

Financial Wellness Curriculum Overview



Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé

FIRST YEAR

Improving your Relationship...with Money

- Personal attitude towards finances
- Financial steps to improve financial health
- Financial pitfalls
- Scholarship and student aid services

SECOND YEAR

Money Myths & Managing Debt

- Financial myths
- Reducing Debt
- Managing a line of credit & interest rates
- Choice of financial products/advisors
- Career planning

THIRD YEAR

Financial Checkup Before CaRMS

- Residency applications & electives
- Moving for residency
- Overview of how billing works
- *Cost of electives*
- *Travelling for interviews*

FOURTH YEAR

The Pearls of Wisdom Your Staff Wish They Could Tell Their Younger Selves About Finance

- Budgeting a salary
- Repaying loans
- Basic principles of saving and investing
- Disability insurance & retirement planning
- Financial fitness & personal health and wellness