



Educate yourself and your kids on student loans

Student loans have become a popular way to finance a college education. However, accumulating debt can significantly affect your everyday finances and long-term goals.

These materials can help educate you on strategies to manage existing student debt and on ways to save for college to minimize future loans.



Student loan worksheet

As you go through these materials, you might want to take notes or write down questions. Use this [handy worksheet](#) to help you organize your thoughts.



Introduction to managing student debt

This [short video](#) has useful information for both those living with student loan debt and those hoping to avoid student loans in the future.



Balance student loan payments with other priorities

Having trouble balancing loan repayments with other financial priorities, like rent or saving for the future? [Creating a budget](#) can help. You can also switch to an income-driven repayment plan or apply for temporary relief through deferment or forbearance. Read more about those options at [StudentAid.gov/Manage-Loans/Lower-Payments](https://studentaid.gov/Manage-Loans/Lower-Payments).



Student loan forgiveness options

In certain situations, you can have your federal student loans forgiven, canceled, or discharged. Visit [StudentAid.gov/Manage-Loans/Forgiveness-Cancellation](https://studentaid.gov/Manage-Loans/Forgiveness-Cancellation) to learn more about the types of forgiveness and whether you qualify due to your job or other circumstances.



SAVE FOR RETIREMENT WHILE PAYING OFF YOUR STUDENT LOAN

Did you know if you're on an income-driven repayment (IDR) plan, you can make pretax contributions to your employer-sponsored retirement plan, thereby lowering your discretionary income and lowering your student loan payment? Lowering your payment will extend the life of your loan, but this strategy works well if you will seek loan forgiveness in the future. To determine if this strategy would work for you, consult a financial professional or read more about both IDR plans and different types of loan forgiveness at [StudentAid.gov/H/Manage-Loans](https://studentaid.gov/H/Manage-Loans).



Use Lincoln *WellnessPATH*® to help you with your goals

Lincoln *WellnessPATH*® is a financial wellness tool that provides education and organization to help you feel more confident about achieving your goals — whether that's managing student loans, saving for higher education, or saving for retirement. Learn more in this [video](#). To access the tool, log into your retirement account at LincolnFinancial.com and look for the *WellnessPATH* banner.



Minimize future student loans by saving now for a loved one's education

- Get a brief overview of the different [ways to save for college](#).
- Stay organized with the [Countdown to College Checklist](#).
- [Calculate the advantages of saving](#) in a 529 plan.



Help is available.

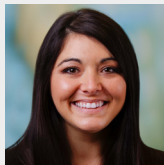
If you're looking for more information on a particular topic or just want to discuss your ideas with a financial professional, your retirement consultants are here for you. Make an appointment at LincolnFinancial.com/LegacySchedule or contact them directly.



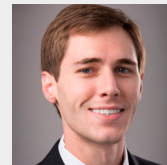
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PAD-3753811-090921
PDF ADA 9/21 **Z01**
Order code: LCY-SLOAN-FLI001



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