



Course Title: Transition to Retirement  
Target Audience: Federal Employees with 5 years or fewer until Retirement Eligibility  
Course Length: 3 Hours

This class addresses the many factors and issues related to the retirement years. Some of those topics are:

- Am I ready to retire?
- What is Retirement?
- The Phases of Retirement
- Psychological Well-Being in Retirement
- Retirement Expectations: Men vs. Women
- Time Allocation and Goal Setting in Retirement
- Activities: Part-Time Work, Starting a Business, Return to Full-Time Work
- Volunteering
- Boomerang Children, Caring for Grandchildren
- Single Life in Retirement
- To Move or Not to Move
- Resources for Retirees

Note: Second Careers, Resume Writing, Skills Assessment may be included upon request.

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