

Discussion Guide

Client: Osher Lifelong Learning Institute
Date: May 5, 2004, 2004 (Draft 4)

➤ Introduction

- Welcome
- Participant intro

- Statement of purpose

Describe the project and objectives. The objective of the research is:

- Obtain in-depth insights and an understanding of motivations and perceptions of the target audience to assist in development of a Lifelong Learning program for people 50+.
- Determine the subjects that are most appealing to mature adults
- Introduce and gather feedback on the Osher Lifelong Learning program structure (mission, content, cost, location, etc.)

- Guidelines

➤ Participant Info

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Are you a graduate of the University of Utah?
Are you a member of the Emeritus Alumni Association?
A member of the Retired Staff Association?
Retired Faculty?
Life stage – working, retired, in transition, etc.

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What do you like about the continuing education courses you have taken in the past?
What is your life stage – working, retired, in transition, etc.

➤ Areas of Interest

What kinds of learning activities have you been engaged in over the past year?

Have you taken any classes in the past year? Where?

How many of you participate in programs/organizations geared towards older adults?

If so, what are you looking for in these types of programs?

➤ Introduction and reaction to the Osher Lifelong Learning program

Provide general overview of the program. (Funded by an initial gift of \$100,000 from the Bernard Osher Foundation, Continuing Education at the University of Utah has established the University of Utah Osher Lifelong Learning Institute. The Institute will create and administer a membership program which will provide non-credit personal enrichment courses for Utahns over the age 50.

Program mission

The mission of the University of Utah Osher Lifelong Learning Institute is to establish or maintain intellectual connections with adult learners who seek enriching education for their health and the joy of continuous learning, as a means of civic involvement, and to deepen their sense of purpose and well-being.

○ Program offerings

Continuing Education at the University of Utah has conceptualized the curriculum for the Osher Academy for Lifelong Learning in five major categories.

1. Health and Well Being: The first relates to mature students' needs in exploring their evolving physical, psychological, philosophical, and cognitive processes.
 - Possible course topics:
 - Yoga for Strength & Toning
 - Use it or Lose It: Mental Health Across the Lifespan
 - Nutrition, Diet and Well Being
 - Advancements in Cancer Treatment and Prevention
 - The Bionic Man and Woman: Using New Technology (implants, aids and replacements) to Remain Functional
 - Brain and Mind: A Remarkable Universe
2. Effective Asset Management for Mature Citizens: Classes that relate to mature students' evolving awareness of new financial realities as retirement approaches, begins, or unfolds.
 - Possible course topics:
 - Planning for Retirement—The Basics and Taking Stock of Resources
 - Family Finance and Budgeting
 - Keys to Monitoring our Financial Environment

- Resources in Financial Management

3. Social Interaction and Community and Civic Engagement: Our third category revolves around social interaction patterns and civic engagement of mature adults. We are labeling this category.

- Possible course topics:
 - Intergenerational Learning: Opportunities for Service-Learning
 - Mentoring Future College Students and Citizens
 - Healthy Options for Retirement Living
 - Exploring and Protecting the Bonneville Shoreline Trail
 - Master Learners: The Art of Peer Mentoring

4. Intellectual Explorations: Our fourth category is built on the assumption that mature adults seek intellectual and personal enrichment through classes and events anchored in the humanities, fine arts, and the social and behavioral sciences.

- Possible course topics:
 - Conversations with Utah Authors
 - Utah landscapes through the eyes of Pioneer Utah artists.
 - History of Music
 - Politics, Economics, History and Current Events
 - Utah's Role in the American West
 - American Art of the 20th Century

5. The Tools of Technology: Our fifth category concerns the rapidly changing world of technology and how mature adults can enrich, enliven, and facilitate accomplishing their many and often complicated agendas through technology.

- Possible course topics:
 - Computer-Based Family History Research
 - Using Technology to Compile Family Memorabilia
 - Internet-Based Travel Planning
 - Introduction to Computing
 - Scanners and Digital Cameras
 - Researching health questions online
 - PowerPoint (for creating digital photo albums)

- Program Delivery

Do you prefer classroom, online or a blend of classroom and online instruction?

Would you like to participate in a series of classes or one class at a time?

What are the best times and days for you to attend a class? Weekday?

Ideally, how long should each class meeting be?

Ideally, how many class meetings should there be, per week?

Ideally, how long should each class be?

- Program Cost

The Osher Lifelong Learning Institute at the University of Utah will have an annual membership fee for participation. In addition, tuition will be in the range of \$100 per semester, which will allow participants to take up to 3 courses. Would you be willing to pay \$100 a year to be a member? How about \$145? How far would you be willing to travel to participate in the program?

- Program Location

How convenient would it be for you to take classes on the University campus? Off campus locations?

Is there another meeting place that would be more convenient in your community?

How accessible do you think a building in Ft. Douglas would be? Are you familiar with the campus' buildings there?

- Audience Reaction

Based upon what you have heard, does the program appeal to you?

- Wrap up

- Final thoughts

Is there anything else you'd like us to know? Would you be interested in helping to develop the program?

- Any questions

- Thanks

Do you have any questions?

We thank you very much for your time.