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# **Stay on Course for Retirement**

## **Amidst COVID-19**

As market volatility and economic uncertainty caused by COVID-19 persist, we know you may be concerned — but we encourage investors to maintain a disciplined strategy. Below are some ideas and resources to help you gain perspective and stay on course for retirement.

### **Understanding Market Volatility**

Short-term volatility is a generally accepted risk of investing, but wild swings in the markets can be downright unsettling. Before you react to market turbulence, consider these investment basics.

### **Dollar Cost Averaging**

It may be tempting to reduce or suspend contributions to your retirement plan, but this could hurt in the long run. Contributing equal amounts on a regular basis — regardless of which way the investment markets move — can help reduce your overall average purchase price over time. However, be aware, dollar cost averaging does not guarantee a profit or protect against a loss in a declining market, so you should consider your ability to continue investing through periods of adverse market conditions.

### **Long-Term Perspective**

Making hasty investing decisions based on market volatility has often proven to be an unsuccessful investment strategy. Purchasing funds after they have risen significantly may mean "buying high." Transferring out of lower-performing funds may mean "locking in your losses," making it more likely that you will miss any upswing that may follow a downturn. Remember that saving and investing

forretirement is generally a long-term prospect. Many financial professionals often agree that the best approach to volatile markets is to determine your long-term investing strategy — and then stay the course.

## Regular Rebalancing

Your journey to retirement will have turns in the road along the way. It's important to check in on your portfolio, review your asset allocation, and rebalance to adjust for any market volatility. About once a year is a good way to stick to your long-term strategy. Pick a date you'll remember such as a birthday or a job start date to do review and adjust where needed. A free rebalancing service is available online with your [Transamerica account](#).

- Determine your long-term strategy, then try to stay the course.
- Consider using Transamerica's Managed Advice service (additional fees apply).
- Consider consulting a financial professional.

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