Experts say rates will...

- Go up 57%
- Stay the same 14%
- Go down 29%

Written by Ruben Caginalp

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 21-27). In response to Bankrate's weekly poll, about 57 percent say rates are going up, around 28.6 percent say rates are going down and approximately 14.4 percent say rates will remain the same. Calculate your monthly payment using Bankrate's mortgage calculator.

**Rate Trend Index**

Experts predict where mortgage rates are headed

Week of Jul 21 - 27

<table>
<thead>
<tr>
<th>Experts say rates will ...</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Go up</td>
<td>57%</td>
</tr>
<tr>
<td>Stay the same</td>
<td>14%</td>
</tr>
<tr>
<td>Go down</td>
<td>29%</td>
</tr>
</tbody>
</table>

**Current Mortgage Rates for July 2022**

Advertiser Disclosure
<table>
<thead>
<tr>
<th>Lender</th>
<th>APR</th>
<th>Rate</th>
<th>Mo. payment</th>
<th>Sort by</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Year Fixed</td>
<td>3.96%</td>
<td>3.63%</td>
<td>$2,343</td>
<td>Next</td>
</tr>
<tr>
<td>NMLS: #240415</td>
<td>Jul 21, 2022</td>
<td>Points: 1.321</td>
<td>Fees: $7,293</td>
<td></td>
</tr>
<tr>
<td>(5) (877) 390-5114</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 15 Year Fixed | 4.26% | 3.99% | $2,402 | Next |
| NMLS: #1374724 | Jul 21, 2022 | Points: 1.804 | Fees: $5,904 |
| (4.8) |

| 15 Year Fixed | 4.66% | 4.38% | $2,466 | Next |
| NMLS: #1067 | Jul 21, 2022 | Points: 1.875 | Fees: $6,093 |
| (4.9) |

| 15 Year Fixed | 5.25% | 5.25% | $2,613 | Next |
| NMLS: #2289 | Jul 21, 2022 | Points: 0 | Fees: $0 |
| (4.9) (855) 846-7672 |
Watch for the Fed to raise rates again this week. That action will cause investors to go to cash and both the bond market and stock market to weaken.

— Derek Egeberg, Academy Mortgage

57% say rates will go up

**Derek Egeberg**
Certified mortgage planning specialist and branch manager, Academy Mortgage, Yuma, Arizona

Higher. Watch for the Fed to raise rates again this week. That action will cause investors to go to cash and both the bond market and stock market to weaken.

**Jeff Lazerson**
President, MortgageGrader

Up.

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

Higher. Bond yields short-term are playing back and forth between 3 percent on the 10-year yield. This week we should hop over 3 percent on the 10-year yield.

**James Sahnger**
Mortgage planner, C2 Financial Corporation, Jupiter, Florida

Higher. Next week, the Fed gets together, and it's expected that Jerome Powell and company will increase the fed funds rate by another 50-75 basis points.
Rates have seen an increase in the days preceding other Fed meetings this year, and I see no reason for that trend to be snapped now. Recession and inflation banter will continue, but with the 2-year Treasury yield currently running 20 basis points above the 10-year Treasury, pressure for the gap to widen only grows. While much of the increase has already been priced in, the trend is not your friend. Following the meeting, we could see some relief, but we'll have to see how the statement changes and hear the press conference that follows.

29% say rates will go down

**Ken H. Johnson**
Real estate economist, [Florida Atlantic University](http://www.floridaatlantic.edu)

10-year Treasury yields have been hovering between 2.9 percent and 3 percent for the last couple of weeks. This makes a prediction for next week's mortgage rates a flip of the coin. Next week, long-term mortgage rates will decline slightly.

**Greg McBride**
[CFA, chief financial analyst](http://www.bankrate.com), Bankrate.com

Vote: Down. The Fed meeting is more likely to bring about lower mortgage rates than higher mortgage rates as long-term rates respond to growing recession worries.

14% say unchanged

**Dick Lepre**
Loan agent, CrossCountry Mortgage, Alamo, CA

Trend: Flat. This week will be the calm before the storm. The storm will be on July 29 when the Fed announces a hike in the overnight rate target the day after BEA announces second-quarter GDP, making recession official. The Fed will make it clear that controlling inflation is more important than a modestly lower GDP.
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.

Stay on top of ever-changing rates

Get customized rate alerts delivered directly to your inbox.

Email

Subscribe

By clicking 'Subscribe', I agree to Bankrate.com's Privacy Policy and Terms of Use.
About the author

Ruben Çağinalp 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.
Bankrate.com is an independent, advertising-supported publisher and comparison service. Bankrate is compensated in exchange for featured placement of sponsored products and services, or your clicking on links posted on this website. This compensation may impact how, where and in what order products appear. Bankrate.com does not include all companies or all available products.