



CALIFORNIA STATE UNIVERSITY, SACRAMENTO

COLLEGE OF CONTINUING EDUCATION

The CSUS College of Continuing Education is working with the Bernard Osher Foundation to establish a lifelong learning institute on the CSUS campus. This institute will provide continuing education courses for adults aged 50 and older. We want to hear from you, in order to design courses that suit your interests and convenience. Please respond to the questions below, and return this survey to Liz Hough, CSUS College of Continuing Education, 3000 State University Drive East, Sacramento, CA 95819 (Fax # 916/278-5910).

Thank you!

1. How many workshops, training programs, or classes have you attended in the past twelve months? _____

2. Please use the scale below to rate the importance of each factor in deciding whether you would participate in CSUS continuing education courses.

	Not at all Important	Somewhat Important	Very Important
a. Course topic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Course schedule	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Instructor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Price	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Other (please describe)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Major life transitions characterize life after age 50, for many people. Please indicate which of the following are true for you: (check all that apply) I am transitioning...

- To a different field of work
- From employment to retirement
- From parenting to empty-nest
- Into caring for elder family members
- Other (please describe)

4. Major life stressors characterize life after age 50, for many people. Please indicate which of the following are true for you (check all that apply): I have...

- Concerns about my own health
- Concerns about my spouse's/partner's health or parents' declining health
- Concerns about financial security and/or retirement

- Concerns about the lives of adult children or other family members
 - Other (please describe)
-
-

5. Following is a list of possible course topics. Please check all topics on which you would be interested in take a class:

Professional Development

- Career Planning
- Starting Your Own Business
- Starting A Non-Profit
- Developing Your Own Website
- Real Estate

Community Involvement

- Discover Volunteerism in Sacramento
- Becoming a Board Member
- Local Government Activism
- Becoming a Mentor
- Facilitating Peer Learning

Life Skills

- Financial Planning
- Managing Your Investments
- Retirement Planning
- Work /Life Balance
- Elder Care Alternatives
- Basic Car Maintenance
- Basic Home Maintenance
- Travel Planning
- Consumer Protection: Fraud, Scams, and Identify Theft
- A Survival Guide to a High-Tech, Self-Serve World
- How to Survive an Intergenerational Household: A Parenting Skills Refresher
- Understanding Prescription Drugs
- Healthy Living: Developing a Personal Nutrition and Exercise Plan
- Stress Management

Personal Enrichment

- Exploring American History through Literature
- Exploring the Sacramento Theatre Scene
- Acting Workshop
- Photography
- Art (Drawing portraits, water color painting, oil and acrylic painting)
- Art History: The Crocker Collection
- Writing (Memoirs, plays, short stories, a novel)
- Genealogy
- Dance (Modern, jazz, tap)
- Music (piano, choral music)
- A Primer on California Politics
- Gardening
- Interior Decorating

6. What other course topics would you like to see offered?

7. Please use the scale below to identify the best times and days for you to attend class.

	Not Possible	Possible	Best
a. Weekday mornings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Weekday afternoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Weekday evenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Saturday mornings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Saturday afternoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Sunday afternoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Sunday evenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Please use the same scale to identify the best weekdays to attend class:

a. Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Ideally, how long should each class meeting be? _____ hours

10. Ideally, how many class meetings should there be, per week? _____/week

11. Ideally, how long should each course be? _____ week(s)

12. How would you prefer to pay for classes?

- By the course
- By a quarterly membership
- By an annual membership

13. Where do you live? City: _____

14. What is your home zip code? _____

15. How far would you be willing to travel to attend continuing education classes?
_____ miles or _____ minutes' drive

16. How convenient would it be for you to take classes on the CSUS campus?

- | | | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not at all
Convenient | Somewhat
Convenient | Very
Convenient |

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

18. Do you have access to a computer with internet access?

- Yes No

19. Using the below scale, please rate each of the following course delivery formats.
- | | Not Possible | Possible | Best |
|--|--------------------------|--------------------------|--------------------------|
| a. Classroom seminar or workshop | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Online instruction | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Blend of classroom and online instruction | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

20. Are you a graduate of CSUS? Yes No

21. Are you a member of the CSUS Alumni Association? Yes No

22. In which of the following CSUS programs have you participated? (Check all that apply)

- Renaissance Society (CSUS peer learning club for residents aged 55 and older)
- Sixty-Plus Program (discounted academic credit courses for residents aged 60+)
- Elderhostel (short educational excursions for residents 55 and older)
- CSUS College of Continuing Education courses

23. What is your age?

- 45 years or younger
- 46 to 49 years
- 50 to 55 years
- 56 to 59 years
- 60 to 69 years
- 70 to 79 years
- 80 to 89 years
- 90 years or older

24. Are you employed? full-time part-time no

25. Are you interested in taking continuing education workshops or courses through CSUS?

- Yes No

26. Would you like to be informed as the CSUS Lifelong Learning Institute takes shape?

- Yes No

If yes, please provide your contact information below:

Name: _____ Telephone _____

E-Mail Address: _____

Address: _____

City, State, Zip: _____

27. Would you be interested in helping to develop a lifelong learning institute at CSUS?

- Yes No

Thank you very much for your assistance!