

Meeting the Emotional and Social Challenges of Retirement

SATURDAY, DECEMBER 5, 1998 AT UCLA

Retirement is one of the many normative transitions along the path of the life cycle. It is a time of tremendous opportunity, but it can also represent a time of personal upheaval and changing social relationships. Using a pragmatic and interdisciplinary approach, this course helps participants to anticipate the many personal, social, and interpersonal changes which retirement may bring.

LECTURE, GROUP DISCUSSION, AND LIVELY INTERVIEW DATE EXPLORE SUCH TOPICS AS:

- ☐ Retirement as a potential stressor
- ☐ Coping with role loss
- ☐ Effects of the traditional work ethic on attitudes toward leisure and retirement
- ☐ Marital relationships in the retirement years
- ☐ Changes in the division of labor, time, and leisure activities
- ☐ A discussion of meaningful alternatives to work
- ☐ Addressing the central question: "What will I do with my life in retirement?"

INSTRUCTOR:

GAIL EISEN, PhD, consultant in gerontology and preretirement planning whose clients have included Hughes Aircraft Co., Ford Motor Co., UAW, AARP, as well as universities and mental health agencies

Saturday, 10 am-5 pm, December 5
UCLA: 147 Dodd Hall
Psychology 702.7
Fee: \$70 Reg# P0073P

GENERAL INFORMATION

You may enroll at the door if space permits. Visitors are not permitted.

REFUNDS

A service charge of \$25 is withheld from all refunds (full refund if course is canceled or rescheduled). Refund request must be postmarked or phoned in before the program begins.

PARKING ON THE UCLA CAMPUS

Parking without permit is \$5 per entry. There will be attendants at designated gates to

collect the parking fee. For detailed information call (310) 825-9971 or (818) 784-7006.

ENROLLMENT
By Mail

Use the form attached. For additional applications, use photocopy or separate sheet giving all information requested on form.

By Phone

Use MasterCard, VISA, Discover, or American Express. Call (310) 825-9971 or (818) 784-7006.

By Fax

Send the completed enrollment form with credit card information and authorizing signature to (310) 206-3223.

By E-Mail

Send an e-mail to enroll@unex.ucla.edu (include all information on the enrollment form with your credit card number and expiration date).

For more information or to be on the mailing list, call **(310) 825-2301**.

Mail Application for Enrollment (Please Print)
Fall 1998

Reg#	Course Title and Number	Fee
P0073P	Meeting the Emotional and Social Challenges of Retirement 702.7	\$70

*Social Security Number

☐ Please check box if new address

Name (First/Middle/Last) ☐ Male ☐ Female

*Birthdate (Mo/Day/Yr)

Home Address

City/State/ZIP

Area Code/Daytime Phone

E-Mail Address

Mail to: P.O. Box 24901, Dept. K, UCLA Extension, Los Angeles, CA 90024-0901

*Your Social Security number is required by Federal law to enable filing of information returns to the Internal Revenue Service (see "Privacy Notification" inside current UCLA Extension quarterly catalog). Providing your date of birth helps to ensure accurate records, and is voluntary.

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