

Looking Ahead to a Fulfilling Retirement



MY GOALS

- 1.
- 2.
- 3.



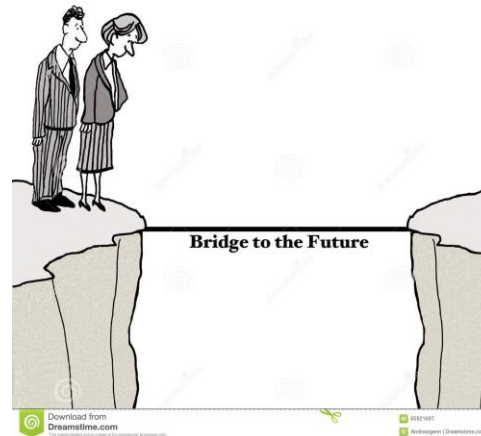
~~UNPREPARED~~



Retirement is a major life transition

- **No one right way to retire**

- Challenge is to prepare for the retirement that is best for you
- Fulfilling retirement is more than just financial security & adequate medical care
- Must consider psychosocial aspects of retirement as well



Need to compensate for the benefits work provides:

- **Structure:** Work gets us each morning; orders our days, helps set our priorities
- **Intellectual stimulation:** Opportunities to learn, meet challenges
- **Social relationships:** Many of our friends are colleagues
- **Meaning and purpose:** Goals, growth, identity (i.e., Who am I; What do I do?)



A fulfilling retirement requires careful preparation

- Since 1994, individual academic has more responsibility for retirement planning
 - Many decisions to make:
 - Can I afford to retire?
 - When to retire?
 - How to retire: Abruptly, gradually (phased)?
 - Where to retire?
 - Whether to maintain some involvement with institution post retirement
 - Etc.
 - **How do I start a retirement conversation with my chair?**



Starting the retirement conversation:

- Kirk Domer, Chair, Theatre
- Rob Roznowski, Professor, Theatre



Starting a Productive Conversation about Retirement

A preliminary planning exercise



Retirement Resource Panel

- **Terry Curry**, *Associate Provost & Vice President, Academic Human Resources*
- **Barbara Roberts**, *Executive Director, WorkLife Office*
- **Sherry Van Kampen**, *Human Resources Analyst, Human Resources*



Optimistic Aging: Charting Your Course For Retirement

Presentation by Dr. Margit Cox Henderson, Award Winning Author & Psychologist on exploring non-financial aspects of retirement planning.

- May 9, 2018
- Hannah Community Center
- 6:30 p.m. – 8:00 p.m.
- Register today at <http://www.cvent.com/d/ngqkv2>



MSU WorkLife Office Retirement Web Page

- <https://worklife.msu.edu/career-transitions/retirement>



Faculty Grievance & Dispute Resolution Office

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