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## **Volunteerism After Retirement: An Evaluation of the Give 5 Civic Matchmaking Program**

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- “Overall, Give 5 has made **significant progress towards its dual-purpose goal** to support the well-being of older adults in the community while assisting local nonprofits in fulfilling their missions.” (p. 13)
- “Higher levels of **growth mindset** was associated with volunteering to feel compassion, feel needed, explore strengths, gain hands-on experience, gain new perspectives, help others, because it is an important cause, because peers value giving service, and to make new friends.” (p. 9) “One potential interpretation of these correlational findings is that a growth mindset fosters a sense of **community engagement, creating a more socially responsible environment.**” (p. 11)
- “Participant loneliness at the beginning of the program was negatively associated with a sense of belonging to the community.” – p. 10. Thus, the more lonely a participant felt, the less they felt a **sense of belonging** to their community.

- Findings revealed “several significant changes in participant attitudes and perceptions. After participating in Give 5, participants reported higher scores regarding empathic concern and recognizing the need to equip those they help with knowledge and skills . . . **their empathy continued to increase due to the Give 5 program.**” – p. 11.
- “Give 5 successfully **improves empathetic concern** and focuses on teaching volunteers the skills they need to succeed. Participants in Give 5 report enjoying the program and appreciating the learning experience.” – p. 13.
- The top 5 **motivations for volunteering** are:
  - Help others
  - Serve an important cause
  - Gain hands-on experience
  - Gain a new perspective
  - Feel compassion (p. 8)
- “Majeske and colleagues evaluated the Give 5 Civic Matchmaking Program, which links retirees to nonprofit volunteer roles to enhance participant well-being and strengthen community organizations. Their study explored the influence of mindsets, loneliness, and belonging on volunteering motivations among older adults. Findings indicate that a growth mindset positively correlates with volunteering for personal growth and altruism, whereas loneliness is associated with seeking social connection through volunteering. The authors note that initial social states affect participants’ sense of community belonging, suggesting that interventions aimed at social integration necessitate longer durations to be effective. This study provides valuable insights for Extension programs to refine volunteer recruitment strategies based on diverse motivations and psychological needs, **underscoring the capacity of skilled retirees to bolster nonprofit effectiveness and improve their well-being through meaningful engagement.**” – Propelling Aging-Related Initiatives in a Next-Gen Cooperative Extension System: Editors’ Introduction to the JHSE Special Issue on Aging, Erin L. Martinez, Kansas State University; James S. Bates, The Ohio State University, p. 4.

[Note: Bolding added to provide emphasis on key points.]