

Spring 2026 Repayment Strategies Instructions

Thank you for your interest in the AAMC's Financial Information, Resources, Services, and Tools (FIRST) Repayment Strategies sessions!

As a graduating medical student with loans, one of the most important steps you can take when transitioning to residency is knowing your responsibilities and next steps regarding your loan repayment. The FIRST program offers numerous tools and resources that can assist you during this important time in your medical career.

To help, we are offering this one-hour on-demand video that will include valuable information regarding loan repayment, budgeting during residency, organizing your loan portfolio and showcasing how the MedLoans Organizer and Calculator (MLOC) provides a secure location to organize and track loans while also displaying possible repayment plans tailored to your specific loans. In addition, you will have access to register for one of many LIVE webinars on Repayment Strategies and/or office hours with an AAMC representative.

Below are instructions on how you may access these resources:

Visit the [Repayment Strategies and Transitioning to Residency for Graduating Medical Students](#) platform and login with your AAMC web account

Watch the Video on Repayment Strategies for Graduating Medical Students

Available at any time that works for you. **You must watch this video before registering for other resources.*

Register for a Repayment Strategies Webinar

Tuesday's at 2:00pm ET

This LIVE webinar will be hosted by a representative from the AAMC and discuss your student loan repayment responsibilities, review payment plan options, show scenarios on repayment using our MLOC and discuss how to budget while living on a resident's stipend.

Register for Additional Office Hours

Wednesday's at 6:00pm ET

Thursday's at 2:00pm ET

In these sessions, you will connect with fellow medical school students across the country for an open discussion where you can speak directly to a FIRST team representative to address your questions about student loans and repayment.

Utilize the Additional Resources Provided to You

1. Guide to Money Management and Student Loans
2. Tips During Residency
3. Budgeting Worksheet for Residents
4. Repayment Plans Compared Chart
5. Next Steps

Please contact FIRST with any questions at: first@aamc.org