

Module specification

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Module Code	HLT434
Module Title	Transitioning into Retirement
Level	4
Credit value	20
Faculty	SLS
HECoS Code	100473
Cost Code	GHAW
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
Aligned to BSc (Hons) Mental Health and Wellbeing for QA and assessment purposes	Standalone module

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	36 hrs
Placement hours	0 hrs
Guided independent study hours	164 hrs
Module duration (Total hours)	200 hrs

Module aims

Retirement is a period of change and adjustment. The aim of this module is to examine ways in which retirement can open new opportunities, through the creation of new routines, development of connections, exploration of hobbies and interests, management of time and finances, and maintenance of positive physical and mental wellbeing.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Describe a range of activities that can promote physical and mental wellbeing during retirement
2	Reflect on personal goals, strengths, meaningful pursuits, and aspirations for retirement
3	Create a positive retirement plan

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1:

Participants will take part in a series of coursework activities demonstrating their knowledge of how to plan for a positive retirement. Activities may include goal setting, action planning, reflective writing, and skill sharing.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1, 2, 3	Coursework	1500 word equivalence	100%	N/A

Derogations

N/A

Learning and Teaching Strategies

Students will learn through a range of synchronous interactive workshops, which will comprise discussion, reflection, practical activities, and consolidation. Woven through taught sessions will be opportunities for the students to articulate their own learning needs and interests in relation to retirement, which module leaders will address through some built-in flexible session content.

Synchronous teaching will take place either face to face or online, depending on the context of the module delivery, but both methods will be fully supported by an engaging Virtual Learning Environment (VLE), which will provide key readings, short videos, activities, and other relevant resources.

The course is designed to be flexible, so that it can be delivered online or face to face, and could be delivered sequentially over a number of weeks, or over several full days, so that it is fully adaptable to a range of settings and participant needs.

Welsh Elements

Welsh culture will be embedded through the course, including a discussion of personal identity, and how culture and creativity can enrich retirement. Participants will be signposted to further learning opportunities including those relating to Welsh language and culture.

All students will be offered the opportunity to submit assessments through the medium of Welsh.

Indicative Syllabus Outline

- Reframing 'retirement'
 - Expectations, hopes and fears
 - Personal identity: (re)discovery
 - Culture and creativity
 - Hobbies and interests
- Living well beyond work:
 - Physical health and wellbeing
 - Mental health and wellbeing
 - Caring for ourselves/self-compassion
- Practicalities:
 - Time: creating new routines
 - Finances: planning, budgeting, pension management

Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads:

Kay, F. and Smith, A. (2016) *The Good Retirement Guide 2016 Everything You Need to Know About Health, Property, Investment, Leisure, Work, Pensions and Tax*. 30th ed. London: Kogan Page

Other indicative reading:

Furness-Smith, P. (2015) *Well-Being : A Practical Guide*. 1st ed. London: Icon Books Ltd.

Heybridge, T. (2015) *The Joy of Retirement*. Chichester, England: Summersdale Publishers Ltd.

Layard, Richard. (2023) *Wellbeing: Science and Policy*. Cambridge, United Kingdom: Cambridge University Press.

Tyson, E, ed. (2022) *Managing Your Money All-in-One for Dummies*. Second edition. Hoboken, N.J: Wiley

Administrative Information

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