

New England

Regional Edition



The Joys of Adult Education

From reading Homer to racing
Porsches • by Nell Porter Brown

NEARLY 30 YEARS after his college graduation, John W. Cobb '49, Gp '94, finally hunkered down to tackle what he'd always wanted to learn: ancient Greek. After burning through many of Harvard's Greek and Latin classes as a special student, he turned to the Harvard Extension School, where he is now employed as an instructor in intermediate classical Greek—at the age of 75. "It certainly does keep the synapses firing," the retired trust banker says. "Teaching is a great way to continue one's education. Taking and teaching classes is also a way to have contact with people who share a common interest. I need the contact of fellow enthusiasts to keep learning."

Cobb is not alone in craving lifelong learning. There has been an explosion in adult education (defined here as learning outside of a formal degree program) during the last two decades, according to The College Board's former Office of Adult Learning Services. "People over the age of 25 are the largest and fastest-growing education sector in the country," says Robert Kegan, Ph.D. '77, Meehan professor of adult learning and professional development at the Graduate School of Edu-

cation (GSE). Moreover, "the number of formal adult-learning courses that go on within businesses and organizations is itself larger than the entire higher-education enterprise in the United States," he adds. "It's a big boom. It's also the baby-boom generation, who were sold on learning like no other generation. That group, now moving into midlife, is the greatest consumer of learning and opportunities for self-examination in the history of humankind. This represents a kind of evolutionary reconstruction of the relationship between education and the lifespan."

In his 1994 book, *In Over Our Heads: The Mental Demands of Modern Life*, Kegan discusses the adult-learning phenomenon. "Over half of all available jobs now require a college education and over half of those studying for undergraduate degrees are now 25 or older. The great majority of students attending our country's community colleges are adults, and the majority of graduate students are over 25," he writes. "To stretch one's mind, to better adjust to new demands in one's private life, to advance in one's job or career, to change jobs or reenter the workforce after one's children are grown or one's marriage has ended, adults go to school."

There is a psychic and emotional component to adult learning that sometimes takes people by surprise. "Most career-oriented people end their graduate studies in their mid 20s," Kegan said in a recent interview. "They have a whole life ahead of them that is not just about new demands, opportunities, and the need for new learning, but about their own continued growth and change—and the need for such change in response to the com-

plexity of the hidden curriculum of adult life. There is a need to support that continuing growth and development the same way in which we support such development in the young."

The GSE, for example, has a division devoted to professional-education programs. "Continuing education and executive education—which goes on at Harvard to one extent or another at each of the professional schools—is potentially a much greater resource for the overall education community than any of us have yet fully considered," Kegan says about efforts to create a more dynamic relationship among adult and other learners on campus.

Adult learning takes many forms—some more bookish than others. If it is academia you miss, the region is loaded with opportunities to study almost any conceivable topic—as John Cobb has found. He has taken at least 10 classes at the Harvard Extension School, which offers about 560 courses annually that include such esoteric content as "Witchcraft, From the Burning Times to the Present," "Sports as Culture in Advanced Industrial Democracies," and "The Psychology of Addiction." Most colleges and universities today offer some type of continuing education. (An extensive list of schools and study-abroad options may be found at www.educationforadults.com, or, for a broader view of course offerings in the Boston area, visit www.boston-online.com/Education/Adult/. See page 28E for more resources.)

If you want to leave the books behind and try arts or craftsmanship, you might find the Haystack Mountain School of Crafts in Deer Isle, Maine—a beautiful oceanfront compound designed by architect Edward Larrabee Barnes, S.B. '38, M.Arch. '42—ideal for learning about jewelry-making, glass-blowing, quilting, or metalwork. There is even a week-long session on journal-writing. "Haystack is a place that can effect change very efficiently because of where it is and who is there and just the kind of bouillabaisse that gets made there," says Randy Darwall '70, who makes museum-quality hand-woven silk textiles on Cape Cod and has taught at Haystack. "Every two weeks, so many people from so many dif-

ferent places show up. Everyone is so motivated to explore, this ricochet thing happens. A lot of people have changed careers based on their experience at Haystack—it's an amazing place for people who want to pursue what they can do with their hands and minds."

In Vermont, the Frog Hollow Vermont State Craft Center offers students of all levels and ages (children included) year-round classes in three locations: Burlington, Manchester, and Middlebury. Other

"To stretch one's mind, to better adjust to new demands in one's private life, to advance in one's job or career...adults go to school."

possibilities include the Rhode Island School of Design in Providence, the Museum of Fine Arts in Boston, and the DeCordova Museum in Lincoln, Massachusetts, which boasts the largest non-degree-granting studio-art program in the state. For shorter courses or workshops, check community centers for adult education and local art stores (Paper Source in Cambridge, Massachusetts, for example, has classes in bookbinding, photo transfers, and stamp art).

If you pine for larger-scale architectural projects, like building your own cherry cabinets, or even an entire post-and-beam home, the Yestermorrow Design/Build School in Warren, Vermont, could be the place to start. It offers a wide range of courses, including "Taming the Wild Dovetail," and workshops geared to women. The Heartwood School for the Homebuilding Crafts, housed in an old schoolhouse in Washington, Massachusetts, also teaches timber framing and woodworking. The Center for Furniture Craftsmanship in Rockport, Maine, focuses on furniture, including an intensive three-month session for people consider-

Real Estate Showcase

RESTORED QUEEN ANNE



Quintessential Queen Anne, with elegant rooms for entertaining, restored woodwork, fireplaces, stained glass and much more! A generous eat-in kitchen opens to a tastefully landscaped back yard & deck. Fine balance of preserved architectural detail & careful improvements. Extra apartment makes great nanny or rental suite. *Price upon request.*



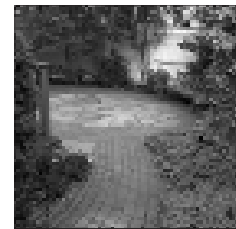
Louise Olson

617.864.8892 ext. 248
800.255.7545 ext. 248

Louise.Olson@NEMoves.com

Coldwell Banker, The Huron Ave. Office
(formerly DeWolfe R.E.)
www.ColdwellBanker-Cambridge.com

DANA HILL



1873 Victorian Townhouse
Steps to Harvard Square
5+ Bedrooms, 3.5 Baths
Lovely Period Detail
Enchanting Private Garden
Price Upon Request



Barbara Currier

800-255-7545, Ext. 287
Access All Listings On:
www.beehome.com

171 Huron Avenue • Cambridge, MA 02138



Exquisite Brattle Area Mansion. A Queen Anne gem (c. 1890), meticulously renovated. Eleven grandly proportioned rooms, including five bedrooms and five and one-half bathrooms. Professional quality kitchen opens to family room and terrace. Romantic master bedroom suite with his-and-hers bathrooms and dressing rooms, fireplace and deck. 600+ square foot room with cathedral ceiling on third floor makes ideal home office, game room, or guest suite. Central air-conditioning. Landscaped grounds. Photos and floor plans available at www.carolandmyra.com. *Price upon request.*

Carol Kelly and Myra von Turkovich



Vice Presidents
Two Brattle Square
Cambridge MA 02138
617 497-4400 ext. 241 or 243
www.carolandmyra.com

*The combination you've
been waiting for.*

Single-family style living

For age 62-plus

With a full menu of services



Where else will you find ?

- Round-the-clock security
- 24-hour emergency response
- Maintenance and housekeeping
- Flexible dining plan
- Full fitness center and heated indoor pool
- Symphony and theatre outings
- Desirable South Shore location

*Don't wait! Only two homes left in Phase I.
Model open Thursday, 10-4 or by appointment*

The Village at Duxbury
Garden Homes



290 Kings Town Way (Rt 53), Duxbury, Massachusetts
Call Laura to schedule a visit 781-585-2334 ♦ 800-696-9744

NEW ENGLAND REGIONAL EDITION

ing a career change or who want to take a sabbatical from their jobs. If you want your wood to float, Maine is also home to the WoodenBoat School in Brooklin, where summer courses include marine diesel repair; how to build a dory, skiff, or kayak; and "Ropework—Plain and Fancy." (The school also runs workshops in other parts of the country in the spring and fall.)

Artists and aspiring artists may want to look at programs available at the Kripalu Center for Yoga and Health in Lenox, Massachusetts. There, one can presumably engage the mind, body, and spirit all at once in retreats like "Painting and Yoga in the Berkshires," "Write Your Life," or "The Healing Art of Poem-Making."

Sports, an arguably distant cousin to yoga, may provide more opportunities for adult learning and growth than is immediately apparent. Michael Culver, M.B.A. '80, swears that racing a Porsche 911 GT3 (among others) up to 175 m.p.h. makes him a better businessman. "There's more to racing than jumping in the car and going fast," he says. "It's a great way to do something and not think about anything else. After a race weekend, I come back Monday morning rejuvenated: I'm much more efficient and clearheaded." Racing also provides immediate feedback and teaches precision, timing, focus under pressure, and strategy: "You have to be very good when that green flag drops—just like in business," he explains. "People think you have to be good all the time in business, but really you just have to be good at the right time. When you're making a presentation to analysts, you'd better be good."

A few years after Culver and classmate Aaron Hollander (who flies jets for a hobby) founded First Equity Group in Westport, Connecticut, they celebrated its fledgling success by spending three days at the Skip Barber School of Racing (started by John Barber III '58) in Lakeville, Connecticut. Culver has since become a competitive racer, and the pair were so impressed with the school's potential for corporate entertaining and events that they bought the business in 2001. Now the school is developing a sort of Outward Bound-style racing program to teach corporate employees leadership

*Three
generations
One great reputation*

For 68 years, providing the best selection and value in authentic, hand-knotted Oriental Rugs

A little part of Persia in
Newton Lower Falls

2284 Washington St.
Newton, MA
617-244-2553
www.atgregorian.com

**Arthur T
Gregorian Inc.**
Oriental Rugs

For You

*Yoshiko
Offers
Hand
Fabricated
Jewelry*

© necklace (detail)
S/S or 18K gold

*one-of-a-kind & limited editions
studiosyoshiko.com
ph. 617.536.3085*

Resources

The Center for Furniture Craftsmanship, Rockport, Me., 207-594-5611; www.woodschooll.com

Craftsbury Outdoor Center, Craftsbury Common, Vt., 800-729-7751; www.craftsbury.com

DeCordova Museum School, Lincoln, Mass., 781-259-0505; www.decordova.org

Frog Hollow Vermont State Craft Center, Middlebury, Vt., 802-388-4074; www.froghollow.org

Harvard Extension School, Cambridge, 617-495-4024; www.extension.harvard.edu

Haystack Mountain School of Crafts, Deer Isle, Me., 207-348-2306; www.haystack-mtn.org

The Heartwood School for Homebuilding Crafts, Washington, Mass., 413-623-6677; www.heartwood-school.com

Kripalu Center for Yoga and Health, Lenox, Mass., 413-448-3152; www.kripalu.org

ShawGuides Inc., New York City, 212-799-6464; www.shawguides.com

Skip Barber Racing School, Lakeville, Conn., 800-221-1131; www.skip-barber.com

University of New England, Continuing Education, Portland and Biddeford, Me., 207-797-7688, ext. 4412; www.une.edu/oce/

WoodenBoat School, Brooklin, Me., 207-359-4651; www.woodenboat.com

Yestermorrow Design/Build School, Warren, Vt., 888-496-5541; www.yestermorrow.org

WHERE THE RESIDENTS ARE...

ANYTHING BUT RETIRING

Carol Woods' residents have been making a difference all their lives. And they're not about to stop just because they've retired. In fact, living at Carol Woods gives you even more time for the things that really matter in the community.

Such as tutoring a child or preserving a wildlife habitat. Supporting the arts or creating art.

Teaching a computer class or leading a fitness class. And, with a child development center on campus, you can share a story,

plant a flower or coach a youngster right in your back yard. Carol Woods' residents contribute to the vitality of Chapel Hill in hundreds of ways. And, they've helped establish Carol Woods' national reputation for innovation and excellence.

Carol Woods is a service-rich community where you can spread your wings, try new things, and truly make a difference. To learn more or to schedule a visit, call us at 800-518-9333.



CAROL WOODS
RETIREMENT COMMUNITY



750 Weaver Dairy Rd., Chapel Hill, NC 27514 • 1-800-518-9333
info@carolwoods.org/www.carolwoods.org
Carol Woods Is An Accredited, Not-For-Profit Community



...That was a great visit we had from you and the kids last weekend! Those smiles and the laughter reminded us of one of the reasons we decided on RiverWoods in the first place. It was to let you enjoy your busy lives without having to worry about us. Your father and I couldn't be happier here, and I guess it shows. A lot of that is knowing we'll be taken care of no matter what the future brings... we feel more content and relaxed than we have in years. So, come back soon. We promised the kids we'd show them a secret hiding place we discovered down by the river!



With all our love, Mom and Dad

RiverWoods at Exeter is an accredited life care community located on 83 beautifully wooded acres on the banks of the Exeter River in southeastern New Hampshire. Ask for a copy of our brochure, or, better yet, call to schedule a visit.



RiverWoods
— AT EXETER —

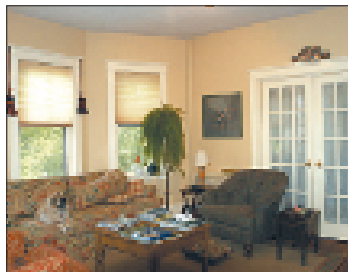
7 RiverWoods Drive, Exeter, NH 03833
Tel: 800-688-9663 603-772-4700
www.riverwoodsrc.org





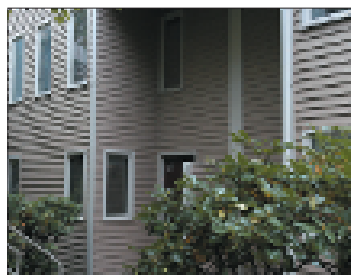
Harvard Square. Memorial Drive unit with 4 bedrooms, 3 bathrooms, dining room, living room with fireplace and over 2000 interior feet of space.

\$935,000



Huron Village. Spacious and airy layout. Great light with many windows facing west. Large renovated eat-in kitchen, 2 porches and study.

\$369,000



Fresh Pond. Stunning townhouse in serene, idyllic setting. Eat-In kitchen with greenhouse window and access to private deck. Two-car garage.

\$445,000



Harvard Square. Fabulous sixth floor condominium with 2 bedrooms, 1 & 1/2 bathrooms, balcony, parking, freshly painted and new carpeting.

\$429,000



Walk to Harvard Square from this lovely expansive fee simple townhouse. 1,884 square feet w/3 bedrooms, 3 bathrooms, 2 decks & In-law suite.

\$595,000



Central Square. 1,850 square foot townhouse with 2 balconies and fenced brick patio. Large potential home office space on lower level.

\$495,000

Hammond Real Estate

Two Brattle Square, Cambridge, MA 02138 (617) 497-4400
www.hammondre.com cambridge@hammondre.com

NEW ENGLAND REGIONAL EDITION

skills, team-building, and self-esteem. "The racer is alone in the car," Culver says, "but you have a crew of up to 20 people—crew chief, strategist, mechanics, a marketing person" behind every win. (If you are considering hopping into a car, be prepared to shell out up to \$3,500 for the initial three-day instructional session alone.)

If physical—rather than mechanical—fitness is your goal, the Craftsbury Outdoor Center in Vermont's Northeast Kingdom offers adult camps in running and sculling. "It's removed from mainstream life, a sanctuary of sorts," says one past Craftsbury coach: Dan Boyne, Ed.M. '93, now director of recreational rowing at Harvard (and author of *Essential Sculling*). "It's a beautiful setting; you don't see much human habitation. They use a glacial lake [Lake Hosmer] that sits below the treeline. You don't even know it's there when you're driving by. Most of the people who go there are beginners of some sort and three-quarters of the day is taken up with rowing. You don't go up there to shop." The center offers 15 weeks of



ASSISTED LIVING RETIREMENT COMMUNITY

Here's what people are saying about us.



Name: Milton R.

Occupation: Postal Supervisor, Retired

Hobbies: Reading, Walking, Exercising

Lifestyle: Independent, Active

Choice of Senior/Assisted Living:
Cadbury Commons

"There is a stable and gentle atmosphere of help and empathy throughout the community. I feel assured that I am part of others' lives, as they are of mine. For myself, I feel that Cadbury Commons provides a well trained and caring group of people who are interested in my welfare."

Call (617) 868-0575 to arrange a personal tour, or visit www.cadburycommons.com

Where The Emphasis Is On Living

66 Sherman Street, Cambridge,
MA 02140 ♦ (617) 868-0575



NEW ENGLAND REGIONAL EDITION

sculling in the summer, and training for marathons, road races, and triathalons. In the fall and winter, Craftsbury becomes a mountain biking and cross-country ski resort.

Is it a stretch to call such activities adult learning? Some people may think so. "Racing cars is certainly sexy," Kegan concedes. "It takes all those dimensions of being a success at work and gathers them into some compressed and substitute space." It may be more akin to an extracurricular activity—the kind of new interest that many people might pick up in midlife, he adds—and therefore a phenomenon more closely related to personal growth than to traditional classroom education. (As a youngster, Kegan was fascinated with aviation; he became a licensed airplane pilot.) "People are trying to include aspects of themselves they've had to put up on a shelf," he explains. "This is when you might see a highly competitive Wall Street guy take up a contemplative activity, like painting. Adult learning is often an expression of trying to develop underdeveloped parts of oneself." ♡

*a relaxed
and easy way*



to meet others...

We bring together successful,
sophisticated professionals for
friendship and fine dining.



617.497.0444 www.singlegourmet.com



At Brookhaven, lifecare retirement living is as good as it looks.

Brookhaven at Lexington offers the security of quality on-site health care, opportunities for a healthy, active lifestyle and the companionship of people who share your commitment to independent living.

Call today for information about our priority wait list.



Lexington, MA 02421
(781) 863-9660
(800) 283-1114



Life is what *you* make it

The new Wellness Center at North Hill is creating a new generation of fitness enthusiasts who are benefiting from regular exercise.

Visit us and see for yourself why more and more people are moving to North Hill



 **North Hill**

Greater Boston's Premier Retirement Community



865 Central Avenue, Needham, MA 02492. For a tour or brochure, please call **781-433-6525**.

