

LLS25 : Adjustment to Retirement

General Information

Author:	<ul style="list-style-type: none">Maria Czech
Course Code (CB01) :	LLS25
Course Title (CB02) :	Adjustment to Retirement
Department:	LLS
Proposal Start:	Summer 2025
TOP Code (CB03) :	(4999.00) Other Interdisciplinary Studies
CIP Code:	(30.9999) Multi-/Interdisciplinary Studies, Other.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000652030
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	LLS 25 explores the social, psychological, and practical adjustments associated with retirement. Students share various retirement expectations and experiences to help them adjust to this major life event. Lecture 12-16 hours. Note: This is a course designed for older adults. Note: This course is Pass/No Pass only.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none">Noncredit
Mode of Delivery:	<ul style="list-style-type: none">To-Be-Announced (TBA)
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Gerontology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	12 - 16
Total Course Out-of-Class Hours	0 - 0
Total Student Learning Hours	12 - 16

Credit / Non-Credit Options

Course Type (CB04)

Non-Credit

Noncredit Course Category (CB22)

Courses for Older Adults.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Non-Enhanced Funding.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	12 - 16	0
Laboratory Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	

Studio Hours	0	0	Lecture	12
			Laboratory	0
			Studio	0
			Total	12
Course Out-of-Class Hours				
			Lecture	0
			Laboratory	0
			Studio	0
			Total	0
Time Commitment Notes for Students				
No Value				

Faculty Load	
Extra Duties: 0	Faculty Load: 0

Units and Hours: Minimum - Weekly Specialty Hours			
Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Maximum	
Summary	
Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	288
Total Course Out-of-Class Hours	0
Total Student Learning Hours	288
Faculty Load	16

Detail			
Weekly Student Hours		Course Student Hours	
In Class	Out of Class	Course Duration (Weeks)	
			18

Lecture Hours	16	0
Laboratory Hours	0	0
Studio Hours	0	0

Hours per unit divisor 54

Course In-Class (Contact) Hours

Lecture	288
Laboratory	0
Studio	0
Total	288

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 16

Units and Hours: Maximum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
---------------	------	----------	--------------

No Value	No Value	No Value	No Value
----------	----------	----------	----------

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
-----------------	-------------

N/A	No Value
-----	----------

Course Limitations

Cross Listed or Equivalent Course	Description
-----------------------------------	-------------

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Out of Class Assignments

N/A

Methods of Evaluation

Rationale

Activity (answering journal prompt, group activity)

Participation in class discussion

Writing Assignment

Self-evaluation and reflection

Textbook Rationale

No Value

Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

Description

Handouts including instructor-generated information and related articles/excerpts from books with copyright permission.

Author

No value

Citation

No value

Online Resource(s)

No value

Learning Outcomes

Course Objectives

Define the challenges associated with retirement.

Identify the coping strategies necessary to deal effectively with the challenges of retirement.

Make a successful transition from work to retirement.

SLOs

Develop a viable plan that outlines meaningful activities and pursuits that align with their desired lifestyle. Expected Outcome Performance: 70.0

Describe effective coping strategies utilizing available resources to navigate the emotional and practical adjustments associated with retirement. Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Reasons for Retirement (3-4 hours)

- Unforeseen circumstances
- Personal preferences
- Expectations, dreams, and emotions
- Cultural differences in approaching retirement

Benefits of Retirement (3-4 hours)

- Personal: self-identity, self-renewal, freedom, hobbies

- Social: family, friends, change in roles
- Growth opportunities: travel, second career, education

Challenges Associated with Retirement (3-4 hours)

- Personal: identifying yourself with your job, boredom, loss of significance
- Social: missed friends and colleagues at work; change in roles
- Financial: loss of income, change in lifestyle

Faring Well in Retirement (3-4 hours)

- Personal: activity level, health, attitude, and sense of identity
- Social: education, creating a social-emotional support system, volunteering
- Financial: employment possibilities, supplementing one's income
- Cultural resources

Total Hours: 12-16

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liason?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value