Dear Student:

Thank you for your willingness to participate in the NCAA’s study of Growth, Opportunities, Aspirations, and Learning of Students in college (GOALS). This is the most comprehensive study ever conducted on the experiences of student-athletes, and your participation is greatly appreciated. By completing and returning this questionnaire, you are consenting to volunteer for this study. Your participation in the study is completely voluntary. You may choose not to answer specific questions and you can discontinue your participation at any time without penalty.

The information you provide is completely confidential. That means nobody, including the NCAA researchers, will report your responses as coming from you, your team, or your school. All reported results will be in terms of sport trends or national averages: an individual’s response will never be reported in isolation.

If you are under 18 years of age, or below the age of legal consent to participate in your state, you are excused from further participation in this research study.

If you have questions regarding the study, the survey instrument, or the survey procedures please contact the survey administrator, Michael Miranda, at 317/917-6304 or mmiranda@ncaa.org.

## MARKING INSTRUCTIONS

Use Blue or Black ink pen or Black Lead Pencil Only

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<th>Incorrect Marks:</th>
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### PART 1: COLLEGE ATHLETICS EXPERIENCE

1. Are you playing on men’s or women’s team(s)?
   - [ ] Men’s
   - [ ] Women’s

2. NCAA sport(s) you are playing: (Select all that apply)
   - [ ] Baseball
   - [ ] Basketball
   - [ ] Bowling
   - [ ] Cross Country
   - [ ] Fencing
   - [ ] Field Hockey
   - [ ] Football
   - [ ] Golf
   - [ ] Gymnastics
   - [ ] Ice Hockey
   - [ ] Lacrosse
   - [ ] Rifle
   - [ ] Rowing
   - [ ] Skiing
   - [ ] Soccer
   - [ ] Softball
   - [ ] Swimming/Diving
   - [ ] Tennis
   - [ ] Track (Indoor or Outdoor)
   - [ ] Volleyball (Indoor)
   - [ ] Volleyball (Beach)
   - [ ] Water Polo
   - [ ] Wrestling

3. How do you describe yourself? (Select all that apply)
   - [ ] American Indian or Alaskan Native
   - [ ] Asian
   - [ ] Black or African American
   - [ ] Hispanic or Latino
   - [ ] Native Hawaiian or Pacific Islander
   - [ ] White
   - [ ] Other

4. Based on your roster spot or frequency of competition, how would you classify your current status in your main sport?
   - [ ] First team (you start in a team sport or compete in your preferred events in individual sports)
   - [ ] Second team (regular substitute in a team sport, often compete in some event in individual sports)
   - [ ] Third team (participate in practice but compete infrequently)
   - [ ] Practicing or training but not competing

SERIAL #
5. **This year**, did you receive an **athletics** scholarship of any kind in your sport?
   - No
   - Yes, partial athletics scholarship
   - Yes, full athletics scholarship

6. How likely do you think it is that you will become a **professional and/or Olympic athlete** in your sport?
   - Very likely
   - Likely
   - Somewhat likely
   - Somewhat unlikely
   - Unlikely
   - Very unlikely

7. How much do you agree or disagree with each of the following statements?

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<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Somewhat Agree</th>
<th>Somewhat Disagree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tr>
<td>a. I consider myself a dedicated athlete.</td>
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<td>b. I consider myself a dedicated student.</td>
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<td>c. I have many personal goals related to my sport.</td>
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<td>d. I have many personal goals related to my academics.</td>
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<td>e. I need to excel in athletic pursuits to feel good about myself.</td>
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<td>f. I need to excel in academic pursuits to feel good about myself.</td>
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<td>g. My sports experiences are an important part of my overall college experience</td>
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<td>h. My academic experiences are an important part of my overall college experience</td>
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<td>i. I would have gone to a 4-year college somewhere even if I hadn’t been an athlete</td>
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8. What is your current **academic standing**?
   - Freshman
   - Sophomore
   - Junior
   - Senior
   - Completed bachelor’s degree

9. Did you transfer into your current school?
   - No
   - Yes, from a 2-year college
   - Yes, from a 4-year college

10. If you have transferred, what were your reasons for doing so? (Select all that apply)
    - I did not transfer
    - Academic
    - Athletics
    - Medical
    - Financial
    - Family / Personal

11. If you weren’t a college athlete, would you still choose your current major?
    - I definitely would choose this major again
    - I probably would choose this major again
    - I might choose this major again
    - I probably would not choose this major again
    - I definitely would not choose this major again
    - I have not yet chosen a major area of study

12. Has athletics participation prevented you from majoring in what you really want?
    - No
    - Yes, but I currently do not have regrets about my choice of major
    - Yes, and I currently do have regrets about my choice of major
13. Has your **athletics participation** prevented you from taking **classes** that you wanted to take?
   - No
   - Yes, but I currently do **not** have regrets about those course choices
   - Yes, and I currently do have regrets about those course choices

14. Have your coaches or others in the athletics department (e.g., academic advisors) discouraged you from choosing **certain classes**?
   - Never
   - Once or twice
   - Often

15. How do you feel about...

   a. The efforts you’ve made in your college classes? ...................................
   - Strongly Positive
   - Somewhat Positive
   - Neutral
   - Somewhat Negative
   - Very Negative

   b. Your ability to keep up with your classes while your sport is in-season? ..................................
   - Strongly Positive
   - Somewhat Positive
   - Neutral
   - Somewhat Negative
   - Very Negative

   c. Your likelihood of graduating from college? .................................
   - Strongly Positive
   - Somewhat Positive
   - Neutral
   - Somewhat Negative
   - Very Negative

   d. Your overall college **academic** experience to this point? ................
   - Strongly Positive
   - Somewhat Positive
   - Neutral
   - Somewhat Negative
   - Very Negative

   e. Your overall college **athletics** experience to this point? ...............
   - Strongly Positive
   - Somewhat Positive
   - Neutral
   - Somewhat Negative
   - Very Negative

16. This year, how many courses have you taken that were **entirely online**?
   - No online courses
   - 1
   - 2
   - 3
   - 4 or more online courses

17. Please rate the extent to which you agree or disagree with the following. 

   a. Taking traditional **in-person classes** on campus is an important part of the student-athlete experience ..................
   - Strongly Agree
   - Somewhat Agree
   - Neutral
   - Somewhat Disagree
   - Strongly Disagree

   b. Since coming to this institution, I have developed a close, personal relationship with at least one faculty member ..........
   - Strongly Agree
   - Somewhat Agree
   - Neutral
   - Somewhat Disagree
   - Strongly Disagree

18. Have you been involved or do you plan to be involved in a **study abroad** program during college?
   (Fill in only one circle)
   - Yes, I have or will study abroad
   - I would like to but can’t because of **my athletics participation**
   - I would like to but can’t because of other reasons (e.g., finances, availability)
   - No, I have no interest
   - I don’t know at this time

19. Have you been involved or do you plan to be involved in an **internship** program during college?
   (Fill in only one circle)
   - Yes, I have or will take part in an internship
   - I would like to but can’t because of **my athletics participation**
   - I would like to but can’t because of other reasons (e.g., finances, availability)
   - No, I have no interest
   - I don’t know at this time
20. How long do you think it will take to complete your undergraduate degree? (Select all that apply)
   - Four years or less
   - More than four years due to athletics reasons (e.g., redshirted as a freshman, delaying in order to complete my NCAA eligibility)
   - More than four years due to academic or transfer reasons (e.g., failed classes, changed majors, credits didn’t transfer)
   - More than four years due to medical issues (e.g., medical redshirt)
   - More than four years due to financial reasons
   - More than four years due to family or personal reasons
   - It’s unlikely I’ll earn my degree

21. In your first year after leaving college, what do you intend to be doing? (Fill in only one circle)
   - Working at a job related to my major
   - Working at a job, but not necessarily one that is related to my major
   - Attending graduate school
   - Serving in the military
   - Devoting myself to my sport (e.g., training, playing professional sports, etc.)
   - Taking some transition time before embarking upon a career
   - Staying at home / serving as a caregiver
   - I don’t yet have any post-graduate plans or goals

22. Do you expect that your job after college will involve sports?
   - Very likely
   - Somewhat likely
   - Not sure
   - Somewhat unlikely
   - Very unlikely

23. How likely is it that you will go to graduate school or obtain an advanced professional degree (e.g., law degree, medical degree, master’s degree, doctorate) at some point after college?
   - Very likely
   - Somewhat likely
   - Not sure
   - Somewhat unlikely
   - Very unlikely

24. How much do you agree or disagree with the following statements?
   - I have a sense of belonging at this college ........................................
   - Being an athlete has helped me fit in socially at this college...................
   - I frequently socialize with non-athletes at this college ..................
   - I am able to find an appropriate balance between academics and extracurricular activities (including athletics participation) ..................

25. How many of your closest friends at this college are on your sports team?
   - All of my closest college friends are teammates
   - Many of my closest college friends are teammates
   - Some of my closest college friends are teammates
   - Few of my closest college friends are teammates
   - None of my closest college friends are teammates

26. With whom do you currently live during the school year? (Choose one best response)
   - I live alone
   - With parents, family or a significant other
   - With teammates or other student-athletes only
   - With a mix of student-athletes and others
   - Only with other students who are not athletes
   - Other living arrangement

27. On average over the past year, how much time have you spent taking part in service projects or volunteer activities of any type? (Fill in only one circle)
   - One or more hours per day
   - A few hours per week
   - A few hours per month
   - A few hours during the year
   - Did not participate in service or volunteerism in the past year
28. Are you required to take part in service projects or volunteer activities as part of your athletics participation? (Fill in only one circle)
   - Yes, my coach/team requires it frequently
   - Yes, my coach/team requires it occasionally
   - My coach/team suggests we take part in these types of activities, but it is not required
   - No, we don’t take part in such activities as a team

29. Please indicate your level of agreement with each of the following statements about the atmosphere or climate on your team:

   a. My coaches have created an inclusive environment for all members of the team.
   b. My coaches and teammates are accepting of differing viewpoints and cultures.
   c. My coaches and teammates are always respectful of persons from other racial/ethnic groups.

30. Please indicate your level of agreement with the following statements.

   My head coach...
   a. Sets an example of how to do things the “right way” in terms of ethics
   b. Defines success not just by winning, but by winning fairly
   c. Has team members’ best interests in mind
   d. Can be trusted
   e. Listens to what members of this team have to say
   f. Treats all members of the team equally

31. Please indicate your level of agreement with the following statements.

   My head coach...
   a. Puts me down in front of others
   b. Ridicules me
   c. Makes negative comments about me to others

32. Please indicate the type of effect that your college athletics experience has on each of the following skills or qualities in yourself:

   My head coach...
   a. Leadership skills
   b. Teamwork
   c. Commitment to community service
   d. Understanding of people of other races and backgrounds
   e. Goal setting
   f. Time management
   g. Work ethic
   h. Dealing with change
   i. Ability to take responsibility for yourself
   j. Attention to detail
   k. Self-confidence
33. Where did you attend high school?
   - In the United States
   - In Canada
   - In another country

34. How much do you agree or disagree that each of the following reasons contributed to your decision to attend your current college?

   a. Academic offerings, academic reputation, etc. .............................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   b. Athletics participation ..............................................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   c. Cost of college .................................................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   d. Good place to develop my athletic skills to compete at a higher level ...
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   e. Playing time / opportunity to compete ..........................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   f. Felt a strong connection to the team .............................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   g. Proximity to home, family, friends ....
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   h. Social scene at this school or have friends attending .....................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   i. Expectations (of parents, teachers, community, etc.).................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   j. Presence of a particular coach ....
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   k. The quality of the athletics facilities .............................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   l. The team’s NCAA division........
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

35. Based on what you know now and what others (e.g., friends, coaches, alumni) told you to expect, how accurate were your initial expectations of:

   a. The athletics experience at this college? ...........................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   b. The academic experience at this college? ..........................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   c. The social experience at this college? ...........................................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   d. The time demands of being a student-athlete at this college? ...........
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

36. How much do you agree or disagree with the following statements:

   a. I am glad that I made the choice to be at this school ......................
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   b. I would have attended this college even if a different coach was here ..... 
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   c. If my current coach left this school I would consider transferring .......... 
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   d. I would recommend my college to a high school student-athlete .............
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

37. Prior to enrolling in your current college, did you visit the campus (either on an official or unofficial visit)?
   - Yes
   - No

38. In what grade were you first contacted (directly or through a third party such as your high school or club coach) by a college coach interested in recruiting you?
   - Before high school
   - 9th grade
   - 10th grade
   - 11th grade
   - 12th grade
   - I was not recruited prior to college
39. In what grade did you decide or commit to attend this college (or the college where you first enrolled if you have transferred)?
   - 9th grade or earlier
   - 10th grade
   - 11th grade
   - 12th grade

40. Please indicate the degree to which you agree or disagree with the following statements as they relate to your recruiting process:

   a. The college athletics recruiting process was a positive experience for me.......................... 

   b. In general, college coaches contacted me too often during recruitment ..................................

   c. What I was told during my recruitment about my role on the team has turned out to be accurate ..................................

   d. What I was told during my recruitment about my academic options has turned out to be accurate ..................................

41. How old were you when you started competing in your main sport?
   - 6 years old or younger
   - 7-9 years old
   - 10-12 years old
   - 13-15 years old
   - 16 years old+

42. How old were you when you started specializing in your main sport (competing only in that one)?
   - 6 years old or younger
   - 7-9 years old
   - 10-12 years old
   - 13-15 years old
   - 16-18 years old
   - Competed in multiple sports through the end of high school (or into college)

43. During high school did you compete in your main sport... (please respond to each item)

   a. On a high school team? ........................................

   b. On a club team (includes AAU, national, academy or other elite teams not affiliated with your school)? ........................................

44. Before college, did you or your family move for reasons related to your athletic pursuits?
   - Yes
   - No

45. How much do you agree or disagree with each of the following statements regarding high school and youth athletics?

   a. Competing on my high school team played a big role in my development as an athlete ...........

   b. Competing on my club team played a big role in my development as an athlete ...........

   c. I enjoyed my experiences on the high school team ..................

   d. I enjoyed my experiences on the club team ..................

   e. Youth in my main sport play in too many games/competitions before entering college ...........

   f. I wish I had spent more time participating in other sports growing up ..........................
46. Since I was young, my family expected that I would...

- Be a college athlete
- Be a professional or Olympic athlete
- Earn a college degree

5: HEALTH AND WELL-BEING

47. During the last 30 days, on how many days did you have the following problems or symptoms?

- Headache
- Pain (non-headache) that made daily activities difficult
- Cold, flu or similar illness
- Trouble sleeping

48. How many times have you been diagnosed with a concussion by a medical professional?

- During college
- Before you entered college

49. During your college career, have you sustained a blow to the head that was followed by one or more of the symptoms listed above, but did not disclose that blow to a medical professional?

- I have not experienced a blow to the head that caused such symptoms.
- I have experienced one or more such blows to the head, but I reported each one.
- I have experienced one or more such blows to the head, but I did not report all of them.

50. How many sport-related injuries have you sustained that required surgery, hospitalization or more than one month of time off from training or competition?

- During college
- Before you entered college

51. Are you currently unable to compete in your sport due to a long-term (e.g., month or more) injury or health concern?

- Yes
- No
52. Please indicate how strongly you agree or disagree with the following statements:

a. My coaches care about my physical well-being ...............................................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

b. My coaches care about my mental well-being ...............................................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

c. I would feel comfortable talking with my coaches about physical health issues ...............................................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

d. I would feel comfortable talking with my coaches about mental health issues ...............................................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

53. How satisfied are you with the care you have received from team or college medical personnel when you have had...

   a. Physical health issues ...............................................
   - Very Satisfied  - Somewhat Satisfied  - Neither Satisfied Nor Dissatisfied  - Somewhat Dissatisfied  - Very Dissatisfied
   - I have not required care

   b. Mental health issues ...............................................
   - Very Satisfied  - Somewhat Satisfied  - Neither Satisfied Nor Dissatisfied  - Somewhat Dissatisfied  - Very Dissatisfied
   - I have not required care

54. The questions in this scale ask you about your feelings and thoughts during the last month. For each, please indicate how often you felt or thought a certain way.

   a. In the last month, how often have you felt that you were unable to control the important things in your life? .................
   - Very Often  - Fairly Often  - Sometimes  - Rarely  - Almost Never  - Never

   b. In the last month, how often have you felt confident about your ability to handle your personal problems? ......................
   - Very Often  - Fairly Often  - Sometimes  - Rarely  - Almost Never  - Never

   c. In the last month, how often have you felt that things were going your way? .......
   - Very Often  - Fairly Often  - Sometimes  - Rarely  - Almost Never  - Never

   d. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? ...........
   - Very Often  - Fairly Often  - Sometimes  - Rarely  - Almost Never  - Never

55. Please indicate how strongly you agree or disagree with the following statements:

   a. I am accomplishing many worthwhile things in my sport .............
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

   b. I feel so tired from the physical demands of my sport that I struggle to find energy to do other things ..................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

   c. The effort I spend in my sport would be better spent doing other things ..................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

   d. I am exhausted by the mental demands of my sport ................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

   e. I am performing up to my ability in my sport ..................
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

   f. I care about my sport as much or more than I ever have .............
   - Strongly Agree  - Somewhat Agree  - Agree  - Somewhat Disagree  - Disagree  - Strongly Disagree

56. How do you describe your weight?

   - Very underweight for my sport
   - Slightly underweight for my sport
   - About the right weight for my sport
   - Slightly overweight for my sport
   - Very overweight for my sport

57. Which of the following are you trying to do about your weight?

   - Gain weight
   - Lose weight
   - Stay the same weight
   - I am not trying to do anything about my weight
58. Please indicate how strongly you agree or disagree with the following statements:

a. Healthy food options are reliably available to me after practice and competition.
   - Strongly Disagree
   - Disagree
   - Somewhat Disagree
   - Agree
   - Somewhat Agree
   - Strongly Agree

b. I have time to eat healthy meals each day.
   - Strongly Disagree
   - Disagree
   - Somewhat Disagree
   - Agree
   - Somewhat Agree
   - Strongly Agree

c. I can afford to eat healthy meals each day.
   - Strongly Disagree
   - Disagree
   - Somewhat Disagree
   - Agree
   - Somewhat Agree
   - Strongly Agree

59. On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning?
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days
   - 6 days
   - 7 days

60. All things considered, how happy are you today?
   - Very happy
   - Somewhat happy
   - Somewhat unhappy
   - Not happy at all

61. While school was in session during the season, picture the weekday (Monday to Friday) that most felt like your “typical” day on campus. On that day, how many HOURS did you spend on each of the following activities?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Number of Hours</th>
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<tbody>
<tr>
<td>a. Attending class, lab, discussion groups, etc.</td>
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<tr>
<td>b. Studying or academic work outside of class</td>
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</tr>
<tr>
<td>c. Sport commitments:</td>
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</tr>
<tr>
<td>i. Athletic Activities (Practicing, training, competing, athletic training room, etc.)</td>
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<tr>
<td>ii. Non-Athletic Activities (Meetings with coaches, team functions, film study, etc.)</td>
<td></td>
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<tr>
<td>d. Other extracurricular activities</td>
<td></td>
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<tr>
<td>e. A job (for pay)</td>
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<tr>
<td>f. Socializing, relaxing, family</td>
<td></td>
</tr>
<tr>
<td>g. Sleeping</td>
<td></td>
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</tbody>
</table>
62. While school was in session during your season, picture what your weekends were like.

In total (that is, adding up your commitments for Saturday and Sunday), how many hours did you spend on each of the following activities during a typical weekend on campus?

- Attending class, lab, discussion groups, etc. 
- Studying or academic work outside of class 
- Sport commitments:
  - Athletic Activities (Practicing, training, competing, athletic training room, etc.) 
  - Non-Athletic Activities (Meetings with coaches, team functions, film study, etc.) 
- Other extracurricular activities 
- A job (for pay) 
- Socializing, relaxing, family 
- Sleeping

63. During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?
- No time spent away / Didn't travel
- One-half day or less away per week
- 1 day away per week
- 2 days away per week
- 3 days away per week
- 4 or more days away per week

64. During periods in the school year when your sports team is not competing, do you spend more or less time on the following?

- Attending class, lab, discussion groups, etc.
- Studying or academic work outside of class
- Sport commitments:
  - Athletic Activities (Practicing, training, competing, athletic training room, etc.)
  - Non-Athletic Activities (Meetings with coaches, team functions, film study, etc.)
- Other extracurricular activities
- A job (for pay)
- Socializing, relaxing, family
- Sleeping

65. If you could, would you prefer to spend more or less time in each of these areas while in college?

- My classwork or other educational opportunities
- Athletics training, competition, etc.
- One or more extracurricular activities
- A job (for pay)
- Socializing, relaxing, family
- Sleeping
66. How do you feel about the number of games / competitions scheduled for your team during the course of the year?
   - I am satisfied with the number of games / competitions that we have
   - I wish we had more games / competitions
   - I wish we had fewer games / competitions

67. How many hours per week do you spend working at a job for pay (including work-study)?
   - 0 hours
   - 1-5 hours
   - 6-10 hours
   - 11-15 hours
   - 16-20 hours
   - More than 20 hours

68. If you had one extra hour each day during the school year that you could use any way that you wanted, on what one activity (other than sleeping) would you most want to spend it?
   (Fill in only one circle)
   - My coursework or other educational opportunities
   - Sport / exercise
   - An extracurricular activity
   - Spending time with family
   - A job
   - Socializing with friends
   - Relaxing by myself

69. During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?
   - None
   - 1 class
   - 2 classes
   - 3 classes
   - 4 classes
   - 5 classes
   - 6+ classes

70. How much do you agree or disagree with the following statements?
   a. Faculty at my school show interest in my athletic experiences and results
   b. Students on my campus show support for my team
   c. My coaches care about whether I earn my degree

71. I wish the coaches or athletics administrators at our school talked more with student-athletes about the following topics: (Select all that apply)
   - Conducting ourselves appropriately on campus and in the community
   - Living away from home
   - Sexual violence prevention
   - Academic resources
   - Study habits
   - Proper nutrition
   - Getting good sleep
   - Time management
   - Mental wellness
   - Drinking / substance use
   - Concussion awareness
   - Budgeting / financial management
   - Preparing for a career after college

72. How often do you typically communicate with your parents/guardians (talk, text, use social media)?
   (Fill in only one circle)
   - Multiple times daily
   - Once a day
   - A few times a week
   - Once a week
   - Less than weekly
73. How satisfied or dissatisfied are you with these academic support services offered through your athletics department or college? (Fill in only one circle per row)

a. Academic advisors who assist with course selection and/or monitor degree progress ............................................

b. Tutoring ........................................................................

c. Career counseling ..............................................................

74. Do you rely on the following to help pay for college? (Please respond to each item)

a. Family contribution ..............................................................

b. Personal contribution / Job ...................................................

c. Pell Grant ...........................................................................

d. Need-based financial aid (including state or institutional grants) ..............................................................

e. Academic scholarship .........................................................

f. Athletics scholarship ............................................................

g. Loans ..............................................................................

75. Are you concerned that financial considerations may affect your ability to complete your degree?

- Yes, I’m very concerned
- Yes, I’m somewhat concerned
- No, I’m not concerned

76. Please indicate how strongly you agree or disagree with the following statements:

a. Quitting my sport would make staying at this college a problem financially ..............

b. I usually have enough money to buy things I need (e.g., groceries) ....................

77. In the past year, how often have you contributed money to help support your family?

- Frequently
- Occasionally
- Not at All

78. What is the highest level of education that your parent(s) have completed? (Mark one circle per column)

a. Did not finish high school ..............................................

b. Graduated from high school ..........................................

c. Attended college but did not complete degree ..............................................

d. Completed an associate’s degree (A.A., A.S., etc.) ..........................................

e. Completed a bachelor’s degree (B.A., B.S., etc.) ...........................................

f. Completed a master’s degree (M.A., M.S., etc.) ..........................................

g. Completed a doctoral degree (Ph.D., J.D., M.D., etc.) ..........................................

h. Don’t know ......................................................................
79. Birth year:
- 1994 or earlier
- 1995
- 1996
- 1997
- 1998
- 1999
- 2000
- 2001
- 2002 or later

80. Birth month:
- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

81. ZIP (postal) code where you lived during your senior year in high school (if lived in USA):

82. If you didn’t live in the USA during high school, in what country did you live?

83. What has been the best part of your student-athlete experience so far?

84. If you could change one thing about your student-athlete experience, what would it be?
The survey you just completed is part of the largest study on student-athletes the NCAA has ever undertaken. Your responses will help us to better understand how participation in athletics impacts a student’s college experience.

As part of our research on the student-athlete experience, we would like to link the results of this survey to other NCAA data on academic performance. This will be accomplished through a combination of variables that may include sport, ZIP code and birth month/year. If you prefer not to have your data linked, please indicate below.

Neither your identity nor your school’s identity will ever be connected to your survey responses in any publicly accessible data file, analysis or write-up of these data.

I prefer that my survey data not be linked to other NCAA individual-level data

Thank you again and best wishes!