

# Retiring – steps to follow

	<p><b>Create or update your retirement plan:</b> whether you are just starting your career or are at the point of retiring, having a retirement plan will assist you in achieving your retirement goals and help you determine your risk tolerance and provide guidance in the decisions to achieve those goals.</p>
	<p><b>Make use of the available tools:</b> many resources and tools are available to assist you to create pension projections and estimates. Explore the Retirement Planner and Retirement Planning Guide on the Sun Life website as well as complete the Asset Allocation tool to help decide which investments are right for you.</p>

**Consult the regulations on the retirement of [Academic Staff](#):** the regulations set out the general terms and conditions relating to the retirement of academic staff and outline notice

