



Division III

DISCOVER | DEVELOP | DEDICATE

A photograph of a young woman and a young man sitting on a patterned orange couch in a hallway. The woman is on the left, wearing a grey t-shirt and black leggings, looking at a book held by the man. The man is on the right, wearing a black t-shirt and khaki shorts, looking down at the book. A backpack and a long wooden pole are on the floor to the left, and another backpack is on the floor to the right. The background is a red wall with a staircase railing on the left and a doorway on the right.

# Five Themes from the NCAA GOALS Study of the Student-Athlete Experience

## NCAA Research Partnership with FARs

- GOALS
- Study of Collegiate Sports Wagering and  
Study of Student-Athlete Social Environments
- Substance Use Study

## 2019 GOALS Study

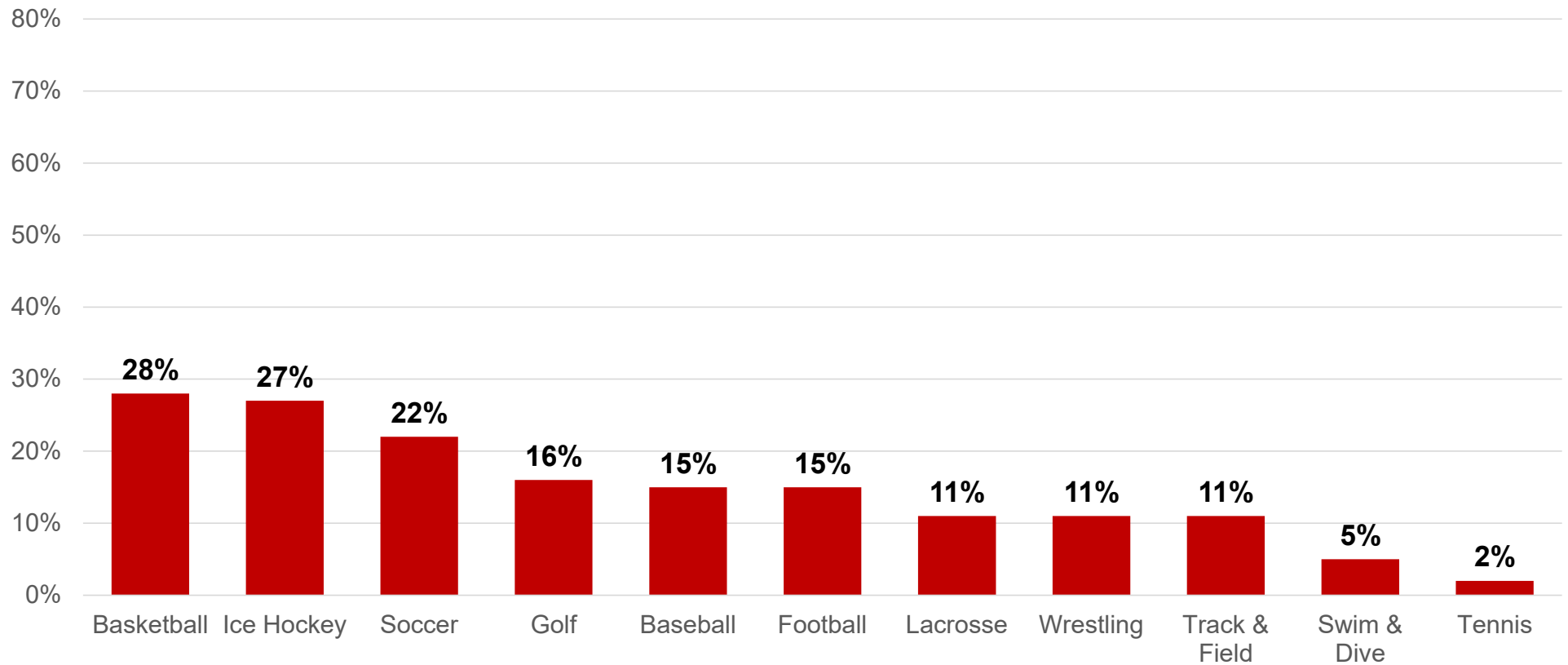
- Fourth iteration of this study (2006, 2010, 2015).
- 560 FARs assisted us in collecting data from more than 22,000 current student-athletes.
- Concluded data collection in June. The analyses shown today are preliminary examinations into some of the survey topics.

## 2019 GOALS Topics

- Athletics experiences
- Academic experiences
- Social experiences
- Recruitment process
- Health and well-being
- Time commitments
- On-campus support
- Finances
- Comments

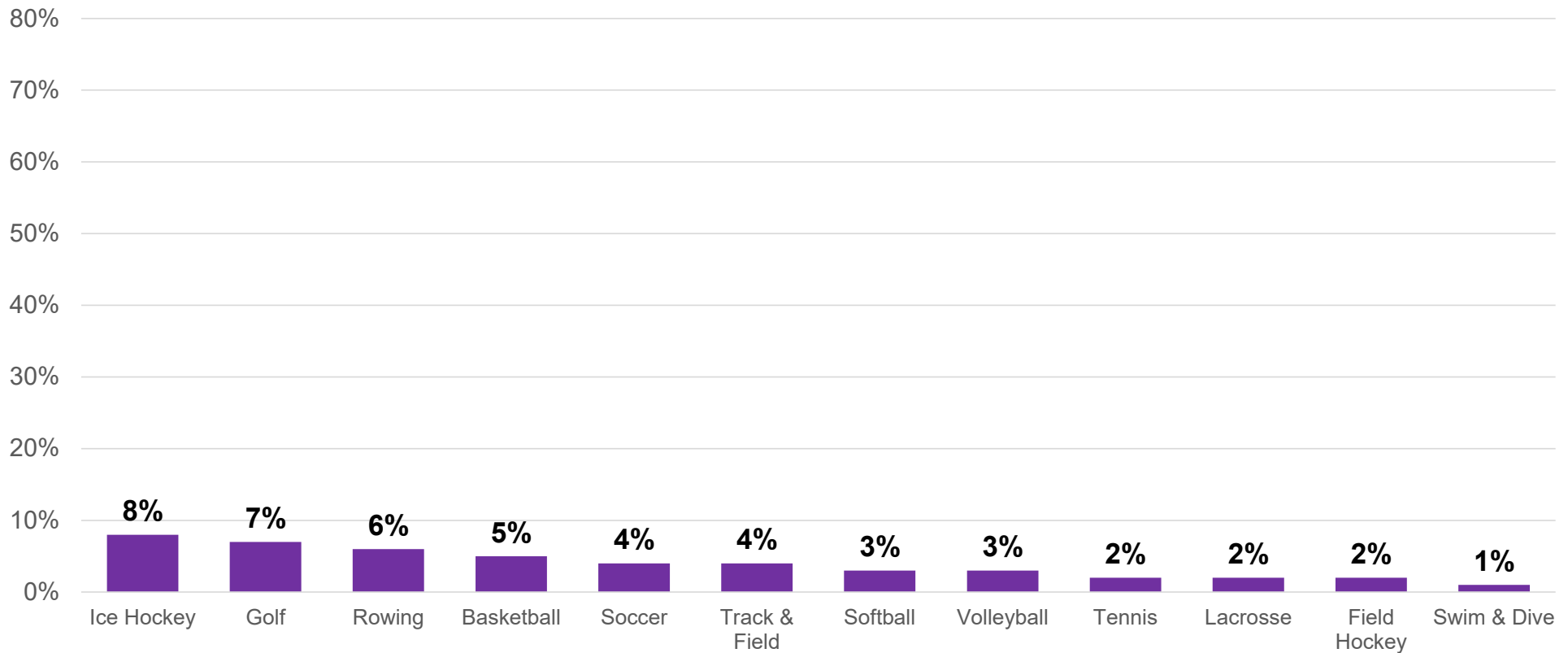
**Pre-college experiences are key to understanding what drives college outcomes**

## Being a Professional or Olympic Athlete is at least “somewhat likely” (Men’s Sports, Division III)



Source: NCAA GOALS Study.

## Being a Professional or Olympic Athlete is at least “somewhat likely” (Women’s Sports, Division III)



Source: NCAA GOALS Study.

## College Choice Factors (Men's Sports)

	Division I	Division II	Division III
Athletics	89%	89%	85%
NCAA division	81%	56%	42%
Develop athletic skills	77%	70%	62%
Playing time/competition	75%	76%	70%
Academics	70%	68%	80%
Strong team connection	64%	61%	62%
Cost	57%	58%	48%
Proximity to home	55%	57%	56%
Athletics facilities	54%	48%	50%
Specific coach	53%	49%	49%
Expectations of others	52%	50%	53%
Social scene	46%	45%	47%

Notes: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.

## College Choice Factors (Women's Sports)

	Division I	Division II	Division III
Athletics	87%	88%	80%
NCAA division	78%	58%	44%
Academics	72%	72%	85%
Playing time/competition	71%	70%	61%
Develop athletic skills	70%	65%	55%
Strong team connection	56%	53%	58%
Cost	55%	61%	49%
Proximity to home	50%	55%	57%
Athletics facilities	50%	41%	40%
Specific coach	45%	43%	40%
Expectations of others	44%	46%	48%
Social scene	34%	36%	41%

Notes: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.

## **“What I was told during my recruitment about my role on the team has turned out to be accurate”**

(% Responding Agree or Strongly Agree)

	2019	
	Men	Women
Division I	56%	51%
Division II	55%	53%
Division III	57%	57%

### Outliers:

- Sports where 70% or more of participants said what they were told during their recruitment about their role on the team has turned out to be accurate were all DIII, including men's tennis (72%), women's golf (71%), men's and women's swim & dive (72%), and women's track & field (71%)
- All DI or DII sports were lower than 70% on this item
- Sports where 45% or less of participants said what they were told during their recruitment about their role on the team has turned out to be accurate: DI women's lacrosse (40%). DI/II/DIII women's basketball (45%, 43%, 45%), DI women's volleyball (45%), DI women's soccer (45%).

Note: Endorsement of top two scale points on a 6-point scale. Non-recruited athletes removed from analyses.  
Source: NCAA GOALS Study.

**Student-athletes are experiencing  
varying degrees of success in their  
search for balance**

## Median Hours Spent Per Week on Athletic Activities In-Season (2019 Self-Report – GOALS Study)

Division I							
	Baseball	Men's Basketball	Football (FBS/FCS)		All Other Men's Sports	Women's Basketball	All Other Women's Sports
Athletic Hours	42	32	40	37	31	35	32
Division II							
Athletic Hours	37	32	35		30	30	30
Division III							
Athletic Hours	34	29	31		27	27	27



Yellow indicates median up by 2 or more hours from 2015



Green indicates median down by 2 or more hours from 2015

**Division III – Median Hours Spent Per Week on Athletic  
Activities In-Season  
(2019 SA Self-Report)**

Men's Sports	Hours / Week
Baseball	34
Ice Hockey	33
Football	31
Golf	31
Lacrosse	30
Basketball	29
Soccer	27
Wrestling	26
Track and Field	25
Swimming/Diving	24
Tennis	24

Women's Sports	Hours / Week
Ice Hockey	31
Softball	29
Volleyball	29
Gymnastics	28
Basketball	27
Field Hockey	27
Golf	27
Soccer	27
Lacrosse	26
Track and Field	26
Rowing	25
Swimming/Diving	25
Tennis	22

## Summary – Relaxation and Socialization

- High percentages of study participants expressed a desire to have more time for socialization and relaxation. This was especially true among those student-athletes with high levels of academic and athletic time commitments (e.g., women, Division I student-athletes). These percentages are up from 2015.
- The median self-reported weekly time spent socializing/relaxing during the athletic season was 15.5 hours in 2019, down from 17.1 hours in 2015 and 19.5 hours in 2010.

# “I am able to find balance between academics and extracurriculars (including athletics)”

(% Responding Agree or Strongly Agree)

Baseball	Men's Basketball	Football (FBS / FCS)	Men's Other	Women's Basketball	Women's Other
Division I					
61%	60%	62%	60%	54%	57%
Division II					
66%	66%	62%	72%	64%	68%
Division III					
73%	71%	69%	78%	73%	77%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



Yellow indicates an increase of 5 percentage points or more from 2015



Green indicates a decrease of 5 percentage points or more from 2015

## How do you feel about your ability to keep up with classes in-season?

(% Responding Positive or Very Positive)

Baseball	Men's Basketball	Football	Men's Other	Women's Basketball	Women's Other
Division I					
60%	57%	60%	62%	65%	55%
Division II					
63%	67%	63%	69%	67%	70%
Division III					
69%	70%	67%	74%	74%	73%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



Yellow indicates an increase of 5 percentage points or more from 2015



Green indicates a decrease of 5 percentage points or more from 2015

## Have taken 3 or more courses entirely online this year

Baseball	Men's Basketball	Football	Men's Other	Women's Basketball	Women's Other
Division I					
35%	25%	21%	11%	13%	17%
Division II					
18%	20%	8%	11%	19%	15%
Division III					
8%	2%	3%	4%	5%	4%

Source: NCAA GOALS Study.

### Outliers

Division I: Men's Golf (27%), Women's Golf (27%), Softball (36%) and W. Volleyball (34%)

Division II: Men's Golf (20%) and Softball (20%) were divisional outliers, in addition to Baseball and M/W Basketball.

**There is positive news on mental wellness...and a lot more work to do**

# In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

(% Responding Very Often or Fairly Often)

Baseball	Men's Basketball	Football (FBS / FCS)		Men's Other	Women's Basketball	Women's Other
Division I						
21%	24%	33%	31%	22%	29%	28%
Division II						
20%	26%	27%		25%	27%	31%
Division III						
26%	26%	25%		22%	25%	27%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



Yellow indicates an increase of 5 percentage points or more from 2015



Green indicates a decrease of 5 percentage points or more from 2015

## “My coaches care about my mental well-being”

(% Responding Agree or Strongly Agree)

	2015	2019
Division I		
Men	69%	70%
Women	66%	63%
Division II		
Men	72%	72%
Women	72%	68%
Division III		
Men	80%	81%
Women	76%	77%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



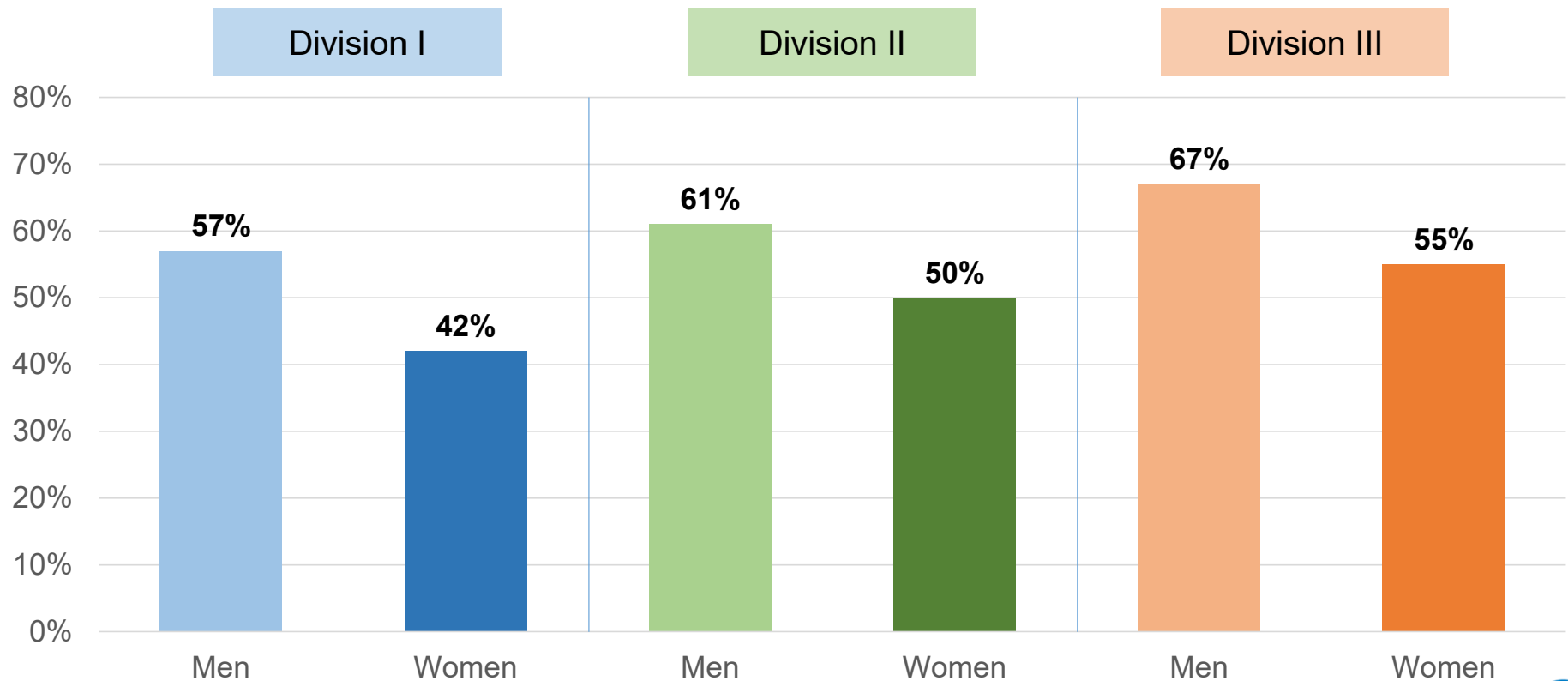
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## **“I would feel comfortable talking to my coaches about mental health issues”**

(% Responding Agree or Strongly Agree)



Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.

**Social experiences are impacted by a student-athlete's identity, sense of belonging, team environment, and campus support**

# “My coaches and teammates have created an inclusive environment for all members of the team”

(% Responding Agree or Strongly Agree)

Baseball	Men's Basketball	Football (FBS / FCS)		Men's Other	Women's Basketball	Women's Other
Division I						
74%	76%	72%	76%	73%	60%	65%
Division II						
75%	79%	71%		75%	67%	71%
Division III						
80%	75%	84%		80%	71%	75%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



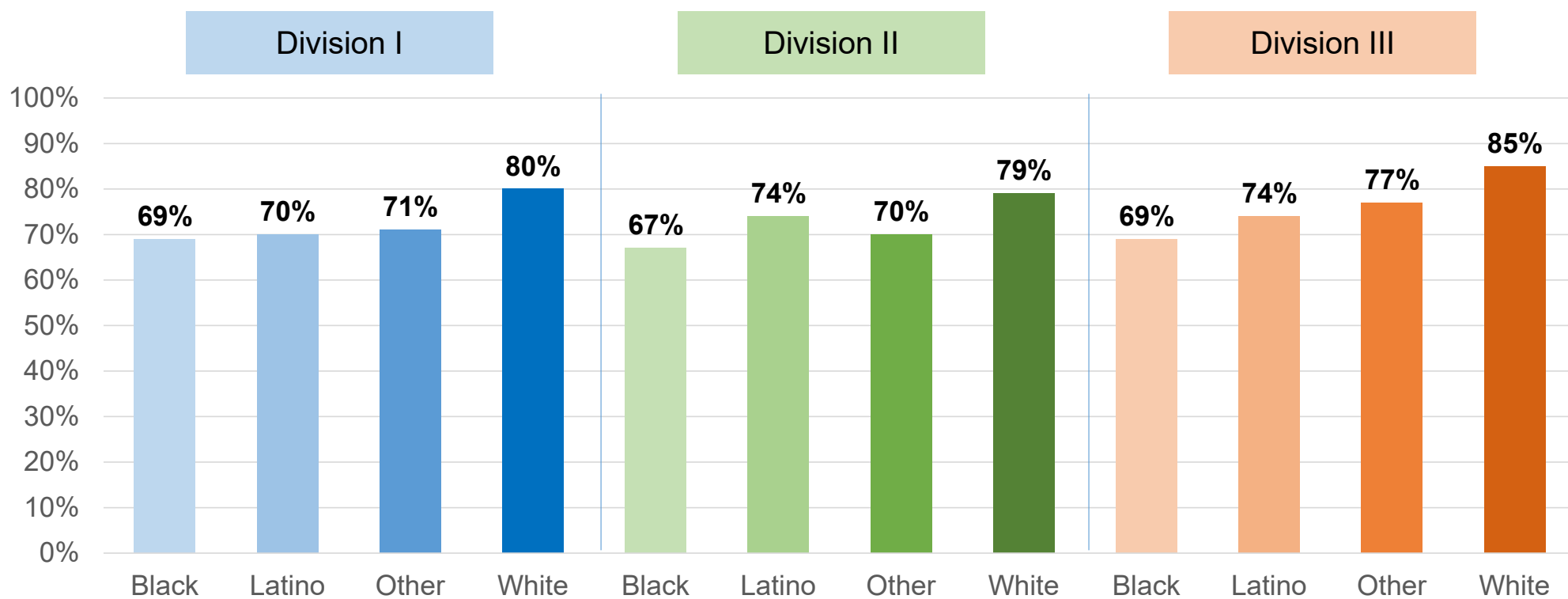
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## “I have a sense of belonging at this college”

(% Responding Agree or Strongly Agree)



Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.

## “Being an athlete has helped me fit in socially at this college”

(% Responding Agree or Strongly Agree)

		Division I	Division II	Division III
Men	White	82%	84%	88%
	Black	70%	71%	78%
	Latino	80%	85%	85%
	Other	73%	79%	81%
Women	White	81%	86%	90%
	Black	72%	71%	70%
	Latina	79%	78%	82%
	Other	76%	80%	82%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



Yellow indicates an increase of 5 percentage points or more from 2015



Green indicates a decrease of 5 percentage points or more from 2015

**Student-athletes are actively planning  
for life after college**

## “I wish our coaches and athletics administrators talked more about...”

(Division III Student-Athletes)

	Men
Proper nutrition	42%
Preparing for a career after college	40%
Budgeting/financial management	32%
Time management	29%
Getting good sleep	28%
Study habits	25%
Mental wellness	23%

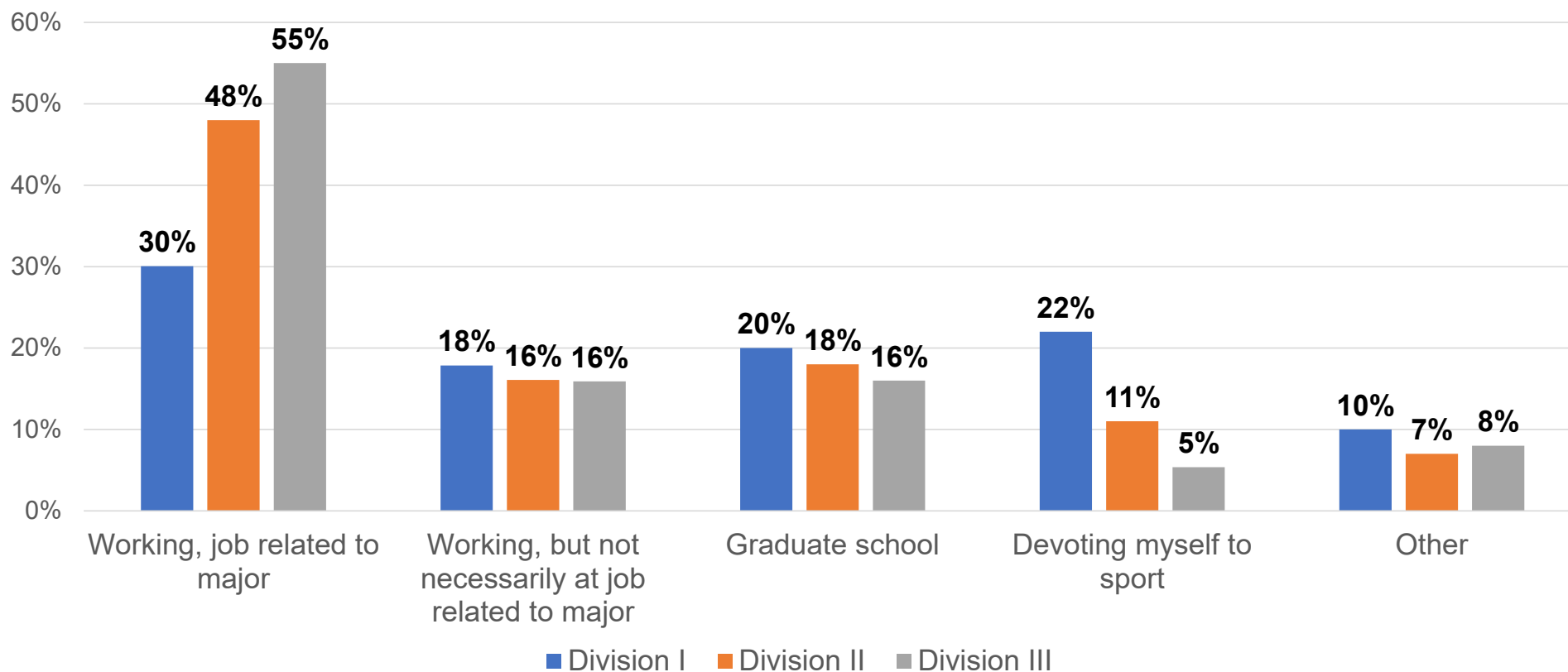
	Women
Proper nutrition	56%
Preparing for a career after college	54%
Mental wellness	44%
Getting good sleep	38%
Budgeting/financial management	37%
Time management	36%
Study habits	35%
Academic resources	25%

Note: Only items with >20% endorsement listed. Other items included: Academic resources, living away from home, sexual violence prevention, conducting ourselves appropriately, drinking/substance use and concussion awareness. Source: NCAA GOALS Study.



## First-Year Post College Plans

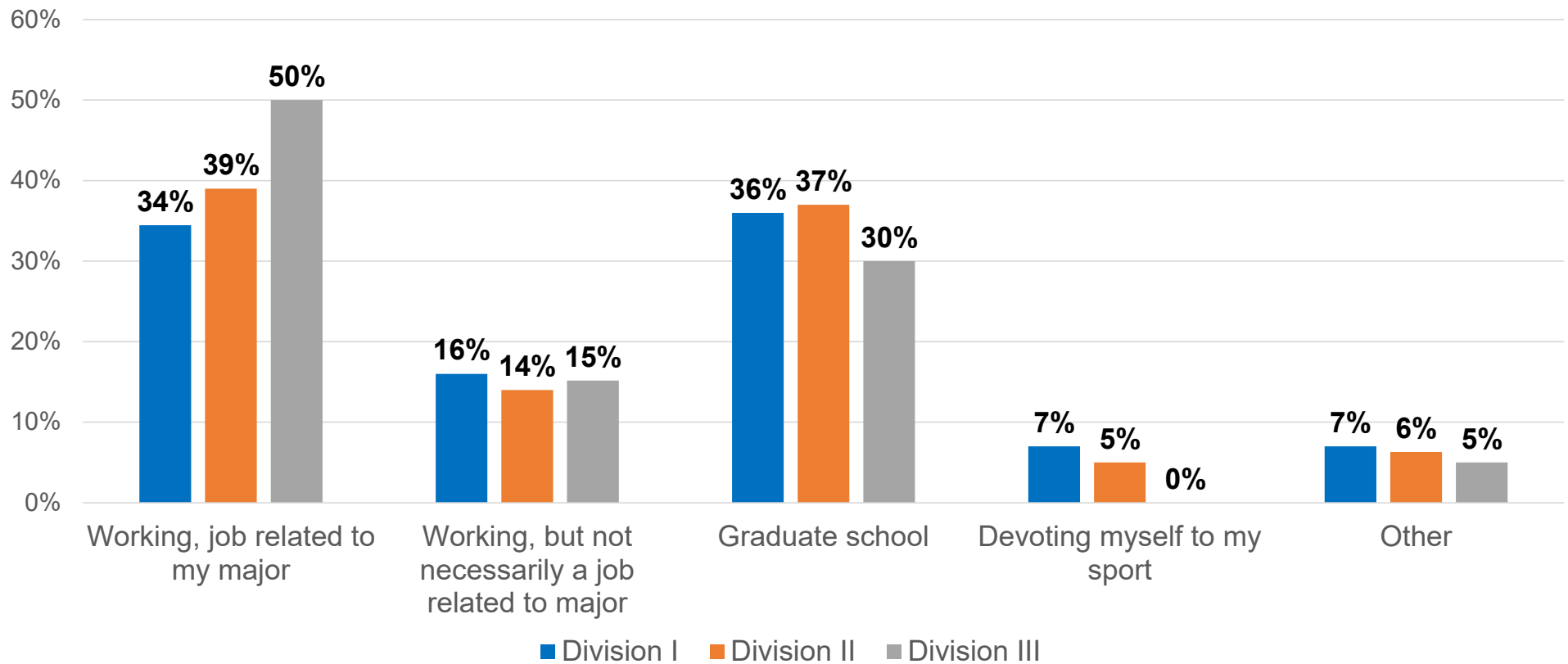
(Men in their Senior or Postgraduate Year)



Source: NCAA GOALS Study.

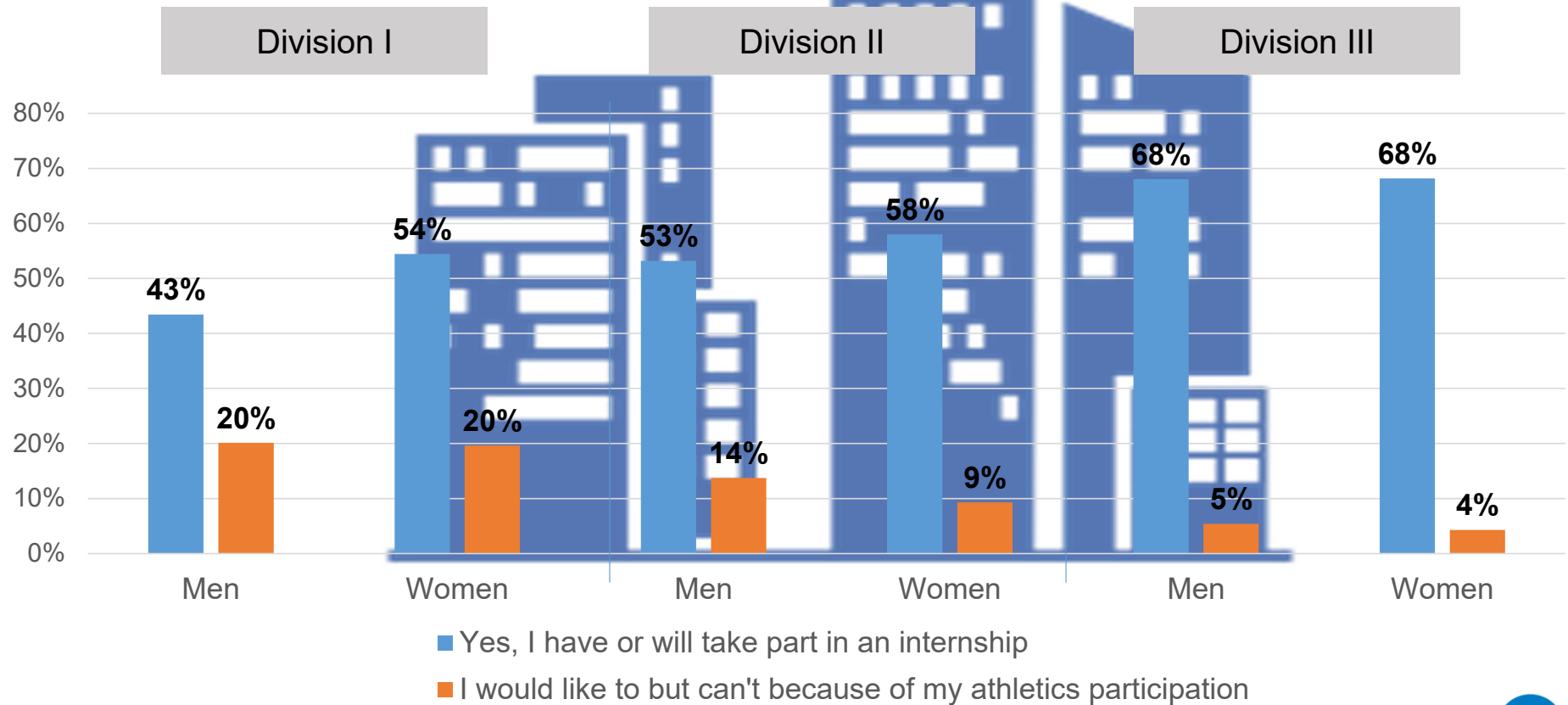
## First-Year Post College Plans

(Women in their Senior or Postgraduate Year)



Source: NCAA GOALS Study.

## Reported Internship Opportunities (Juniors and Seniors)



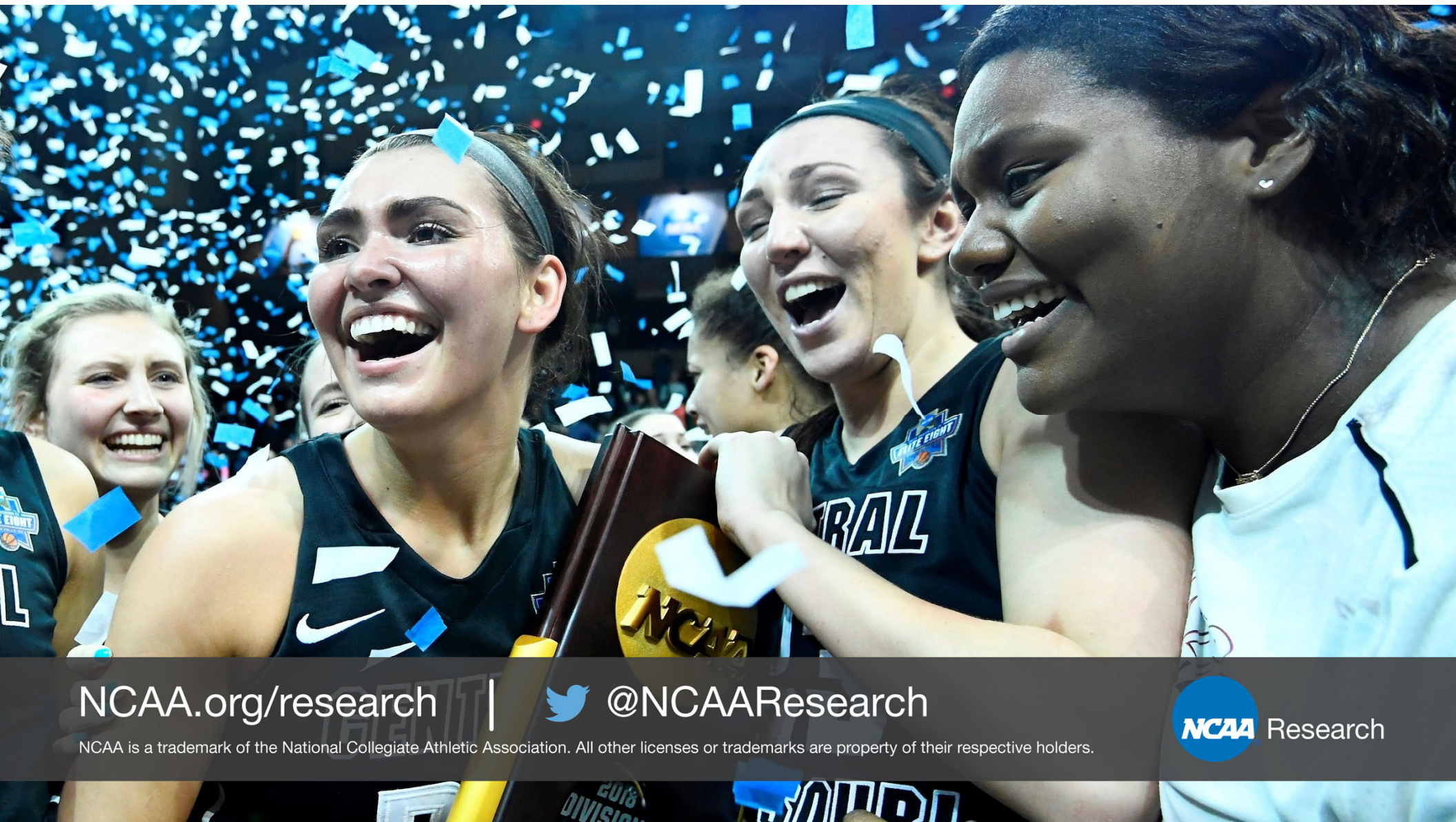
Source: NCAA GOALS Study.

## **“My college athletics experience has had a positive effect on the following skills/qualities in myself”**

(% Responding Positive or Very Positive)

	Division III Student-Athletes
Work ethic	94%
Personal responsibility	94%
Teamwork	92%
Goal setting	91%
Time management	88%
Leadership skills	88%
Attention to detail	88%
Dealing with change	87%
Self-confidence	80%
Understanding different races/backgrounds	79%
Commitment to community service	56%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



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