Stay on track to pursue your financial goals

Retirement resources for your career stage

No matter where you are in your career, Carnegie Mellon University and TIAA want to help you plan for retirement with resources and tools tailored to help you work towards your saving goals and needs. Click the links below to explore TIAA’s most popular planning and education opportunities.

Early career stage
Start early and let time work for you.

Just starting out ➔
Learn tips for getting started on the right path.

Budget worksheet ➔
Find more ways to save.

Paycheck calculator ➔
See how saving more may affect your paycheck.

Financial goals planner ➔
Create your personal financial path.

Midcareer stage
Stay focused and save more, if possible.

Managing your money ➔
Keep on top of your finances as your priorities change.

Market commentary ➔
Stay on top of market changes.

Life’s big events ➔
Be prepared for life’s milestones.

Asset allocation evaluator ➔
Consider diversifying your investments across asset classes.

Late career stage
Keep saving and start exploring income options.

Preparing for retirement ➔
Get your retirement profile; learn about lifetime income.

Retirement income planner ➔
Explore your income options to help pursue your goals.*

Lifetime income calculator ➔
Find answers to help bridge income gaps.

Retirement budget worksheet ➔
Evaluate your expenses for retirement.
All career stages

Additional education and advice are just a click or call away.

Webinars

Register for upcoming financial education and special-topic webinars.*

Advice

Schedule a session with a financial consultant today. Or talk to a financial consultant at 800-842-2252. Weekdays, 8 a.m.-10 p.m. (ET) Saturday, 9 a.m.-6 p.m. (ET)

Retirement advisor

Build your retirement action plan in four steps.*

*You will be prompted to sign in to your account.

There is no guarantee that a diversified portfolio will enhance overall returns or outperform a non-diversified portfolio. Diversification does not protect against market risk.

Investment, insurance and annuity products are not FDIC insured, are not bank guaranteed, are not deposits, are not insured by any federal government agency, are not a condition to any banking service or activity, and may lose value.

TIAA-CREF Individual & Institutional Services, LLC, Teachers Personal Investors Services, Inc., and Nuveen Securities, LLC, Members FINRA and SIPC, distribute securities products. Annuity contracts and certificates are issued by Teachers Insurance and Annuity Association of America (TIAA) and College Retirement Equities Fund (CREF), New York, NY. Each of the foregoing is solely responsible for its own financial condition and contractual obligations.

Teachers Insurance and Annuity Association of America is domiciled in New York, NY, with its principal place of business in New York, NY. Its California Certificate of Authority number is 3092.

Read the TIAA-CREF Individual & Institutional Services, LLC, Statement of Financial Condition.

©2018 and prior years, Teachers Insurance and Annuity Association of America-College Retirement Equities Fund, New York, NY 10017