



SCHOLARSHIPS AND STUDENT AID Office

MONEY TIPS FOR COOP PLACEMENTS, INDUSTRIAL PRACTICUMS AND PAID INTERNSHIPS

INFORMATION SHEET FOR UNDERGRADUATE STUDENTS*

Congratulations on your upcoming COOP placement, Industrial Practicum, or paid internship!

Here are some tips for managing your full-time salary in order to make the most of this financial opportunity:

Save and Stick to your Budget

- You may be earning a substantial salary during your placement, but keep in mind that you will be returning to school to complete your program. This is a great opportunity to learn, earn and save in order to reduce your need for financial assistance or government loans when you return to full-time study.
- It may be tempting to increase your monthly spending since you will be paid regularly but maintaining a monthly budget similar to the one you have while in school will allow you to maximize your savings.
- Track your income and expenses. This will allow you to ensure you are sticking with your budget and achieving your saving goals. Need some help? The Financial Consumer Agency of Canada has [free tools](#) to get you started.
- Check out our [Budgeting 101 Webinar Presentation](#).

Do your Taxes

- File your provincial and federal income tax returns! As a student, it is possible you will qualify to have a considerable amount of the taxes you paid while working refunded. This applies to all students, regardless of whether you are a Canadian or international student.
- Did you know that even if you did not work in previous tax years, it is still important to file your taxes?
 - The tuition you paid during these years is a tax credit, which can be carried forward to subsequent tax years, which could increase the amount of your refund.
 - You might qualify for the [GST/HST](#) or [Solidarity](#) tax credits, which are tax-free quarterly payments that help individuals and families with low and modest incomes.
- Need help doing your taxes? Attend one of our [Income Tax Information sessions](#) offered every year in March and April or [get help from a volunteer](#).

* To access our links, please go to our website: <https://www.mcgill.ca/studentaid/>



Hold off on Debt Repayment

- It may be tempting to get a head start on repaying the debt you have accumulated during your studies, but keep in mind that this could divert financial resources away from the remainder of your degree. Review your outstanding debts to determine whether repayment can wait, especially if it puts you in a position where it compromises your ability to afford your cost of attendance when you return.
 - Depending on your government aid program and the type of placement, your student loan debts may remain interest and payment-free during your placement. If this is the case, repayment can wait. Contact our office to find out more.
 - If you receive Quebec government aid (AFE), it is highly likely that your earnings will affect your assessment for either the current or following academic year. The amount of your government student aid could be reduced significantly, and you are advised to save accordingly. Students receiving government aid from other Canadian provinces or territories (i.e. OSAP, Student Aid BC, etc.) are advised to consult their respective jurisdictions as your eligibility, or the amount of your funding, could be impacted.
 - If you are a US Direct Loan recipient, please consult our office for any implications this change in enrollment may have for your loans.
 - High interest debts like credit cards should be repaid.
 - If you have an informal, interest-free loan (i.e. from family friends or relatives), discuss with the lender whether it can wait until you have completed your program.
- If you intend to apply for McGill In-course Financial Aid upon your return, the Scholarship and Student Aid Office expects students returning from a paid work term(s) to return with savings to help defray the costs of tuition and living expenses. The amount of savings should reflect a conscious effort of the student to manage their expenses and income responsibly during the paid work period.
- Please note that international students are advised to consult International Student Services to discuss their plans for an internship.

Scholarships and Student Aid Office

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