

# Direct Loan Exit Counseling Guide

For Borrowers of Direct Loans and  
Federal Family Education Program Loans

---





**U.S. Department of Education**  
**Dr. Miguel Cardona**  
**Secretary**

**Federal Student Aid**  
**Richard Cordray**  
**Chief Operating Officer**

---

Federal Student Aid, an office of the U.S. Department of Education, ensures that all eligible Americans benefit from federal financial assistance — grants, loans and work-study programs — for education beyond high school. By championing the promise of postsecondary education, we uphold its value as a force for greater inclusion in American society and for the continued vitality of America as a nation.



### **Need More Information, or Have a Comment?**

If you are a borrower with questions about the Direct Loan Program or your Direct Loans, you should contact your loan servicer or the websites or offices described in the content of this publication.

If you have general questions about Federal Student Aid's programs, you may call the Federal Student Aid Information Center (FSAIC) at

1-800-4-FED-AID (1-800-433-3243), Locations without access to 800 numbers  
1-334-523-2691. You can email FSAIC at [studentaid@ed.gov](mailto:studentaid@ed.gov).

# Table of Contents

---

<b>Introduction</b> .....	<b>6</b>
<b>Terms Used in This Guide</b> .....	<b>7</b>
<i>Chart: Federal Student Loan Holders and Servicers</i> .....	9
<b>Welcome To Exit Counseling</b> .....	<b>10</b>
<b>The Federal Student Loan Programs Covered in This Guide</b> .....	<b>11</b>
<b>Types of Direct Loans and FFEL Program Loans</b> .....	<b>12</b>
<i>Chart: Types of Federal Student Loans (Excluding Consolidation Loans)</i> .....	12
<b>Time Limitation on Direct Subsidized Loans</b> .....	<b>13</b>
<b>Interest Rates in the Direct Loan Program</b> .....	<b>14</b>
<b>Repayment</b> .....	<b>16</b>
<i>Chart: Traditional Repayment Plan Options for Direct Loans</i> .....	17
<i>Chart: Income-Driven Repayment Plan Options for Direct Loans</i> .....	19
<i>Chart: Sample Monthly Payment Amounts for Direct Program Loans</i> .....	21
<b>Repayment Incentives</b> .....	<b>24</b>

# Table of Contents

---

Your Repayment Obligation — Avoiding Delinquency and Default . . . . .	25
Strategies for Avoiding Delinquency and Default . . . . .	27
Loan Consolidation . . . . .	30
Loan Forgiveness and Discharge . . . . .	33
Resolving Student Loan Disputes . . . . .	35
Financial Planning and Debt Management . . . . .	36
Your Credit and Identity . . . . .	38
Helpful Resources . . . . .	40
Student Contact Information and Acknowledgment . . . . .	41
Your Rights and Responsibilities as a Borrower . . . . .	43





### **Important!**

You May Be Contacted by Third-party Student Debt Relief Companies

You should exercise caution when dealing with third-party student loan debt relief companies. The services that these companies typically provide are offered to borrowers free of charge through the U.S. Department of Education or your servicer. At no cost, the Department and our federal loan servicers can help you

- ⚠ lower your monthly loan payment,
- ⚠ change your repayment plan,
- ⚠ consolidate multiple federal student loans,
- ⚠ postpone monthly payments while you're furthering your education or are unemployed, and
- ⚠ get your loans out of default

Have questions or need help with your student loans?  
Contact your loan servicer for FREE assistance.



# Introduction

This guide provides an overview of information you will need to successfully repay the federal student loan(s) that you've received to help pay for your college costs under the William D. Ford Federal Direct Loan (Direct Loan) Program and the Federal Family Education Loan (FFEL) Program. For more detailed information about many of the topics covered in this guide, see your *Master Promissory Note* (MPN). If you have a FFEL Program loan, you can find a copy of your Borrower's Rights and Responsibilities on your loan servicer's website.

For Direct Loans, you can find your MPN by logging in to your account at [StudentAid.gov](https://studentaid.gov).

Once logged in, scroll down the page and select *My Documents*. Using the Document Type drop down menu, select *Master Promissory Note* (MPN).

Exit counseling can be completed on paper or online. Please check with your school to see how it expects you to fulfill the exit counseling requirement.

The burden for individuals to complete the exit counseling requirement is included in OMB Control Number 1845-0021.



## Warning!

Your federal student loan immediately becomes due and payable if your eligibility for the loan was established by making a false statement.



## Terms Used In This Guide

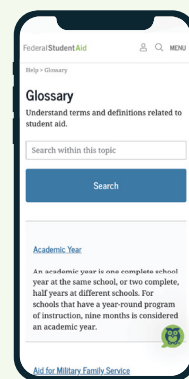
**Acceleration** – Demand for immediate repayment of your entire federal student loan. The entire unpaid amount of your federal student loan becomes due and payable if you:

- ✓ receive loan money but don't enroll at least half-time at the school that determined you were eligible to receive the federal student loan,
- ✓ use your loan money to pay for anything other than expenses related to your education at the school that determined you were eligible to receive the federal student loan,
- ✓ make a false statement that causes you to receive a federal loan that you're not eligible to receive, or
- ✓ default on your federal student loan.

**Aggregate Loan Limit** – A limit on the total amount of FFEL or Direct Subsidized Loans and/or Unsubsidized Loans that you may borrow for undergraduate and graduate study. If the total amount you receive over the course of your education reaches the aggregate loan limit, you will not be eligible to receive additional loans. However, if you repay some of your loans to bring your outstanding loan debt below the aggregate loan limit, you could then borrow again, up to the amount of your remaining eligibility under the aggregate loan limit.

### Note:

Throughout this guide, the words “we,” “us,” and “our” refer to the U.S. Department of Education. You will also frequently encounter the words “loan holder,” “loan servicer,” and “Master Promissory Note.” To assist you, we provide the definitions for those and other terms used in this publication on pages 6 through 8 of this guide. You can find an expanded glossary of terms at [StudentAid.gov/help-center/answers/topic/glossary/articles](https://studentaid.gov/help-center/answers/topic/glossary/articles)





**Capitalized Interest (Capitalization)** – Unpaid interest that has been added to the principal balance of a federal student loan. Future interest is charged on the increased principal balance, and this may increase the amount of your monthly payment and the total amount you repay over the life of the federal student loan.

**Federal Student Loan** – In this guide, loans made under the William D. Ford Federal Direct Loan (Direct Loan) Program, Federal Perkins Loan Program, and the Federal Family Education Loan (FFEL) Program.

**Grace Period** – For certain types of federal student loans, a period of time (generally six months) after you graduate or drop below half-time enrollment during which you are not required to make payments. The repayment period for your loan begins after the end of the grace period.

**Interest** – The cost of borrowing money. Interest is calculated as a percentage of the outstanding (unpaid) principal balance.

**Loan Discharge (Cancellation)** – The elimination of a loan debt under certain limited circumstances.

**Loan Forgiveness** – The elimination of a loan debt under one or more of the various Direct Loan forgiveness programs.



**Loan Holder** – The U.S. Department of Education is your loan holder. Your loan servicer will be different than your loan holder (see below).

**Loan Servicer** – An entity that collects payments on a federal student loan, responds to customer service inquiries, and performs other administrative tasks associated with maintaining a loan on behalf of a loan holder (see below). A loan servicer performs all servicing tasks on behalf of the U.S. Department of Education.

A current listing of federal loan servicers for federally held loans made through the Direct Loan Program can be found at [StudentAid.gov/manage-loans/repayment/servicers](http://StudentAid.gov/manage-loans/repayment/servicers).

Federal Student Loan Holders and Servicers		
	Direct Loan Program	Federal Family Education Loan Program <sup>1,2</sup>
<b>Who is the loan holder?</b>	The U.S Department of Education	A bank, school, other organization, or the U.S Department of Education
<b>Who is the loan servicer?</b>	An organization assigned by the U.S Department of Education  Many organizations that service Direct Loans also service FFEL Program loans.	An organization assigned by the loan holder  Many organizations that service FFEL Program loans also service Direct Loans

1 It's important to note that while loans made under the FFEL Program were in many cases made by banks, they are not "private" student loans. Loans that were made under the FFEL Program have the same protections and most of the repayment options as loans made under the Direct Loan Program.

2 The authority to make new FFEL Program loans ended June 30, 2010.

**Partial Financial Hardship** – An eligibility requirement under the Income-Based Repayment and Pay As You Earn repayment plans. Generally, you'll meet this requirement if your federal student loan debt is higher than your annual discretionary income or represents a significant portion of your annual income.

**Principal** – The loan amount you borrow plus any capitalized interest (see page 7).

**Master Promissory Note (MPN)** – A Master Promissory Note is a legal document that contains the Borrower's Rights and Responsibilities and Terms and Conditions for repayment. Direct PLUS and Direct Subsidized and Unsubsidized loans have different MPNs. An MPN can also be good for up to 10 years if certain enrollment requirements are met. Therefore if you leave school and return, you may be able to receive additional loans without signing a new MPN.

**Third Party Debt Relief Company** – A private company, not affiliated with the U.S. Department of Education, that provides (or claims to provide) student loan management services for a fee.



# Welcome To Exit Counseling

## Who should use this guide?

All student borrowers who are graduating, leaving school, or dropping below half-time enrollment are required to complete exit counseling.

## Why?

Exit counseling is required by law. Exit counseling provides important information that you will need as you prepare to repay your federal student loan(s). During exit counseling, you will review the terms and conditions that apply to your federal student loans, be introduced to various repayment options, and learn the importance of avoiding default.

## How do I fulfill the exit counseling requirement?

We strongly encourage borrowers to complete exit counseling using the online tool at [StudentAid.gov](https://studentaid.gov). However, some schools require borrowers to complete this paper version.

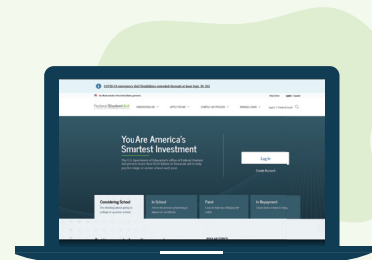
Check with your school to see how (paper or online) it expects you to fulfill the exit counseling requirement.

## Information you should have on hand for exit counseling:

1. Outstanding balance(s) on your federal student loan(s).

This information can be found by logging in to [StudentAid.gov](https://studentaid.gov).

2. Names, addresses, email addresses, and phone numbers for
  - ✓ your closest living relative,
  - ✓ two references who live in the United States, and
  - ✓ your employer or future employer (if known).







# The Federal Student Loan Programs Covered In This Guide

---

## Direct and FFEL Loans —

Loans made under the William D. Ford Federal Direct Loan (Direct Loan) Program and the Federal Family Education Loan Program (FFEL Program) generally have the same terms and conditions. Depending on which loan program(s) the school(s) you attended participated in, you may have received Direct Loans, FFEL Program loans, or both.

## William D. Ford Federal Direct Loan (Direct Loan) Program —

Through the Direct Loan Program, the U.S. Department of Education provides loans to eligible students at participating schools. Direct Loans include the following: Direct Subsidized Loans, Direct Unsubsidized Loans, Direct PLUS Loans, TEACH Grants converted to Direct Unsubsidized Loans, and Direct Consolidation Loans. You repay your Direct Loan to the U.S. Department of Education via a loan servicer.

## Federal Family Education Loan (FFEL) Program —

Federal student loans borrowed through private lenders and guaranteed by the federal government. FFEL Loans include the following types of federal student loans: Subsidized and Unsubsidized Federal Stafford Loans, FFEL PLUS Loans, and FFEL Consolidation Loans. You repay your FFEL Loan to the lender, secondary market, or guaranty agency. If your FFEL Loan was sold to the U.S. Department of Education, you repay your FFEL Loan to the U.S. Department of Education via a loan servicer. Note: The FFEL Program ended on June 30, 2010, and no new loans have been made under the FFEL Program after that date. It's important to understand that while loans made under the FFEL Program were in many cases made by banks, they are not private student loans. Loans that were made under the FFEL Program have the same protections and many of the repayment options as loans made under the Direct Loan Program.

# Types of Direct Loans and FFEL Program Loans

You may have received more than one type of loan under the Direct Loan Program or FFEL Program. Each loan type has its own terms and conditions, such as interest rates. In addition, the names you may see on the documentation for your loans may differ slightly from the naming in the chart below. For example, FFEL subsidized and unsubsidized loans are frequently called “Subsidized Stafford Loans and Unsubsidized Stafford Loans.”

Types of Federal Student Loans (Excluding Consolidation Loans)			
	Direct and FFEL Subsidized Loans	Direct and FFEL Unsubsidized Loans	Direct and FFEL PLUS Loans
Who may receive this loan?	Undergraduate students with financial need	All students	PLUS loans are federal loans that graduate or professional students and parents of dependent undergraduate students can use to help pay for college or career school. PLUS loans can help pay for education expenses not covered by other financial aid.
When does the government pay my interest?	While you are enrolled and six months after you graduate or drop below half-time enrollment  Deferment periods  During certain periods of repayment under the Income-Based Repayment, Pay As You Earn, and Revised Pay As You Earn plans	You pay all interest charged over the course of your loan term.	You pay all interest charged over the course of your loan term.
When must I begin making payments?	Six months after you graduate or drop below half-time enrollment	Six months after you graduate or drop below half-time enrollment	Parent PLUS Loans will go into repayment once the loan is fully disbursed. Graduate and professional student borrowers with PLUS Loans that were first disbursed on or after July 1, 2008, receive an automatic deferment while in school and a six-month deferment after they graduate, leave school, or drop below half-time enrollment.



# Time Limitation On Direct Subsidized Loans

---

If you received your first federal student loan on or after July 1, 2013, there was a rule that put a limit on the maximum period of time (measured in academic years) that you could receive Direct Subsidized Loans. Effective July 1, 2021, this rule has been rescinded.

Loans that had lost their subsidy due to this limitation and have a balance greater than zero on July 1, 2021, will regain their interest subsidy benefits. Additionally, borrowers that had become ineligible for additional subsidized loans due to this limitation will regain their eligibility for additional subsidized loans first disbursed on or after July 1, 2021. However, borrowers that received unsubsidized loans to replace subsidized loans that had been denied due to reaching the subsidized loan borrowing limit will not have those unsubsidized loans converted to subsidized loans.







# Interest Rates In The Direct Loan Program

---

The interest rates on Direct Subsidized Loans, Direct Unsubsidized Loans, and Direct PLUS Loans are fixed rates that are calculated each year in accordance with formulas specified in the laws and regulations that set the terms and conditions of Direct Loans.

When the rates are calculated, they apply to all loans for which the first disbursement is made during the period beginning on July 1 of one year and ending on June 30 of the following year. Each loan you receive over the course of your education may have a different fixed interest rate, depending on when the loan is first disbursed, the loan type, and whether you are an undergraduate student or a graduate or professional student.

## How Interest Accrues

Direct Loans are “simple daily interest” loans. This means that interest accrues daily. The amount of interest that accrues per day is calculated by dividing the interest rate on your loan (as a decimal) by the number of days in a year and then multiplying that by the outstanding principal balance of the loan.

For example, on a \$10,000 Direct Unsubsidized Loan with a 6.8% interest rate, the amount of interest that accrues per day while the loan has an outstanding balance of \$10,000 is \$1.86, calculated as follows:

$$(0.068 / 365) \times \$10,000 = \$1.86$$


## How You Can Find the Interest Rates on Your Loans






You can find the interest rates for your Direct Loans and FFEL Program loans by logging in to your account at [StudentAid.gov](https://studentaid.gov) with your FSA ID (account username and password). The site will open to your Dashboard where you will see a record of the loans and grants you've received. By selecting "view details" and then "view breakdown" under the loans tab, you will be able to see your loan(s) sorted by servicer. By expanding the "view loans" option, you will see the details of your loan(s) including the interest rate for each loan.

## What Is Interest Capitalization and When Does It Occur?

It's important to know what happens when you don't pay interest as it accrues on Direct Unsubsidized and Direct PLUS loans.

The unpaid interest is added to your outstanding principal balance, which makes the amount you actually owe greater than the loan amount you initially took out. Interest is then charged on that unpaid interest, which is called capitalization. Under most repayment plans, this will increase your monthly payment amount and the total amount you repay over the life of the loan.

 **There are certain points specified by law where interest is capitalized:**

-  Following periods of deferment on an unsubsidized loan and/or forbearance on any types of loans
-  Following the grace period on an unsubsidized loan
-  If you voluntarily leave the Revised Pay As You Earn (REPAYE), Pay As You Earn (PAYE), or Income-Based Repayment (IBR) plans
-  If you fail to annually update your income for some of the income-driven plans
-  If you are repaying your loans under the PAYE or IBR plans and no longer qualify to make payments based on income



# Repayment

## What is Repayment?

Repayment is the process of satisfying your obligation to pay back the money you borrowed to help you pay for your education.

For Direct Subsidized Loans, Direct Unsubsidized Loans, and Direct PLUS Loans as a graduate or professional student, the repayment period begins when your grace period ends (see page 2). Direct PLUS Loans for parent borrowers enter repayment when they are fully disbursed (paid out), but parents may defer (postpone) making payments while their child is enrolled in school at least half-time and for an additional six months after their child graduates, leaves school or drops below half-time enrollment.

## What Determines the Rules of my Repayment?






You repay your loan according to a repayment plan that you choose through your federal loan servicer. The repayment plan you choose determines the amount you pay each month and the number of payments you must make.

## When do I Need to Start Making Payments?

You are not required to make payments while you are enrolled at least half-time at an eligible school or (for most loan types) during the first six months after you leave school or drop below half-time enrollment.

### You May be Contacted by Third-party Student Debt Relief Companies

You should exercise caution when dealing with third-party student loan debt relief companies. The services that these companies typically provide are offered to borrowers free of charge through the U.S. Department of Education or your servicer. At no cost the Department and our federal loan servicers can help you

-  lower your monthly loan payment,
-  change your repayment plan,
-  consolidate multiple federal student loans,
-  postpone monthly payments while you're furthering your education or are unemployed, and
-  get your loans out of default.

Have questions or need help with your student loans? Contact your loan servicer for FREE assistance.



## How long do I have to repay my loan?

The maximum time period over which you must repay your federal student loan is called the repayment period. The repayment period can range from 10 to 30 years, depending on your repayment plan and other factors. By keeping your repayment period as short as possible and by making your payments on time, you reduce the amount of interest you pay over the life of the loan.

Traditional Repayment Plan Options for Direct Loans and FFEL Program Loans			
Repayment Plans	Eligible Loans	Monthly Payment and Time Frame	Eligibility and Other Information
<b>Standard Repayment Plan</b>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Subsidized and Unsubsidized Federal Stafford Loans</p> <p>All PLUS loans</p> <p>All Consolidation Loans (Direct Loans or FFEL Program loans)</p>	<p>Payments are a fixed amount that ensures your loans are paid off within 10 years (within 10 to 30 years for Consolidation Loans).</p>	<p>All borrowers are eligible for this plan.</p> <p>You'll usually pay less over time than under other plans. The Standard Repayment Plan with a 10-year repayment period is not a good option for those seeking Public Service Loan Forgiveness (PSLF). Standard Repayment Plan for Consolidation Loans is not a qualifying repayment plan for PSLF.</p>
<b>Graduated Repayment Plan</b>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Subsidized and Unsubsidized Federal Stafford Loans</p> <p>All PLUS loans</p> <p>All Consolidation Loans (Direct Loans or FFEL Program loans)</p>	<p>Payments are lower at first and then increase, usually every two years, and are for an amount that will ensure your loans are paid off within 10 years (within 10 to 30 years for Consolidation Loans).</p>	<p>All borrowers are eligible for this plan.</p> <p>You'll pay more over time than under the 10-year Standard Repayment Plan.</p> <p>Generally not a qualifying repayment plan for PSLF.</p>
<b>Extended Repayment Plan</b>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Subsidized and Unsubsidized Federal Stafford Loans</p> <p>All PLUS loans</p> <p>All Consolidation Loans (Direct Loans or FFEL Program loans)</p>	<p>Payments may be fixed or graduated and will ensure that your loans are paid off within 25 years.</p>	<p>You must have more than \$30,000 in outstanding Direct Loans.</p> <p>Your monthly payments will be lower than under the 10-year Standard Repayment Plan or the Graduated Repayment Plan.</p> <p>You'll pay more over time than under the 10-year Standard Repayment Plan.</p> <p>Not a qualifying repayment plan for PSLF.</p>

## What are my options if my federal student loan payments are high compared to my income?

If your federal student loan payments are high compared to your income, you may want to repay your loans under an income-driven repayment plan. Which income-driven repayment plan you are eligible for depends on your type of loan (Direct Loan or FFEL), when you were a new borrower, if you have a partial financial hardship, and if you were a student or parent borrower.

Most Direct Loans are eligible for at least one income-driven repayment plan. Based on your income and family size, your payment could be as low as \$0 per month. If you have FFEL program loans, you can consolidate them into a Direct Consolidation Loan to gain access to additional income-driven repayment plans that are only available to Direct Loan borrowers.

### Income-driven repayment plans:

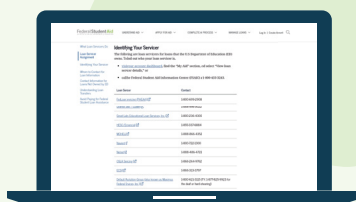
- ✓ Revised Pay As You Earn Repayment Plan (REPAYE Plan)
- ✓ Pay As You Earn Repayment Plan (PAYE Plan)
- ✓ Income-Based Repayment Plan (IBR Plan)
- ✓ Income-Contingent Repayment Plan (ICR Plan)
- ✓ Income-Sensitive Repayment Plan (only available for FFEL program loans)

These plans are designed to make your student loan debt more manageable by making your monthly payment a percentage of your discretionary income. If you'd like to repay your federal student loans under an income-driven plan, you need to fill out an application that you can access at [StudentAid.gov](https://studentaid.gov). You will also be required to recertify your income annually. For the Income-Sensitive Repayment Plan, you need to contact your servicer for the application and eligibility requirements.

### Did you Know?

You can make payments during your grace period to prevent interest from accruing and reduce the amount of interest that may be capitalized when you enter repayment. You can find out how much you can save by contacting your loan servicer.

If you took out a private student loan, you may have to begin making payments while you're still in school. Contact the holder of that private student loan immediately to arrange payment.





## Income Driven Repayment Plan Options

Repayment Plans	Eligible Loans	Monthly Payment and Time Frame	Eligibility and Other Information
<p><b>Revised Pay As You Earn Repayment Plan (REPAYE)</b></p>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Direct PLUS Loans made to students</p> <p>Direct Consolidation Loans that do not include PLUS loans (Direct Loans and FFEL Program loans) made to parents</p>	<p>Your monthly payments will be 10% of discretionary income.</p> <p>Payments are recalculated each year and are based on your updated income and family size.</p> <p>If you're married, both your and your spouse's income and loan debt will be considered, whether taxes are filed jointly or separately (with limited exceptions).</p> <p>Any outstanding balance on your loan will be forgiven if you haven't repaid your loan in full after 20 or 25 years.</p>	<p>Any Direct Loan borrower with an eligible loan type may choose this plan.</p> <p>Your monthly payment can be more than the 10-year Standard Repayment Plan amount.</p> <p>You may have to pay income tax on any amount that is forgiven.</p> <p>A good option for those seeking Public Service Loan Forgiveness (PSLF).</p>
<p><b>Pay As You Earn Repayment Plan (PAYE)</b></p>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Direct PLUS Loans made to students</p> <p>Direct Consolidation Loans that do not include PLUS loans (Direct Loans and FFEL Program loans) made to parents</p>	<p>Your maximum monthly payments will be 10% of your discretionary income.</p> <p>Payments are recalculated each year and are based on your updated income and family size.</p> <p>If you're married, your spouse's income or loan debt will be considered only if you file a joint tax return.</p> <p>Any outstanding balance on your loan will be forgiven if you haven't repaid your loan in full after 20 years.</p>	<p>You must be a new borrower on or after October 1, 2007, and must have received a disbursement of a Direct Loan on or after October 1, 2011.</p> <p>You must have high debt relative to your income. Your monthly payment will never be more than the 10-year Standard Repayment Plan amount.</p> <p>You'll pay more over time than under the 10-year Standard Repayment Plan.</p> <p>You may have to pay income tax on any amount that is forgiven. A good option for those seeking Public Service Loan Forgiveness (PSLF).</p>

## Income Driven Repayment Plan Options (Cont'd)

Repayment Plans	Eligible Loans	Monthly Payment and Time Frame	Eligibility and Other Information
<b>Income-Based Repayment Plan (IBR)</b>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Subsidized and Unsubsidized Federal Stafford Loans</p> <p>All PLUS Loans made to students</p> <p>Consolidation Loans (Direct Loans and FFEL Program loans) that do not include Direct or FFEL PLUS Loans made to parents</p>	<p>Your monthly payments will be 10 or 15% of discretionary income.</p> <p>Payments are recalculated each year and are based on your updated income and family size.</p> <p>If you're married, your spouse's income or loan debt will be considered only if you file a joint tax return.</p> <p>Any outstanding balance on your loan will be forgiven if you haven't repaid your loan in full after 20 or 25 years.</p>	<p>You must have a high debt relative to your income.</p> <p>Your monthly payment will never be more than the 10-year Standard Repayment Plan amount.</p> <p>You'll pay more over time than under the 10-year Standard Repayment Plan.</p> <p>You may have to pay income tax on any amount that is forgiven.</p> <p>A good option for those seeking Public Service Loan Forgiveness (PSLF).</p>
<b>Income-Contingent Repayment Plan (ICR)</b>	<p>Direct Subsidized and Unsubsidized Loans</p> <p>Direct PLUS Loans made to students</p> <p>All Direct Consolidation Loans (including those that include Direct or FFEL PLUS Loans made to parents)</p>	<p>Your monthly payment will be the lesser of</p> <ul style="list-style-type: none"> <li>• 20% of your discretionary income, or</li> <li>• the amount you would pay on a repayment plan with a fixed payment over 12 years, adjusted according to your income.</li> </ul> <p>Payments are recalculated each year and are based on your updated income, family size, and the total amount of your Federal Student Loans. If you're married, your spouse's income or loan debt will be considered only if you file a joint tax return or you choose to repay your Direct Loans jointly with your spouse.</p> <p>Any outstanding balance will be forgiven if you haven't repaid your loan in full after 25 years.</p>	<p>Any Direct Loan borrower with an eligible loan type may choose this plan.</p> <p>Your monthly payment can be more than the 10-year Standard Repayment Plan amount.</p> <p>You may have to pay income tax on any amount that is forgiven.</p> <p>A good option for those seeking Public Service Loan Forgiveness (PSLF).</p> <p>Parent borrowers can access this plan by consolidating their Parent PLUS Loans into a Direct Consolidation Loan.</p>



### Income Driven Repayment Plan Options (Cont'd)

Repayment Plans	Eligible Loans	Monthly Payment and Time Frame	Eligibility and Other Information
<b>Income-Sensitive Repayment Plan</b>	Subsidized and Unsubsidized Federal Stafford Loans	Your monthly payment is based on your annual income.	<p>You'll pay more over time than under the 10-year Standard Repayment Plan.</p> <p>The formula for determining the monthly payment amount can vary from lender to lender.</p> <p>This repayment plan is only available for FFEL program loans.</p>
	FFEL PLUS Loans	Up to 15 years	
	FFEL Consolidation Loans		

### Sample Monthly Payment Amounts for Direct Program Loans

Traditional Repayment Plans												
Initial Debt	Non-Consolidation Standard			Consolidation Standard			Extended Fixed					
	Monthly	Years <sup>1</sup>	Total	Monthly	Years	Total	Monthly	Years	Total			
\$5,000	\$53	10	\$6,364	\$53	10	\$6,364	N/A	N/A	N/A			
\$10,000	\$106	10	\$12,728	\$79	15	\$14,234	N/A	N/A	N/A			
\$25,000	\$265	10	\$31,820	\$165	20	\$39,597	N/A	N/A	N/A			
\$50,000	\$530	10	\$63,639	\$292	25	\$87,689	\$292	25	\$87,689			
\$100,000	\$1,061	10	\$127,279	\$537	30	\$193,256	\$585	25	\$175,377			

Initial Debt	Non-Consolidation Graduated				Consolidation Graduated				Extended Graduated			
	Initial	Final	Years	Total	Initial	Final	Years	Total	Initial	Final	Years	Total
\$5,000	\$30	\$90	10	\$6,715	\$30	\$90	10	\$6,715	N/A	N/A	N/A	N/A
\$10,000	\$60	\$180	10	\$13,431	\$48	\$144	15	\$15,306	N/A	N/A	N/A	N/A
\$25,000	\$150	\$450	10	\$33,578	\$129	\$227	20	\$41,684	N/A	N/A	N/A	N/A
\$50,000	\$300	\$900	10	\$67,157	\$234	\$410	25	\$93,104	\$234	\$410	25	\$93,104
\$100,000	\$600	\$1,800	10	\$134,313	\$430	\$753	30	\$207,886	\$467	\$820	25	\$186,207

## Income-Driven Repayment Plans

### Starting AGI \$25,000 unmarried with no dependents

Initial Debt	ICR					IBR <sup>2</sup>				
	Initial	Final	Years	Total	Forgiven <sup>2</sup>	Initial	Final	Years	Total	Forgiven
\$5,000	\$30	\$39	20	\$8,131	-	\$49	\$53	10	\$6,395	-
\$10,000	\$59	\$77	20	\$16,262	-	\$49	\$106	13.8	\$14,497	-
\$25,000	\$148	\$193	20	\$40,655	-	\$49	\$265	20	\$34,091	\$14,604
\$50,000	\$204	\$395	22.4	\$88,042	-	\$49	\$276	20	\$34,223	\$65,777
\$100,000	\$204	\$968	25	\$152,534	\$80,213	\$49	\$276	20	\$34,223	\$165,777

Initial Debt	PAYE					REPAYE (only undergraduate loans)					REPAYE (w/ grad loans)				
	Initial	Final	Years	Total	Forgiven	Initial	Final	Years	Total	Forgiven	Initial	Final	Years	Total	Forgiven
\$5,000	\$49	\$53	10	\$6,395	-	\$49	\$105	7	\$6,094	-	\$49	\$105	7	\$6,094	-
\$10,000	\$49	\$106	13.8	\$14,497	-	\$49	\$162	12.4	\$14,316	-	\$49	\$162	12.4	\$14,316	-
\$25,000	\$49	\$265	20	\$34,091	\$14,604	\$49	\$276	20	\$34,223	\$12,471	\$49	\$365	23.5	\$47,892	-
\$50,000	\$49	\$276	20	\$34,223	\$65,777	\$49	\$276	20	\$34,223	\$56,927	\$49	\$390	25	\$54,741	\$48,897
\$100,000	\$49	\$276	20	\$34,223	\$165,777	\$49	\$276	20	\$34,223	\$132,889	\$49	\$390	25	\$54,741	\$135,129

### Starting AGI \$40,000 married with no dependents (spouse has no loans)

Initial Debt	ICR					IBR <sup>2</sup>				
	Initial	Final	Years	Total	Forgiven <sup>3</sup>	Initial	Final	Years	Total	Forgiven
\$5,000	\$36	\$45	14.8	\$7,190	-	N/A	N/A	N/A	N/A	N/A
\$10,000	\$72	\$90	14.8	\$14,380	-	N/A	N/A	N/A	N/A	N/A
\$25,000	\$181	\$225	14.8	\$35,949	-	\$118	\$265	15	\$37,767	-
\$50,000	\$361	\$450	14.8	\$71,898	-	\$118	\$504	20	\$66,814	\$30,605
\$100,000	\$379	\$931	20.8	\$175,382	-	\$118	\$504	20	\$66,814	\$133,186

Initial Debt	PAYE					REPAYE (only undergraduate loans)					REPAYE (w/ grad loans)				
	Initial	Final	Years	Total	Forgiven	Initial	Final	Years	Total	Forgiven	Initial	Final	Years	Total	Forgiven
\$5,000	N/A	N/A	N/A	N/A	N/A	\$118	\$154	3.4	\$5,477	-	\$118	\$154	3.4	\$5,477	-
\$10,000	N/A	N/A	N/A	N/A	N/A	\$118	\$198	6.8	\$11,918	-	\$118	\$198	6.8	\$11,918	-
\$25,000	\$118	\$265	15	\$37,767	-	\$118	\$360	14.3	\$37,566	-	\$118	\$360	14.3	\$37,566	-
\$50,000	\$118	\$504	20	\$66,814	\$30,605	\$118	\$504	20	\$66,814	\$27,396	\$118	\$694	24.3	\$97,425	-
\$100,000	\$118	\$504	20	\$66,814	\$133,186	\$118	\$504	20	\$66,814	\$115,587	\$118	\$694	25	\$103,659	\$103,742

These figures are estimates based on an interest rate of 5% (the average Direct Loan interest rate for undergraduate and graduate borrowers during the last five years). For the income-driven plans, the estimates assume that you live in the continental U.S. and that your income increases 5% each year. These figures use the 2020 Poverty Guidelines and Income Percentage Factors.

<sup>1</sup> The 'Years' column indicates the number of years in repayment.

<sup>2</sup> These values assume you are a new borrower on or after July 1, 2014.

<sup>3</sup> The 'Forgiven' column indicates the remaining loan amount that will be forgiven after you have satisfied the repayment period requirements.

You may have to pay federal income tax on the forgiven loan amount.

## What if I want to pay off my loan early?

You may prepay all or part of your federal student loan(s) at any time without a penalty.

If you intend for any additional funds that you send your servicer to be used to pay down your principal, you must instruct your loan servicer of your intention or the servicer will apply the funds to future scheduled payments.

## What happens if I return to school?

If you return to school on at least a half-time basis before the end of your six-month grace period, your loans will return to in-school status. You won't have to make payments until six months after you graduate, leave school, or drop below half-time enrollment.

If you return to school on at least a half-time basis after your six-month grace period has ended, you'll qualify for an in-school deferment and won't have to make payments while you remain enrolled at least half-time. However, when you graduate, leave school, or drop below half-time enrollment, your in-school deferment will end, and you'll be required to begin making payments right away.

## What if I'm called to active duty military service?

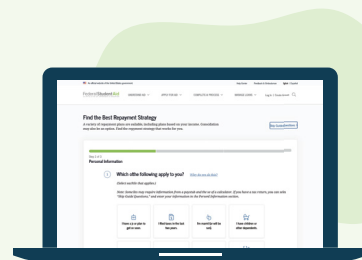
Active duty military service for more than 30 days in a reserve component of the U.S. armed forces is not counted as part of your grace period. Specifically active duty service, as well as the time necessary for you to reenroll in school after your active duty service ends, is excluded from your grace period. However, a period that is excluded from your grace period may not exceed three years.

If the call or order to active duty occurs while you are in school and requires you to drop below half-time enrollment, the start of your grace period will be delayed until after the end of the excluded period described above. If the call or order to active duty occurs during your grace period, you will receive a full six-month grace period at the end of the excluded period.

## Compare Repayment Plans Online

You can get estimates of your monthly payments for each repayment plan.

Use your FSA ID (account username and password) to log in to the Loan Simulator at [StudentAid.gov/loan-simulator/](https://studentaid.gov/loan-simulator/).





# Repayment Incentives

## Interest rate reduction for payments made with automatic withdrawal

The Automatic Debit payment option allows your loan servicer to automatically deduct your monthly payment from your checking or savings account.

Under the automatic debit payment option, you receive a 0.25% interest rate reduction on your loans that are owned by the Department, during periods of repayment.





# Your Repayment Obligation — Avoiding Delinquency And Default

---

Repayment of your federal student loan is a serious financial obligation. When you make payments on time, you begin establishing a credit history that will affect your future eligibility to obtain loans for the purchase of a car or home. When you apply for a job, employers often use your credit history as a way to measure how you meet your responsibilities and your ability to establish and stick to a plan.

Falling behind on your federal student loan payments can have major consequences:

- ✓ Your federal student loan becomes delinquent the first day after you miss (fail to make) payment that is due.
- ✓ If a federal student loan is delinquent for 270 days, it goes into default.
- ✓ Loans on which payments are delinquent and loans that are in default are reported to national credit agencies.

## What are the consequences for my federal student aid?

- ✗ You will lose your eligibility for loan deferments and forbearances and your eligibility to choose from among the available repayment plans.
- ✗ You will not be eligible for additional federal student aid if you return to school.

## What are the consequences for my career and future income?

- You may be required to immediately repay the entire unpaid amount of your loan. This process is known as acceleration.
- You may not be eligible for certain types of employment.
- Your loans may be turned over to a collection agency, and you will have to pay additional charges, late fees, and collection costs.
- You may have part of your income withheld by the federal government. This is known as wage garnishment.
- Your federal and state income tax refunds may be withheld and applied to your debt. This is known as a tax offset.



### **Avoid Default!**

If your account remains delinquent, your loan servicer will send you warning notices reminding you of your repayment obligation. Contact your loan servicer if you think you will have trouble making your payments or won't be able to pay on time.

Allowing your federal student loans to go into default can increase the amount you will have to pay back because fees and penalties will be added to the balance due.

## What are the consequences for my credit rating?

- Your credit score will be damaged.
- You may have difficulty qualifying for credit cards, car loans, or mortgages and will be charged much higher interest rates.
- You may have difficulty signing up for utilities, getting car or homeowner's insurance, or getting a cell phone plan.
- You may have difficulty getting approval to rent an apartment (credit checks may be required).





# Strategies For Avoiding Delinquency And Default

---

## Finish your program and graduate

When you graduate, you are more likely to increase your employability, career options, and potential income. However, making smart choices about your occupation and career path can also ensure you have the resources to meet your federal student loan obligations.

## Pay on time

It is very important that you make your federal student loan payments on time. Contact your loan servicer if you think you will have trouble making your payments or won't be able to pay on time.

## Stay in touch with your loan servicer

Visiting your servicer's website using their online payment options and signing up for electronic correspondence can help ensure that you never miss a letter or bill. Open all your mail and read everything about your federal student loan(s). Contact your loan servicer before you miss a payment on your federal student loan(s). Your loan servicer can explain your repayment options so you can avoid missing a payment. If you are not sure of your loan servicer or need other information about your loans, please log in to your account at [StudentAid.gov](https://studentaid.gov).



### Did you know?

It's important to graduate! According to U.S. Census Bureau Data, the average college graduate with a four-year degree earns almost \$1 million more over their lifetime than a high school graduate.

## Select a more appropriate repayment plan

One way to avoid default is to lower your monthly payments by changing to a different repayment plan. Some repayment plans have a monthly payment based on your income. You are never charged a fee to change repayment plans on your federal student loans.



### Note:

Interest will continue to be charged during deferment on your Direct Loans or FFEL Unsubsidized and PLUS Loans. If you do not pay this interest before the deferment ends, it will be capitalized when repayment begins.

If lowering your monthly payment is not an option or you are experiencing only a temporary problem repaying your loans, you may be able to temporarily postpone or lower your payments by applying for a deferment or forbearance.

## Deferment

If you are having temporary problems repaying your federal student loans, contact your loan servicer to see if you are eligible for a deferment. A deferment allows you to temporarily stop making payments on your federal student loans. If you have Direct Subsidized Loans that did not lose interest subsidy due to exceeding the 150 percent enrollment limit prior to July 1, 2021, you are not charged interest on those loans during deferment. You are never charged a fee for applying for a deferment on your federal student loans.

### You may qualify for a deferment if you are

- ✔ enrolled at least half-time at an eligible postsecondary school;
- ✔ in a full-time course of study in a graduate fellowship program;
- ✔ in an approved full-time rehabilitation program for individuals with disabilities;
- ✔ unemployed or unable to find full-time employment (for a maximum of three years);
- ✔ experiencing an economic hardship (including Peace Corps service) as defined by federal regulations (for a maximum of three years);
- ✔ serving on active duty during a war or other military operation or national emergency and for an additional 180-day period following the demobilization date for your qualifying service;
- ✔ performing qualifying National Guard duty during a war or other military operation or national emergency and for an additional 180-day period following the demobilization date for your qualifying service; or
- ✔ a member of the National Guard or other reserve component of the U.S. armed forces (current or retired) and you are called or ordered to active duty under certain circumstances: (1) while you are enrolled at least half time at an eligible school; (2) within six months of having been enrolled at least half time during the 13 months following the conclusion of your active duty service; or (3) until you return to enrolled student status on at least a half-time basis, whichever is earlier.



### Remember

You are responsible for staying in touch with your loan servicer.

## Forbearance

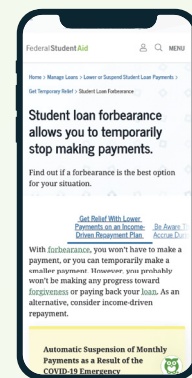
If you are having temporary problems repaying your federal student loans and are not eligible for a deferment, contact your loan servicer to see if you are eligible for forbearance. Forbearance is another method of temporarily postponing or reducing loan payments. You are never charged a fee for applying for a forbearance on your federal student loans.

You may be granted a forbearance if you meet one of the following requirements:

- ✔ You are unable to make your scheduled loan payments for reasons including, but not limited to, financial hardship and illness.
- ✔ You are serving in a medical or dental internship or residency program and you meet specific requirements.
- ✔ The total amount you owe each month for the Direct Loans and FFEL Loans you received is 20% or more of your total monthly gross income (for a maximum of three years).
- ✔ You are serving in an approved AmeriCorps position.
- ✔ You are performing a teaching service that would qualify for loan forgiveness under the requirements of the Teacher Loan Forgiveness Program.
- ✔ You qualify for partial repayment of your loans under the Student Loan Repayment Program, as administered by the Department of Defense.
- ✔ You are called to active duty in the U.S. armed forces.

### Note:

Interest will continue to be charged during a forbearance on all types of loans. If you do not pay this interest, it will be capitalized at the end of the forbearance.



### Did you know?

Interest will continue to be charged during a forbearance on all types of loans. If you do not pay this interest, it will be capitalized at the end of the forbearance.





# Loan Consolidation

A Direct Consolidation Loan may help make payments more manageable by combining several federal student loans into one loan with one monthly payment. You need to apply for loan consolidation and choose a repayment plan. Depending on the amount of your federal student loans and the repayment plan you choose, you have between 10 and 30 years to repay your Direct Consolidation Loan. (Private education loans are not eligible for consolidation, but they may be taken into account when determining your maximum repayment period under certain repayment plans.) The interest rate for Direct Consolidation Loans is fixed. The fixed rate is the weighted average of the interest rates on all of the loans you consolidate, rounded up to the nearest 1/8 of 1%. There is no cap on the interest rate on a Direct Consolidation Loan. To learn more, visit [StudentAid.gov/manage-loans/consolidation](https://StudentAid.gov/manage-loans/consolidation).

Once your loans are combined into a Direct Consolidation Loan, they cannot be reversed. The loans that were consolidated are paid off and no longer exist.

## How can consolidation help me manage my debt?

Loan consolidation can offer you benefits to help manage your education debt. Through consolidation, you can do the following:

- ✔ If you currently have federal student loans that are with different loan servicers, consolidation can greatly simplify loan repayment by giving you a single loan with just one monthly bill. Consolidation can lower your monthly payment by giving you a longer period of time (up to 30 years) to repay your loans.
- ✔ If you consolidate loans other than Direct Loans, consolidation may give you access to additional income-driven repayment plan options and Public Service Loan Forgiveness (PSLF).
- ✔ You'll be able to switch any variable-rate loans you have to a fixed interest rate.
- ✔ As with other types of student loans, you may prepay a Direct Consolidation Loan without penalty and may change repayment plans if you find that your current plan no longer meets your needs.

## Is there a downside to consolidation?

Although consolidation can help many students manage their monthly payments, there are some cases when a Direct Consolidation Loan may not be right for you:

- ✔ Because consolidation usually increases the period of time you have to repay your loans, you will likely make more payments and pay more in interest than would be the case if you didn't consolidate.
- ✔ When you consolidate your loans, any outstanding interest on the loans that you consolidate becomes part of the original principal balance on your consolidation loan (effectively the same as interest capitalization), which means that future interest accrues on a higher principal balance than might have been the case if you had not consolidated.
- ✔ Consolidation may also cause you to lose certain borrower benefits — such as interest rate discounts, principal rebates, or some loan cancellation benefits — that are associated with your current loans.
- ✔ If you're paying your current loans under an income-driven repayment plan, or if you've made qualifying payments toward Public Service Loan Forgiveness, consolidating your current loans will cause you to lose credit for any payments made toward income-driven repayment plan forgiveness or PSLF.
- ✔ If you consolidate Perkins Loans, you lose eligibility for cancellation benefits that are available only for Perkins Loans, and you also lose eligibility for Perkins Loan interest subsidy benefits.



### **There is no application fee to consolidate your federal student loans into a Direct Consolidation Loan.**

You may be contacted by private companies that offer to help you apply for a Direct Consolidation Loan, for a fee. These companies have no affiliation with the U.S. Department of Education or our servicers. There's no need to pay anyone for assistance in getting a Direct Consolidation Loan. The application process is easy and free.

## Should I refinance to consolidate my federal student loans into a private loan?

As a federal student loan borrower, you have certain rights that are not typically available with private loans. While refinancing your federal student loans into a private student loan can sometimes lower your interest rate, your private student loan will not necessarily have the same terms and conditions as your federal student loan.

You should carefully review the terms of a private student loan before you give up the benefits available on federal student loans. The following are some examples of benefits that you may lose if you refinance your federal student loan into a private student loan:

- ✔ Access to temporary loan payment relief through approved periods (deferment or forbearance) when you do not have to make payments because of financial hardship, continuing your education, or military service.
- ✔ No interest accumulation on subsidized student loans during periods when payments are deferred.
- ✔ Access to repayment plans based on your income that provide loan forgiveness once you have been in repayment for 20 or 25 years.
- ✔ Access to various forms of loan forgiveness and discharge, such as Public Service Loan Forgiveness, teacher loan forgiveness, total and permanent disability discharge, and borrower defense to repayment discharge.





# Loan Forgiveness And Discharge

Under certain circumstances, you may have all or a portion of your federal student loans forgiven or discharged. Contact your loan servicer for details. If you are unsure of your loan servicer, please log in to [StudentAid.gov](https://studentaid.gov).

## Loan Forgiveness Programs

### Teacher Loan Forgiveness

You are eligible for Teacher Loan Forgiveness if you teach full time at certain elementary or secondary schools or educational service agencies that serve low-income students.

This program forgives up to \$5,000 (up to \$17,500 for highly-qualified teachers in certain subject areas) of your subsidized and unsubsidized loans (not PLUS Loans), provided you teach for five consecutive years as a highly-qualified teacher.

For more information, visit [StudentAid.gov/manage-loans/forgiveness-cancellation/teacher](https://studentaid.gov/manage-loans/forgiveness-cancellation/teacher).

### Public Service Loan Forgiveness (PSLF) (Available to Direct Loan Borrowers Only)

PSLF forgives all of your remaining Direct Loan debt after you have made the 120 qualifying payments. To be eligible for PSLF, you must be

- ✓ making payments under a qualifying repayment plan; and
- ✓ working full-time at a qualifying public service organization while making 120 qualifying monthly payments.

For more information, visit [StudentAid.gov/manage-loans/forgiveness-cancellation/public-service](https://studentaid.gov/manage-loans/forgiveness-cancellation/public-service).

## Loan Discharge

### School-related discharge

Your loans may be discharged if

- ✓ your school closed before you could complete your program,
- ✓ your school falsely certified your loan eligibility,
- ✓ your school signed your name without your authorization,
- ✓ your school failed to refund all or a portion of your federal student loans to the loan servicer when it was required by law to do so, or
- ✓ your federal student loan was falsely certified as a result of identity theft.

### Death

If you die, or if you are a parent borrower of a PLUS Loan and the student for whom you obtained the loan dies, you may be eligible for a discharge.

### Total and permanent disability discharge

If you become totally and permanently disabled as defined in federal regulations and meet certain other requirements, your loan may be discharged.

### Note:

For more information, visit [StudentAid.gov/manage-loans/forgiveness-cancellation/disability-discharge](https://studentaid.gov/manage-loans/forgiveness-cancellation/disability-discharge).



### Remember!

Federal loans are not generally included in debts eliminated under personal bankruptcy. Contact your loan servicer to discuss federal student loan repayment.



# Resolving Student Loan Disputes



If you think there might be an issue with your federal student loan, first collect and review all of your loan paperwork, then identify and document what you think the problem is. Call your loan servicer to discuss the issue. A current listing of federal loan servicers can be found at [StudentAid.gov/manage-loans/repayment/servicers#your-servicer](https://studentaid.gov/manage-loans/repayment/servicers#your-servicer). If you don't know your servicer, see Identifying Your Loan Servicer on page 8.

## The Ombudsman

If you are unable to resolve the issue by working with your loan servicer, then, as a last resort, you may contact the Federal Student Aid (FSA) Ombudsman Group for assistance. The FSA Ombudsman Group works with federal student loan borrowers to resolve disputes or issues from an impartial, independent viewpoint. Contact information is below:

U.S. Department of Education  
Federal Student Aid Information Center  
P.O. Box 1854  
Monticello, KY 42633

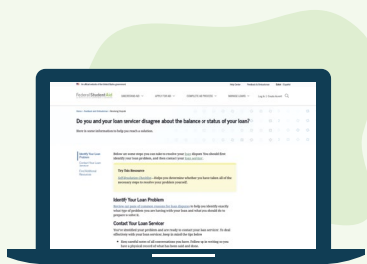
[customerservice@studentaid.gov](mailto:customerservice@studentaid.gov)

You can find additional information about the Federal Student Aid Ombudsman Group at

[StudentAid.gov/feedback-ombudsman/disputes/prepare](https://studentaid.gov/feedback-ombudsman/disputes/prepare).

### Note:

If you would like additional information to guide you through the problem resolution process, you can visit the section [StudentAid.gov/feedback-ombudsman/disputes](https://studentaid.gov/feedback-ombudsman/disputes).





# Financial Planning And Debt Management

Every successful aspect of your life requires planning, whether it is planning a weekend or planning a year-long project. Personal financial planning might be the most important of all because it can help secure your future.

## Budgeting

The first important step in planning your finances is to create a monthly budget that includes what you will earn, spend, and owe. Having a budget that you stick to will make you much more knowledgeable about your finances and about money in general.

Knowing exactly where your money is going every month can help you avoid falling further into debt and can help you see future financial issues before they arise. If you include the loan payments you will have to make under the various repayment options available to you, you can determine the repayment plans that offer payments you will be able to afford. Then you can choose the repayment plan that best helps you meet your goals (e.g., getting out of debt as quickly as possible).

### Set short- and long-term goals:

- ✔ Pay off credit card debt.
- ✔ Buy a car without having to borrow.
- ✔ Pay off your student loans.

### Save:

- ✔ Take advantage of any retirement savings plan offered by your employer, especially any matching plan. Increase automatic deposits when you get a raise.
- ✔ Start a private savings plan. As your budget becomes more familiar to you, you will be able to come up with new ways to squeeze savings out of your monthly income. Saving just \$10 per week at 3% interest adds up to \$6,000 in 10 years.
- ✔ Set up automatic deposits from your paycheck.



## Create a monthly spending plan and spend wisely:

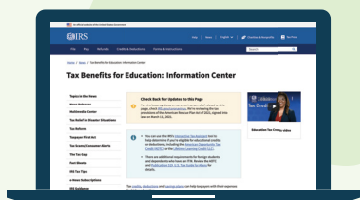
- ✔ Gather details on your income and expenses.
- ✔ Set monthly spending limits.
- ✔ Pay with money you have, and track whether you exceed your spending limits.
- ✔ Pay your credit card balance in full each month.
- ✔ Pay your bills on time.

## Take advantage of education-related tax incentives:

- ✔ Stay up-to-date on federal tax deductions for education-related expenses and on interest you pay on your federal student loans.
- ✔ Learn about tax credits for education-related expenses while attending school.
- ✔ Set up automatic deposits from your paycheck.

## Help with Tax Issues

Contact a tax advisor or visit IRS Tax Benefits for Education at [irs.gov/newsroom/tax-benefits-for-education-information-center](https://www.irs.gov/newsroom/tax-benefits-for-education-information-center) and IRS Information for Students at [irs.gov/individuals/students](https://www.irs.gov/individuals/students) for detailed information on tax credits, deductions, or other tax benefits for postsecondary students.





## Your Credit And Identity

A credit report is a collection of information about you and your credit history, kept by the four major credit bureaus:

- ✔ Equifax
- ✔ TransUnion
- ✔ Innovis
- ✔ Experian

These credit bureaus track and store information on your credit history, such as

- ✔ how promptly you pay your bills,
- ✔ the total amount of debt you owe, and
- ✔ how many credit cards you have.

Credit bureaus also report your credit score. Lenders use your credit score to decide whether to lend you money and what interest rate to charge you. Employers and insurance companies may also check your credit score.

### Maintain a good credit score:

- ✔ Review your credit report. You are entitled to check your credit report once per year for free. Learn more by visiting [AnnualCreditReport.com](https://www.annualcreditreport.com) or by calling 1-877-322-8228.
- ✔ Contact credit bureaus to correct inaccurate information.
- ✔ Pay all bills on time, including federal student loan payments.
- ✔ Keep your debt-to-income ratio as low as possible.



### Remember!

Borrowers with higher credit scores are charged lower interest rates than those with lower credit scores. (This does not apply to federal student loans.)

For more information on credit reports and credit scores, you can visit the Federal Trade Commission (FTC) website at [ftc.gov](https://www.ftc.gov) or the Consumer Financial Protection Bureau (CFPB) website at [consumerfinance.gov](https://www.consumerfinance.gov).

## Protect your credit and identity:

- ✔ Never give your personal information (e.g., SSN, date of birth, account numbers, etc.) to someone if you did not contact them.
- ✔ Store documents containing your personal information in a safe location and shred unnecessary documents.
- ✔ Protect your passwords.
- ✔ Monitor your bank and credit card statements.



### Did you know?

Making only the minimum payment on a balance of \$1,000 at an interest rate of 18.9% will take five years to pay off, for a total \$1,563!

## Manage credit card debt:

- ✔ Spend only what you can pay back immediately.
- ✔ Pay your balance in full each month to avoid interest and fees.
- ✔ Look for the lowest annual interest rate (APR) and fees.
- ✔ Read the fine print!
- ✔ Limit the number of credit cards you hold.

## Limit other borrowing:

To reduce the amount borrowed for large purchases (e.g., a car),

- ✔ plan ahead,
- ✔ try to save for large purchases, and
- ✔ borrow only what you can afford to repay. (Look for low interest rates and fees.)



# Helpful Resources

---

Keep your loan paperwork in a safe place, including your MPN, disclosure notices, and billing statements.

These provide you with a record of the terms of your federal student loan(s) and how much you have borrowed. Copies of your MPN are available on [StudentAid.gov](https://studentaid.gov) if you completed your MPN electronically.

If you choose to receive electronic correspondence, copies of that correspondence will be available from your loan servicer.

You can find information about all of your federal student loans by logging in at [StudentAid.gov](https://studentaid.gov).



## Student Contact Information and Acknowledgment

You are required to provide your current contact information to your loan servicer. If you complete exit counseling online, your contact information will automatically be provided to your loan servicer. If you did not (and will not) complete exit counseling online, you may use this page to provide the information to your school. You are also required to notify your loan servicer of any changes to your contact information after you leave school. You can use this page for that as well. You must complete all items on both the front and back.

**Important!** You must provide your loan servicer with your contact information as well as information on your closest living relative and two personal references. You must keep the information current.

### Personal Information (Please print clearly)

Last Name, First Name (Middle Name is Optional)

Permanent Home Street Address

City, State, Zip Code/Postal Code, Country

Area Code/Telephone Number

Email Address

Driver's License or State ID number (Optional)

Issuing State

Expected Employer (Leave blank if unknown)

Employer's Street Address

Employer's City, State, Zip Code/Postal Code, Country

Employer's Area Code/Telephone Number

**Enter closest living relative with a U.S. address different from yours, who will know your whereabouts for at least three years.**

Last Name, First Name (Middle Name is Optional)

Permanent Home Street Address

City, State, Zip Code/Postal Code, Country

Area Code/Telephone Number

Email Address

## Student Contact Information and Acknowledgment (Cont.)

**References: You must list two persons with U.S. addresses different from yours who will know your whereabouts for at least three years.**

1

Last Name, First Name (Middle Name is Optional)

Permanent Home Street Address

City, State, Zip Code/Postal Code, Country

Area Code/Telephone Number

Email Address

2

Last Name, First Name (Middle Name is Optional)

Permanent Home Street Address

City, State, Zip Code/Postal Code, Country

Area Code/Telephone Number

Email Address

---

## Student Acknowledgment

- I have received exit counseling materials for Direct Loan borrowers.
  
- I have read and I understand my rights and responsibilities as a borrower.
  
- I understand that I have a loan from the federal government that must be repaid.

Student's Signature

Date

Student's Name (Please Print)



# Your Rights and Responsibilities as Borrower

## I have the right to

- ✔ written information on my loan obligations and information on my rights and responsibilities as a borrower;
- ✔ a copy of my MPN either before or at the time my loan is disbursed;
- ✔ a grace period and an explanation of what this means;
- ✔ notification, if the Department transfers your loan to another servicer without your consent;
- ✔ a disclosure statement, received before I begin to repay my loan, that includes information about interest rates, fees, the balance I owe, and a loan repayment schedule;
- ✔ deferment or forbearance of repayment for certain defined periods, if I qualify and if I request it;
- ✔ prepay my loan in whole or in part at any time without an early-repayment penalty; and
- ✔ documentation when my loan is paid in full.

## I am responsible for

- ✔ completing exit counseling before I graduate, leave school, or drop below half-time enrollment;
- ✔ repaying my loan according to my repayment schedule even if I do not complete my academic program, I am dissatisfied with the education I received, or I am unable to find employment after I graduate;
  - notifying my lender or loan servicer if I
  - move or change my address,
  - change my telephone number,
  - change my name,
  - change my Social Security number, or
- ✔ change employers, or if my employer's address or telephone number changes;
- ✔ making monthly payments on my loan after my grace period ends, unless I have a deferment or forbearance; and
- ✔ notifying my lender or loan servicer of anything that might alter my eligibility for an existing deferment or forbearance.

For more information visit:  
[studentaid.gov/exit-counseling](https://studentaid.gov/exit-counseling)

Last Updated: July 2021

