

Financial Wellness Resources

Office of Financial Aid

Types of Aid for Graduate School

- **Federal Student Loans (must have a current FAFSA on file)**
 - Direct Unsubsidized loan
 - Graduate Plus loan
- **Outside Scholarships**
 - [ScholarshipQuest](#)
 - [Sallie Mae](#)
 - [Broke Scholar](#)
 - [MoneyGeek](#)

Private loan options for International Students

- [MPower Financing](#)
- [Sallie Mae](#)
- [Prodigy Financial](#)
- [Ascent](#)
- [LendKey](#)
- [EdVestinU](#)
- [Citizens](#)

Federal Loan Repayment

- Loan repayment appointments can be made through the [Office of Financial aid](#)
- [Loan Exit counseling and Repayment Estimators](#)
- Interest/payment freeze extended through August 31st, 2022 for federal loans

Budgeting During Grad School

- [Budget worksheet](#)
- Excel has Budget Templates
- Phone apps for budgeting and spending
- Banking/credit card apps

Housing/Family Resources

- [UNMC Housing](#)
- [Off-campus Housing](#)
- [Omaha Public Housing](#)
- [Family Services](#)
- [Health and Human Services](#)

Unexpected Emergencies

- [Special Circumstance Request Form](#)
 - Allows for an increase in federal or private student loan eligibility
 - If requesting federal loans must have FAFSA on file
- **Emergency Rental Assistance (ERA) Program**
 - The State of Nebraska is participating in the [Emergency Rental Assistance](#) Program. A program overview and the eligibility requirements can be found on their website.
- **Food Insecurity**
 - The [Maverick Food Pantry](#) remains steadfast in its commitment to supporting dietary and personal hygiene needs of students, faculty, and staff at UNO and UNMC. For students studying at our other campus locations, please review the listing of [Food Pantry Resources](#) in your area.
- **SNAP Benefits for Students (COVID Relief)**
 - This temporary expansion will expire 30 days after the COVID-19 public health emergency is lifted. For additional information, please visit the SNAP page through the [Nebraska Department of Health and Human Services \(DHHS\)](#). Students may apply for assistance through [AccessNebraska](#).
 - Do I qualify? Complete an online assessment to see if you qualify for any type of assistance through Health and Human Services
 - Note: You may be asked to document your eligibility for Federal Work Study (FWS) and/or \$0 EFC status. You can document FWS eligibility by taking a screenshot of your financial aid award screen in MyRecords or document your EFC by downloading your Student Aid Report (SAR). Please follow these [instructions](#) for downloading your SAR.
- **Emergency Broadband Benefit**
 - The [Affordable Connectivity Program](#) will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands. Qualifications include:
 - Income level at or below 200% of the poverty guideline
 - Receive certain government benefits (SNAP, WIC, Medicaid, Free or reduced lunches)
 - Qualify through a child or dependent