

# Adultspan Retirement Interview Manuscript Template

## Title

- Must include 1 of the types of retirements listed below in the title.
- Format example:

*Reflections on Retirement: Lessons from a **Forced Retirement***

*Reflections on Retirement: **Forced Retirement** from the Military*

***Full Time Career Retirement:** What to do next after Teaching for 40 years*

- Interviewees **must fit within one of the 10 recognized retirement types:**
    1. Full-Time Career Retirement
    2. Early Retirement
    3. Mandatory Retirement
    4. Phased or Gradual Retirement
    5. Semi-Retirement
    6. Retirement Due to Health
    7. Retirement for Personal Pursuits
    8. Career Change Retirement
    9. Forced Retirement
    10. Entrepreneurial Retirement
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## 1. Introduction (≤300 words)

- Briefly introduce the type of retirement your interview discusses and why it is a relevant topic in adult development/aging or mental health/counseling.
  - Include a reference to one of the 10 retirement types, situating the story in that context.
  - Explain the purpose of the manuscript (e.g., to present a unique retirement story and extract lessons for counseling practitioners and researchers).
  - Optional: 1–2 sentences on why interviews are important, highlighting the value of lived experience and narrative in understanding retirement transitions.
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## 2. Literature Review (≤1000 words, max 5 references)

- Summarize key findings from research that is related to your topic.
  - Discuss how the literature informed the choice of interviewee and guided the creation of additional interview questions (up to 4).
  - Emphasize the link between retirement experiences and implications for counseling practice.
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## 3. Interview Approach (instead of “Method”)

### Rationale for Choosing the Interviewee (≤200 words)

- Explain why this person was selected, including relevance to the retirement type.
- Highlight any unique perspectives or experiences that make the interviewee a valuable source.
- Note confidentiality: the person may choose a pseudonym if desired.

### Interview Questions

- **Include the four standard questions:**
  1. Can you share your career journey and describe what led to your decision to retire?
  2. What have been the most significant challenges and rewards you’ve experienced in retirement?
  3. How did you prepare for retirement, and what surprises did you encounter?
  4. Do you think counseling, or mental health support is helpful during retirement; if so why and what kind of support would be most useful?
- List the **up to four additional questions** developed based on the interviewee’s context and retirement type.
  - Example: If the person had a **forced retirement**, one question might be, “What strategies helped you navigate an unexpected transition?”

### Background of the Interviewee (≤300 words)

- Provide relevant personal and professional context:
  - Age range/life stage at retirement
  - General professional background (not limited to counseling)
  - Social/family context if relevant
  - Hobbies, interests, or post-retirement activities
  - Anything that helps readers understand the individual’s experience

#### 4. Interview Section

- Present the **interview** in **full narrative** or **Q&A format**.
  - Include direct quotes and stories that reflect the interviewee's experiences and reflections.
  - Emphasize personal narrative over completeness; richness and depth of story are key.
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#### 5. Discussion (≤1000 words)

- **Synthesize the interview:** summarize main themes, reflections, and lessons learned.
  - Connect insights to **existing theory and research** as relevant.
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#### 6. Implications for Practitioners (≤250 words)

- Offer concrete guidance for counselors informed by the interview.
  - Tie recommendations to relevant counseling theories where applicable (e.g., lifespan development, adult transitions, role theory).
  - Suggest approaches for supporting clients approaching retirement, navigating unexpected transitions, or reflecting on life stages.
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#### 7. Implications for Research (≤250 words)

- Highlight areas for future study inspired by the interview.
  - Emphasize the value of qualitative, narrative-based insights for understanding retirement experiences.
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#### 8. Conclusion (≤100 words)

- Summarize the unique insights gained from the retirement story.
- Reinforce the contribution to understanding retirement transitions and their relevance to counseling practice and research.

- End with a reflective statement about the power of individual stories in guiding practitioners and informing future research.

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## Key Notes for Authors

- Must select an interviewee fitting one of the **10 retirement types**.
- The type of retirement **must appear** in the title.
- Literature review is  $\leq 1000$  words with **max 5 references**.
- Interviewees may use a pseudonym to protect confidentiality.
- Focus on narrative richness and relevance to counseling practice.
- Provide the interview questions to the interviewee at least one week prior to the interview and provide them again the day of the interview.
- Use APA format for headings, citations, and reference page.
- The full manuscript must be no longer than 10 pages single spaced, times new roman, 12-point font. Submitted as a word document.