

Your Next Move: Transitioning to the New Retirement

University College | Fall 2023

U03 GS 126



ABOUT THE COURSE

We still use the word retirement because we don't have better language for the next chapter of life. We do have a better vision in mind for all us – a *New Retirement*.

Your Next Move – taught by Chris Frey, LCSW – provides experienced workers and learners with the skills and essential elements necessary for making a successful transition to retirement and a fulfilling next chapter in their lives.

This course will use assessment, planning, seeking information, and enlisting support to help define what the New Retirement looks like for you.

Students will learn the critical ingredients of retirement **beyond finances**:

- ▶ Purpose
- ▶ Health
- ▶ Leisure
- ▶ Well-Being
- ▶ Social

Wednesdays, 5:30pm -7:30pm | Beginning October 25

Cost: \$710* | 1 unit course | Eight weeks

*Free with WashU employee tuition benefit

COURSE OBJECTIVES

After completing the course, students will have...

- ▶ Increased knowledge about when they might want to retire, what they envision for their retirement life, and what planning needs to be done to achieve that vision.
- ▶ Skills to assess, plan and reassess their situation over time.
- ▶ Gained knowledge about resources available at their employing organization, in the community and online.



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acadinfo.wustl.edu/ucollege

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