



*Thank you for your
participation in this very
important study.*

The NCAA Research Staff

NCAA

*Study of Growth,
Opportunities,
Aspirations,
and Learning
of Students
in College*

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.

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. Results that are reported will be in terms of national and subgroup (for example, sport and division) averages and trends. An individual's response will never be reported in isolation.

Your participation in this study is completely **voluntary** so you may choose not to answer specific questions, or to discontinue your participation at any time without penalty. The information about the study provided to you by your campus faculty athletics representative is intended to inform you of the purpose, benefits and risks associated with the study. **Your voluntary completion of this survey indicates that you are consenting to participate in this study.**





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

If you have questions regarding the study or survey instrument, please contact the survey administrator, **Lydia Bell**, at **317-917-6268** or **lbell@ncaa.org**. For questions regarding the study procedures, please contact the NCAA Research Review Board administrator at **317-917-6409** or **rrbadmin@ncaa.org**.

**MARKING
INSTRUCTIONS**

Use Blue or Black ink pen
or Black Lead Pencil Only

Correct Mark: ●

Incorrect Marks:    

PART 1: YOU AND YOUR ATHLETICS EXPERIENCE

1. Are you playing on a men's or women's team(s)?

- ☐ Men's
☐ Women's

2. NCAA sport(s) you are playing: **(Mark all that apply)**

- | | |
|---|---|
| <input type="radio"/> Acrobatics & Tumbling | <input type="radio"/> Rifle |
| <input type="radio"/> Baseball | <input type="radio"/> Rowing |
| <input type="radio"/> Basketball | <input type="radio"/> Rugby |
| <input type="radio"/> Beach Volleyball | <input type="radio"/> Skiing |
| <input type="radio"/> Bowling | <input type="radio"/> Soccer |
| <input type="radio"/> Cross Country | <input type="radio"/> Softball |
| <input type="radio"/> Equestrian | <input type="radio"/> Stunt |
| <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"/> Triathlon |
| <input type="radio"/> Gymnastics | <input type="radio"/> Volleyball (Indoor) |
| <input type="radio"/> Ice Hockey | <input type="radio"/> Water Polo |
| <input type="radio"/> Lacrosse | <input type="radio"/> Wrestling |

3. **This year**, did you receive an **athletics** scholarship of any kind in your sport?

- ☐ No
☐ Yes, partial athletics scholarship
☐ Yes, full athletics scholarship

4. 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

5. 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

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

- | | Strongly Agree | Somewhat Agree | Strongly Disagree |
|---|-----------------------|-----------------------|-----------------------|
| a. I consider myself a <u>dedicated athlete</u> | <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"/> |
| c. I have many personal <u>goals</u> related to <u>my sport</u> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I have many personal <u>goals</u> related to <u>my academics</u> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I need to <u>excel</u> in athletic pursuits <u>to feel good</u> about myself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. I need to <u>excel</u> in academic pursuits <u>to feel good</u> about myself .. | <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"/> |
| h. My <u>academic experiences</u> are an important part of my overall college experience | <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"/> |

7. 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 | Very Negative |
|--|-----------------------|-----------------------|-----------------------|
| a. Leadership skills..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Teamwork..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Commitment to community service..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Understanding of people of other races, identities and backgrounds..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Goal setting..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. Time management..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. Work ethic | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. Dealing with change..... | <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"/> |
| j. Attention to detail | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. Self-confidence | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. Ability to establish a desired image or personal brand | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. Coping in high-pressure environments..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| n. Understanding when you're pushing yourself too hard | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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

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

9. 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"/>

10. How important are each of these aspects of your college athletics experience?

	Very Important	Somewhat Important	Not at all Important
a. That I get to play/compete a lot (e.g., I start on my team or compete in preferred events)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. That my team is successful.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. That I personally put up good stats.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. That I am viewed as a team leader	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. How do you describe yourself? (Mark all that apply)

- ☐ American Indian, Alaska Native or Indigenous
- ☐ Asian
- ☐ Black or African American
- ☐ Hispanic or Latino/a/x
- ☐ Middle Eastern or North African
- ☐ Native Hawaiian or Pacific Islander
- ☐ White
- ☐ Other

12. Do you consider yourself to be: (Mark all that apply)

- ☐ Straight or heterosexual
- ☐ Gay or lesbian
- ☐ Queer
- ☐ Bisexual or pansexual
- ☐ Questioning or unsure
- ☐ Another sexual identity
- ☐ Prefer not to answer

13. What is your gender identity? (Mark all that apply)

- ☐ Man
- ☐ Woman
- ☐ Genderqueer
- ☐ Nonbinary
- ☐ Transgender
- ☐ Another gender identity
- ☐ Prefer not to answer

14. 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

15. Do you have a disability or condition that impacts your learning, working or living activities?

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

16. What is your current academic standing?

- ☐ Freshman
☐ Sophomore
☐ Junior
☐ Senior
☐ Completed bachelor's degree

17. Did you transfer into your current school?

- ☐ No
☐ Yes, from a 2-year college
☐ Yes, from a 4-year college

18. How many times have you transferred colleges?

- ☐ None
☐ Once
☐ More than once

19. 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

20. Has athletics participation at this school 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

21. Have your coaches or others in the athletics department (e.g., academic advisors) at this school discouraged you from choosing certain majors?

- ☐ No
☐ Yes

22. Has your athletics participation at this school 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

23. Have your coaches or others in the athletics department (e.g., academic advisors) at this school discouraged you from choosing certain classes?

- ☐ Never
☐ Once or twice
☐ Often

24. How do you feel about...

- | | Very Positive | Somewhat Positive | Neutral | Somewhat 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"/> |
| 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"/> |
| c. Your likelihood of graduating from college? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Your ability to reach your career goals? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Your ability to transition from college to a career? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. 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"/> |
| g. 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"/> |

25. This academic year, how would you describe your classes?

- ☐ Most or all met in person
- ☐ A mix of in-person and online classes
- ☐ Most or all were online classes

26. 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
Disagree
Strongly Disagree

☐ ☐ ☐ ☐ ☐

b. Since coming to this institution, I have developed a close, personal relationship with at least one faculty member

☐ ☐ ☐ ☐ ☐

27. 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

28. 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

29. 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

30. Do you expect that your job after college will involve sports?

- ☐ Very likely
- ☐ Somewhat likely
- ☐ Not sure
- ☐ Somewhat unlikely
- ☐ Very unlikely

31. 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: SOCIAL AND TEAM EXPERIENCE

32. 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, athletics and other aspects of college life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I would like to be more involved on campus outside of athletics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I am sometimes lonely at this school ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

33. 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

34. Where are you currently living?

- ☐ On campus
☐ Off-campus, but in my college town
☐ In another town / city (away from campus)

35. 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

36. 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

37. Have you ever...

- | | Yes | No |
|--|-----------------------|-----------------------|
| a. Been harassed on social media about your athletic performance?..... | <input type="radio"/> | <input type="radio"/> |
| b. Received negative or threatening messages from someone who bet on your game (e.g., via social media)? | <input type="radio"/> | <input type="radio"/> |
| c. Been harassed on social media for reasons other than your athletic performance?..... | <input type="radio"/> | <input type="radio"/> |

38. Please indicate your level of agreement with each of the following statements about your coaches:

	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 are accepting of differing viewpoints and cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. My coaches are always respectful of persons from other racial/ethnic groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. My coaches are always respectful of persons who identify as LGBTQ+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

39. Please indicate your level of agreement with each of the following statements about your teammates:

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree
a. My teammates are accepting of differing viewpoints and cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. My teammates are always respectful of persons from other racial/ethnic groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. My teammates are always respectful of persons who identify as LGBTQ+	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

40. 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 often ask my coaches how things are going in their lives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. My head coach can be trusted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. My coaches care about whether I earn my degree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. 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"/>
g. 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"/>
h. I would feel comfortable talking with my coaches about my <u>role on the team</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Teammates transferring to other schools has had a negative effect on my athletics experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PART 4: RECRUITMENT

41. Where did you attend high school?

- ☐ In the United States
☐ In Canada
☐ In another country

42. Were you recruited to play college sports while you were in high school?

- ☐ Yes
☐ No

43. During high school did you compete in your main sport on a high school team?

- ☐ Yes
☐ No

44. During high school did you compete in your main sport on a club team (includes AAU, national, academy or other elite teams not affiliated with your school)

- ☐ Yes
☐ No

45. Have you used a paid recruiting service to help in the college athletics recruiting process (e.g., produce highlight videos, contact coaches, get seen by coaches through exclusive camps or showcase competitions)?

- ☐ Yes
☐ No

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

	Strongly Agree	Somewhat Agree	Disagree	Strongly Disagree	Not Applicable
a. 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"/>	<input type="radio"/>
b. 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"/>	<input type="radio"/>

47. 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"/> |

48. 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

49. In what grade did you decide or commit to attend the college where you enrolled freshman year?

- ☐ 9th grade or earlier
☐ 10th grade
☐ 11th grade
☐ 12th grade
☐ After high school

50. Prior to freshman year, did you visit the campus (either on an official or unofficial visit) where you enrolled?

- ☐ Yes
☐ No

51. Which of the following best describes your college sport recruiting process during high school? (Fill in only one circle)

- ☐ I was happy with the number and type (e.g., NCAA division) of coaches recruiting me.
☐ Too many coaches from schools I would consider were contacting me.
☐ Too few coaches from schools I would consider were contacting me.
☐ I was not recruited to play college sports while in high school.

52. 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 | Disagree | Strongly Disagree |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| a. Academic offerings, academic reputation, etc. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Cost of college | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Chance to play my sport at the NCAA level | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Coaches promised me a certain role on the team or amount of playing time | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Liked the people on this team | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. Proximity to home, family, friends.... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. Friends at this school | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. Expectations of parents, teachers, community, etc..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. Presence of a particular coach | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. The quality of the athletics facilities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. Exposure I would get as a member of this team | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. NIL opportunities..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. Coach or team has a reputation for developing athletes into professionals or Olympians | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

53. 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"/>



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

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

55. If you have transferred, what were your reasons for doing so? (Mark all that apply)

- ☐ I did not transfer
- ☐ Academic: Better opportunity or a preferred degree / major
- ☐ Academic: Difficulties at previous college
- ☐ Athletic: Coaching change at my previous college
- ☐ Athletic: Expect to get better playing time or be able to compete in more events at this college
- ☐ Athletic: Wanted to compete at a higher level
- ☐ Athletic: Wanted to compete at a lower level
- ☐ Athletic: Needed a change from my previous coach or teammates
- ☐ Athletic: Nothing against my previous coach or team, I just really wanted to play here
- ☐ Financial: Better NIL opportunity here
- ☐ Financial: Cost concerns at the previous college
- ☐ Financial: Able to get more scholarship dollars here
- ☐ Other: To be closer to home or to family
- ☐ Other: To improve my mental health or well-being
- ☐ Other personal reasons

PART 5: TIME COMMITMENTS

For questions 56-57, think about the current (or most recent) season in which you played your sport:

56. 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 or NIL commitment (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"/>

57. 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 or NIL commitment (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"/>

58. 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

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59. 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"/> |

60. 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 or NIL commitments | <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"/> |

61. 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

62. How do you feel about the amount of time spent traveling for your team this year?

- ☐ I am satisfied with amount of time we spend traveling
- ☐ I wish we spent more time traveling
- ☐ I wish we spent less time traveling

63. How many hours per week do you spend on name, image and likeness (NIL) commitments?

- ☐ 0 hours
- ☐ 1-5 hours
- ☐ 6-10 hours
- ☐ 11-15 hours
- ☐ 16-20 hours
- ☐ More than 20 hours

64. Not counting any NIL opportunities, 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

65. 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
- ☐ Socializing with friends
- ☐ Relaxing by myself

66. 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

67. 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.

	Very Often	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"/>	<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"/>	<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"/>	<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"/>	<input type="radio"/>

PART 6: ON-CAMPUS SUPPORT

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

	Strongly Agree	Somewhat Agree	Strongly Disagree	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"/>

69. I wish the coaches or athletics administrators at our school talked more with student-athletes about the following topics: (Mark all that apply)

- ☐ Conducting ourselves appropriately on campus and in the community
- ☐ Living away from home
- ☐ Academic resources
- ☐ Study habits
- ☐ Time management
- ☐ Body image
- ☐ Concussion awareness
- ☐ Drinking / substance misuse
- ☐ Getting good sleep
- ☐ Mental wellness
- ☐ Proper nutrition
- ☐ Sexual violence prevention
- ☐ Budgeting / financial management
- ☐ Navigating NIL opportunities
- ☐ Finding opportunities to compete professionally in my sport after college
- ☐ Preparing for a career after college

70. How satisfied or dissatisfied are you with these student-development and 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"/>
d. Athletic training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Strength and conditioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Nutritional support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sports medicine/Team medical	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Mental health counseling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PART 7: FINANCES

71. Do you qualify for a Pell Grant?

- ☐ No
☐ Yes
☐ Not Sure

72. 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

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

Somewhat Disagree
 Somewhat Agree
 Agree
 Disagree

- 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)..... ☐ ☐ ☐ ☐

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

- ☐ Frequently
☐ Occasionally
☐ Not at all

75. Do you have a parent/guardian who graduated from a four-year college?

- ☐ Yes
☐ No

76. Birth year:

- ☐ 2000 or earlier
☐ 2001
☐ 2002
☐ 2003
☐ 2004
☐ 2005
☐ 2006
☐ 2007
☐ 2008 or later

77. 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 |

78. 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

Thank you for your participation in GOALS!

The survey you just completed is part of the largest study on student-athletes the NCAA has ever undertaken. Your responses will better help us 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!
