

Financial Literacy & Scholarships Guide

Possessing the skills and knowledge to make informed financial decisions is key to long-term success and stability. Financial literacy empowers individuals to manage their money wisely, avoid debt, and plan for future educational goals. Whether you're looking to better understand budgeting, loans, or scholarship opportunities, this guide will provide valuable insights and tools. Please reference the resource outline to efficiently and effectively navigate through these resources, helping you build a secure financial foundation for your future.

General Financial Literacy Resources and Events

[Penn State University Sokolov-Miller Family Financial and Life Skills Center](#)

This is an educational resource at Penn State University designed to help students, faculty, staff, and alumni develop essential financial literacy and life skills. The center provides support in managing personal finances, budgeting, student loans, debt, savings, and other financial matters. They provide one-on-one coaching, workshops and webinars, and online resources to help individuals build healthy financial habits, reduce stress related to finances, and enhance overall well-being.

1. **Upcoming Events**

- ◆ Guide to study abroad: October 8th, 2024 12:00 PM to 1:00 PM
 - https://psu.zoom.us/webinar/register/WN_8twUWz_BTMCj79DD3va3Vg
- ◆ Debt Management: November 5th, 2024 12:00 PM to 1:00 PM
 - https://psu.zoom.us/webinar/register/WN_8twUWz_BTMCj79DD3va3Vg#/registration

2. Online **Self–Study Modules**

- a. [Financial Literacy Overview Module](#)
- b. [10 Principles of Financial Literacy Module](#)
- c. [After Graduation Module](#)
- d. [Student Loans Module](#)
- e. [Debt Management Module](#)

2. [Mentoring Program](#)—gain valuable experience learning about financial wellness from a Penn State alum!
3. [One on one coaching sessions](#)

Financial Literacy (Lifestyle)

→ [CashCourse](#)

- ◆ Free sign up for students
- ◆ Access articles, videos and interactive tools about budgeting, credit and debit cards, financial aid repaying student loans, renting an apartment, filing taxes, etc.
- ◆ Can create personalized monthly budget plan (use “Budget Wizard” tool)

→ AAMC Options

- ◆ Financial Information, Resources, Services, and Tools (FIRST)
 - [Videos and Webinars](#)
- ◆ [MedLoan Organizer and Calculator](#)
 - “Provides a secure location to organize and track student loans while also displaying possible repayment plans and costs based on a student’s individual loan debt”

→ White Coat Investor

- ◆ Has great blog and podcast for financial freedom in residency

→ Physician on FIRE

- ◆ BLOG- financial independence, frugality, retiring early, etc.

General Scholarships & Awards

→ Career One Stop

- ◆ Free scholarship search tool sponsored by the U.S. Department of Labor
- ◆ [Scholarship Finder | CareerOneStop](#)

→ Creative Biolabs Scholarship

- ◆ Deadline: September 30, 2025
- ◆ \$1,000
- ◆ Creative Biolabs is a custom service provider in the field of antibody production and engineering. Applicants must be undergraduates, graduates or Ph.D. students at an accredited college or university, majoring in a science related field such as Biology, Biochemistry, Chemistry and Molecular Biology with a 3.0 GPA or higher.
- ◆ [Creative Biolabs Scholarship Details - Apply Now | Unigo](#)

→ Boster Scholarship

- ◆ Deadline: December 31, 2024
- ◆ \$1,000
- ◆ Boster is proud to provide an annual scholarship to students pursuing or continuing a 4-year academic program related to Biology Technology. The Bosterbio Scholarships for Young Scientists Of Excellence will provide \$1,000 scholarships to graduating high school or college students to aid their scientific research in college
- ◆ [Boster Bio Scholarship Fund Details - Apply Now | Unigo](#)

→ National Hispanic Health Professional Student

- ◆ Deadline: September 23rd, 2025
- ◆ \$5,000
- ◆ This award is available to students who are studying in a medical, dental, nursing, public health, or policy program, and are of Hispanic descent or display strong commitment to the health of the Hispanic community.
- ◆ [National Hispanic Health Professional Student Scholarship Details - Apply Now | Unigo](#)

→ MCAT PREP HUB Scholarship

- ◆ Deadline: September 30, 2025
- ◆ The \$500 MCAT Prep Hub Scholarship is open to all medical school students and those planning on enrolling within 12 months.

◆ [THE MCAT PREP HUB SCHOLARSHIP Details - Apply Now | Unigo](#)

→ Scholarship America Dream Award

◆ Deadline: February, 2025

◆ Awards will be given to students entering their second year or higher of education beyond high school, based on the fact that too often scholarships are only offered in their freshman year. Award amounts will grow each year, helping ensure that students can afford to complete their degrees.

◆ [Scholarship America Dream Award \(scholarsapply.org\)](#)

→ Courage Over Comfort Scholarship

◆ Deadline: June 30, 2025

◆ \$500

◆ The scholarship is open to all students and non-students from any field of study. The only requirement is that you want to learn, grow, and improve your life.

◆ Go to the scholarship page

(<https://calvinrosser.com/scholarships/courage-over-comfort/>) and click "Apply Now".

→ Elevate Women in Technology Scholarship

◆ Deadline: November 30, 2024

◆ \$1040

◆ The scholarship is open to all high school, undergraduate, and graduate school students who identify as a woman and who plans to use technology to make the world a better place.

◆ Go to the scholarship page

(<https://calvinrosser.com/scholarships/women-in-technology>) and click "Apply Now".

→ Atlas Shrugged Essay Contest

◆ Deadline: December 27, 2024

◆ Various prize amounts

- ◆ Applicants must read Atlas Shrugged and write an 800 to 1,600-word essay on one of three assigned topics available on aynrand.org/contests; applicants may submit the essay online or by mail.
- ◆ <http://www.aynrand.org>
- CompHealth Medical Scholarship
 - ◆ Deadline: August 1, 2025
 - ◆ \$5,000
 - ◆ CompHealth wants to help up and coming physicians by providing a scholarship for medical and pre-med students.
 - ◆ <http://www.comphealth.com/resources/scholarship/>
- Unigo Scholarships
 - ◆ [General Undergraduate Scholarships](#)
 - ◆ [Scholarships by Major](#)
- [Niche Scholarships](#)
 - ◆ [Health Professions Scholarships](#)
- [Scholarship America](#)
- [FastWeb](#)–Personalized scholarship and internship matching
- [College Board Scholarship Matching](#)

Application Cycle/Costs

- [Medical School Application Costs](#)
- [PA School Application Costs](#)
- [Dental School Application Costs](#)
- [Optometry School Application Costs](#)
- [Nursing School Application Costs](#)

- ✓ Mcat Prep Course: \$160-\$2000
- ✓ Mcat: \$315 per test + Retakes (\$630)
- ✓ Primary Applications: \$170 + \$40 for each additional school = \$930 total
- ✓ Secondary applications \$100 per school = \$2000
- ✓ ~5 Interviews: \$500-1000*5 = \$2500-\$5000

TOTAL COST: \$6220-\$10560

Pre-Health Resources

1. AAMC
 - a. Dec 7–[Exploring Salary Equity Among Medical School Leadership](#)
 - b. [FIRST Videos and Webinars](#)
2. Miscellaneous Articles
 - a. [Importance of Financial Literacy in Medical Education](#)
 - b. [Common Pre-Health Professional Financial Mistakes](#)
 - c. AAMC–[Direct Loans 101](#)
 - d. AAMC–[Questions Premeds Should Ask Medical School Financial Aid Officers](#)
 - e. [American Academy of Family Physicians Foundation - Scholarships for Medical School](#)
3. Longer Reads
 - a. [Ten Simple Finance Lessons for the Medical Student and Young Physician](#)

Cost Estimators

1. Medical School Headquarters–[Medical School Applications Cost Estimator](#)
2. The Student Doctor Network–[Medical School Application Cost Calculator](#)

Penn State–Specific Funding

1. **Erickson Discovery Grant**
 - a. Application opens December 2, 2024
 - b. Up to \$3,500
 - c. Specifically for applicants with at least one semester left at Penn State after the summer who are conducting their own independent research or project
 - d. <https://urfm.psu.edu/programs/erickson-discovery-grant#paragraphs-id-107>
2. **Student Engagement Grant:**
 - a. Application for spring grants opens November 20th; for summer grants application opens on February 28th
 - b. \$2,000

- c. For PSU students who are studying abroad or doing something unpaid (shadowing/volunteering)
 - d. When applying, think about how the engagement opportunities you're participating in will help you in the future
 - e. <https://sen.psu.edu/grant-program-requirements/>
- 3. [Undergraduate Research Conference Travel Support](#)
 - a. This provides funding assistance for undergraduate students who wish to present their research at academic or professional conferences. This support is designed to help cover travel-related expenses such as transportation, lodging, and registration fees, enabling students to share their research findings with a broader audience, gain valuable professional experience, and network with experts in their field.
- 4. [Federal Work–Study Awards](#)
- 5. [Biochemistry and Molecular Biology Department Awards](#)
- 6. [Chemistry Department Awards](#)
- 7. [College of Health and Human Development Awards](#)
 - a. [Undergraduate Internship Enrichment Fund](#)
 - b. [Francis Hoffman Award for Excellence in Writing](#)
 - i. Nominations accepted through mid-April
 - c. [Summer Undergraduate Research Grants](#)
- 8. [College of Engineering - Additional Scholarship Opportunities for Continuing Students](#)
- 9. [Career at Penn State](#)
- 10. [College of Nursing - External Scholarship Opportunities](#)

Career–Specific Funding

- 1. [Pre–Dental Scholarships](#)
 - a. [Dentably 88 Scholarship List](#)
 - b. [Krochak Pre-dental Scholarship](#)
 - c. [ADA Foundation Scholarships](#)

- i. Application deadline 4.3
 - d. [Dr. Bessie Delaney Scholarship](#)
 - i. Application deadline 5.25
 - 2. [Pre-Health Scholarships](#)
 - a. [SkillPointe Foundation Scholarship](#)
 - i. Application deadline 6.30
 - b. [MGMA Leaders Scholarship](#)
 - i. Application deadline 5.15
 - c. [Tylenol Future Care Scholarship](#)
 - 3. [Nursing Scholarships](#)
 - a. [Johnson & Johnson Nursing Scholarship Search](#)
 - b. [Nurse.org](#)
 - c. [Nursing Foundation of Pennsylvania](#)
 - d. [Nurses Make a Difference Scholarship](#)
 - i. Application deadline 8.1
 - 4. [Medical School Scholarships](#)
 - 5. [Physical Therapy Scholarships](#)
 - a. [A list of PT and related Scholarships](#)
 - b. [HIE Help Center Scholarship](#)
 - i. Application deadline 7.31
 - c. [NSCA Foundation Minority Scholarship](#)
 - i. Application deadline 10.15
 - d. [NSCA Foundation Women's Scholarship](#)
 - i. Application deadline 10.15
 - 6. [Public Health Scholarships](#)

Major-Specific Funding

- 1. [Engineering Scholarships](#)

- a. [Women in Science and Engineering Research Scholarship](#)
2. [General Science Scholarships](#)
 - a. [Niche Biology Scholarships](#)
 - b. [Chemistry ACS Awards](#)
 - c. [Niche Chemistry Scholarships](#)
 - d. [Niche Pre–Medicine Scholarships](#)
 - e. [Niche Nutritional Science Scholarships](#)
 - f. [Niche Kinesiology Scholarships](#)

General Funding

1. Unigo Scholarships
 - a. [General Undergraduate Scholarships](#)
 - b. [Scholarships by Major](#)
2. [Niche Scholarships](#)
 - a. [Health Professions Scholarships](#)
3. [Scholarship America](#)
4. [FastWeb](#)–Personalized scholarship and internship matching
5. [College Board Scholarship Matching](#)
6. [Bold.org](#)
7. [Going Merry](#)
8. [The Science Ambassador Scholarship](#) - Full Tuition
9. Check your local scholarships!!!

Pre–Health Resources

1. AAMC Webinars
 - a. July 22–[Money Management for Entering Medical School Students](#)
 - b. May 6–[Public Service Loan Forgiveness](#)
2. Miscellaneous Articles

- a. [Importance of Financial Literacy in Medical Education](#)
 - b. [Common Pre-Health Professional Financial Mistakes](#)
 - c. AAMC-[The Cost of Applying to Medical School](#)
 - d. AAMC-[Direct Loans 101](#)
 - e. AAMC-[Questions Premeds Should Ask Medical School Financial Aid Officers](#)
3. Longer Reads
- a. [Ten Simple Finance Lessons for the Medical Student and Young Physician](#)