



## **RETHINKING RETIREMENT: 2-part Seminar Series for Faculty**

Retirement can indeed be the beginning of something new or a chance to refocus on what you love most in your career and life. This 2-part seminar, facilitated by Professors Emeritus/a Phil and Carolyn Cowan, and Sheldon Zedeck, Department of Psychology, will provide professors an opportunity to explore lifestyle issues (vs. nuts-and-bolts) as one transitions to emeritus/a status.

Topics include: how to continue your academic interests, your relationships with your non-retiring colleagues, what will this transition be like for your family. Lessons learned from professors who have transitioned in retirement will be shared and expectations and challenges for planning the transition, making the transition, and being emeritus/a will be explored.

The Emeriti Association (UCBEA), the Retirement Center (UCBRC), and the Office of the Associate Vice Provost for the Faculty are hosting this two-part seminar to share research and support a conversation on the retirement transition as it relates to continuing academic interests (first seminar) and to family relationships (second seminar).

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### **Seminar Information**

Seminar 1: Tuesday, October 8th, 2:10 – 4:30 p.m.  
*"Retirement transition related to academic interests"*

Seminar 2: Tuesday, October 15th, 2:10 – 4:30 p.m.  
*"Retirement transition related to family"*  
(Significant family member/partners strongly encouraged to attend)

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Location: University Hall, Room 150  
Link to Registration: <https://sforce.co/31ZkWvV>