

# STUDENT LOAN EXIT COUNSELING AND REPAYMENT

Nyack College/Alliance Theological Seminary  
Student Financial Services

# CONTENTS

- Terminology
- Repayment Options
- Lender Contact Information
- Exit Counseling Website

# TERMINOLOGY

- Consolidation
- Default
- Deferment
- Forbearance
- Delinquency

# TERMINOLOGY

**Consolidation** - If you have multiple student loans you may be able to combine them into one loan with a fixed interest rate based on the average of the interest rates on the loans being consolidated.

**Default** - If you are delinquent on your student loan payment for 90 days or more, your loan servicer will report the delinquency to the three major national credit bureaus. If you continue to be delinquent, your loan can risk going into default. Don't ignore your student loan payments—defaulting on your loan can have serious consequences.

**Deferment** - A deferment is a temporary postponement of payment on a loan that is allowed under certain conditions. Generally Direct Subsidized Loans do not accrue interest. All other federal student loans that are deferred will continue to accrue interest.

# TERMINOLOGY

**Forbearance** - A period of time when your monthly loan payments are temporarily stopped or reduced. Interest will continue to be charged on your loans. Be aware that unpaid interest may be capitalized (added to your loan principal balance) at the end of your forbearance period.

**Delinquency** - **first day** after you miss a student loan payment, your loan becomes past due, or delinquent. Your loan account remains delinquent until you repay the past due amount or make other arrangements, such as deferment or forbearance, or changing repayment plans.

# REPAYMENT PLAN OPTIONS

- Standard
- Graduated
- Extended
- Revised Pay as You Earn (REPAYE)
- Pay as you Earn (PAYE)
- Income-Based Repayment (IBR)
- Income Contingent Repayment (ICR)
- Income Sensitive Repayment Plan

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Standard Repayment	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Subsidized and Unsubsidized Federal Stafford Loans</li> <li>• PLUS loans</li> <li>• <u>Consolidation</u> Loans (Direct or FFEL)</li> </ul>	Payments are a fixed amount that ensures your loans are paid off within 10 years (within 10 to 30 years for Consolidation Loans).	<p>All borrowers are eligible for this plan.</p> <p>You'll usually pay less over time than under other plans.</p> <p>Standard Repayment Plan with a 10-year repayment period is not a good option for those seeking Public Service Loan Forgiveness</p> <p>Standard Repayment Plan for Consolidation Loans is not a qualifying repayment plan for PSLF.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Graduated Repayment Plan	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Subsidized and Unsubsidized Federal Stafford Loans</li> <li>• Consolidation Loans (Direct or FFEL)</li> </ul>	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>All borrowers are eligible for this plan.</p> <p>You'll pay more over time than under the 10-year Standard Plan.</p> <p>Generally not a qualifying repayment plan for PSLF.</p>



Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Extended Repayment Plan	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Subsidized and Unsubsidized Federal Stafford Loans</li> <li>• PLUS loans</li> <li>• Consolidation Loans (Direct or FFEL)</li> </ul>	Payments may be fixed or graduated, and will ensure that your loans are paid off within 25 years.	<p>If you're a Direct Loan borrower, 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 Plan or the Graduated Repayment Plan.</p> <p>You'll pay more over time than under the 10-year Standard Plan.</p> <p>Not a qualifying repayment plan for PSLF.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Revised Pay As You Earn Repayment Plan (REPAYE)	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Direct PLUS loans made to students</li> <li>• Direct Consolidation Loans that do not include PLUS loans (Direct or FFEL) made to parents</li> </ul>	<p>Your monthly payments will be 10 percent of <u>discretionary income</u>.</p> <p>Payments are recalculated each year and are based on your updated income and family size.</p> <p>You must update your income and family size each year, even if they haven't changed.</p>	<p>Any Direct Loan borrower with an eligible loan type may choose this plan.</p> <p>You'll usually pay more over time than under the 10-year Standard Plan.</p> <p><b>You may have to pay income tax on any amount that is forgiven.</b></p> <p>Good option for those seeking PSLF.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Revised Pay As You Earn Repayment Plan (REPAYE) -continued		<p>If you're married, both your and your spouse's income or 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 years (if all loans were taken out for undergraduate study) or 25 years (if any loans were taken out for graduate or professional study).</p>	

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Pay As Your Earn Repayment Plan (PAYE)	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Direct PLUS loans made to students</li> <li>• Direct Consolidation Loans that do not include (Direct or FFEL) PLUS loans made to parents</li> </ul>	<p>Your monthly payments will be 10 percent of discretionary income, but never more than you would have paid under the 10-year Standard Repayment Plan. Payments are recalculated each year and are based on your updated income and family size.</p> <p>.</p>	<p>You must be a <u>new borrower</u> on or after Oct. 1, 2007, and must have received a <u>disbursement</u> of a Direct Loan on or after Oct. 1, 2011.</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 Plan amount. You'll usually pay more over time than under the 10-year Standard Plan.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Pay As Your Earn Repayment Plan (PAYE) -continued		<p>You must update your income and family size each year, even if they haven't changed.</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><b>You may have to pay income tax on any amount that is forgiven.</b></p> <p>Good option for those seeking PSLF.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Income Based Repayment Plan (IBR)	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Subsidized and Unsubsidized Federal Stafford Loans</li> <li>• PLUS loans made to students</li> <li>• Consolidation Loans (Direct or FFEL) that do not include Direct or FFEL PLUS loans made to parents</li> </ul>	<p>Your monthly payments will be either 10 or 15 percent of discretionary income, but never more than you would have paid under the 10-year Standard Repayment Plan.</p> <p>Payments are recalculated each year and are based on your updated income and family size.</p> <p>You must update your income and family size each year, even if they haven't changed.</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 Plan amount.</p> <p>You'll usually pay more over time than under the 10-year Standard Plan.</p> <p><b>You may have to pay income tax on any amount that is forgiven.</b></p> <p>Good option for those seeking PSLF.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Income Contingent Repayment Plan (ICR)	<ul style="list-style-type: none"> <li>• Direct Subsidized and Unsubsidized Loans</li> <li>• Direct PLUS Loans made to students</li> <li>• Direct Consolidation Loans</li> </ul>	<p>Your monthly payment will be the lesser of</p> <ul style="list-style-type: none"> <li>• 20 percent of 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>Any Direct Loan borrower with an eligible loan type may choose this plan.</p> <p>You'll usually pay more over time than under the 10-year Standard Plan.</p> <p><b>You may have to pay income tax on any amount that is forgiven.</b></p> <p>Parent borrowers can access this plan by consolidating their Parent PLUS Loans into a <u>Direct Consolidation Loan</u>.</p>

Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Income Contingent Repayment Plan (ICR) -continued		<p>Payments are recalculated each year and are based on your updated income, family size, and the total amount of your Direct Loans.</p> <p>You must update your income and family size each year, even if they haven't changed.</p> <p>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>	



Repayment Plan	Eligible Loans	Monthly Payment and Time Frame	Eligibility
Income Sensitive Repayment Plan	<ul style="list-style-type: none"> <li>Subsidized and Unsubsidized Federal Stafford Loans</li> <li>FFEL PLUS Loans</li> <li>FFEL Consolidation Loans</li> </ul>	Your monthly payment is based on annual income, but your loan will be paid in full within 15 years.	<p>You'll pay more over time than under the 10-year Standard Plan.</p> <p>The formula for determining the monthly payment amount can vary from <u>lender</u> to lender.</p> <p>Available only for FFEL Program loans, which are not eligible for PSLF.</p>

# WEBSITE

Exit Counseling – [studentaid.gov/repay](https://studentaid.gov/repay)

- Print & save a copy of the Exit Counseling completion confirmation. Student Financial Services will receive a confirmation that the Exit Counseling was completed within 24-48 hours.

The screenshot shows the Federal Student Aid website interface. At the top, the 'Federal Student Aid' logo is on the left, and user account links (person icon, magnifying glass, 'MENU') are on the right. The main header is a dark blue bar with the title 'Manage Loans' and a subtitle: 'Navigate the student loan repayment process with confidence: make payments, change repayment plans, explore options, and get help.' A 'View My Account' button is in the top right of this bar. Below the header, the section 'Understanding Student Loan Repayment' is introduced with the text 'Learn about federal student loan repayment based on where you are in the process.' Three vertical panels are displayed below. The first panel, 'I'm Starting School or In School' (with a graduation cap icon), lists links for entrance counseling, loan acknowledgment, TEACH Grant, loan conversion, payment estimation, and account management. The second panel, 'I'm About to Graduate or Leave College' (with a book icon and a green arrow pointing to it), lists links for exit counseling, loan payments, and contact info. The third panel, 'I Just Graduated or Left School' (with a dollar sign icon), lists links for finding a servicer, grace period, payment estimation, repayment plan selection, and loan payments.

Federal Student Aid

Manage Loans

View My Account

Understanding Student Loan Repayment

Learn about federal student loan repayment based on where you are in the process.

**I'm Starting School or In School**  
I'm in the process of earning a degree or certificate.  
[Complete Entrance Counseling](#)  
[Annual Student Loan Acknowledgment](#)  
[Avoid TEACH Grant Conversion to Loan](#)  
[Estimate Your Payments](#)  
[Manage Your Account](#)

**I'm About to Graduate or Leave College**  
I'm completing my program or taking a break from school.  
[Complete Exit Counseling](#)  
[Start Making Loan Payments](#)  
[Update Your Contact Info](#)

**I Just Graduated or Left School**  
I'm in my grace period and preparing to repay my loan.  
[Find Your Loan Servicer](#)  
[Understand Grace Period](#)  
[Estimate Your Payments](#)  
[Choose a Repayment Plan](#)  
[Start Making Loan Payments](#)

# FEDERAL STUDENT LOAN SERVICERS CONTACT INFORMATION

Loan Servicer	Contact Number
Aidvantage	1-800-722-1300
Debt Management and Collections System	1-800-621-3115
FedLoan Servicing (PHEAA)	1-800-699-2908
Great Lakes Educational Loan Services	1-800-236-4300
HESC /Edfinancial	1-855-337-6884
Mohela	1-888-866-4352
Nelnet	1-888-486-4722
Osla Servicing	1-866-264-9762