



## Sample MONTHLY ASSISTANCE FOR A FULL-TIME STUDENT

Here is a basic breakdown of what your first deposit would look like and what you can expect on a monthly basis thereafter. Please know that we issue your assistance on the LAST FRIDAY OF EACH MONTH FOR THE NEXT MONTH....so end of August is for September, etc).

*(note: this is an example & it only applies to students not living in RESIDENCE and that have moved away to attend college)*

### SEPTEMBER (to be deposited automatically to your bank account)

Monthly Living Allowance:	\$ 675.00	eg. for a single student (naturally this is based on your personal allowance category and marital status and dependents)
Regular Travel at \$80/week/month:	\$ 320.00	*for your bus pass, gas, parking fees, etc. or if you don't need either, use to cover more of your living expenses.
Books/Supplies advance:	\$ 400.00	*if you go over \$350 when buying your mandatory books/supplies, you can submit for a reimbursement
Total Deposit for September:	<u>\$1,395.00</u>	*deposited on Last Friday of August

**NOTE:** you have to buy your mandatory books/supplies from this money ! Buy them as soon as you find out what you need. You should be able to find the official list on your student portal. Please do not wait until the last minute because the bookstore can sell out and you might not get the textbooks and supplies that you need...which will mean that you won't be able to do the readings, etc...then you will get behind on your course work and studying and then it will only get worse from there.

Now, provided you remain a full-time student for the year, your **average monthly assistance for the other months** (again, scheduled for automatic release on the LAST FRIDAY of every month) will be:

**October, November, December, February, March and April will be:**

Monthly Living Allowance:	\$675.00
Regular Travel at \$80/week/month:	<u>\$320.00</u>
Total <i>average</i> deposit for other months:	\$995.00

### **PLEASE SAVE, SAVE, SAVE AND BUDGET WISELY!**

Post-secondary sponsorship is ONLY an assistance. It is not meant to cover all your expenses while at school. You will need to save your own monies now and during your summer break to offset the cost of your college or university studies.

I hope that this breakdown will help you to budget your money wisely throughout the school year AND encourages you to start saving now to cover the rest of your living expenses.

Before you go buying or doing things that you shouldn't be spending your money on, please remember there are no early releases or advances of your cheques.