

HOW MUCH DO YOU KNOW ABOUT RETIREMENT?

Retirement Exploration Exercise #E-2

Directions: Decide whether you believe the statements below are more true or more false. Mark the false statements with an F, and the true statements with a T.

- _____ 1. Most workers slow down and become less productive the closer they get to retirement.
- _____ 2. Generally the closer people get to their retirement the more apt they are to resist it.
- _____ 3. People who direct their lives themselves do better in retirement than those who let others make their decisions for them.
- _____ 4. People who are healthy when they retire generally continue in good health well into their retirement years.
- _____ 5. The average income of retirees has declined in the last decade due to high rates of inflation.
- _____ 6. If you're happy now before you retire, chances are you'll be happy when you do retire.
- _____ 7. About half the people in retirement report being chronically depressed, lonely, and/or sad.
- _____ 8. Men find a more difficult emotional adjustment into retirement than do women.
- _____ 9. The most personally satisfied retirees are those who have hobbies, activities, "causes", or active leisure pursuits.
- _____ 10. People who are opinionated and somewhat rigid in their thinking do better in retirement because they know what they want.
- _____ 11. People who reminisce a lot tend not to do well in retirement.
- _____ 12. When a person has others who are dependent upon him/her either financially or emotionally, they tend to retire earlier rather than later.

- _____ 13. A happy marriage/special relationship equals a successful retirement.
- _____ 14. Most people retire because they feel themselves getting old.
- _____ 15. One of the best ways to genuinely enjoy your retirement is to find suitable replacements for what your job formerly gave you in the way of satisfactions.