

San Diego Continuing Education

**Emeritus Program Review**

Prepared and Submitted Spring, 2009

# Part 1: Annual Review of Data Form A

## Continuing Education - Program Review

### Comments and Narrative Description

#### FOR FACULTY USE

Program: Emeritus Program (EP)

Discipline: Physical Fitness, Music, Art, General Interest

Academic Year: 2007-08

#### A. Please review your program data (Form A)

##### 1. Comment on Annual summary Data Table –

**What are the factors that have resulted in growth or decline in the following areas:**

- FTES/CE Total: The Emeritus Program (EP) produced 16.68 % of CE's FTES in 2007-08.
- Program Cost/CE total: The EP utilized 14.68 % of CE's total budget during the 2007-08 academic year.
- Enrollment/CE Total: The EP generated 20 % of all CE's enrollment for the 2007-08 year.
- Retention/CE Total: 15% of EP learners persisted for the full duration of their courses, and 64% persisted for more than 50% of the course.
  
- Certificates Awarded/CE Total: N/A
- High School Diplomas Awarded/CE Total: N/A

**Comments:** Due to the establishment of 2007-08 FTES numbers as our baseline data, we are unable to comment on growth or decline from previous years in this area. The data does show that for 2007-08 the EP generated 17% of the total FTES, yet cost only 15% of the total CE expenses. Additionally, the cost per FTES in the EP is 12% less than the overall CE cost per FTES. This could be partly attributed to the very high learner persistence/retention rates and/or that most EP program classes are held at off-campus locations.

## **B. Continuing Education Total Data Comparisons**

### **1. Comment on percentage change from prior year(s) -**

**What are the factors that have resulted in greater changes in the following areas:**

- FTES/CE Total: No data has been reported for previous academic years.
- Cost/CE total :
  - 2004-05: EP utilized 11.88 % of CE's expenses
  - 2005-06: 13.65 %
  - 2006-07: 13.27 %
  - 2007-08: 14.68 %
- Retention/CE Total: PE rates have varied by a maximum of 2% over the 5-year span
- EP Enrollment/CE Total:
  - 2003-04: 15% of the CE total
  - 2004-05: 17%
  - 2005-06: 20%
  - 2006-07: 19%
  - 2007-08: 20%
- Certificates Awarded/CE Total: N/A
- High School Diplomas Awarded/CE Total: N/A

**Comments:** In general, there have been few significant changes in the EP data for the past several years. The percentage of program cost compared to overall CE cost has fluctuated by a maximum of 1.7%. Retention rates have varied by a maximum of 2% over the 5-year span. Course enrollment increased by a full 5 % in the period from 2003 to 2006 and since then has maintained at a fairly steady rate of 20 % of CE's total. The 5% increase from 2003-2006 may be attributed to a steady re-growth of the program after significant cuts were made in early 2003.

The EP cost had a significant jump of 22% in the 05/06 which correlates to an enrollment growth for that year of 6,000 students. 2007/08 also showed a jump of 22%, yet the percentage of program costs compared to CE costs for the 4-year span stayed consistent with a range from 14% to 15%. Additionally, the percentage of the cost of the EP program in relation to CE cost in 05/06 actually dropped from the previous year. FTES data is not available and therefore can't be analyzed in relation to these program costs.

## Part 2: Course Reassessment Program Review-Form B

All Emeritus curriculum is currently being reviewed and revised to ensure the following are included:

1. Student Learning Objectives.
2. Multi-cultural themes, namely the interaction of diverse students.
3. Computer technology.
4. Reflect business and industry standards, if appropriate.

Completed revision of all Emeritus course outlines is projected for fall 2009.

## Part 3: Goals and Achievements (Measures of Success)

The Emeritus Program (EP) is a quality educational program which provides lifelong learning experiences to older adults. The goals and achievements of the program are consistent with the mission statement of San Diego Community College District and the goals of Continuing Education. Since its inception in 1977, the program has grown from 31 class offerings to well over 300 at present time, all specifically designed for the older adult. Classes in physical education, art, music and a myriad of general interest courses are offered in a variety of settings across a diverse group of students. These classes result in building communities for learners to avoid isolation, improve their physical and mental health, and continue as lifelong learners.

The EP provides innovative educational opportunities which are topical and relevant to their students. These opportunities include pertinent content (such as a specialized program designed to improve bone mass through exercise) as well as unique delivery (we are the first in the state to offer non-credit online classes for older adults). Courses are added in response to current trends, with fitness classes for boomers and workforce preparedness to improve skills for the millennium. Because of the innovative courses we offer our students have very high levels of persistence and contribute to 17 percent of the apportionment revenues, we are a high volume, high quality, low cost community outreach program.

The EP also offers a range of cultural and intellectual experiences for the older adult. The program collaborates with community agencies and organizations. Some examples of these collaborations include specialized classes for Arthritis with the Arthritis Foundation, Fitness and Balance classes with Aging and Independence Services, and our newest collaboration with a local radio station XLNC1 (104.9) to provide publicity and content for a new online Opera class.

The EP has contributed to community events as well. Students and instructors alike are frequent participants in community events including Arts Festivals, Fitness Fairs and various multicultural events. The program has strong ties to various recreation, community and senior centers, often serving more as an educational partner. Our courses are offered in multiple campus locations, as well as 55+ communities, retirement homes and churches, enabling our courses to expand beyond the boundaries of a single campus.

The EP strives to provide quality in-services to instructors, in order to maintain currency in best practices and innovative ideas. Although attendance was optional, the large turnout for many of these sessions reflects the quality of the workshops. Further opportunities for professional development are now available through the FLEX program. The EP leadership team, consisting of a Program Chair and Assistant Program Chairs meets regularly to insure that the mission of the Emeritus Program is being met, suitable goals are being implemented and faculty needs are addressed.

## Part 4: Environmental Scan

The Emeritus Program offers classes specifically to meet the learning needs of students 55 years of age and older. The program currently serves students of diverse backgrounds (gender, age, socio-economic, race, religion), who live independently, as well as in assisted living facilities, such as a convalescent setting, or nursing homes. Students also vary widely in physical ability, education, technological skills, and other factors.

The Emeritus program faces some competition from programs such as Silver Sneakers, Oasis and other college classes for older adults. Classes for seniors are also offered in community recreation centers and through organizations such as the YMCA. However, the vast majority of these offerings are fee based and may also require membership dues or tuition.

### Strengths

- Classes help older adults avoid isolation and increase both mental and physical capacity
- Classes are free
- Off Campus classes increase visibility in the community
- Wide variety of course offerings
- Classes with specific focus on arthritis, balance and osteoporosis
- Collaborations with the Arthritis Foundation, Aging and Independent Services, Partners in Care, SDSU, and others.
- Community event opportunities offered by the San Diego Symphony, the San Diego Opera and others
- Older Adult/Emeritus courses offered at the new West City Center
- Resource Library at the North City Campus
- Faculty networking

### Weaknesses

- Need for better marketing/advertisement in the community
- Need to offer different levels of instruction in some classes according to varying abilities
- Lack of a consistent mentoring plan for new faculty
- Need for more technical training and professional development for faculty
- Need for accurate, current listing of Emeritus courses on the SDCE website and in the class schedule
- Communication challenges for department faculty
- Need for an Intergenerational Coordinator

## Opportunities

- Online and distance education
- Senior workforce collaboration
- Volunteer training
- Potential to offer classes focusing on chronic conditions such as heart disease, diabetes, obesity, cancer and important issues such as depression, and fall prevention in collaboration with community organizations
- Work with Parent Education to develop and establish new intergenerational programs, curriculum, etc.
- Offer classes at new locations and additional classes at existing sites/campuses
- In-service for faculty to refresh their technical skills and knowledge relevant to Emeritus Program classes
- Funding for faculty for professional development

## Threats

### ***Budget Cuts and Depressed Economy***

- Less marketing and advertisement resulting in smaller classes and potential closing of those classes
- Lack of materials and resources for faculty and students
- Lack of funds to repair existing equipment
- Inability to hire new instructors to fill the demand for new/more course offerings
- Transportation difficulties for students and instructors
- Inability to hire support staff
- Inability to offer additional assignments to existing faculty
- Lack of funding to provide in-service/professional development for faculty

## Part 5: Discipline Trends/Issues

The trends in Older Adult Education are many “Baby boomers” (those born in the late 1940’s -1960’s) coming of older adult age make it the fastest growing sector of the population. SANDAG estimates the older adult population in San Diego to increase approximately 90-150% over the next 20 years.

Older adults in this generation make up the most formally educated 50 plus group in history. Many are currently taking on a second job or career. Many have become caregivers of their parent or parents, and research shows that many have adult children living at home. The age of retirement is no longer set at 62, but has now more often become a matter of personal choice or necessity. Research shows that the median age to stop working is currently 70.

Budget cuts, the housing crisis, and layoffs are forcing many older adults to seek new or second jobs, requiring training not only in new skills for the workplace but also job search skills.

Research in brain development now shows that our brains are as capable of learning in the second half of life as they are in the first half. There is confirmation that programs designed for the older adult have a positive effect on the health, wellness, and wellbeing of older adult students

Given these trends in the student population, issues to be addressed in Older Adult Education include:

- The need for collaboration between the Emeritus Program and Vocational Education to assist students with job training and information for a possible new or second career
- The need for classes in computers and technology specifically for older adults
- Classes dealing with issues for adult caregivers
- The need to offer classes online and/or shorter class times and terms
- Additional classes in preparation for retirement living, particularly those dealing with financial issues, care giving, and staying independent
- More courses offered in the evenings, early morning, and/or on weekends
- New curriculum developed for courses that reflect the ever-changing needs of today’s adult 55+ learner

## Part 6: Textbooks and Materials

The great majority of courses offered in the Emeritus program do not use textbooks for the students. Instructors do have references texts available to them.

Supplies and materials are ordered on an individual basis, depending on the needs of the class. Instructors have available to them a Resource Library at the North City Campus where they may checkout supplies and instructional materials. While instructors are expected to use technology in their instruction, many computers at the existing facilities are outdated. A limited number of presentation kits, which include a lap top, computer, projector, and VHS unit are available. Public folders for the Emeritus program are being developed for faculty but there is also a need to create public folders for students to access needed references.

## Part 7: Response to Previous PRC Recommendations

N/A

## Part 8: Alternate Methods of Instruction

The Emeritus program has just begun to implement online classes. Also being considered are other forms of delivery, such as independent learning, distance learning, and homework to enhance the learning experience

Estimation of the impact of technology at this time is as follows:

- Students in first term were frustrated by problems technological problems.
- It is suggested that the program consider other computer delivering options if these problems don't improve.
- Facilities off campus often experience various problems such as lack of finances or resources, accessibility issues, and technological problems.
- Online classes require a computer; public computers are limited in scope. They are often not flash enabled, which limits the type of instruction that the student may see. Often there is a wait time to use the computers.
- The online program is too young to determine trends or rates of completion.
- Faculty needs training to help us offer excellence in multiple methods of instruction. This would include technical training, course development, and researching assistive technology that may be available to our students.