



New Year's Resolutions for Your Retirement
from Maliz Beams, Executive Vice President, Client Services
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(As Prepared.)

In 2008, we began to experience the kind of economic turbulence this country has rarely seen. While we continue to face challenging economic times, there are some basic steps you can consider to help keep your retirement goals on track. The new year is a perfect opportunity to take stock and make whatever changes are necessary to meet your long-term financial goals.

Resolution #1: MAKE A PLAN

Every successful project begins with a well-thought-out plan. Think of yourself as the architect of your own retirement, and create a savings blueprint to build a solid investment foundation. To get started, consider your risk tolerance, your savings goals, personal financial situation and the years you have to invest. Tools right here on the TIAA-CREF web site – and a TIAA-CREF financial advisor – can help you develop an appropriate plan that will see you to and through your retirement years.

Resolution #2: DIVERSIFY YOUR PORTFOLIO

Invest your contributions in a broad range of asset classes – stocks, bonds, real estate and money market instruments. While it's not guaranteed to protect against a loss of principal or income, a diversified portfolio *can* help reduce risk – especially during market volatility.

Also, at TIAA-CREF, we think retirees should seriously consider a low-cost annuity as part of their retirement plan. Our lifetime annuity payments can provide an income stream that is guaranteed by TIAA's claims-paying ability, as opposed to a systematic-withdrawal plan, which can put you at risk of outliving your retirement savings.

Resolution #3: REBALANCE YOUR PORTFOLIO

From time to time, you may want to consider rebalancing your portfolio – adjusting your investments to be sure they remain aligned with your goals. Especially if there are changes in your investment goals, risk tolerance, investment time frame, or your personal circumstances. Although it cannot guarantee against loss or assure that your goals will be met, regularly rebalancing can help keep your portfolio appropriately diversified and minimize the impact of unforeseen market events.

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Resolution #4: CONTRIBUTE TO YOUR 2008 IRA OR ROTH IRA UNTIL APRIL 15, 2009

An IRA (or Individual Retirement Account) is a great way to consolidate your assets and keep track of your finances as you save additional money for retirement. Remember, you can continue to make contributions to your 2008 IRA or ROTH IRA until April 15, 2009 – subject to annual limits. Generally speaking, it's a good idea to make the maximum annual contribution allowable to retirement plans that offer a tax break, such as a TIAA-CREF or employer-sponsored supplemental retirement plan.

Resolution #5: SEEK OBJECTIVE ADVICE

TIAA-CREF consultants are available to answer your questions and help you find the right retirement strategy for you. Speak with one of our consultants about how to stay on the right financial track in terms of your risk tolerance, how much you need to save to reach your goals, your asset allocation and rebalancing your portfolio.

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Planning for your retirement is one of the most important things you'll ever do. The few simple steps we've outlined here can make all the difference. So make your plan, diversify, rebalance, contribute to tax-deferred retirement plans – and reach out to our financial consultants.

TIAA-CREF products and services have been helping people save for retirement for the past 90 years, through the ups and downs of the economic landscape. Let us help you to and through *your* retirement.

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