

## What is FIRST?

*FIRST is a program that provides a full range of **Financial Information, Resources, Services, and Tools** to help you manage your finances, learn about financial aid options for medical school, understand loan repayment plans, and much more!*

### FIRST on the Web

The FIRST website ([aamc.org/FIRST](http://aamc.org/FIRST)) provides financial information and resources needed to effectively manage your student loans. It also provides data and useful tools that you can utilize to make important financial decisions. To search for FIRST resources, we recommend using our [search tool](#). You can conduct a general search based upon a specific word, or you can search by “Audience” (Residents, Medical School, or Pre-Med) or by “Topic” (Credit, Loans, Loan Forgiveness, etc.)

### FIRST Online Publication

[Guide to Money Management and Student Loans](#) is a new publication to help medical students throughout medical school. Within the guide we discuss applying for financial aid, borrowing student loans, managing money, and repayment options after medical school and during residency.

### FIRST Fact Sheets

[Fact sheets](#) are articles on various financial topics such as financial aid, loan repayment, budgeting, credit, and more.

### FIRST Videos and Webinars

There are several [videos](#) and [recorded webinars](#) about money management, repaying student loans, and other financial topics like credit, taxes, buying a home, insurance, and the AAMC’s Financial Wellness program. FIRST also offers monthly webinars on topics like money management during medical school, selecting a repayment plan, and more. View the [upcoming webinars calendar](#) and register to attend a webinar.

### FIRST Resources and Tools

The FIRST program provides a variety of [resources](#) like charts, infographics, the [Debt Fact Card](#), and budgeting worksheets for [students](#) and [residents](#). These resources provide information about financial topics important to medical students and residents.

### FIRST and the MedLoans® Organizer and Calculator (MLOC) Tool

FIRST designed the [MedLoans® Organizer and Calculator](#) (MLOC) tool for medical students and residents. This tool provides a secure place to organize student loan information and review repayment scenarios. Borrowers can upload their federal student aid data file from their [Federal Student Aid \(FSA\)](#) account into the Organizer and then use the Calculator to create and view different repayment scenarios, estimate monthly payments, and identify possible loan forgiveness options based upon their individual loan portfolio and financial goals. If you want to store non-federal loan information within the MLOC tool, you will need to manually enter that information.

### FIRST and Financial Wellness

The [AAMC Financial Wellness](#) program provides free access to financial calculators, articles, and videos to help medical students and residents create a budget, track spending, create financial goals, and enhance financial knowledge about credit, financial planning, money management, and more. Just create an account to get started.

### FIRST for Different Audiences

#### [Paying For Medical School](#)

It’s important to map out your financial plan before you begin medical school. FIRST provides information on how to finance the cost of your medical education.

#### [Managing Your Finances During Medical School](#)

Careful financial management while in medical school is also important. Use FIRST’s fact sheets and debt management tools to make knowledgeable financial decisions.

#### [Handling Finances During Residency](#)

Use the MedLoans® Organizer and Calculator Tool and other FIRST resources after medical school to help with money management and loan repayment.

(8/2023) View all factsheets at [aamc.org/first/factsheets](http://aamc.org/first/factsheets)