

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](mailto:mmiranda@ncaa.org).

**MARKING  
INSTRUCTIONS**

Use Blue or Black ink pen  
or Black Lead Pencil Only

Correct Mark: ●

Incorrect Marks: ✗ ✗ ✗ ✗

**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)**

- |                                     |   |
|-------------------------------------|---|
| <input type="radio"/> Baseball      | <input type="radio"/> Rowing                    |
| <input type="radio"/> Basketball    | <input type="radio"/> Skiing                    |
| <input type="radio"/> Bowling       | <input type="radio"/> Soccer                    |
| <input type="radio"/> Cross Country | <input type="radio"/> Softball                  |
| <input type="radio"/> Fencing       | <input type="radio"/> Swimming/Diving           |
| <input type="radio"/> Field Hockey  | <input type="radio"/> Tennis                    |
| <input type="radio"/> Football      | <input type="radio"/> Track (Indoor or Outdoor) |
| <input type="radio"/> Golf          | <input type="radio"/> Volleyball (Indoor)       |
| <input type="radio"/> Gymnastics    | <input type="radio"/> Volleyball (Beach)        |
| <input type="radio"/> Ice Hockey    | <input type="radio"/> Water Polo                |
| <input type="radio"/> Lacrosse      | <input type="radio"/> Wrestling                 |
| <input type="radio"/> Rifle         |   |

**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



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?

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. I consider myself a <u>dedicated athlete</u> .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I consider myself a <u>dedicated student</u> .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I have many personal <u>goals</u> related to my <u>sport</u> .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I have many personal <u>goals</u> related to my <u>academics</u> .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I need to <u>excel in athletic</u> pursuits to <u>feel good</u> about myself .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I need to <u>excel in academic</u> pursuits to <u>feel good</u> about myself ..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. My <u>sports experiences</u> are an important part of my overall college experience .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. My <u>academic experiences</u> are an important part of my overall college experience .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. I would have gone to a <u>4-year college somewhere</u> even if I hadn't been an athlete.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## PART 2: COLLEGE ACADEMIC EXPERIENCE

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...

	Very Positive	Somewhat Positive	Positive	Somewhat Negative	Negative	Very Negative
a. The efforts you've made in your college classes?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your ability to keep up with your classes while your sport is in-season?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Your likelihood of graduating from college?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Your overall college <u>academic</u> experience to this point?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Your overall college <u>athletics</u> experience to this point?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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. . .

	Strongly Agree	Somewhat Agree	Agree	Somewhat Disagree	Disagree	Strongly Disagree
a. Taking traditional in-person classes on campus is an important part of the student-athlete experience.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Since coming to this institution, I have developed a close, personal relationship with at least one faculty member .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

### PART 3: COLLEGE SOCIAL EXPERIENCE

24. How much do you agree or disagree with the following statements?

- |  | Strongly Agree        | Somewhat Agree        | Disagree              | Strongly Disagree     |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I have a sense of belonging at this college .....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Being an athlete has helped me fit in socially at this college .....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I frequently socialize with non-athletes at this college .....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I am able to find an appropriate balance between academics and extracurricular activities (including athletics participation) ..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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:

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. My coaches have created an inclusive environment for all members of the team.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. My coaches and teammates are accepting of differing viewpoints and cultures.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. My coaches and teammates are always respectful of persons from other racial/ethnic groups.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. Sets an example of how to do things the "right way" in terms of ethics.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Defines success not just by winning, but by winning fairly.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Has team members' best interests in mind.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Can be trusted.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Listens to what members of this team have to say.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Treats all members of the team equally.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**My head coach...**

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

**My head coach...**

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. Puts me down in front of others.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Ridicules me.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Makes negative comments about me to others.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Very Positive	Somewhat Positive	Negative	Very Negative
a. Leadership skills.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Teamwork.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Commitment to community service.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Understanding of people of other races and backgrounds.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Goal setting.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Time management.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Work ethic.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Dealing with change.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Ability to take responsibility for yourself.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Attention to detail.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Self-confidence.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## PART 4: RECRUITMENT

### 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?

	Strongly Agree	Somewhat Agree	Strongly Disagree
a. Academic offerings, academic reputation, etc. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Athletics participation .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Cost of college .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Good place to develop my athletic skills to compete at a higher level ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Playing time / opportunity to compete .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Felt a strong connection to the team .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Proximity to home, family, friends ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Social scene at this school or have friends attending .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Expectations (of parents, teachers, community, etc.).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Presence of a particular coach .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. The quality of the athletics facilities .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. The team's NCAA division.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 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....

	Very Accurate	Somewhat Accurate	Not at all Accurate
a. The <u>athletics</u> experience at this college? .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. The <u>academic</u> experience at this college? .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. The <u>social</u> experience at this college? .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. The time demands of being a student-athlete at this college? .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Strongly Agree	Somewhat Agree	Strongly Disagree
a. I am glad that I made the choice to be at this school .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I would have attended this college even if a different coach was here .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. If my current coach left this school I would consider transferring .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I would recommend my college to a high school student-athlete .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 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:

	Strongly Agree	Somewhat Agree	Strongly Disagree	Not Recruited
a. The college athletics recruiting process was a positive experience for me .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. In general, college coaches contacted me too often during recruitment. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. What I was told during my recruitment about my <u>role on the team</u> has turned out to be accurate. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. What I was told during my recruitment about my <u>academic options</u> has turned out to be accurate .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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)

	Yes	No
a. On a high school team? .....	<input type="radio"/>	<input type="radio"/>
b. On a club team (includes AAU, national, academy or other elite teams not affiliated with your school)? .....	<input type="radio"/>	<input type="radio"/>

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?

	Strongly Agree	Somewhat Agree	Strongly Disagree	Not Applicable
a. Competing on my <u>high school team</u> played a big role in my development as an athlete .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Competing on my <u>club team</u> played a big role in my development as an athlete .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I enjoyed my experiences on the <u>high school team</u> .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I enjoyed my experiences on my <u>club team</u> .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Youth in my main sport play in too many games/competitions before entering college .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I wish I had spent more time participating in other sports growing up .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





46. Since I was young, my family expected that I would...

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. Be a college athlete.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Be a professional or Olympic athlete .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Earn a college degree.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## PART 5: HEALTH AND WELL-BEING

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

	15+ Days	8-14 Days	4-7 Days	1-3 Days	None
a. Headache.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Pain (non-headache) that made daily activities difficult .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Cold, flu or similar illness .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Trouble sleeping .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	0	1	2	3	4	5	6	7	8+
a. During college .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Before you entered college.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The items in the box below are symptoms that some athletes experience after a concussion.

Use this list to answer question 49.

A blow to the head may result in a concussion if any of the following symptoms are present for any amount of time: Blurred/double vision, seeing stars, light/noise sensitivity, headache, dizziness, balance problems, nausea, vomiting, trouble sleeping, fatigue, confusion, difficulty remembering/ concentrating, or loss of consciousness. This may also be referred to as a "ding" or "getting your bell rung."

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?

	0	1	2	3	4	5+
a. During college .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Before you entered college .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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:

- |   | Strongly Agree        | Somewhat Agree        | Disagree              | Strongly Disagree     |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| a. My coaches care about my <u>physical</u> well-being .....                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. My coaches care about my <u>mental</u> well-being .....                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I would feel comfortable talking with my coaches about <u>physical health</u> issues ..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I would feel comfortable talking with my coaches about <u>mental health</u> issues .....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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

- |                                 | Neither Satisfied Nor Very Satisfied | Somewhat Satisfied    | I have not required care | Very Dissatisfied     |
|---------------------------------|--------------------------------------|-----------------------|--------------------------|-----------------------|
| a. Physical health issues ..... | <input type="radio"/>                | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |
| b. Mental health issues .....   | <input type="radio"/>                | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |

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.

- |   | Fairly Often          | Sometimes             | Almost Never          | Never                 |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| a. In the last month, how often have you felt that you were unable to control the important things in your life? .....    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. In the last month, how often have you felt confident about your ability to handle your personal problems? .....        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. In the last month, how often have you felt that things were going your way? .....                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? ..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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

- |   | Strongly Agree        | Somewhat Agree        | Disagree              | Strongly Disagree     |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I am accomplishing many worthwhile things in my sport .....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. I feel so tired from the <u>physical</u> demands of my sport that I struggle to find energy to do other things ..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. The effort I spend in my sport would be better spent doing other things .....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I am exhausted by the <u>mental</u> demands of my sport .....  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I am performing up to my ability in my sport .....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. I care about my sport as much or more than I ever have .....   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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:

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. Healthy food options are reliably available to me after practice and competition.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I have time to eat healthy meals each day.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I can afford to eat healthy meals each day. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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?

- |                              |                              |
|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 4 days |
| <input type="radio"/> 1 day  | <input type="radio"/> 5 days |
| <input type="radio"/> 2 days | <input type="radio"/> 6 days |
| <input type="radio"/> 3 days | <input type="radio"/> 7 days |

60. All things considered, how happy are you today?

- ☐ Very happy  
☐ Somewhat happy  
☐ Somewhat unhappy  
☐ Not happy at all



## PART 6: TIME COMMITMENTS

For questions 61-62, think about the current (or most recent) season in which you played your sport:

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?

	Number of Hours								
	0	1	2	3	4	5	6	7	8+
a. Attending class, lab, discussion groups, etc.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying or academic work outside of class.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sport commitments:									
i. <u>Athletic Activities</u> (Practicing, training, competing, athletic training room, etc.) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii. <u>Non-Athletic Activities</u> (Meetings with coaches, team functions, film study, etc.) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other extracurricular activities .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. A job (for pay).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Socializing, relaxing, family ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sleeping .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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?

	0 hours	1-2 hours	3-4 hours	5-6 hours	7-8 hours	9-10 hours	11-12 hours	13-14 hours	15+ hours
a. Attending class, lab, discussion groups, etc.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying or academic work outside of class .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sport commitments:									
i. <u>Athletic Activities</u> (Practicing, training, competing, athletic training room, etc.) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii. <u>Non-Athletic Activities</u> (Meetings with coaches, team functions, film study, etc.) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other extracurricular activities .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. A job (for pay) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Socializing, relaxing, family ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sleeping .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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?

	Much More	About the Same	A Little More	A Little Less	Much Less
a. Attending class, lab, discussion groups, etc. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying or academic work outside of class .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sport commitments:					
i. <u>Athletic Activities</u> (Practicing, training, competing, athletic training room, etc.) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ii. <u>Non-Athletic Activities</u> (Meetings with coaches, team functions, film study, etc.) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Other extracurricular activities .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Much More Time	A Little More Time	OK with current time spent	A Little Less Time	Much Less Time
a. My classwork or other educational opportunities .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Athletics training, competition, etc.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. One or more extracurricular activities .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Visiting home/family .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Traveling to away competitions.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Working at a job .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Socializing with friends.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Relaxing by myself .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Sleeping .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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 classwork 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

## PART 7: ON-CAMPUS SUPPORT

70. How much do you agree or disagree with the following statements?

- |  | Strongly Agree        | Somewhat Agree        | Disagree              | Strongly Disagree     |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| a. Faculty at my school show interest in my athletic experiences and results ..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Students on my campus show support for my team .....                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. My coaches care about whether I earn my degree .....                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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)

	Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	Dissatisfied	I did not use	Service not available at my school
a. Academic advisors who assist with course selection and/or monitor degree progress.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Tutoring .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Career counseling .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## PART 8: FINANCES

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

	Yes	No
a. Family contribution .....	<input type="radio"/>	<input type="radio"/>
b. Personal contribution / Job .....	<input type="radio"/>	<input type="radio"/>
c. Pell Grant .....	<input type="radio"/>	<input type="radio"/>
d. Need-based financial aid (including state or institutional grants) .....	<input type="radio"/>	<input type="radio"/>
e. Academic scholarship .....	<input type="radio"/>	<input type="radio"/>
f. Athletics scholarship .....	<input type="radio"/>	<input type="radio"/>
g. Loans .....	<input type="radio"/>	<input type="radio"/>

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:

	Agree	Somewhat Agree	Somewhat Disagree	Disagree
a. Quitting my sport would make staying at this college a problem financially .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I usually <u>have enough</u> money to buy things I <u>need</u> (e.g., groceries).....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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)

	Parent 1	Parent 2
a. Did not finish high school .....	<input type="radio"/>	<input type="radio"/>
b. Graduated from high school .....	<input type="radio"/>	<input type="radio"/>
c. Attended college but did not complete degree .....	<input type="radio"/>	<input type="radio"/>
d. Completed an associate's degree (A.A., A.S., etc.) .....	<input type="radio"/>	<input type="radio"/>
e. Completed a bachelor's degree (B.A., B.S., etc.) .....	<input type="radio"/>	<input type="radio"/>
f. Completed a master's degree (M.A., M.S., etc.) .....	<input type="radio"/>	<input type="radio"/>
g. Completed a doctoral degree (Ph.D., J.D., M.D., etc.) .....	<input type="radio"/>	<input type="radio"/>
h. Don't know.....	<input type="radio"/>	<input type="radio"/>



79. Birth year:

- ☐ 1994 or earlier  
☐ 1995  
☐ 1996  
☐ 1997  
☐ 1998  
☐ 1999  
☐ 2000  
☐ 2001  
☐ 2002 or later

80. Birth month:

- |                                |                                 |
|--------------------------------|---------------------------------|
| <input type="radio"/> January  | <input type="radio"/> July      |
| <input type="radio"/> February | <input type="radio"/> August    |
| <input type="radio"/> March    | <input type="radio"/> September |
| <input type="radio"/> April    | <input type="radio"/> October   |
| <input type="radio"/> May      | <input type="radio"/> November  |
| <input type="radio"/> June     | <input type="radio"/> December  |

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

0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

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

\_\_\_\_\_

PART 9:

9: OPPORTUNITY FOR ADDITIONAL  
FEEDBACK & COMMENTS

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?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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## Thank you for your participation in GOALS!

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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

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## Thank you again and best wishes!

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