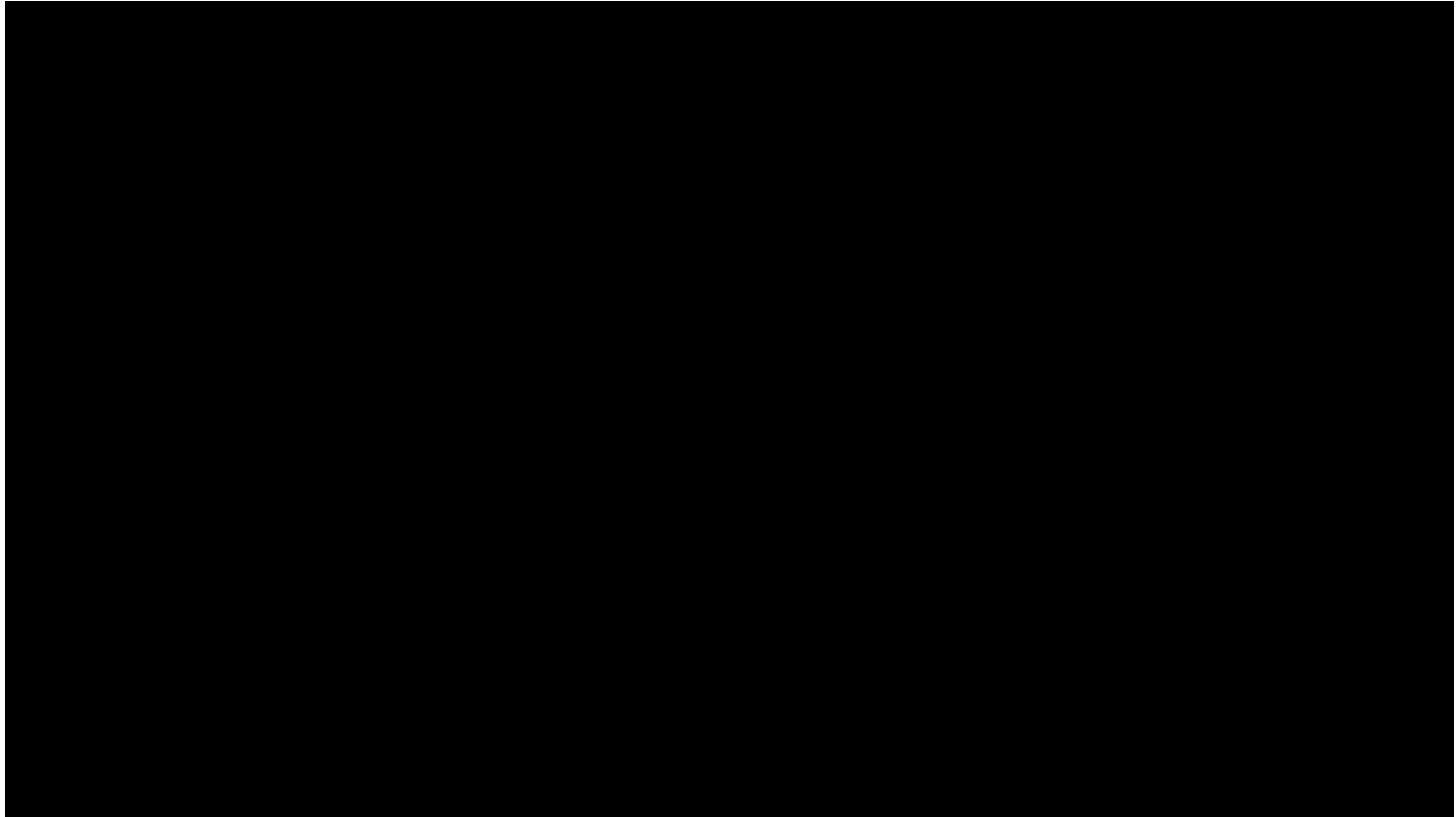
IOWA

Office of Student Financial Aid Financial Wellness Services

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Wellness Video!



Overview

- Statistics
- How students hear about us
- How to schedule
- Types of appointments
 - Info on each type of appointment we offer
 - Popular questions
 - Can meet w parents, prefer to meet w students
- Events
 - FWS Fair, FAFSA Pop up, Exit Counseling, Presentations, Orientation Video
- Student feedback
 - Qualtrics survey

IOWA

Office of Student Financial Aid



Financial Wellness



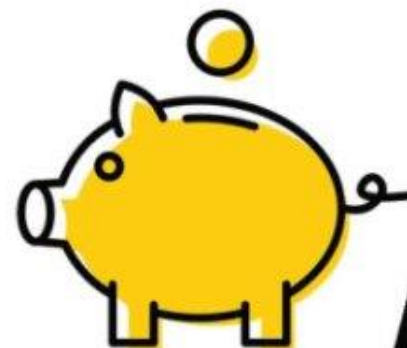
**Schedule appointments
with advisors.**

- Create a Budget
- FAFSA Assistance
- Loan Repayment
- Private Loan Counseling
- Understanding Loan Options

**Request a presentation
for your organization
or department!**

**Participate
in events!**

- Financial Wellness Fair
- FAFSA Pop-Up
- Presentations



FINANCIAL WELLNESS SERVICES 2024-2025



FINANCIAL WELLNESS ON CAMPUS



Advisors Presented To:

- 16 TRIO classes
- Sociology Capstone
- Professional Prep Courses
- Dentistry, Pharmacy students
- I-Vets, Resident Assistances

45 PRESENTATIONS TO 782 STUDENTS

Other Events:

- 8 FAFSA Pop-up Events
- FAFSA Workshops
- 8 Exit Counseling Sessions
- Loan Repayment Event at GradFest
- Fourth Annual Financial Wellenss Fair
- On IOWA/Orientation Fairs



PRIVATE STUDENT LOANS

This year Financial Aid Advisors:

- Completed 2,701 Private Loan Counseling appointments
- Helped 488 students reduce their loan request



PRIVATE LOAN REDUCTIONS AFTER COUNSELING TOTALED

\$908,937.47

Private loan counseling is required for all undergraduate students applying for a private student loan.

WHAT STUDENTS SAY

"I learned what a good credit score is. Nobody else really tells you these things."

"I never knew there were apps to help with budgeting, so I think this can be very helpful in the future for me."

"The staff was extremely kind and understanding of my situation. I could have not been more grateful for them."

"The assistance I received upon my visit was fantastic. The individual helping me to navigate my financial aid request and appeals has made the entire process very easy to navigate, and presented me with options I didn't know I had."



How do students hear about us?

- Event advertisements
- Social media
- Campus partners
- Success at Iowa
- Orientation

How to request a presentation/schedule an appointment

- Email OSFA for presentations/Qualtrics
- Students schedule appointment on MyUI

The screenshot displays the MyUI Academic Advising interface. At the top is a yellow navigation bar with links: HOME, ADMISSIONS, ADVISING (highlighted), COURSES / REGISTRATION, FINANCIAL AID & BILLING, STUDENT INFORMATION, and an ICON button. Below the navigation bar is the heading "ACADEMIC ADVISING".

The main content area is divided into several sections:

- YOUR ADVISOR**: Includes a "View Programs of Study & Advisors" button. Below is a table with columns "Advisor" and "Program of Study", showing "No items were found."
- UPCOMING APPOINTMENTS**: Includes a "Schedule/cancel appointments" button.
- NOTES & FILES**: Includes a "View All Notes & Files" button. Below is a message: "No Notes & Files were found within the last 60 days."
- SCHEDULE**: Includes a "Courses/Registration" button. Below is a message: "No courses were found." A "Session" dropdown menu is set to "Fall 2025".
- REGISTRATION INFO**: Contains information for "WINTER 2025" and "SPRING 2026". Both sections state: "Resolve registration authorizations and holds to ensure successful registration." and "You have not been set up to register for the [session] session." A bullet point indicates "Registration Authorization -".
- UPCOMING DEADLINES**: Contains information for "SEP 8, 2025", stating: "Last day to add without collegiate approval (Fall 2025)".

Types of Appointments We Offer

- Creating a Budget
 - Create or review a budget
- Loan Repayment
 - Review loan repayment options
- Private Loan Counseling
 - For first time borrowers, get your private loan certified
- Understanding Loan Options
 - Explore different loan options
- FAFSA Assistance
 - Ask questions about completing FAFSA

Presentations and Workshops

- In-Person Exit Counseling
- FAFSA Pop-up
- Presentations as requested
 - TRIO Classes
 - Orientation Financial Aid 101
 - Many other topics as requested

Presentation Example

→ Starbucks grandé latte 3x each week

• $\$4.25 \times 3 = \$12.75 \times 4 \text{ weeks} = \51.00

→ Lunch downtown 2x each week:

• $\$8.00 \times 2 = \$16.00 \times 4 \text{ weeks} = \64.00

→ Parking in ramp 2x each week:

• $\$7.00 \times 2 = \$14.00 \times 4 \text{ weeks} = \56.00

→ TOTAL SPENDING LEAKS: \$171.00

Presentation Example

Weekly Spending Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total:	Total:	Total:	Total:	Total:	Total:	Total:

☐ Needs

☐ Wants

Weekly Spending Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coffee, \$6	Amazon purchase, \$43		School supplies, \$9	Breakfast, \$7	Dinner, \$19	Laundry, \$2.50
Laundry, \$5	Coffee, \$6		Dorm snacks, \$18	Amazon purchase, \$21		Amazon purchase, \$17
Pizza, \$5				Coffee, \$6		DoorDash, \$15
Hygiene products, \$25						
Total: \$59	Total: \$49	Total: \$0	Total: \$27	Total: \$34	Total: \$19	Total: \$34.50

☒ Needs

☐ Wants

Private Loan Counseling Spreadsheet

Estimated Borrowing					
	2025-26	2026-27	2027-28	2028-29	Total Borrowed
Subsidized Loan	\$3,500	\$4,500	\$5,500	\$5,500	\$19,000
Unsubsidized Loan	\$2,000	\$2,000	\$2,000	\$2,000	\$8,000
Private Loan	\$42,196	\$41,000	\$40,000	\$40,000	\$163,196
Total/year	\$47,696	\$47,500	\$47,500	\$47,500	\$190,196

Federal Loan Repayment Estimates - Not Paying Interest in School			
Repayment Plan	Months	Payment	Total Paid
Standard	120	\$323	\$38,741

Assumes 6.5% average interest rate, \$50,000 starting salary

[Income-based repayment plans also available, more information at studentaid.gov](#)

Private Loan Repayment - Not Paying Interest in School			
Interest Rate	Months	Payment	Total Paid
4.15%	120	\$1,849	\$221,914
16.53%	120	\$4,290	\$514,845

assumes fixed

Reduce Private Loan By: \$4,000 (1,000/year)				
Interest Rate	Months	Payment	Total Paid	Savings
4.15%	120	\$1,804	\$216,480	\$5,434
16.53%	120	\$4,186	\$502,274	\$12,570

assumes fixed

Will Your Total Loan Payments Be Manageable?			
Estimated Monthly Income	Private loan	Combined	Percentage
\$3,084.00	4.15%	\$2,172	70%
	16.53%	\$4,613	150%

Lender: Sallie Mae

Requested: 43,000

Estimated Fall 2025 Costs	
Tuition/fees	\$17,105
Estimated Housing/Meals	\$6,840
Total Estimated Costs	\$23,945

Subsidized Loan	-\$1,732
Unsubsidized Loan	-\$990
Private Loan	-\$21,223
Total Financial Aid	-\$23,945

Left to pay \$0

Estimated Spring 2026 Costs	
Tuition/fees	\$16,855
Estimated Housing/Meals	\$6,840
Total Estimated Costs	\$23,695

Subsidized Loan	-\$1,732
Unsubsidized Loan	-\$990
Private Loan	-\$20,973
Total Financial Aid	-\$23,695

Left to pay \$0

FAQ

- What would be a good credit card to take out?
- How do I build my credit in college?
- What's the best way to start budgeting?
- Investing?



When to refer a student to our office

- Mention not being able to meet basic needs
 - We may be able to assist in some cases, but might refer to Dean of Students
- A significant change in income or job loss
 - medical expenses
- Can't afford bill/tuition
- We prefer to meet with students rather than parents

Our Events



Student Feedback

- “I had a really awesome zoom with the financial aid office. It was extremely easy to navigate and get an understanding of any questions I had.”
- “Very informative session. Explained everything well and allowed me to ask questions and they were answered adequately.”
- “The staff was super helpful and friendly. Thank you for all you do!”

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Questions?

