

# Lifelong Learning

OPTIONS FOR CURIOUS MATURE ADULTS



1

“Education is not preparation for life; education is life itself.”

- Dewey



2

## Agenda

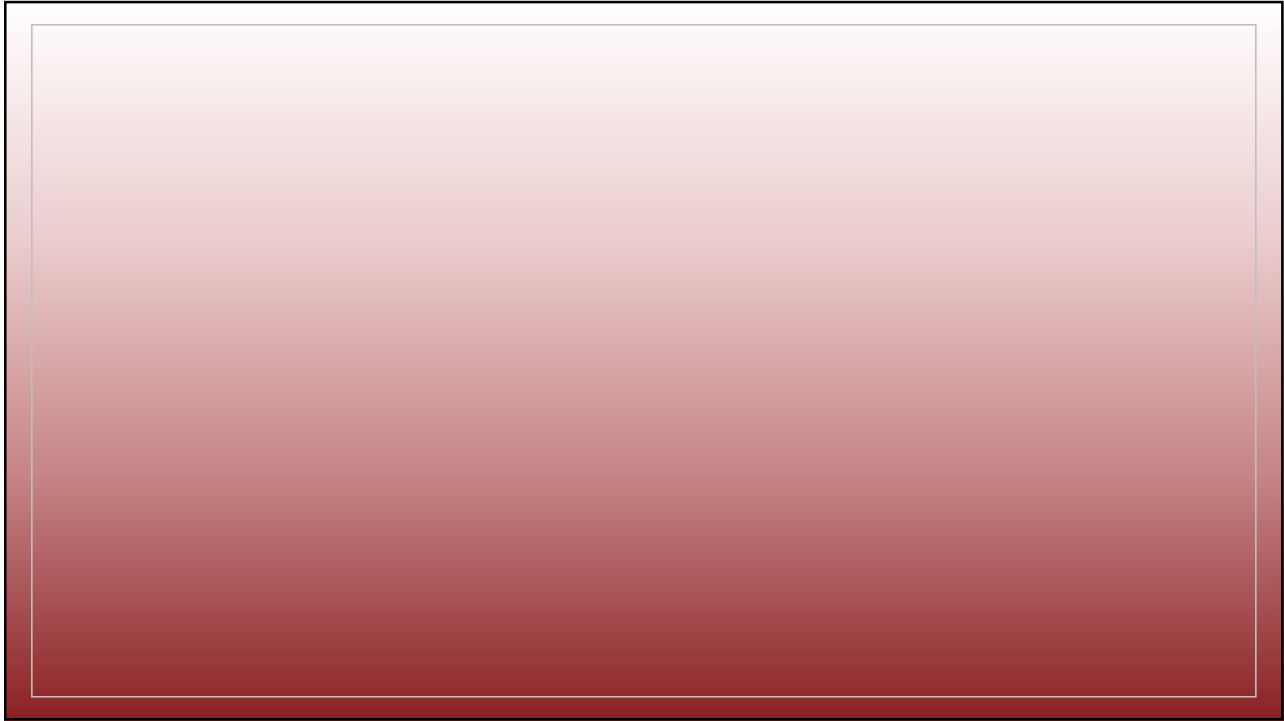
- Overview and presenters' introductions
- What is lifelong learning for mature adults? – **Dr. Debra Leahy**
- A brief history of lifelong learning – **Michael Stover**
- Lifelong learning programs in Orange County and its adjoining communities– **Dr. Jerome Hunter**
- OLLI at Cal State Fullerton – **Dr. Robert Kovacev**

3

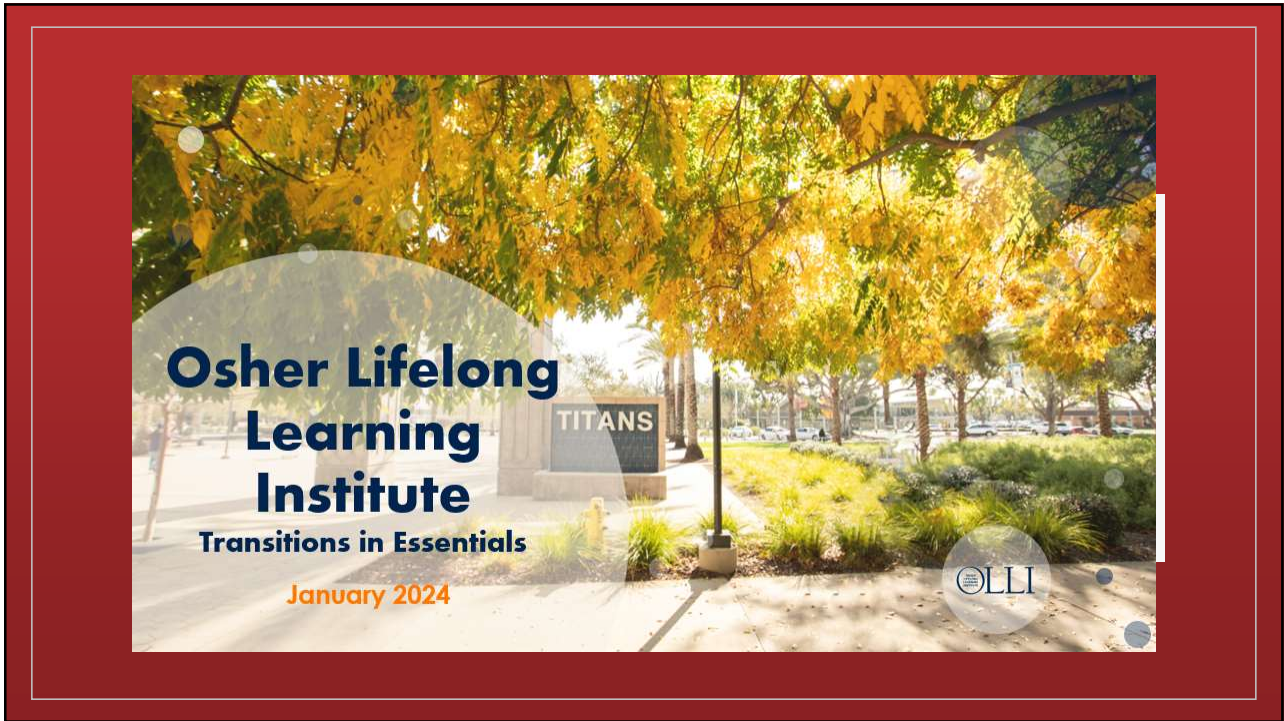
## Agenda

- Break
- Presenters' discussion
- How we became lifelong learners in retirement
- Questions and answers

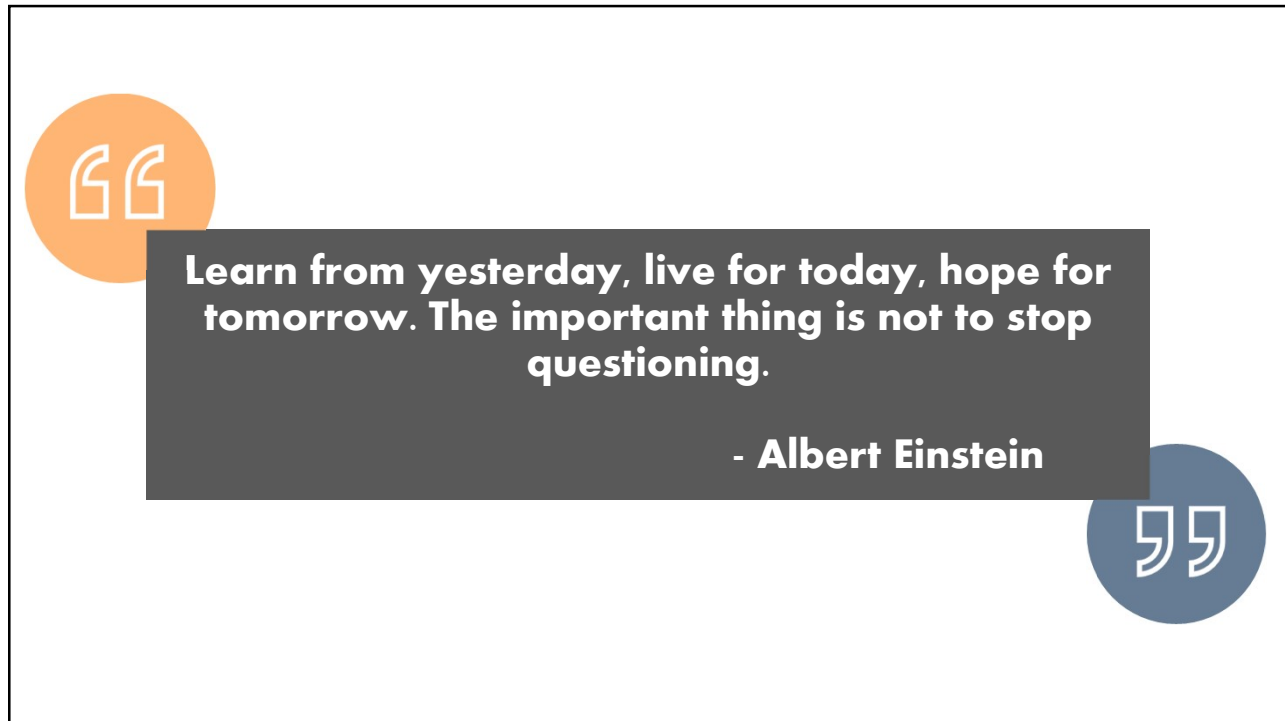
4



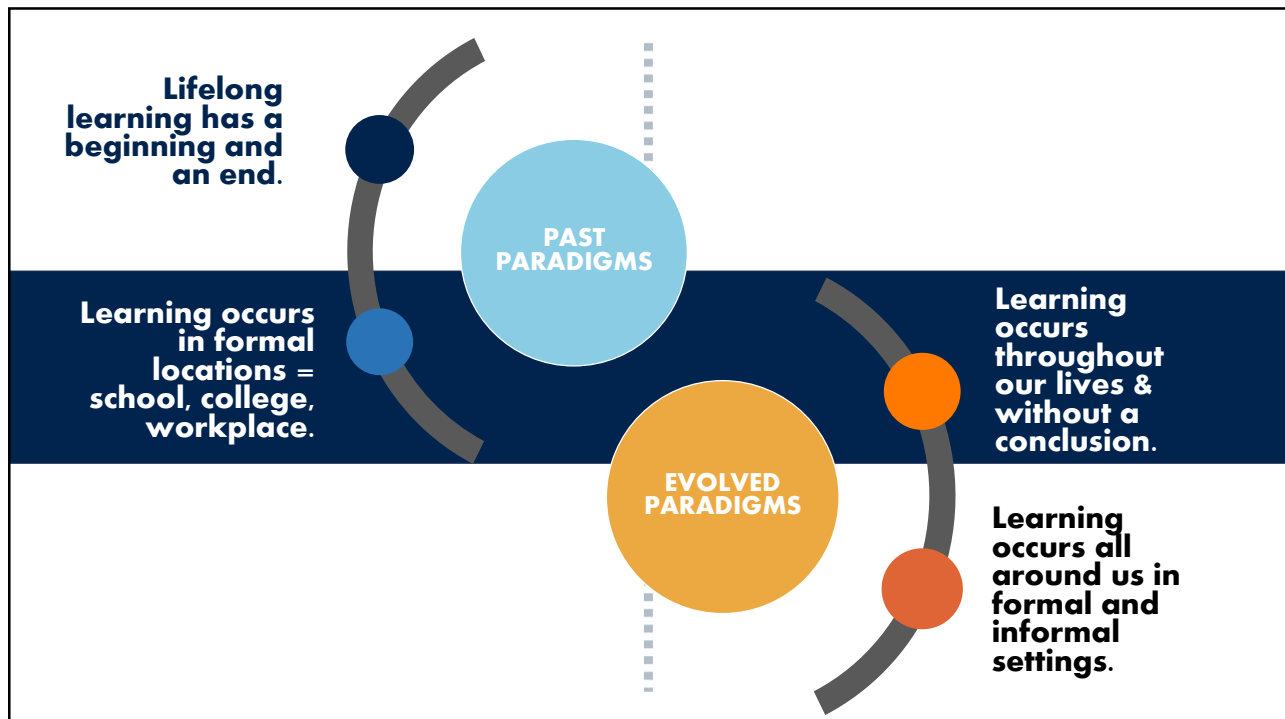
5



6



7



8

**HOW WE WILL DEFINE LIFELONG LEARNING**

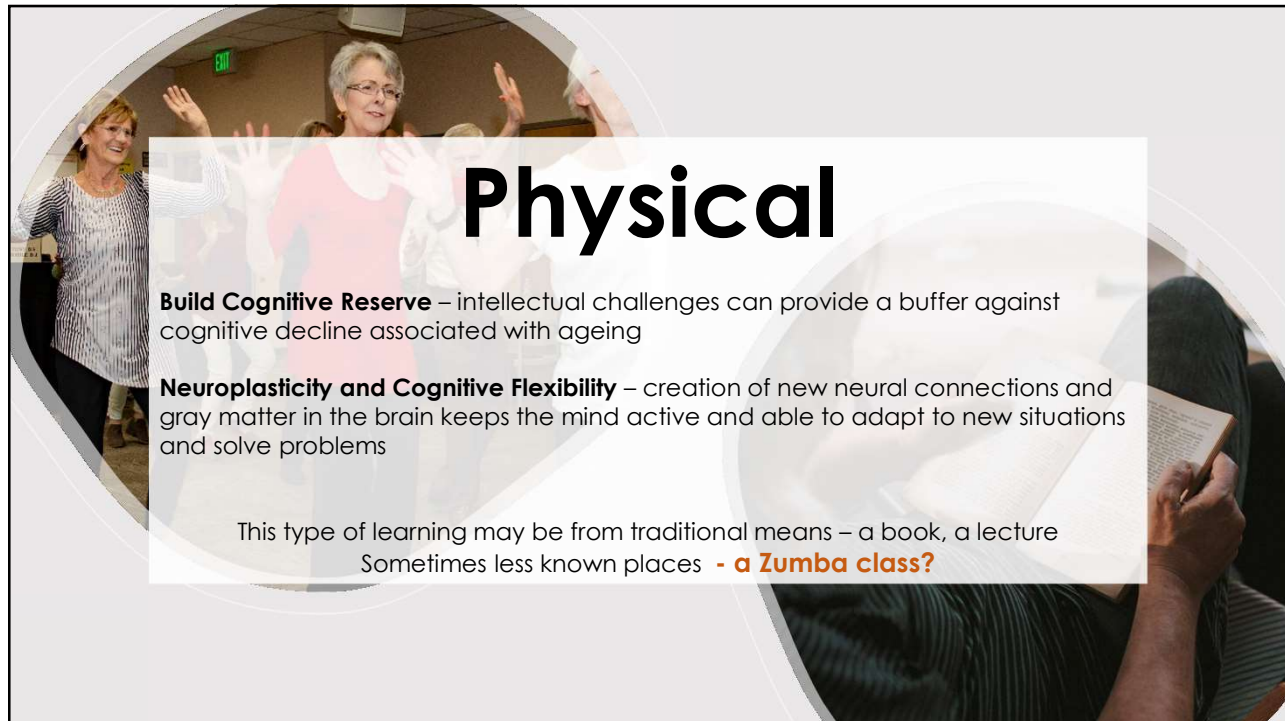
Continuous, self-motivated pursuit of knowledge throughout one's life that is both intentional and unintentional.

9



10





# Physical

**Build Cognitive Reserve** – intellectual challenges can provide a buffer against cognitive decline associated with ageing

**Neuroplasticity and Cognitive Flexibility** – creation of new neural connections and gray matter in the brain keeps the mind active and able to adapt to new situations and solve problems

This type of learning may be from traditional means – a book, a lecture  
Sometimes less known places - **a Zumba class?**

11



## Social Well-Being

- Ability to connect with like-minded people (and sometimes non-like-minded!)
- Fosters sense of purpose, self-esteem, confidence
- Prevents loneliness that can threaten physical and emotional health
- Creates intergenerational connections – **OLLI Conversations Gatherings!**
- Boosts self confidence

12

## GROWTH AND FULFILLMENT

- Opportunity to learn new skills, pursue personal passions
- Achieve new and long desired goals
- Deepen knowledge and explore new fields of study and activity



13

## Adaptability

Lifelong learning equips all of us with -

Ability to adapt to new concepts, new challenges, a changing world around us.

Strengthens us to be independent and active participants in our communities.

“

"The beautiful thing about learning is that no one can take it away from you."  
- B.B. King

”

14

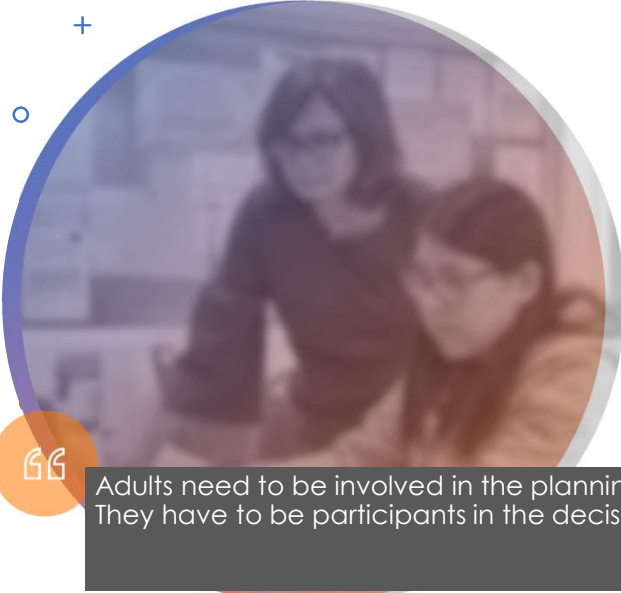
## Agency and Legacy

Ask not only what lifelong learning can do for you but what you can also do toward lifelong learning – the agent of learning and pursuits!

Lifelong learning is reciprocal and peer-based.

The teacher is the student, and the student is the teacher

15



## Andragogy

Concept that was coined by Malcolm Knowles to describe the more fluid and less one-directional processes that occurs in adult learning.

Adults need to be involved in the planning and evaluation of their instruction. They have to be participants in the decisions about what and how they learn.

Malcolm Knowles

16



# Decentered Learning

- Through andragogy, education is co-constructed
- The teacher educates, facilitates, leads, and guides
- The student adds to the content by bringing one's life experience, perspectives, and insights

**Pedagogy**

**Andragogy**

17

## Placing the Learner at the Center

**Alfred A. Trahan**  
July 24, 1924 – May 30, 2018

<p><b>Self Concept</b></p> <p>We all desire to be seen and heard.</p>	<p><b>Experience</b></p> <p>We bring a wealth of experiences that learning resources.</p>	<p><b>Self Directed</b></p> <p>Adults know what they want to learn and are active and not passive.</p>	<p><b>Self-Motivated</b></p> <p>Adult, lifelong learners know how to guide the discourse and continually connect learning with relevant life experience and perspectives.</p>
---	---	--	---

18

What will you learn today?  
What will you learn tomorrow?  
And, thereafter?

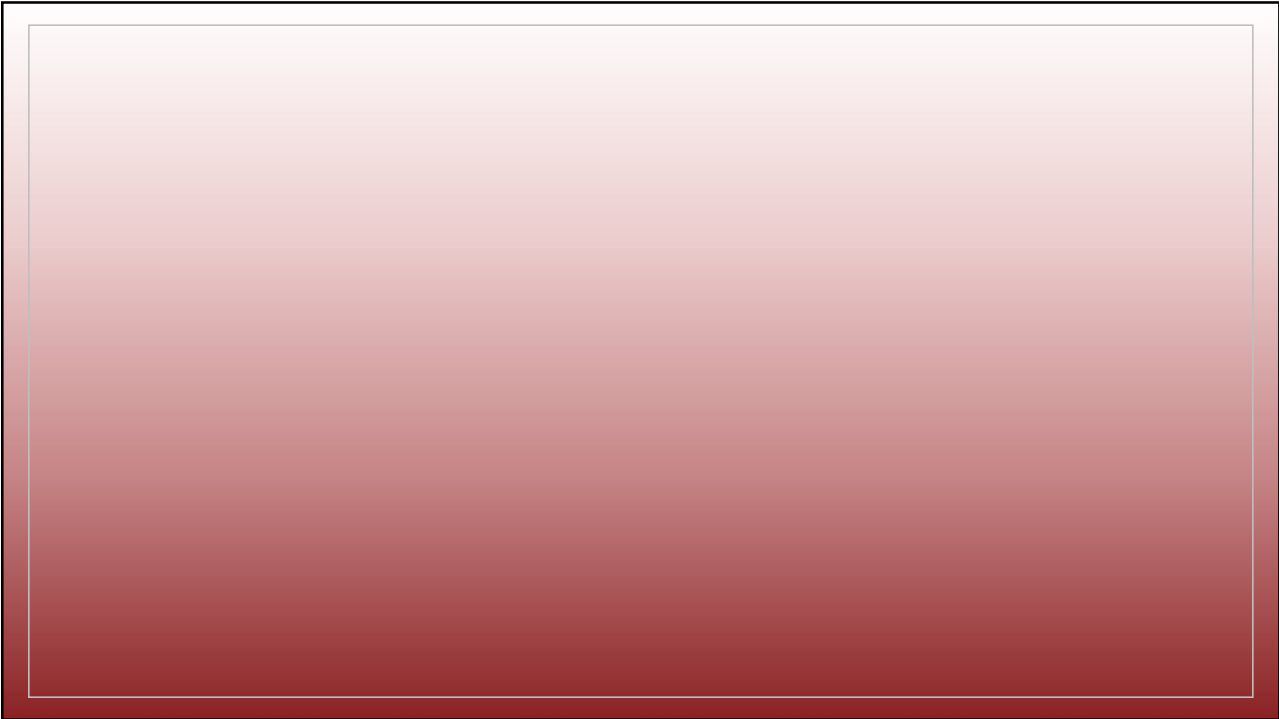
“

**Stay hungry, stay foolish.**

**- Steve Jobs**

”

19



20

# Lifelong Learning Historical Highlights

An Orange County-centric view

21

## Lifelong learning historical highlights (a sampling)

- 1919 – First Folk High Schools in Denmark offering non-formal adult education
  - Some folk high schools offered short-term courses for senior adults
  - No prerequisites, no exams, no grades
  - Emphasis on motivated curiosity



22

## Road Scholar (nee Elderhostel)

- 1975 – Elderhostel debuts, promoting domestic and international educational travel and programs for senior adults
  - Founded as a learning program conceived to combine not-for-credit classes with inexpensive lodging for older adults. Five New England colleges offered the first programs to 220 pioneering participants in the first year.
- By 1980, more than 20,000 adults had experienced a learning adventure in all 50 states and most of Canada.
- In 1981, first international programs in Great Britain and Scandinavia.


23

## Road Scholar (nee Elderhostel)

- By 2010, 4 million adults had taken Elderhostel programs, and the organization re-branded itself as *Road Scholar*
- Road Scholar currently offers thousands of learning adventures, serving 80,000-100,000 participants annually
  - Combining travel and education to provide experiential learning featuring a wide variety of topics, formats
  - Travel locations include most U.S. states and nearly 100 countries and aboard ships on rivers and oceans worldwide

24

**ROAD SCHOLAR**



📍 Illinois

## The Life and Legacy of Abraham Lincoln

Program No. 8370RJ

Learn about Lincoln's legacy as you explore his home and significant sites in his life and political career. Meet engaging interpreters along the way who bring history to life.

[Wishlist](#) [Share](#) [Start](#)

Regional Studies Military History History Small Group

Length  
**6 days**

Rating (4.96)  
★★★★☆

Activity Level

Starts at  
**\$1,349**

25

## Continuing Learning Experience (CLE)

- 1978-79 – Continuing Learning Experience (CLE) organized at Cal State Fullerton



- **David Walkington, Director of Office of Extended Education**
- **Betty Robertson, Director of Community and Outreach Programs**
- **Leo Shapiro, founding President**

26



## 1979: Year 1

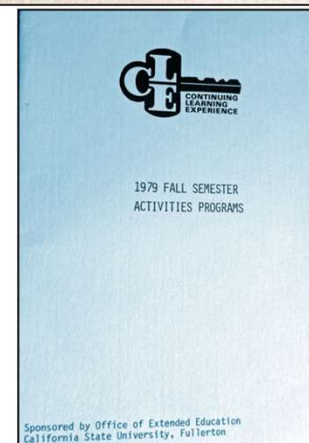
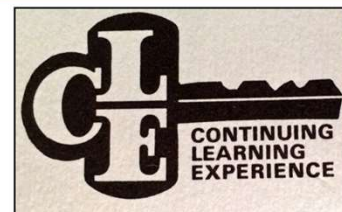
- CSUF President Donald Shields approves start up grant
- Community members recruited to organize a self-supporting educational unit on campus
- Founding CLE members included two retired business executives and five educators



27

## 1979

- 37 Charter members recruited
- Key logo adopted for CLE (French for "key")
- First classes were previewed at Open Meeting on Sept. 6
  - *Around the World in 60 Minutes*
  - *Holistic Medicine and Science Today*
  - *China and its Potential*
- Classed held two days a week



28

## 1979

- Mahr House selected as temporary home on space available basis
- Classes and membership quickly outgrew space



29

## 1980: Creating a home

- CLE President Leo Shapiro advocates an on-campus facility to house CLE classes
- University officials stress that any new facility must be multi-purpose, offering Gerontology teaching and research as well as CLE classes
- Charles and Rachel Ruby donate \$100,000 (total grows to \$310,000)



30

# 1981-82

(year 2)

- New CSUF President Miles McCarthy emphasizes “no state funds” for gerontology/CLE building; funds must be raised from outside sources
- Leo Shapiro appointed Chair of Building/Fund Raising sub-committee
  - Six-year fundraising campaign begins
- Dr. Francis “Bud” Mackey proposes plans for a state-of-the-art auditorium



31

CALIFORNIA STATE UNIVERSITY, FULLERTON  
and CONTINUING LEARNING EXPERIENCE  
proudly announce

## The Campaign for the Gerontology Center

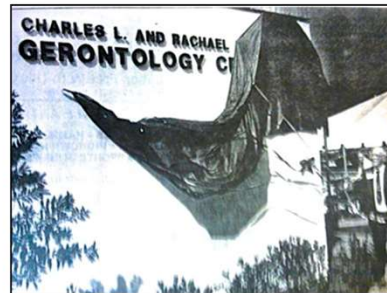


32



## 1988

- Classes relocated to the Charles and Rachel Ruby Gerontology Center on Sept. 12
- RGC optimal design capacity: 900-1000 CLE members
- CLE “Godmother” Betty Robertson retires and joins CLE



33

## 2006: CLE to OLLI (year 27)

- CLE becomes OLLI at CSUF
  - Decision by CSUF President Milt Gordon culminates spirited review by CLE Board
  - Immediate consequences:
    - *CLE name/logo changed to reflect Osher “brand” for university-based lifelong learning*
    - *\$50,000 grant received with potential to earn \$1 million endowment*
    - *“Continuing Learning Experience” becomes organizational motto reflecting CLE heritage*



34

## Osher Foundation Affiliation

### The Bernard Osher Foundation

The Bernard Osher Foundation, headquartered in San Francisco, was founded in 1977 by respected businessman, philanthropist and community leader Bernard Osher (pictured above with Foundation Board of Directors Chairperson, Barbro Osher). The Foundation seeks to improve quality of life through innovative funding in higher education and the arts.

The Foundation supports a national lifelong learning network of programs designed for adults "50 and better;" Osher Lifelong Learning Institutes operate on 125 college and university campuses in all 50 states and the District of Columbia. Institutions of higher education across the United States receive grants to support scholarships with special attention to reentry students. In addition, the Foundation funds integrative medicine centers at the University of California, San Francisco; Harvard Medical School with a clinical program at Brigham and Women's Hospital in Boston; the Karolinska Institute in Stockholm; Northwestern University in Chicago; University of Miami; University of Washington; and Vanderbilt University in Nashville. Finally, an array of performing arts organizations, museums, and educational programs in Northern California and in Mr. Osher's native state of Maine receive Foundation grants.



35

## Osher Institutes

### Osher Lifelong Learning Institutes Program

The Osher Lifelong Learning Institutes are found on the campuses of 125 colleges and universities from Maine to Hawaii and Alaska. Each provides a distinctive array of non-credit courses and activities specifically developed for seasoned adults aged 50 or older who are interested in learning for the joy of learning. The Foundation also provides support to the National Resource Center for the Osher Lifelong Learning Institutes at Northwestern University.

- **125 Institutes**
- **276 towns & cities served**
- **28 Private & 97 Public Universities or Colleges**
- **Oldest OLLI 59 & youngest 6 years old**



36



## Osher's LL Institutes Affiliation Criteria

### Institutes must:

- Provide a diverse portfolio of intellectually stimulating programs specifically developed for adults age 50 and older
- Be affiliated with and receive support from a college or university
- Demonstrate robust volunteer leadership and sound organizational structure

37

## National Resource Center for Osher Institutes at Northwestern University



The National Resource Center for Osher Institutes (Osher NRC) is a non-governing center of excellence, hosted by Northwestern University, benefiting older adults, through the national network of 125 Osher Lifelong Learning Institutes (OLLIs).

The Osher NRC's mission is to help Osher Institutes thrive:

- by **connecting** the 125 Osher Institutes to each other and to resources within higher education, lifelong learning, and purposeful aging;
- by **consulting** with the independent Osher Institutes, their host colleges, universities, and members regarding effective practice operations, and solutions;
- by **celebrating** the successes, camaraderie, and growth in Osher Institutes and in individual members with their shared love of learning.
- by **collaborating** with and among Osher Institutes and partner organizations that value lifelong learning and purposeful aging

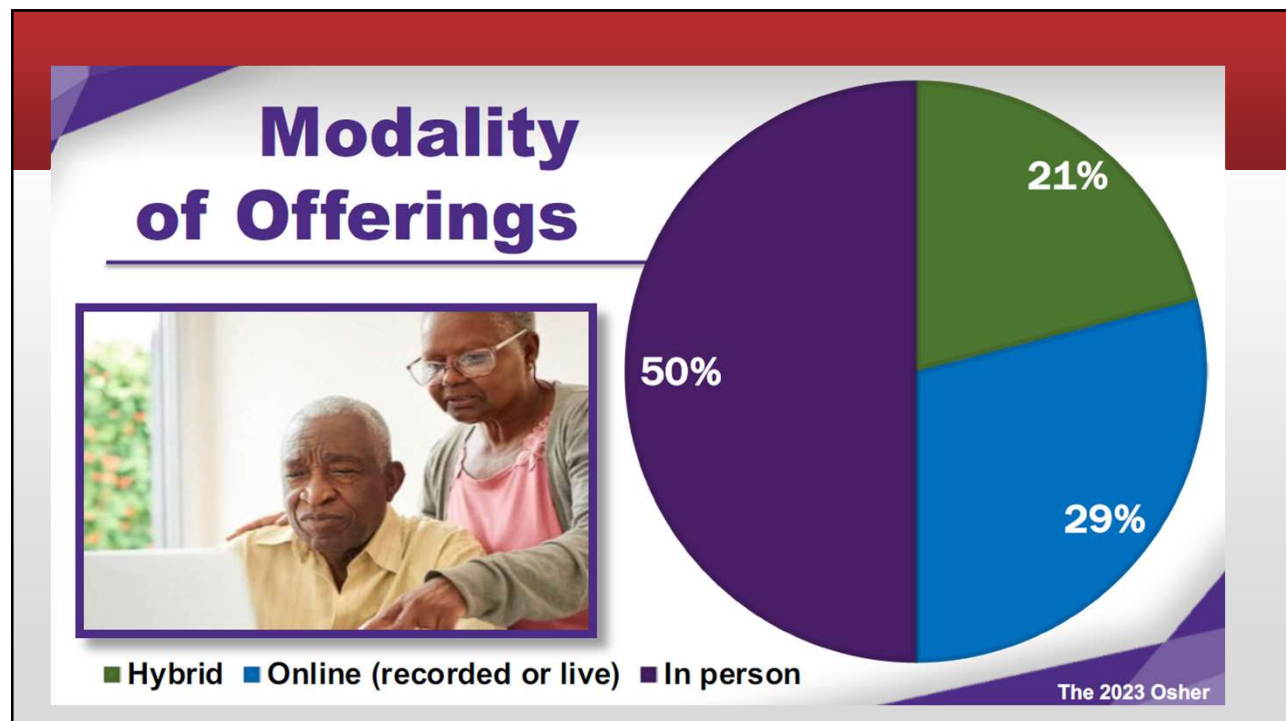
38

## National Resource Center



- Sponsors national conferences and the OLLI Resource Center at Northwestern University
- Monitors operating grants and endowments to Institutes
  - \$2 million endowment to OLLI-CSUF with guaranteed\* annual disbursement of five percent of invested balance at/over original endowment


39



40

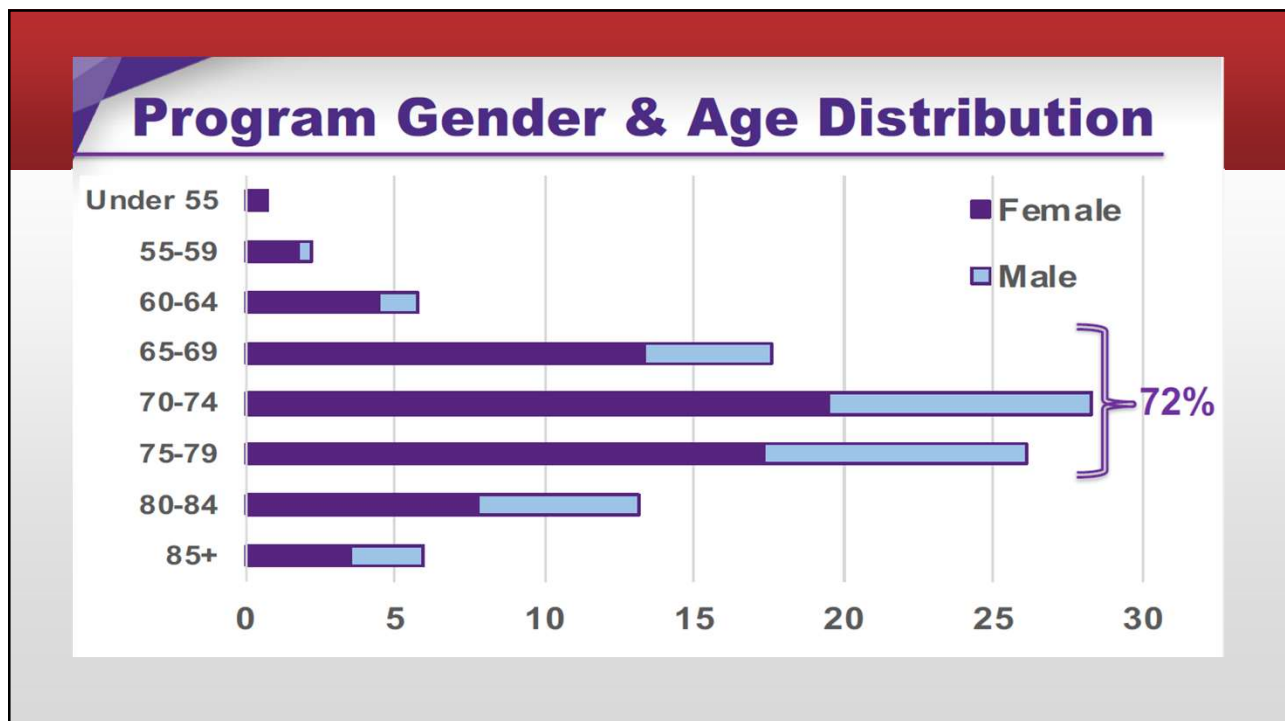
## By the Numbers

- **933** Average membership
- **150** Average # volunteers
- **2.6** Average # full time paid staff
- **1.3** Average # part time paid staff
- **.85** Average # Student Workers



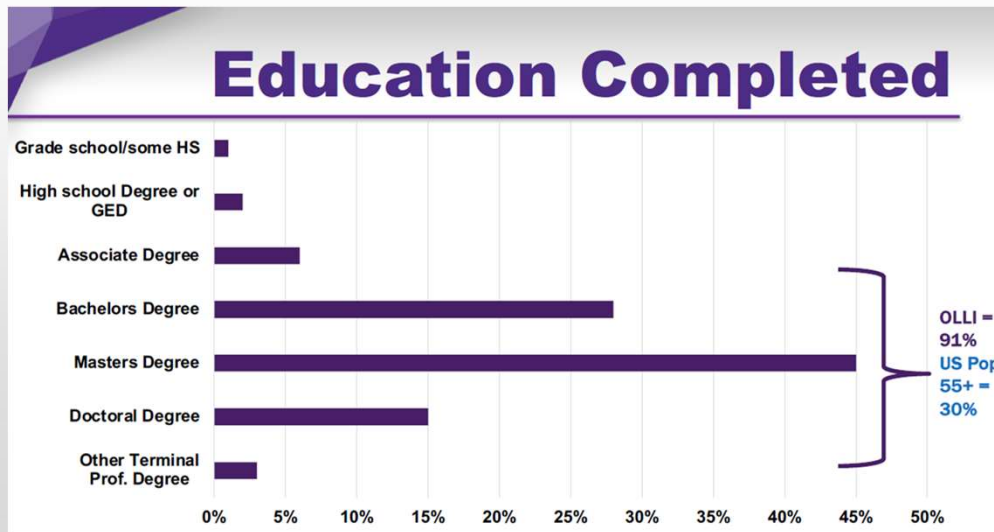
The 2023 Osher  
Institutes National Conference

41



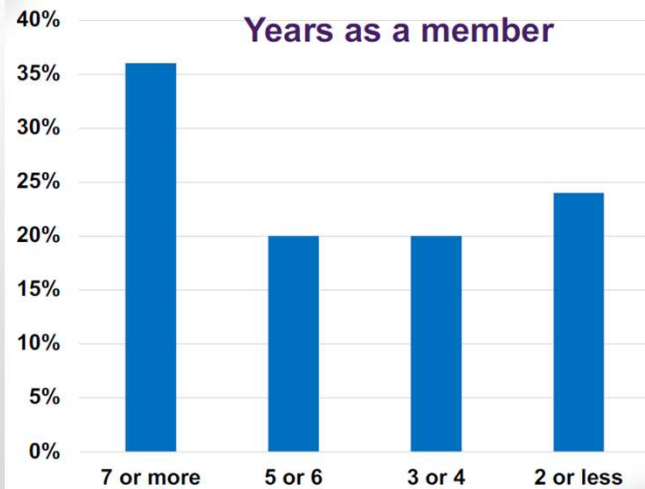
42

## Who are mature adult lifelong learners?



43

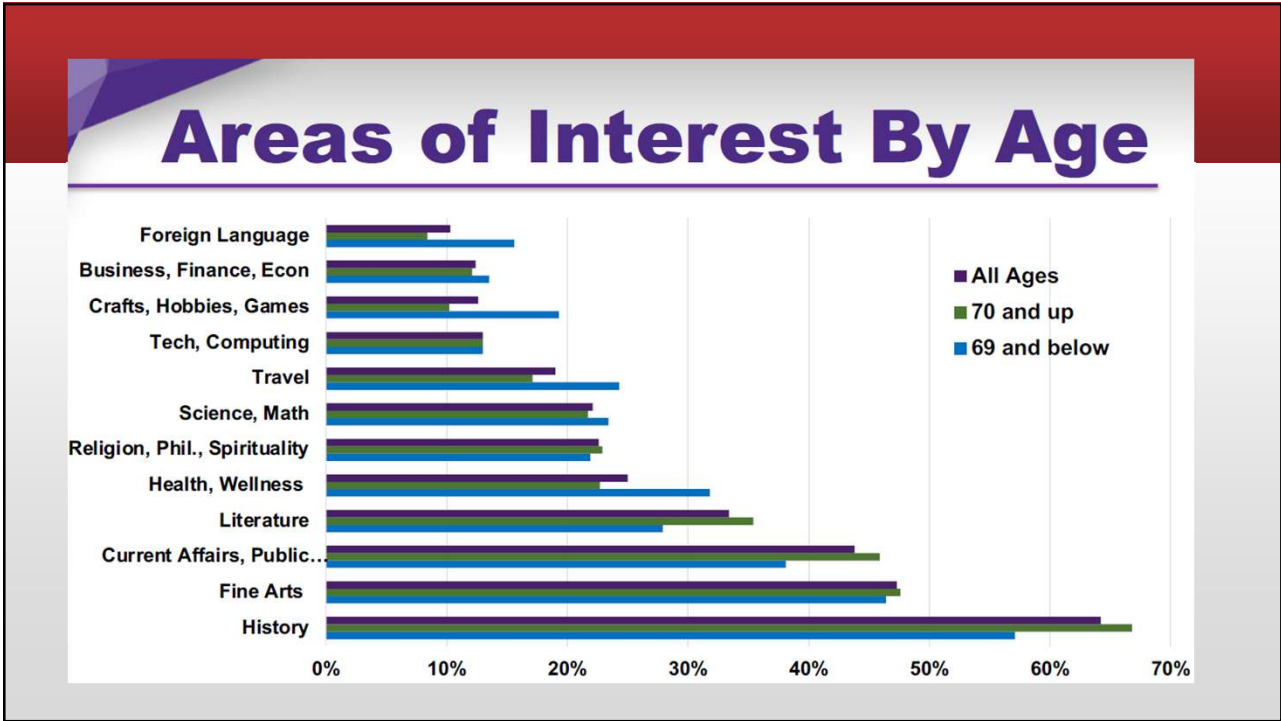
## Membership Length



Membership Survey, 2022

The 2023 Osher Institutes National Conference

44



45



46



## Lifelong learning historical highlights

- 2014 – International elder education conference in Taipei, the epicenter of Asian nations’ “silver tsunami”

### OLLI president speaks at International Conference of Elder Education in Taiwan



#### Toward an Intergenerational Solidarity Aged Society : 2014 International Conference of Elder Education and Intergenerational Learning

Day 1 – March 7, 2014 (Friday)

Time	Agenda
08 : 30 – 09 : 00	30 mins Registration and Check-in
09 : 00 – 09 : 15	15 mins Opening Ceremony Performers: Senior Citizen Active Learning Center
09 : 15 – 09 : 25	10 mins Welcome Remarks
<b>Topic 1 : The Promotion and Development of Elder Education</b>	
Moderator: Professor Meng-Ching Hu, (Department of Adult and Continuing Education, National Chung Cheng University)	
09 : 25 – 10 : 45	80 mins <b>The Development and Future Prospects of Elder Education in Taiwan</b> Keynote Speaker, Dr. Hui-Chuan Wei (Professor of Department of Adult and Continuing Education, National Chung Cheng University)
10 : 45 – 11 : 00	15 mins Break
11 : 00 – 12 : 20	80 mins <b>The Development of Senior Centers and their Educational Function of Health Promotion for Older Adults</b> Keynote Speaker, Chair Carol Reagan (Chair of National Institute of Senior Centers, NISC, USA)
15 : 00 – 16 : 20	80 mins <b>The Operation and Development of Osher Lifelong Learning Institute</b> Keynote Speaker: President Michael W. Stover (President of Osher Lifelong Learning Institute, CSUF, USA)

47

## Lifelong learning historical highlights

- 2021 -- Cal State Fullerton Recognized as an ‘Age-Friendly University’

#### CAL STATE FULLERTON RECOGNIZED AS AN ‘AGE-FRIENDLY UNIVERSITY’

Age-Friendly University Global Network awarded the designation to CSUF for its commitment to providing programming and service to the aging community.

Laura Zettel-Watson, professor of psychology and coordinator of the Aging Studies Program, will serve as the Age-Friendly University contact at CSUF. About 500 students over the age of 60 graduate from CSUF every spring.

Academically, CSUF offers a minor in aging studies; Master of Science degrees in gerontology, and aging tracks in the Bachelor of Science in kinesiology, the Bachelor of Science in kinesiology, Master of Public Health and the Master of Social Work. A wide range of programs and services focused on “elders” include the Aging Studies Academic Program, Center for Successful Aging, and Fibromyalgia & Chronic Pain Center.

The university’s Osher Lifelong Learning Institute enrolls approximately 1,600 members and supports students who are often decades older than the median age of college students nationally. Many OLLI members are involved in studies conducted by faculty and students, mentor CSUF students, and participate in a wide range of programs.

- To encourage the participation of older adults in all the **core activities** of the University, including educational and research programs.
- To promote personal and career development in the second half of life and to support those who wish to pursue **second careers**.
- To recognize the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Master’s or Ph.D. qualifications).
- To promote **intergenerational learning** in order to facilitate the reciprocal sharing of expertise between learners of all ages.
- To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation.
- To ensure that the university’s **research agenda** is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
- To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that aging brings to our society.
- To enhance access for older adults to the university’s range of **health and wellness** programs and its arts and **cultural activities**.
- To engage actively with the university’s own **retired community**.
- To ensure regular **dialogue** with organizations representing the interests of the aging population.

48

## National lifelong learning organizations (several examples)



Association of Retirement Organizations  
in Higher Education

AARP Lifelong Learning

American Society on Aging, Creativity and Lifelong Learning

Chautauqua

Collette

National Retired Teachers Association

Road Scholar

49



50

## Programs in Orange County and its Adjoining Communities



### Jerome Hunter

Chancellor (retired), North Orange County  
Community College District

51

## Lifelong Learning Programs in Orange County and its Adjoining Communities

### Community Colleges

- **North Orange County Continuing Education Program**
  - Older Adults
  - Personal Enrichment
- **Santa Ana College School of Continuing Education**
  - Active Adults Program

52

## Lifelong Learning Programs in Orange County and its Adjoining Communities

### CSU Fullerton

- University Extended Education
  - Open University
- Undergraduate classes auditing
- Osher Lifelong Learning Institute

53

## Lifelong Learning Programs in Orange County and its Adjoining Communities

### Local Cities

- Fullerton Community Services: Senior Programs, Older Adult ongoing programs
- Brea Community Services: Senior Center, Educational Presentations, Exercise Classes
- Yorba Linda Community Services: Senior Services, Older Adult Programs;

### Other

- California Adult Education Program (CAEP)

54



55

# Osher Lifelong Learning Institute at Cal State Fullerton

**Dr. Robert Kovacev**

Vice President, Osher Lifelong Learning Institute at Cal State, Fullerton (OLLI-CSUF)



56



## What is OLLI? Who is OLLI?

Nearly 1,100 retirees and near-retirees who are  
*remaining fully engaged in life after retirement...*

- ... who want to continue active, lifelong learning experiences
- ... who thrive in a positive learning environment
- ... who appreciate the advantages of being an integral part  
of a major American university
- ...who come to OLLI to satisfy their desire for social contact

\* \* \* \* \*

Seniors who want to have *fun*  
while enjoying everything OLLI-CSUF offers!

57


## What's in it for you as an OLLI member?

The opportunity to ... learn new things;  
discover new things to do;  
fine-tune your existing skills;  
develop new skills you missed growing up;  
develop new friendships;  
travel with friends and like-minded people;  
give back to help younger people succeed.

**OLLI is a place to go, to belong, and to do new things.**


58

## Learn New Things



**OLLI** at California State University, Fullerton

## Over 110 Classes and Activities each Semester!

<p><b>FINE ARTS &amp; CRAFTS</b></p> <p>Ceramics 1 &amp; 2    Drawing for the Fun of It Introduction to Watercolor: Painting Watercolor Workshop</p>	<p><b>LANGUAGES</b></p> <p>French 1, 2 &amp; 3    French Discussion    German Spanish 1, 2, 3 &amp; 4    Spanish Stories Talk</p>	<p><b>TECHNOLOGY</b></p> <p>OLLI Tech Help    CLECAT Club: Tech Talks Avoid Tax Season Surprises with Google Sheets iPad Essentials    iPhone Essentials</p>
<p><b>ART APPRECIATION</b></p> <p>Art House Cinema    Artsy: A History of European Art Critics' Choice: The Movies History of American Music: Rock'n' Roll</p>	<p><b>ECONOMICS, HUMANITIES AND SOCIAL SCIENCES</b></p> <p>America in the 21st Century: The New Cold War American Presidency: The Man, His Policies, His Foes Eclectics 1    Exploratory Discussion Group Great Decisions    Mastering Retirement Money News: Personal Finance, Business, Economics Personal Finance and Retirement Popes, Politics, Schisms and Controversies See How They Run: California and the Midterm Elections Social Science in the News Transitions in Retirement Essentials Warren Buffett's Investment Methodology What's Behind the News?    Wisdom Exchange World War II: What Happened? Why?</p>	<p><b>SPECIAL INTEREST GROUPS AND SOCIAL PROGRAMS</b></p> <p>Bridge, Really Beginning Bridge and Supervised Play Bridge, Duplicate    Bridge, Intermediate Caring for Yourself and Others    Cooking Potpourri Genealogy Research    GROW Gardening Club Happy Hour    Introduction to Digital Photography Introduction to Strategies of Poker    OLLI Socials Phocus Photography Club    Sports Talk Strategy of Poker    TED Talks</p>
<p><b>LITERARY ARTS</b></p> <p>Authors' Central OLLI-CSUF Comic Books Past and Present Book Club "Genreflections" Book Club    Kitty's Book Club Mystery Book Club    Great Books Kick Starting Your Writing    Life Story Workshop Poetry for Pleasure    Shakespeare Aloud Short Stories The New Yorker Magazine Discussion Group Women Writers' Workshop: Short Stories Write Now!    Writing with Feedback</p>	<p><b>HEALTHY LIVING</b></p> <p>A Course in Miracles Arboretum and/or Campus Walk Longevity Stick Exercises Medical Series    Meditation for Everyday Life OLLI Social Rollers Open Bowling Tai Chi    Tap-ercise    Wisdom Healing Yoga for the Rest of Us</p>	<p><b>OLLI EVENTS</b></p> <p>New Member Orientation    OLLI Welcoming Social OLLI "State Fair"    OLLI Holiday Luncheon</p>
<p><b>PERFORMING ARTS</b></p> <p>Classical Guitar: Beginning    Classical Guitar Ensemble Concert Band    CSUF Faculty/Student Performances Drama, Improv &amp; Storytelling    Jazz Band Learn to Read Music    Musical Performances Line Dancing: Beginner's &amp; Intermediate    OLLI Flash Mob Noontime Student Piano Performances Piano Keyboard: Improve Your Ability to Play and Improvise Recorders/Guitars &amp; More Workshops String Ensemble    Strings and Things Music Jam Tap Dancing: Beginning &amp; Advanced Ukulele: Beginner 1 &amp; Symposium    Voci d'Oro Chorale</p>	<p><b>SCIENCE</b></p> <p>Archaeology Our World in Change: Science, Engineering, and Technology for a Realistic, Sustainable Future Boundaries of Science: Exploring Current Developments Science for You: The Periodic Table</p>	<p><b>PROPOSED TRIPS</b></p> <p><b>Day Trips:</b> Hollywood Bowl    Union Station &amp; Winery LAX    UCI Mind Institute Motion Picture Academy Museum LA Natural History Museum    LACMA Huntington Library    LA Mystery Tour</p> <p><b>Overnight Trips:</b> Alaska    Boston/New England Galapagos Islands</p> 

59

## OLLI: A Positive Learning Experience

- “No stress” Learning Environment
  - No exams; No grades; No attendance or grad requirements
- Multiple Class Options
  - On campus in-person classes; Interactive Zoom (On-Line); Hybrid; Video Streaming; Webinar
  - 70 % of classes meet on campus in-person or hybrid
- On-Campus classes meet in or near Ruby Gerontology Center (RGC)
- Most on-campus classes are daytime

60

## OLLI: Fine tune your skills

- Teach a class
- Invent a new class
- Volunteer to lead OLLI
- Join in lectures and discussions
- Join a performance class



61

## OLLI: Develop new skills you missed growing up

### **Instrumental Music**

Piano & Keyboard      Ukulele      Guitar      Violin

Concert Band      Jazz Band      Jazz Combo

### **Dance Classes**

Snappy Tappers      Line Dance      OLLI Flash Mob

### **Voce de Oro Chorale**

### **Drama, Improv, & Storytelling**

### **Art Classes**

Drawing      Watercolor      Ceramics      Photography

### **Fly Fishing**

62

## Travel With Friends and Like-Minded People

- Spring 2024 Day Trips
  - Joshua Tree National Park + Palm Springs
  - Hollywood Film Museum
- Summer 2024 Overnight Trip
  - Alaska Cruise Tour (Aug 2024)
- Under Consideration
  - Amazon + Machu Picchu
  - Germany and Central Europe
  - Taiwan

63

## Give Back to Help Younger People Succeed

### **OLLI's Extensive CSUF Collaboration Program**

One-on-One Student Mentoring  
 Engineering and Business Student Team Mentors  
 Foreign Student Outreach  
 Inter-Generational Understanding  
 Faculty and Student Research Assistance  
 Science Technology Engineering Math (STEM) Resources  
 Health Screening Programs  
 Exceptional Gerontology Student Awards

64

## OLLI - University Chartered: Provides Many Added Benefits

No charge to audit regular CSUF classes

Campus library card

Wi-Fi privileges at CSUF and other campuses

Campus athletic event passes

Bookstore, performing arts, and software discounts

65



66

# Break



67

## Agenda

- Break
- Presenters' discussion
- How we became lifelong learners in retirement
- Questions and answers

68





## Presenters discussion and “How we became lifelong learners in retirement”

69

### For more information...

- OLLI: [olli.fullerton.edu](http://olli.fullerton.edu)
- Email: [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu)
-  Facebook: [OLLICalStateFullerton](https://www.facebook.com/OLLICalStateFullerton)
-  Instagram: [ollicusf](https://www.instagram.com/ollicusf)



70

# Lifelong Learning

OPTIONS FOR  
CURIOUS MATURE  
ADULTS

