Expert Poll: Mortgage Rate Trend Predictions For July 14–20 | Bankrate

At Bankrate we strive to help you make smarter financial decisions. While we adhere to strict editorial integrity, this post may contain references to products from our partners. Here's an explanation for how we make money.
Mortgage experts are divided over where rates are headed in the coming week (July 14-20). In response to Bankrate's weekly poll, about 25 percent say rates are going up, around 25 percent say rates are going down and approximately 25 percent say rates will remain the same. Calculate your monthly payment using Bankrate's mortgage calculator.

Experts predict where mortgage rates are headed

Week of Jul 14 - 20

Experts say rates will ...

<table>
<thead>
<tr>
<th>Direction</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go up</td>
<td>25%</td>
</tr>
<tr>
<td>Stay the same</td>
<td>25%</td>
</tr>
<tr>
<td>Go down</td>
<td>50%</td>
</tr>
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Current Mortgage Rates for July 2022
<table>
<thead>
<tr>
<th>Lender</th>
<th>APR</th>
<th>Rate</th>
<th>Mo. payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Year Fixed NMLS: #240415</td>
<td>4.04%</td>
<td>3.63%</td>
<td>$2,343</td>
</tr>
<tr>
<td>(5) (877) 390-5114</td>
<td>Jul 14, 2022</td>
<td>Points: 1.841</td>
<td>Fees: $8,983</td>
</tr>
</tbody>
</table>

| 15 Year Fixed NMLS: #1374724 | 4.16% | 3.88% | $2,384 |
| (4.8) | Jul 14, 2022 | Points: 1.904 | Fees: $6,229 |

| 15 Year Fixed NMLS: #1067 | 4.66% | 4.38% | $2,466 |
| (4.9) | Jul 14, 2022 | Points: 1.875 | Fees: $6,093 |

| 15 Year Fixed NMLS: #2289 | 5.00% | 4.99% | $2,568 |
| (4.9) (855) 846-7672 | Jul 14, 2022 | Points: 0 | Fees: $239 |
If markets think inflation will be moderate, bonds can rally. Slightly lower mortgage rates in the coming week.

— Michael Becker, Sierra Pacific Mortgage

25% say rates will go up

Jeff Lazerson  
President, MortgageGrader

Up with the coming Fed rate increase.

Dick Lepre  
Loan agent, CrossCountry Mortgage, Alamo, CA

Trend: Higher. We are in uncharted waters. Higher-than-previous and higher-than-expected CPI indicates that inflation is not under control. Another Fed hike is a certainty even as we enter recession.

50% say rates will go down

Les Parker  
CMB, managing director, Transformational Mortgage Solutions, Jacksonville, Florida

Mortgage rates will go down. Here’s a parody based on the 2011 hit “Walk,” by Foo Fighters: “Learning to WALK again; Bulls believe they’ve waited long...
The 5-year, 5-year forward inflation swap rate (long-term inflation expectations) is testing support. The fundamental battle between slowing growth and rising prices continues. Additionally, the fall of oil and the rise of the dollar continue to hurt the chances of much higher rates driven by inflation.

**Greg McBride**  
CFA, chief financial analyst, Bankrate.com

Vote: Down. Inflation hits a fresh 40-year high and forces the Fed to remain aggressive on interest rates. But front-loading the rate hikes could actually be better for mortgage rates as it moves up the timetable for when inflation and interest rates peak.

**Michael Becker**  
Branch manager, Sierra Pacific Mortgage, White Marsh, Maryland

Inflation as reported in the Consumer Price Index or CPI came in higher than expected and at the highest level since November 1981. This is causing Treasuries and mortgage-backed securities to sell off, leading to higher mortgage rates. However, I think markets will look past this report and notice that gas and energy prices have been coming down along with other components of CPI. If markets think inflation will be moderate, bonds can rally.

Slightly lower mortgage rates in the coming week.

**Logan Mohtashami**  
Housing analyst, HousingWire, Irvine, California

Lower. Inflation data will be hot, but it's a bit backward-looking with the recent drop in commodity prices for the first time in a while. The 10-year yield has had a nice tug-of-war at the 3 percent level, but it's been harder and harder to keep it above 3 percent lately, no matter how hot the inflation data has been.

25% say unchanged

**Ken H. Johnson**  
Real estate economist, Florida Atlantic University

Prices on 10-year Treasury notes have been volatile lately. However, it looks like a pattern is emerging with yields settling in around 3 percent. A steady
Treasuries market implies a steady mortgage market. Long-term mortgage rates will go unchanged in the next week.

**Elizabeth Rose**  
Sales manager, Mortgage300 Corporation, Dallas, TX

Rates will be unchanged. Inflation is in beast-mode, hitting a high not seen since 1981. We are all feeling it in our wallet. This move higher will likely pressure the Fed to hike another 75 basis points, and Fed futures are indicating nearly a 50/50 change of a 100-basis point hike. Currently, mortgage bonds appear to be holding somewhat steady, but this is not a time to float your interest rate.

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**About the Bankrate.com Rate Trend Index**

Bankrate's panel of experts is comprised of economists, mortgage bankers, mortgage brokers and other industry experts who provide residential first mortgages to consumers. Results from Bankrate.com's Mortgage Rate Trend Index are released each Thursday.

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About the author

Ruben Çağınalp is an associate writer for Bankrate, focusing on mortgage topics.

Expertise

Mortgages, mortgage refinancing, homebuying, homebuyer assistance programs

Experience

Prior to joining Bankrate, Ruben interned as an LGBTQ+ civil rights paralegal, completed three university research fellowships and published his work in undergraduate research journals. He currently serves as a board member at the American Trans Resource Hub.

Education

Ruben has a BA in Comparative Literature from Fordham University.
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