Reimagining Retirement: Thriving in the Third Age

Many people find the transition to retirement to be challenging. In spite of the real losses that can mark the later years of life, they also have the potential to be a time of deep joy, connection and meaning. Retirement may also be the phase of life in which you experience the greatest freedom from others’ expectations and the ability to explore your most authentic self. This course, taught by psychologist Michael Winters, Ph.D., integrates lectures, discussion, journaling and interactive activities to help you thrive and discover the fullest potential of your retirement years.

Note: The intent of this course is to offer a general educational overview of the topics described. If you are seeking specific therapeutic guidance, please consult with the mental health professional of your choosing.

Michael Winters, Ph.D., is a psychologist in private practice in Houston, former director of the Rice University Counseling Center and a frequent presenter at the Glasscock School of Continuing Studies. He is a diplomate in logotherapy—a meaning-centered psychotherapy—and has also taught courses at Rice University, Purdue University, the University of Houston and other higher education institutions.

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