

Senior Continuing Education

This playbook describes the process for seniors to stay intellectually engaged by seeking out learning and education opportunities. It provides structured steps to identify, assess, and enroll in various forms of continuing education suitable for seniors.

Step 1: **Research Options**

Investigate various local and online educational opportunities, including community college classes, university programs, online platforms offering courses (such as Coursera, edX, Udemy), and workshops/events at community centers or libraries.

Step 2: **Assess Interests**

Reflect on personal interests, subjects, and hobbies you wish to learn more about to narrow down the list of potential educational pursuits.

Step 3: **Consider Accessibility**

Evaluate the physical accessibility of local institutions or the technological requirements for online courses to ensure they are suitable and manageable.

Step 4: **Check Affordability**

Determine your budget for continuing education and explore available financial assistance or scholarships for seniors, which might be available through the institution or community organizations.

Step 5: **Connect with Advisors**

Contact educational institutions or program advisors to gain more insights into the offerings, support services, and accommodations specifically geared towards senior students.

Step 6: **Enroll in Program**

Complete any required enrollment processes, such as filling out application forms, registering for classes, or signing up for online platforms.

Step 7: **Prepare for Start**

Gather necessary materials (books, supplies), familiarize yourself with class schedules, locations, or online systems, and mark key dates on your calendar.

General Notes

Community Benefit

Participation in educational activities can also offer social benefits by connecting seniors with their community and peers.

Health Impact

Continuing education may contribute positively to the mental health and cognitive function of seniors, providing a valuable stimulant for a healthy mind.