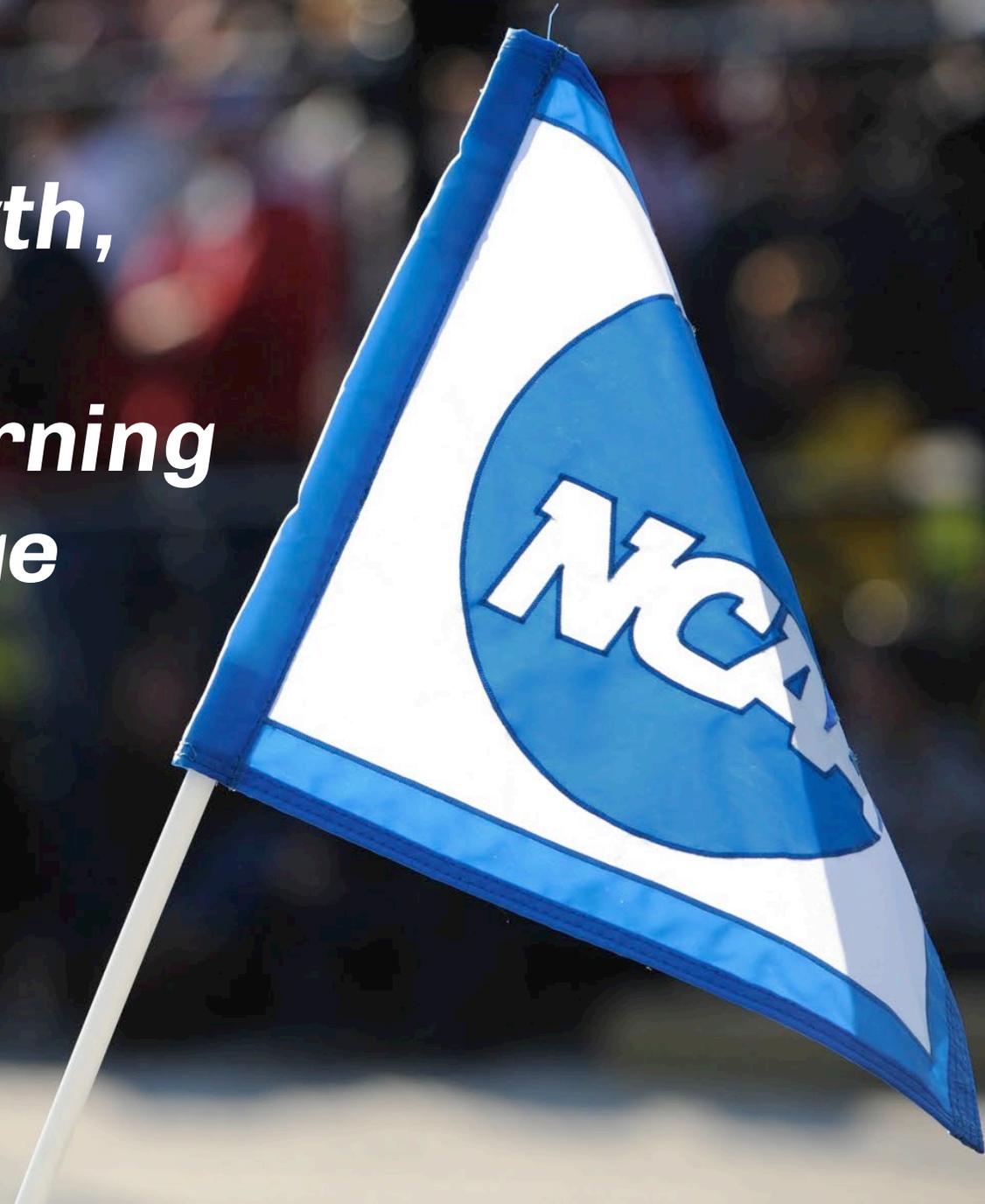




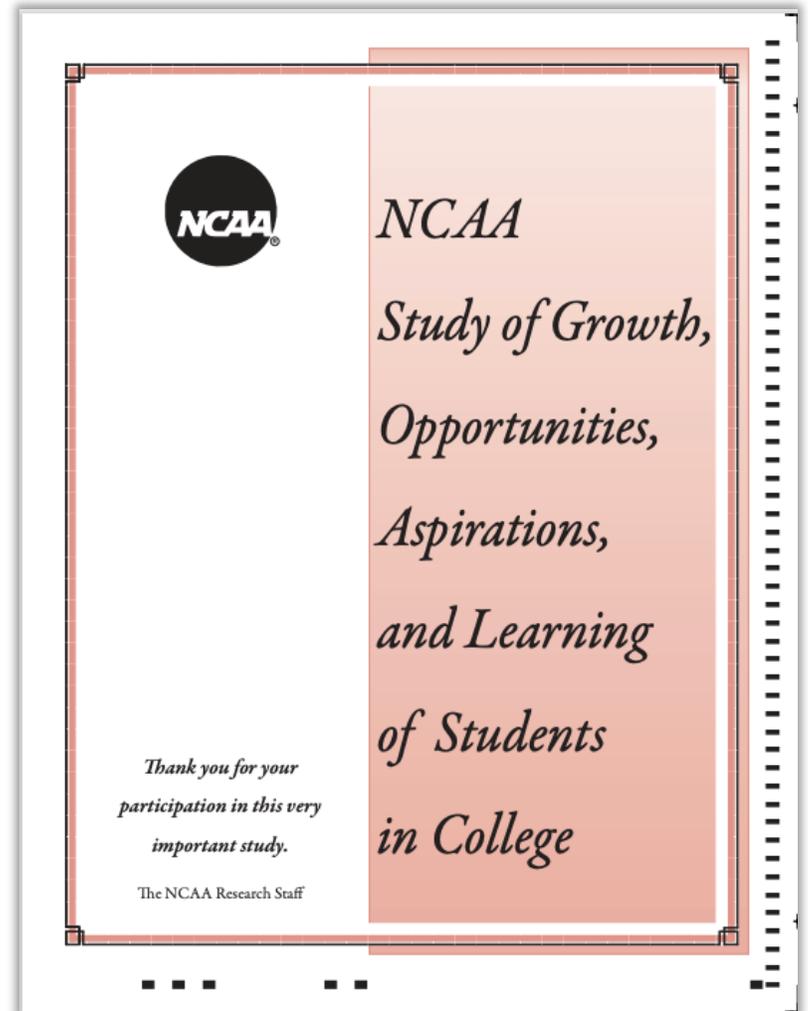
***NCAA Study of Growth,  
Opportunities,  
Aspirations and Learning  
of Students in College  
(GOALS)***

**Division III Key Findings  
March 2026**



## 2025 GOALS Study

- Fifth iteration of this study (2006, 2010, 2015, 2019).
- 493 FARs assisted us in collecting data via paper or online administration from more than 20,000 current student-athletes. **(7,428 DIII SAs)**
- Concluded data collection in June.
- Some items allow us to examine trends, other items are new.



# NCAA GOALS Study Topics



**Athletics experiences**



**Academic experiences**



**Social and team experiences**



**Recruitment process**



**Time commitments**



**On-campus support**



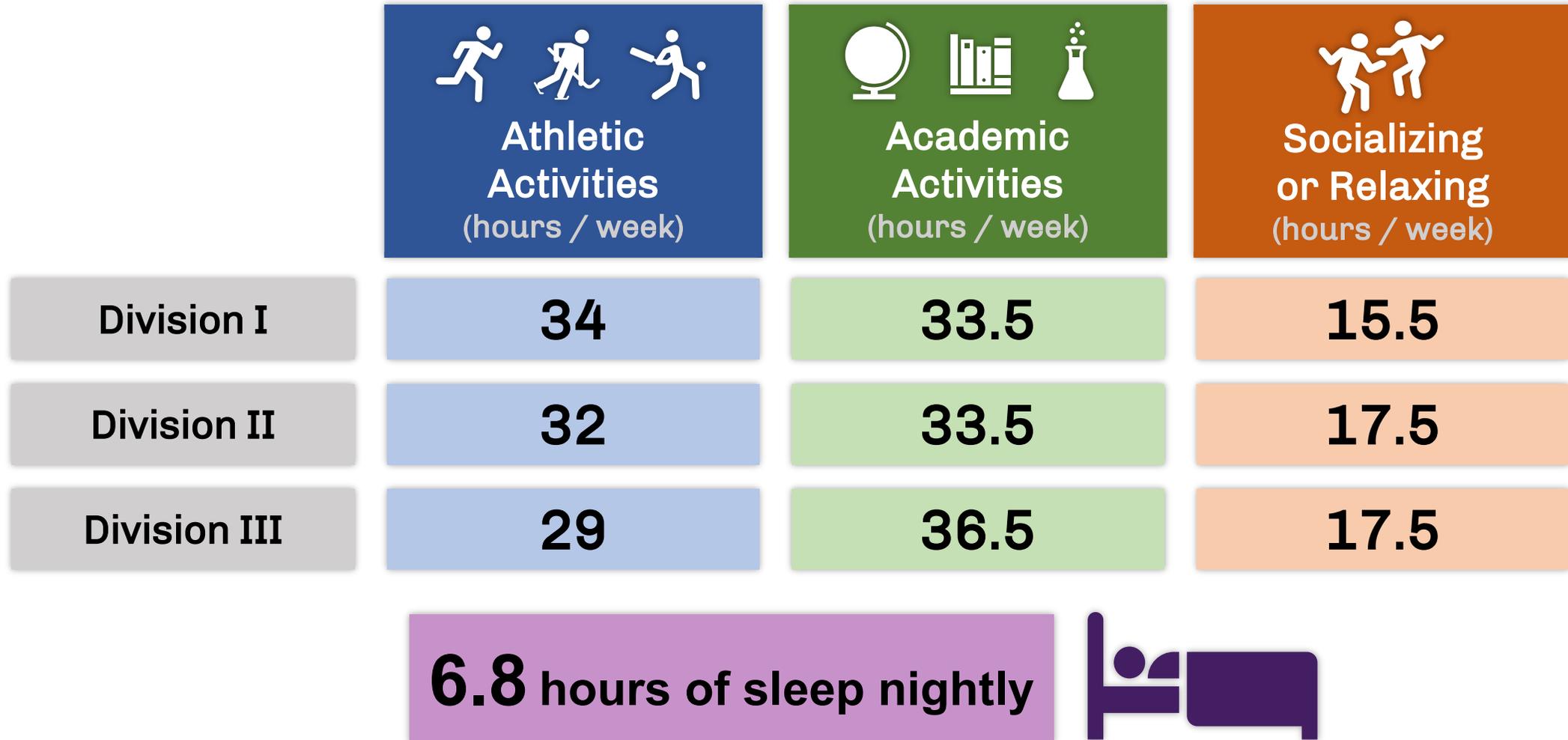
**Finances**



**While schedules remain full,  
student-athletes have shifted the  
ways they spend their time.**

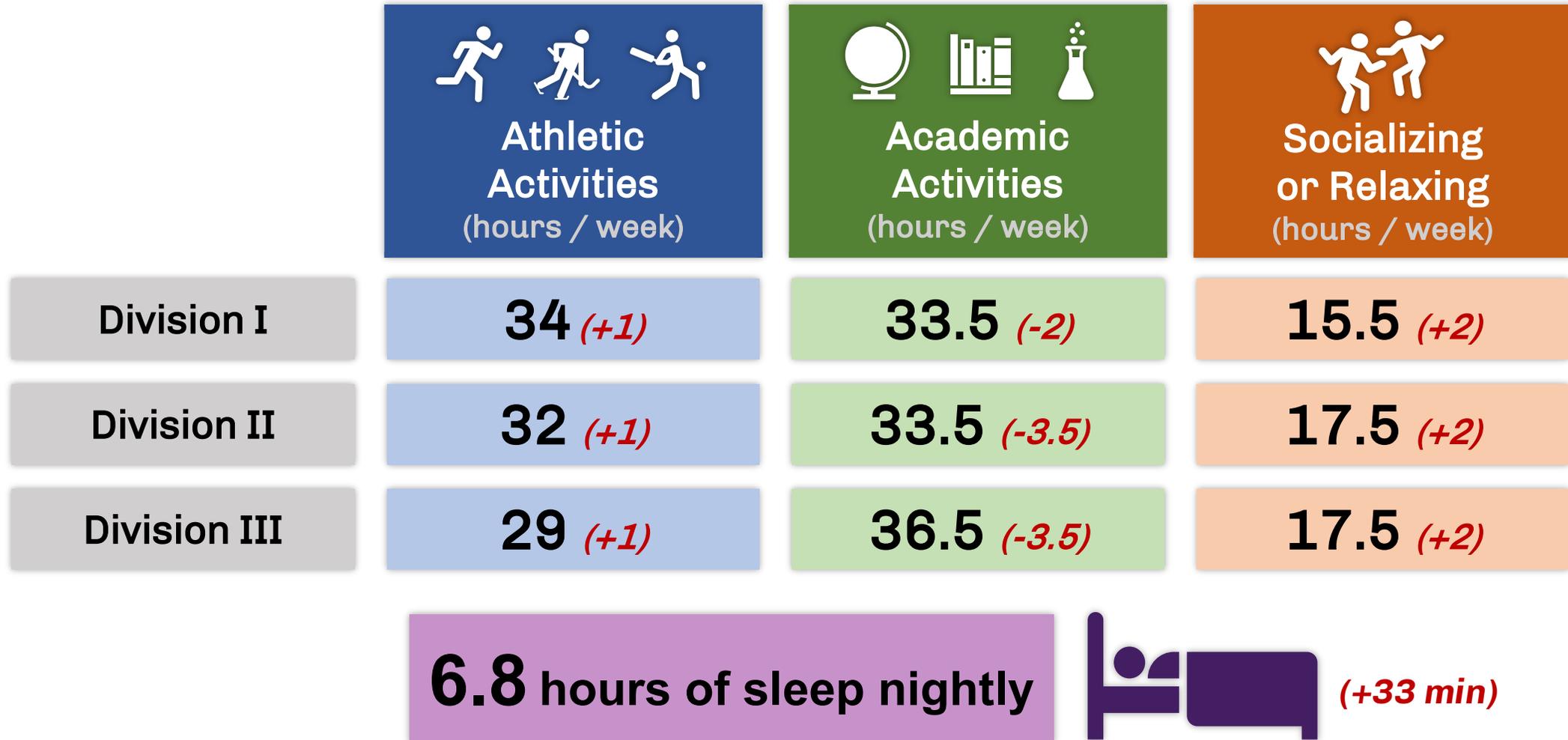


# Student-Athlete Time Commitments



Note: Self-reported survey data. Median weekly hours shown for athletic, academic and socializing/relaxing activities in-season. Average (mean) hours per night shown for sleep time. Source: NCAA GOALS Study (2025).

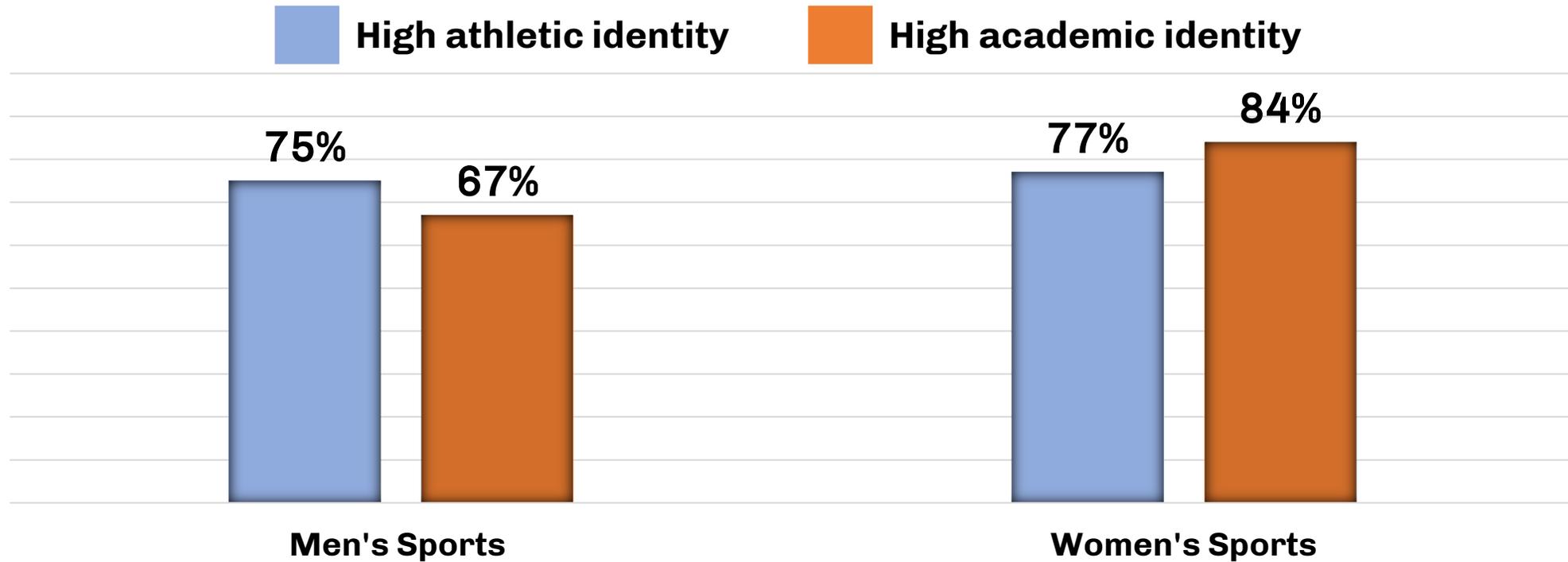
# Student-Athlete Time Commitments



*+/- change in reported time in the 2019 Study*

Note: Self-reported survey data. Median weekly hours shown for athletic, academic and socializing/relaxing activities in-season. Average (mean) hours per night shown for sleep time. Source: NCAA GOALS Study (2025).

# Athletic and Academic Identity (Division III)



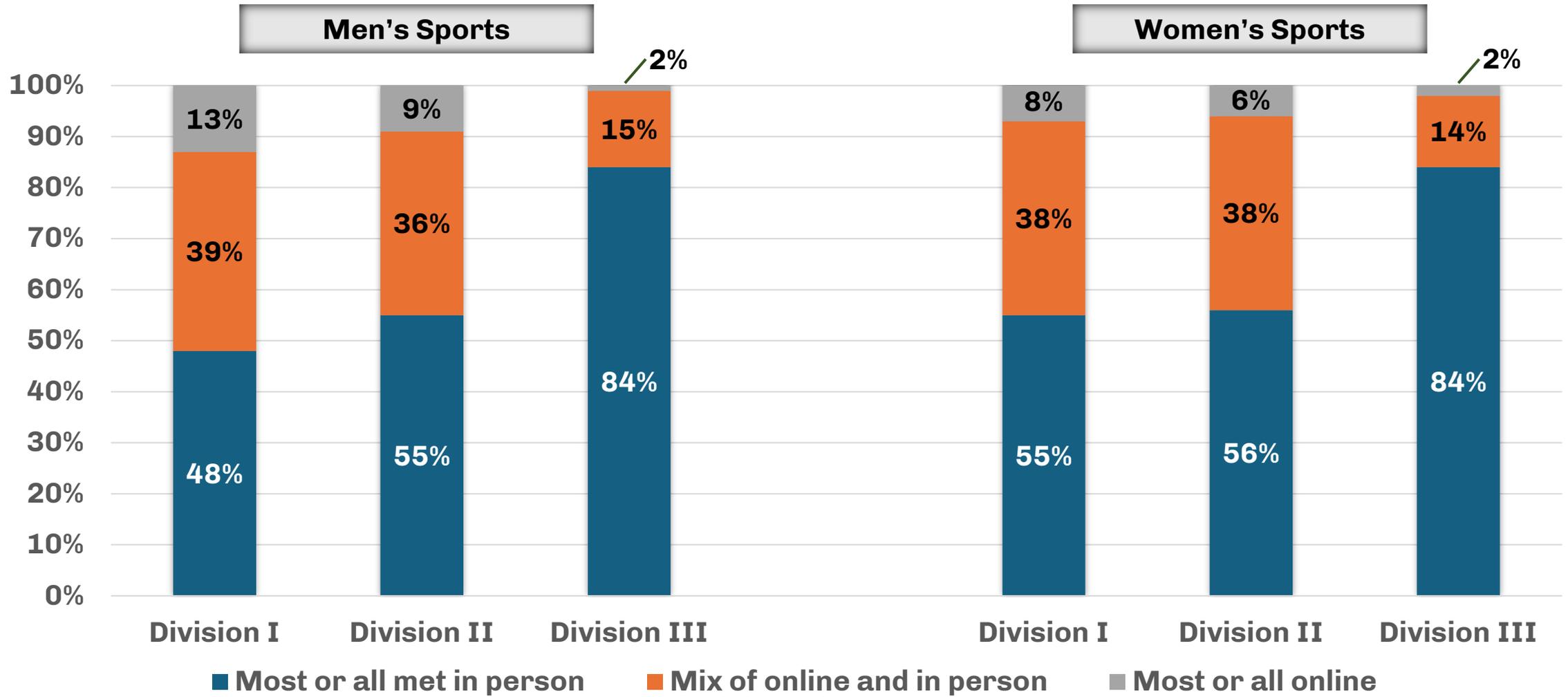
- ▶ *In Division III, 56% of men's sports SAs and 68% of women's sports SAs had both high athletic and high academic identity.*
- ▶ *Men's sports SAs spend similar or slightly more amounts of time on athletics whereas women's sports SAs have consistently reported spending several more hours per week on academic pursuits than men (DIII M 33.5 vs. DIII W 38.5).*

Note: High athletic identity and high academic identity are both a mean of 5.0 or higher on 4 items with a 6-point scale (top two points are agree and strongly agree). Source: NCAA GOALS Study (2025).



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# How would you describe your classes this academic year?



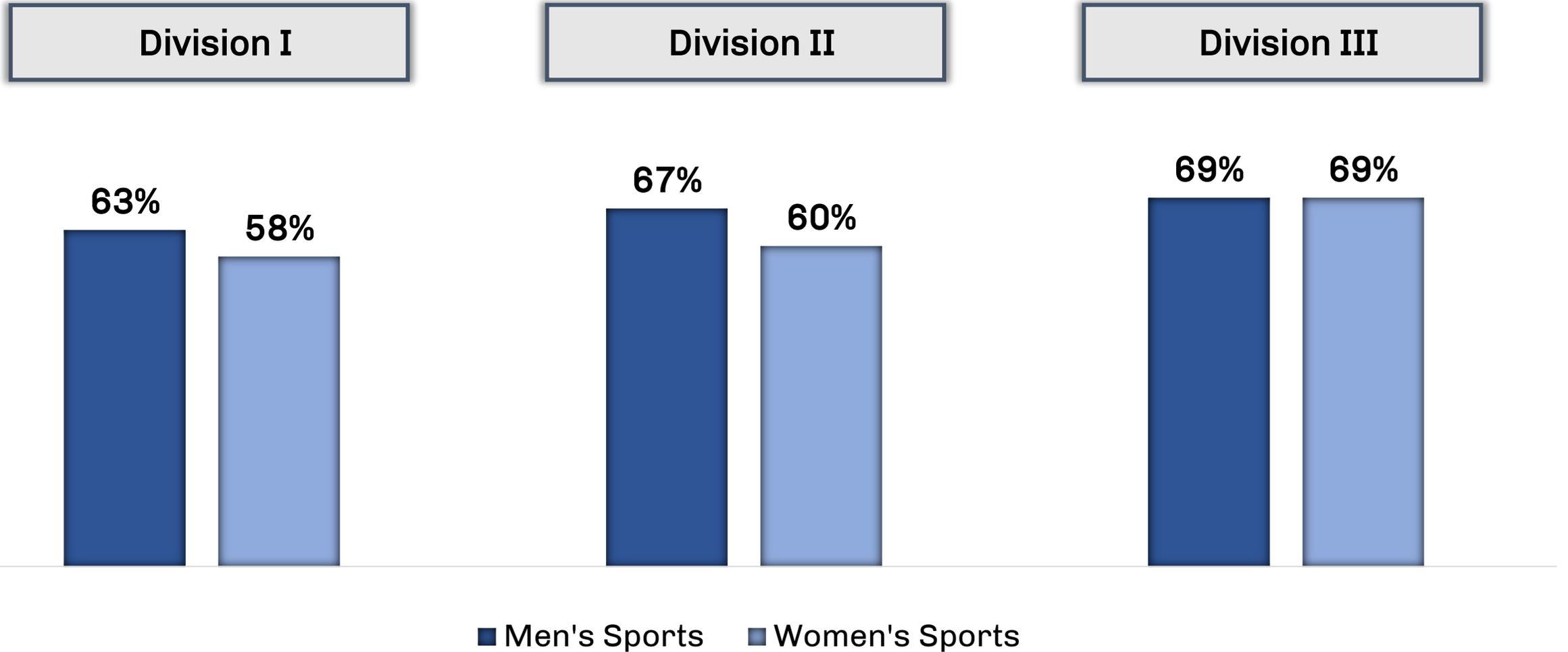
# Student-Athlete Time Commitments by Course Taking Patterns

	 <b>Athletic Activities</b> (hours / week)	 <b>Academic Activities</b> (hours / week)	 <b>Socializing or Relaxing</b> (hours / week)
 Mostly online	<b>38</b>	<b>26.5</b>	<b>18.5</b>
 Mixed in-person and online	<b>34</b>	<b>31.5</b>	<b>17.5</b>
 Mostly in-person	<b>30</b>	<b>36.5</b>	<b>16.5</b>

► *Student-athletes taking mostly online classes reported the lowest weekly time on academics and the highest weekly time on athletics and socialization/relaxation. This trend is consistent across divisions.*

Note: Self-reported survey data. Median weekly hours shown for athletic, academic and socializing/relaxing activities in-season. Source: NCAA GOALS Study (2025).

**“I am able to find an appropriate balance between academics, athletics and other aspects of college life”**  
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

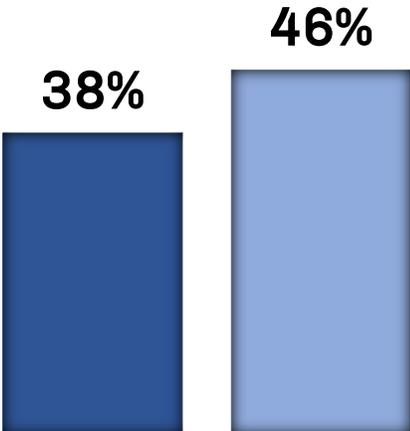
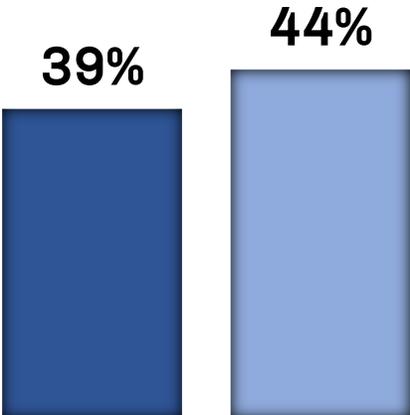
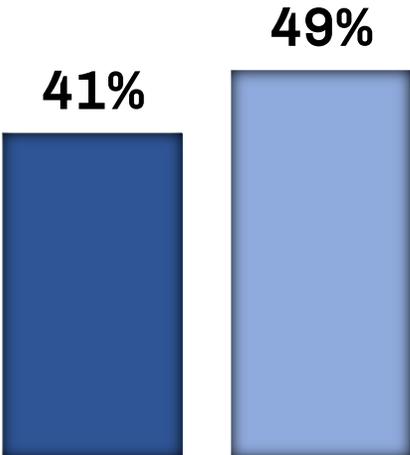
# “I would like to be more involved on campus outside of athletics”

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

Division I

Division II

Division III



■ Men's Sports ■ Women's Sports



Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

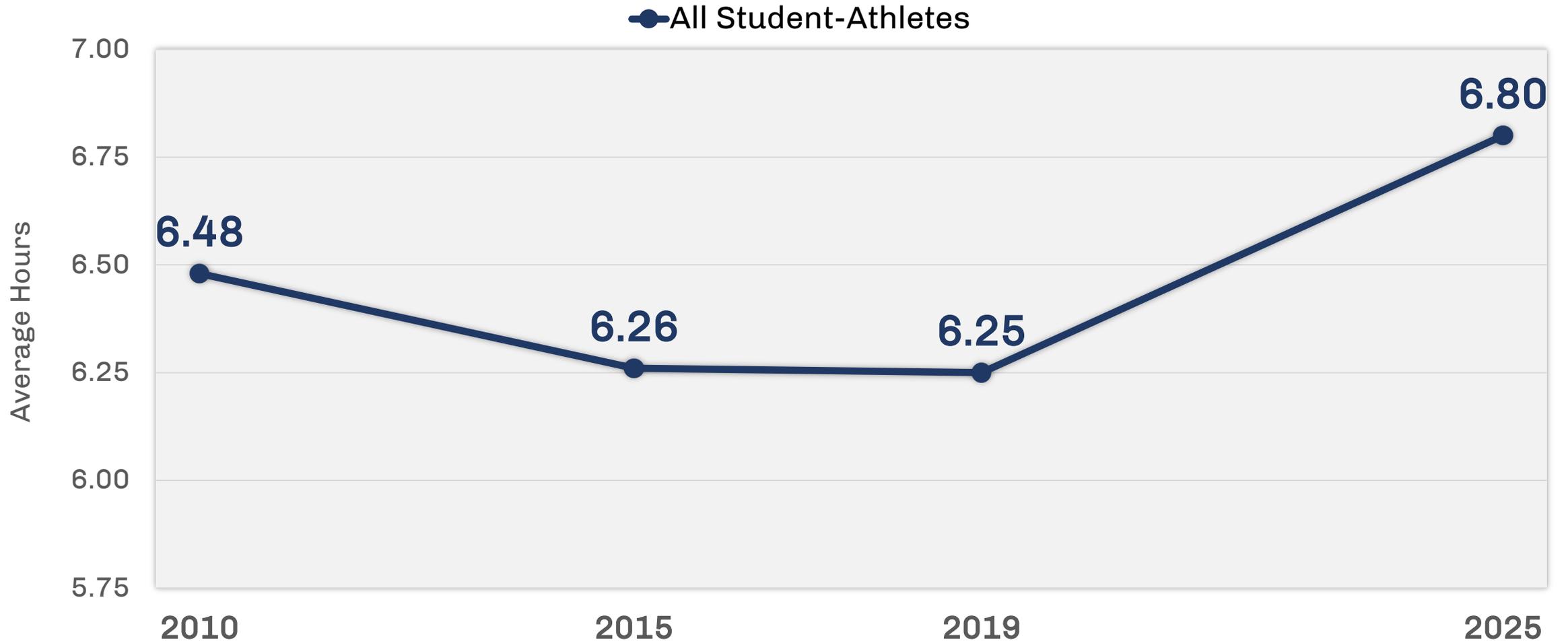
## Division III student-athletes report they want more time for...

	Men's Sports	Women's Sports
Sleeping	65%	76%
Relaxing alone	60%	73%
Socializing	61%	71%
Visiting home / family	60%	64%
Academics	48%	55%
Extracurricular activities	47%	57%
Athletics	47%	31%
Working at a job or NIL	37%	37%

Note: Table sorted by overall DIII endorsement percentages. Source: NCAA GOALS Study (2025).

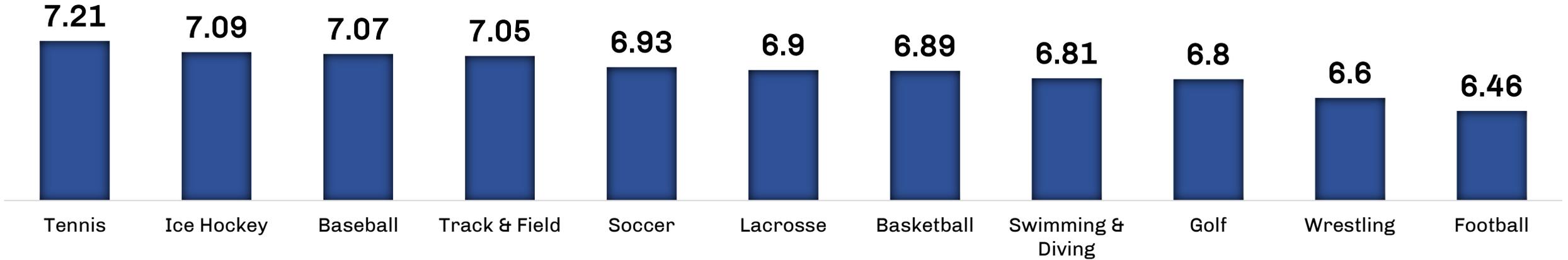
**Good news! Student-athletes are getting more sleep.**

# Trends in Average Weekday Hours of Sleep In-Season, 2010-2025

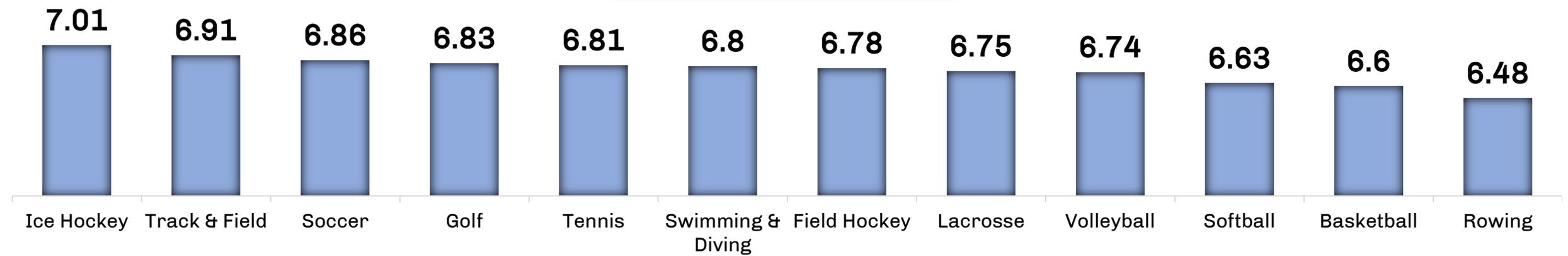


# Division III – Average Weekday Hours of Sleep In-Season

## Men's Sports



## Women's Sports



## Division III – Change in Average Weekday Hours of Sleep In-Season, 2019 to 2025

Men's Sports	+/- Minutes
Baseball	+50
Lacrosse	+50
Basketball	+41
Track and Field	+41
Tennis	+40
Soccer	+37
Swimming and Diving	+28
Football	+25
Ice Hockey	+22
Golf	+16
Wrestling	+4

Women's Sports	+/- Minutes
Soccer	+51
Volleyball	+43
Tennis	+41
Golf	+39
Softball	+32
Swimming and Diving	+32
Field Hockey	+31
Basketball	+30
Ice Hockey	+25
Lacrosse	+20
Rowing	+20
Track and Field	+14

Note: Self-reported survey data. Source: NCAA GOALS Studies (2019, 2025).

**Community service engagement remains at high levels, but frequency has dipped from prior years.**

# Community Service Engagement

		A few hours <i>PER MONTH</i> or more		A few hours <i>PER YEAR</i> or more	
		2019	2025	2019	2025
Division I	Men's Sports	48%	43%	87%	85%
	Women's Sports	49%	39%	90%	87%
Division II	Men's Sports	50%	46%	88%	85%
	Women's Sports	57%	42%	93%	87%
Division III	Men's Sports	46%	41%	85%	83%
	Women's Sports	49%	37%	88%	84%

 Yellow indicates a decrease of 5 percentage points or more from 2019.

## ***Highest monthly engagement:***

- ▶ ***By demographic subgroup: men's sports athletes identifying as LGBTQ+ (52%) or Black (49%).***
- ▶ ***By sport: women's gymnastics (62%), DII men's basketball (55%), DII men's soccer (53%), DIII men's track and field (53%).***

Note: Participants were asked, "On average over the past year, how much time have you spent taking part in service projects or volunteer activities of any type?" Sources: NCAA GOALS Studies (2019, 2025).

## Required by Athletics to Engage in Community Service

		2019	2025
Division I	Men's Sports	60%	59%
	Women's Sports	65%	60%
Division II	Men's Sports	68%	62%
	Women's Sports	75%	66%
Division III	Men's Sports	51%	49%
	Women's Sports	51%	45%

 Yellow indicates a decrease of 5 percentage points or more from 2019.

- ▶ ***Highest coach requirement by sport (>80%): DI/DII women's basketball, DII women's lacrosse, DI field hockey, DI women's volleyball.***
- ▶ ***Lowest coach requirement by sport (<33%): women's rowing, DIII women's tennis, DIII softball***

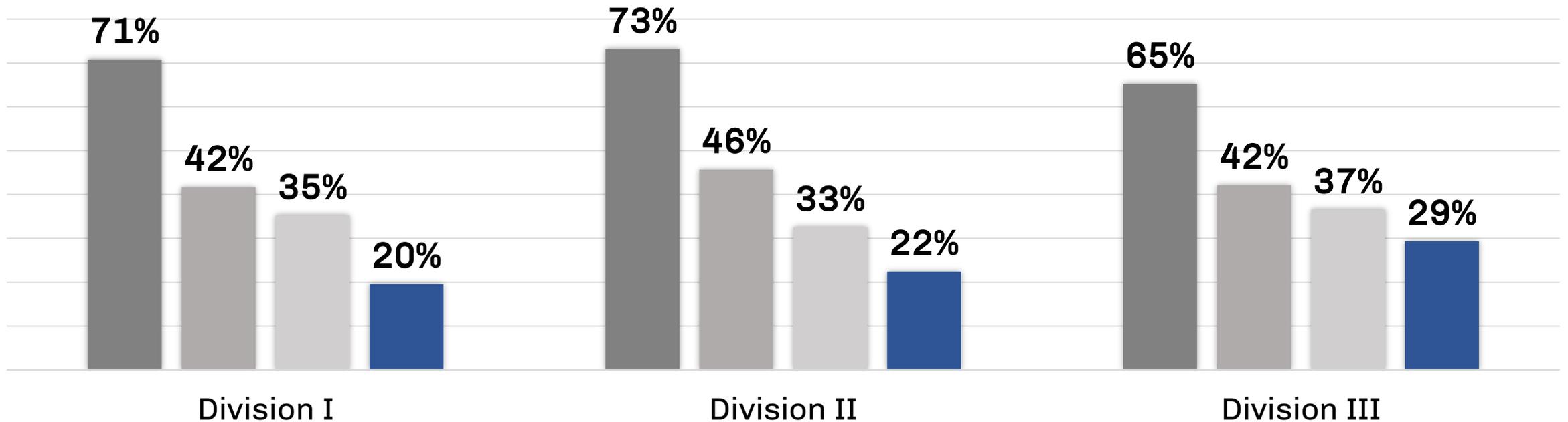
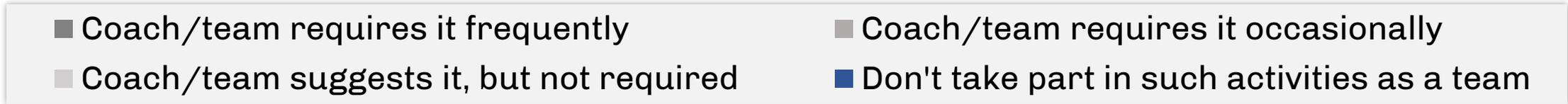
Note: Participants were asked, "Are you required to take part in service projects or volunteer activities as part of your athletics participation?" Table includes participants who responded "Yes, my coach/team requires it frequently" and "Yes, my coach/team requires it occasionally." Sources: NCAA GOALS Studies (2019, 2025).



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# Monthly Community Service Engagement and Athletics Requirement

(Percentage of Participants Who Engaged a Few Hours Per Month or More)



► *25% of student-athletes engage in community service activities at least a few hours per month outside of team activities.*

Note: Participants were asked, "On average over the past year, how much time have you spent taking part in service projects or volunteer activities of any type?" Source: NCAA GOALS Study (2025).

**Sport gender gaps remain in the relationships student-athletes have with their coaches.**



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

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

		2015	2019	2025
Division I	Men’s Sports	67%	71%	78%
	Women’s Sports	61%	62%	69%
Division II	Men’s Sports	71%	72%	77%
	Women’s Sports	65%	67%	69%
Division III	Men’s Sports	77%	81%	83%
	Women’s Sports	70%	76%	74%

 Green indicates an increase of 5 percentage points or more from 2019.

- ▶ **Men’s teams: account for 18 of top 20. Women’s teams: 18 of bottom 20.**
- ▶ **Highest sports:** DIII women’s rowing (94%), DII men’s wrestling (92%), DI/DIII men’s track (88%), DI men’s lacrosse (87%) DIII men’s ice hockey (86%), DIII men’s golf (86%)
- ▶ **Lowest sports:** DII women’s basketball (60%), DI women’s rowing (62%), DI women’s tennis (63%), DI/DII softball (63%) DI women’s lacrosse (63%)

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

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

		2015	2019	2025
Division I	Men’s Sports	75%	78%	84%
	Women’s Sports	74%	74%	77%
Division II	Men’s Sports	76%	77%	83%
	Women’s Sports	78%	76%	77%
Division III	Men’s Sports	85%	87%	88%
	Women’s Sports	82%	85%	81%

 Green indicates an increase of 5 percentage points or more from 2019.

- ▶ **Men’s teams: account for 16 of top 20. Women’s teams: 16 of bottom 20.**
- ▶ **Highest sports:** DIII women’s rowing (96%), DIII men’s golf (94%), DII men’s wrestling (92%), DI/DIII men’s track (91%), DII men’s swimming (91%),
- ▶ **Lowest sports:** DI women’s lacrosse (67%), DII softball (68%), DI women’s soccer (70%), DI/DII women’s basketball (71%), DI field hockey (71%)

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

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

		2015	2019	2025
Division I	Men’s Sports	56%	57%	63%
	Women’s Sports	44%	42%	50%
Division II	Men’s Sports	63%	61%	62%
	Women’s Sports	51%	50%	50%
Division III	Men’s Sports	66%	67%	63%
	Women’s Sports	53%	55%	52%

 Green indicates an increase of 5 percentage points or more from 2019.

- ▶ **Men’s teams: account for 22 of top 25. Women’s teams: 23 of bottom 25.**
- ▶ **Highest sports:** DII men’s wrestling (81%), DI/DIII men’s golf (75%), DI men’s lacrosse (75%), DIII men’s ice hockey (74%), DII men’s swimming (72%), DI men’s wrestling (72%)
- ▶ **Lowest sports:** DI women’s rowing (40%), DII/DIII/DI women’s basketball (42%, 42%, 45%, resp.), DI field hockey (44%), DI women’s lacrosse (45%), DII women’s soccer (45%)

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

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

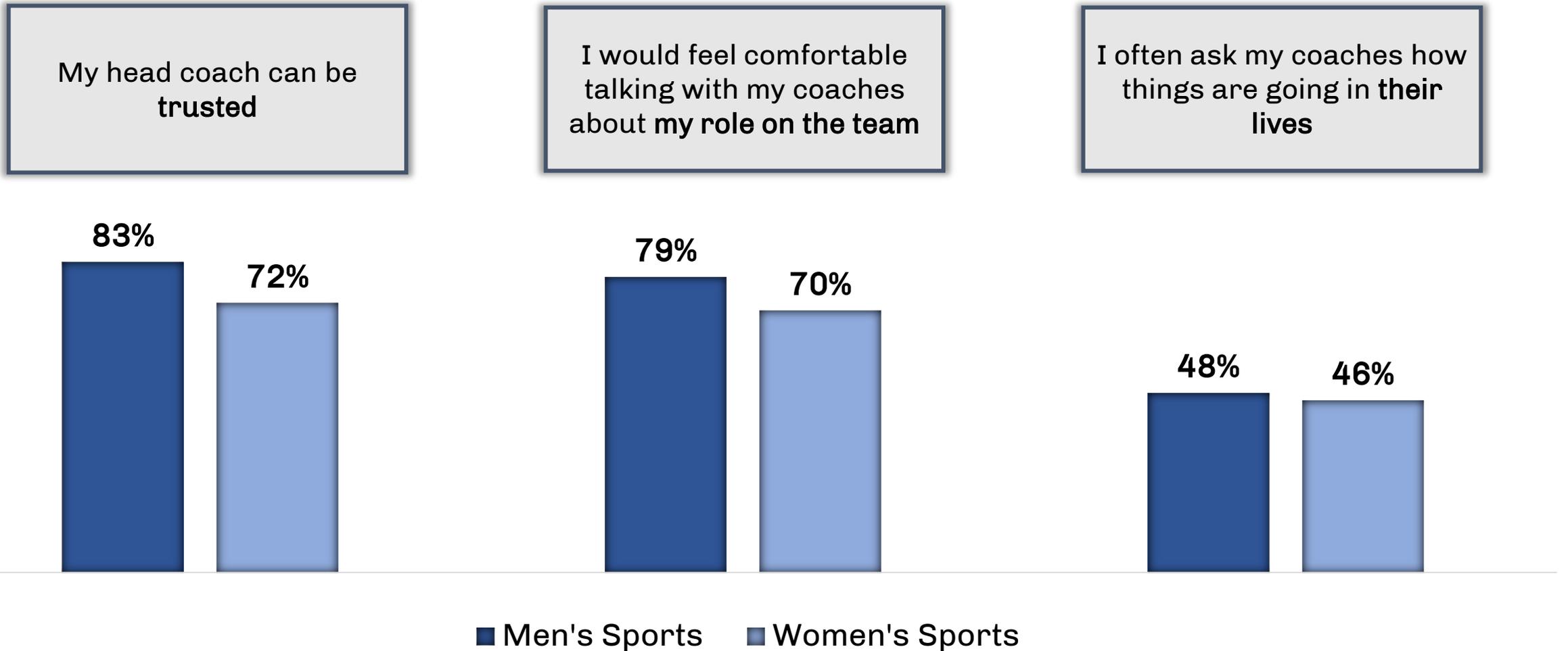
		2015	2019	2025
Division I	Men’s Sports	69%	70%	77%
	Women’s Sports	66%	63%	68%
Division II	Men’s Sports	72%	72%	77%
	Women’s Sports	72%	68%	67%
Division III	Men’s Sports	80%	81%	82%
	Women’s Sports	76%	77%	73%

 Green indicates an increase of 5 percentage points or more from 2019.

- ▶ **Men’s teams: account for 20 of top 25. Women’s teams: 21 of bottom 25.**
- ▶ **Highest sports:** DII men’s wrestling (92%), DIII men’s golf (91%), DI men’s lacrosse (88%), DI/DIII men’s track (88%, 86%, resp.), DIII women’s rowing (87%), DI women’s gymnastics (87%)
- ▶ **Lowest sports:** DI women’s rowing (57%), DI/DII/DIII women’s basketball (59%, 60%, 60%, resp.), DI field hockey (60%), DI women’s lacrosse (60%), DII softball (60%)

# Relationship with Coaches

(Percentage of Division III Participants Who Endorsed “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

## “My coaches...”

(Percentage of Division III Participants Who Endorsed “Agree” or “Strongly Agree”)

	Men's Sports	Women's Sports
Are always respectful of persons from other racial/ethnic groups	92%	89%
Are always respectful of persons who identify as LGBTQ+	85%	88%
Are accepting of differing viewpoints and cultures	85%	79%
Have created an inclusive environment for all members of the team	83%	72%

- ▶ *LGBTQ+ SAs were less likely to agree that their coaches are always respectful of LGBTQ+ identities, particularly those participating in men's sports (74%). LGBTQ+ women's sports SAs were lowest of any subgroup to agree that their coaches have created an inclusive environment for all (64%).*
- ▶ *BIPOC SAs generally were a few percentage points lower than their white peers (91%) to agree that their coaches are always respectful of other racial/ethnic groups (Asian 88%, Black 86%, Latinx 88%, Other 87%).*

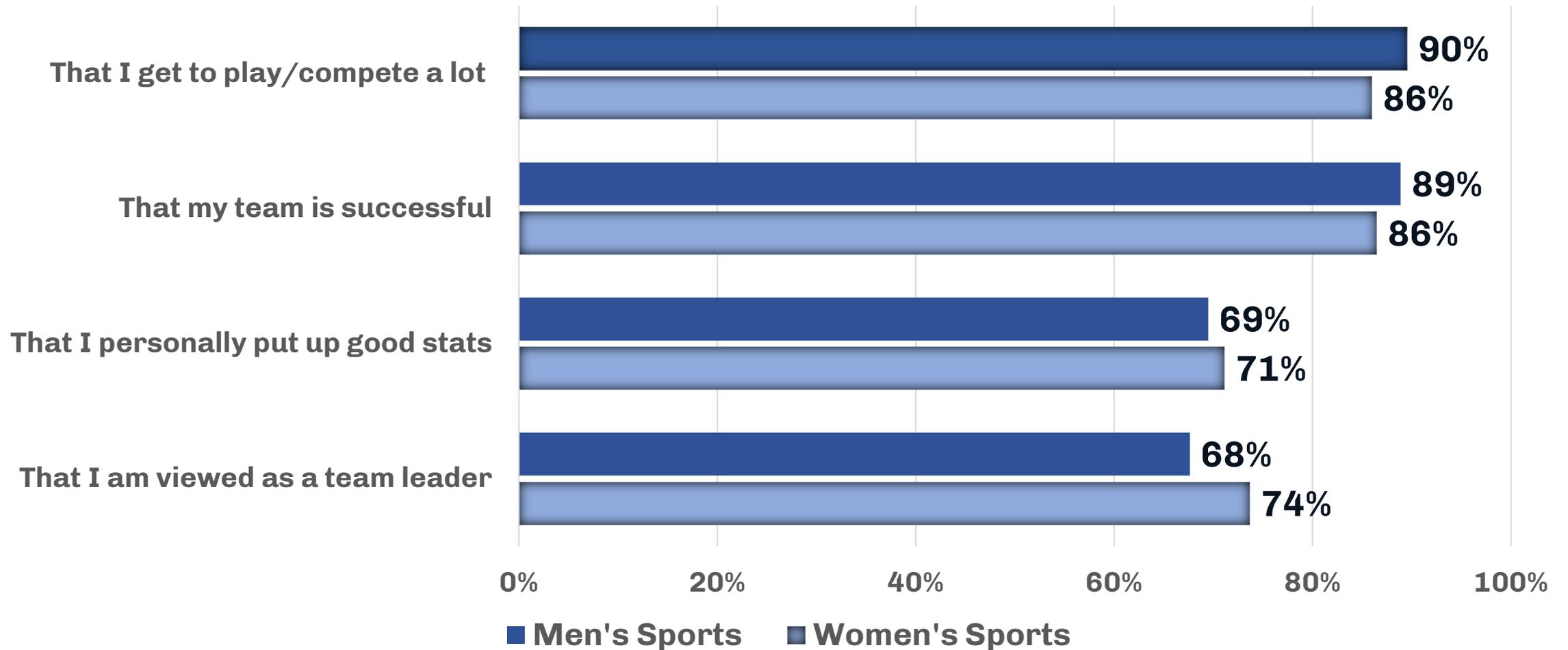
**Athletics opportunities play a significant role in college choice and transfer decisions.**



RESEARCH

# How important are these aspects of your college athletics experience?

(Percentage of Division III Athletes Who Endorsed “Important” or “Very important”)



# Factors Contributing to Decision to Attend Current College

(Responses Among Division III Nontransfers)

>50%  
among M/W  
athletes

	Men's Sports (N=3,642)	Women's Sports (N=2,895)
Chance to play my sport at the NCAA level	82%	80%
Academics	77%	84%
Liked the people on this team	57%	62%
Proximity to home	52%	55%
Cost of college	49%	52%
Quality of the athletics facilities	44%	43%
Expectations of others	41%	39%
Presence of a particular coach	40%	35%
Friends at this school	34%	27%
Exposure I would get on this team	33%	33%
Coach promised a certain role / playing time	27%	27%
Reputation for developing pro or Olympic athletes	14%	5%
NIL opportunities	9%	5%

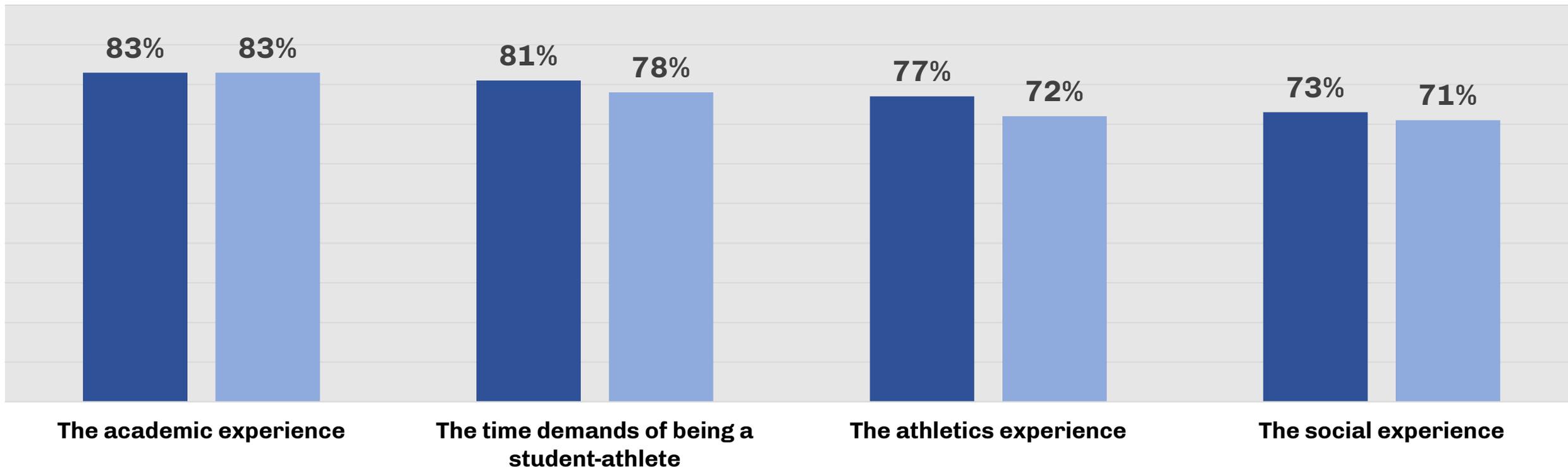
7-10 percentage  
points lower for  
M/W 4-yr transfers

10-11 percentage  
points higher for  
M/W 4-yr transfers

26-32  
percentage  
points higher for  
M/W 4-yr  
transfers

# How accurate were your initial expectations of \_\_\_\_\_ at this college? (Percentage of Division III participants endorsing “Mostly accurate” or “Very accurate”)

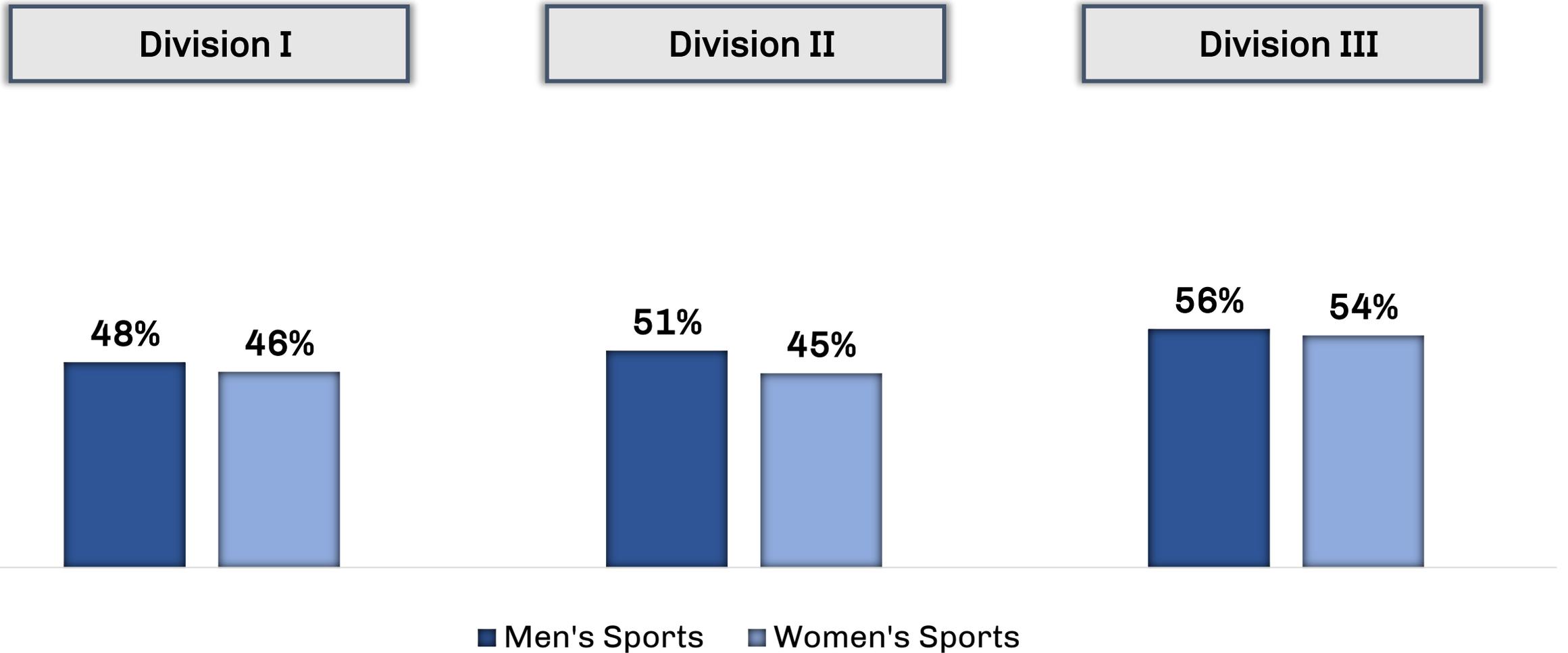
■ Men's Sports ■ Women's Sports



► *Similar rates across division, with the exception of accurate expectations of the athletics experience among women's sports athletes—highest in DIII (72%), 67% in DI and lowest in DII (62%).*

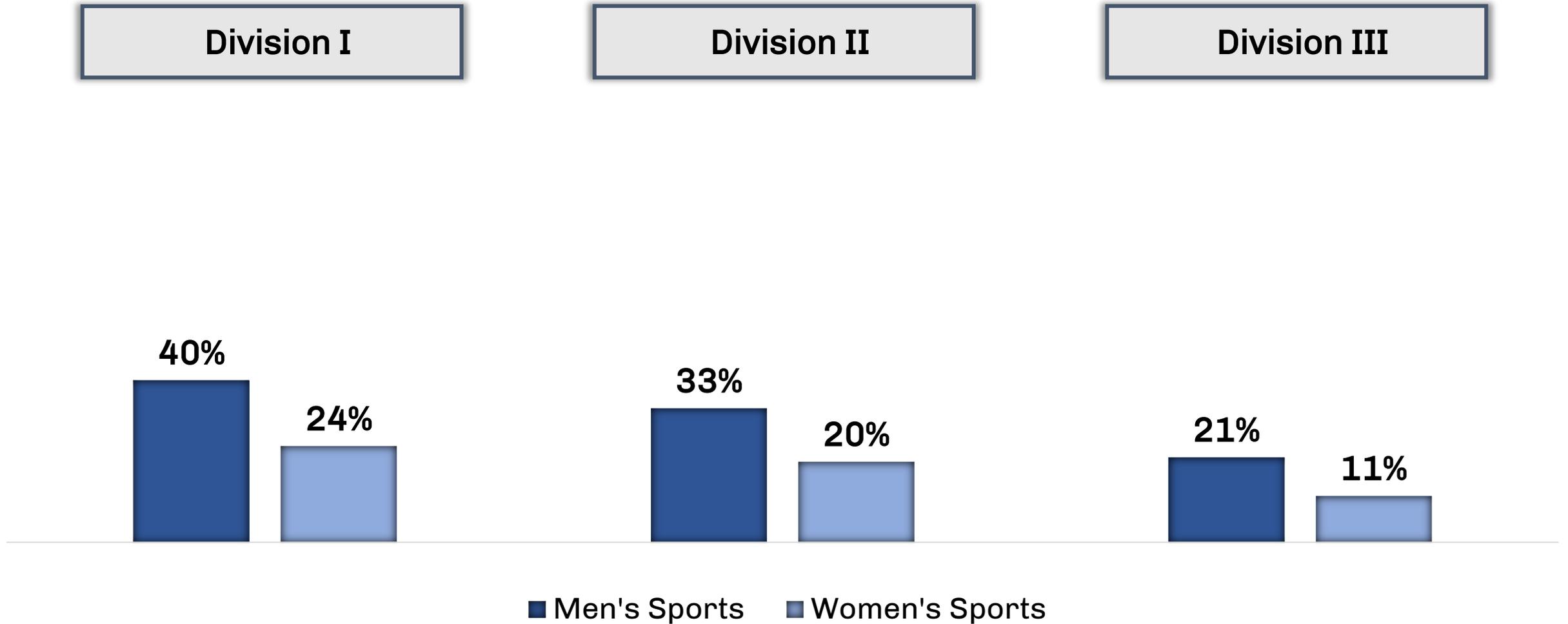
# I would have attended this college even if a different coach was here

(Percentage Who Endorsed "Agree" or "Strongly Agree")



Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

# “If my current coach left this school, I would consider transferring” (Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)



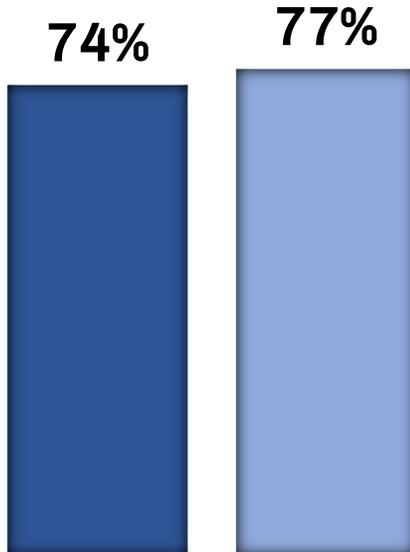
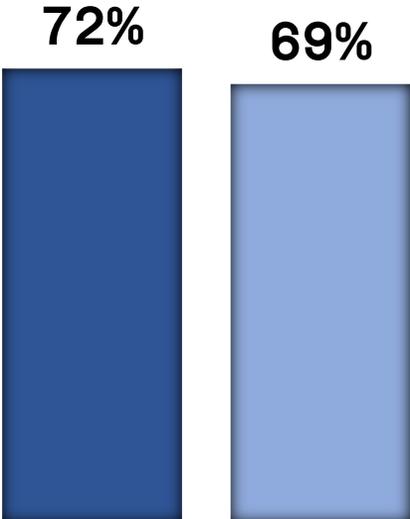
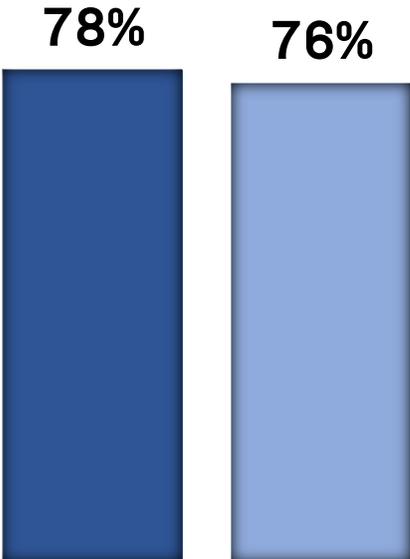
# I am glad that I made the choice to be at this school

(Percentage Who Endorsed "Agree" or "Strongly Agree")

Division I

Division II

Division III



■ Men's Sports ■ Women's Sports

Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

# Top 5 Reasons for Transfer

(Percentage of Division III transfers endorsing each item)

Men's Sports	
More playing time	33%
Better academic opportunity or preferred degree / major	32%
Needed change from previous coach / teammates	29%
Wanted to compete at a higher level	25%
Other personal reasons	24%

Women's Sports	
Better academic opportunity or preferred degree / major	45%
To improve my mental health or well-being	44%
Needed change from previous coach / teammates	40%
Other personal reasons	31%
More playing time	29%

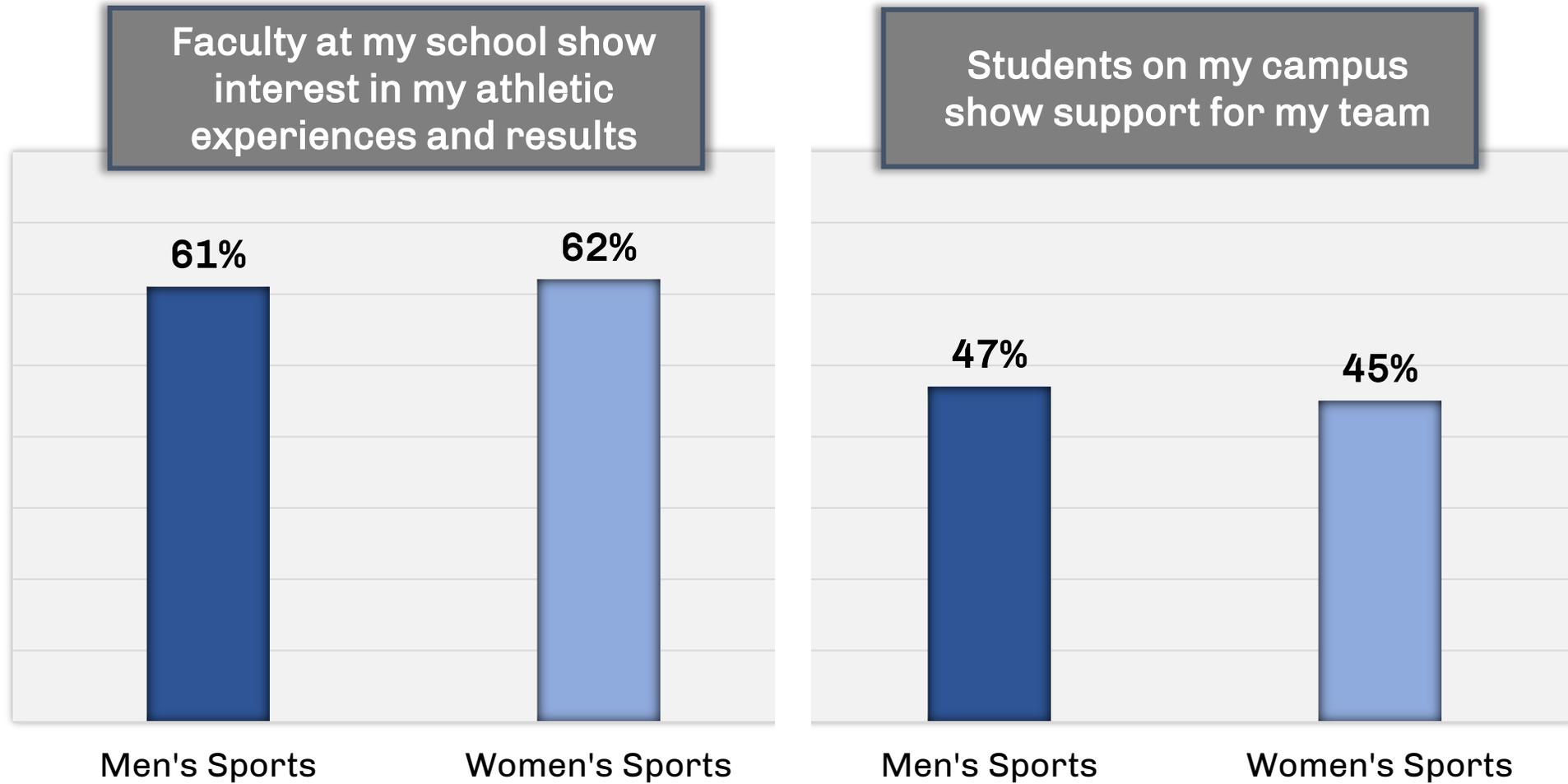
Note: Number of transfers in responses: 639 DIII men's sports participants and 304 DIII women's sports participants. Participants encouraged to select all that apply. Source: NCAA GOALS Study (2025).

**Many athletes feel faculty show interest in their athletics but perceive less support from the student body.**



# Athletics Support from Faculty and Student Body on Campus

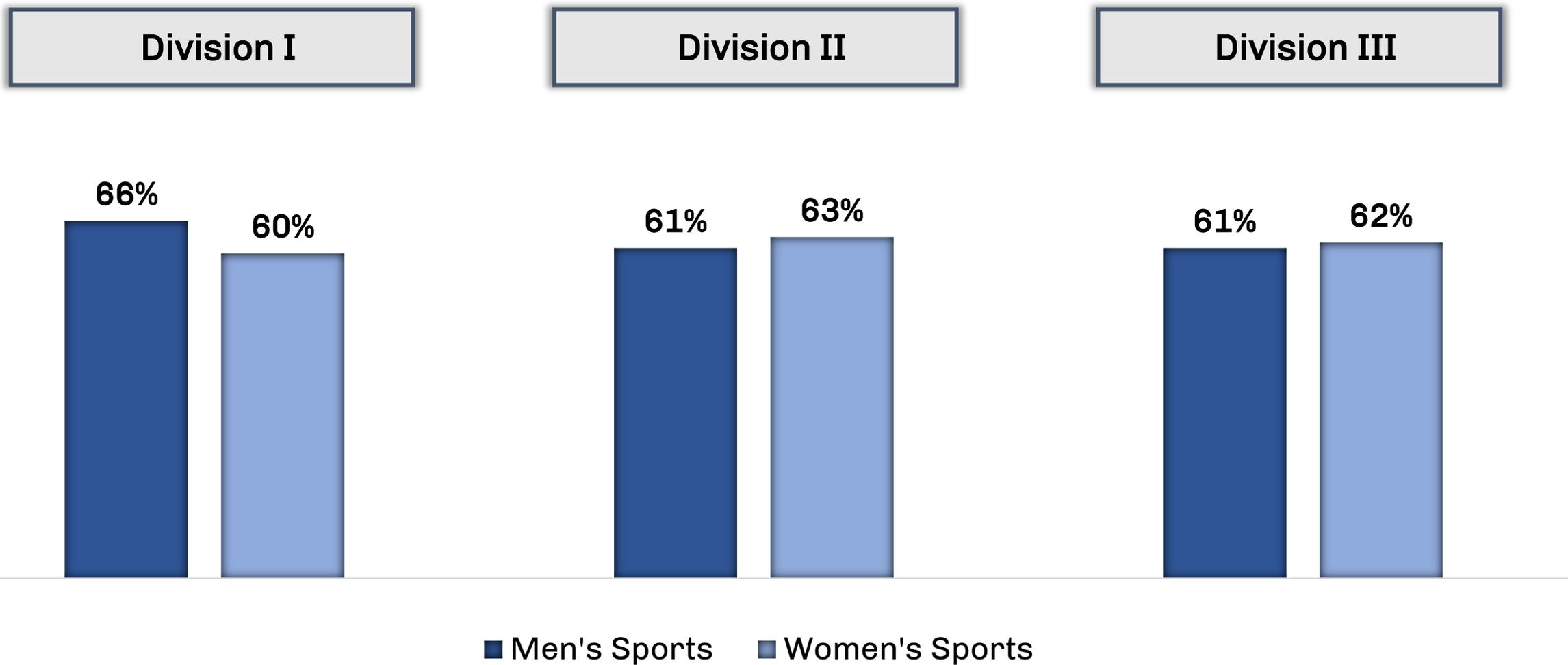
(Percentage of Division III Participants Who Endorsed “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

# “Faculty at my school show interest in my athletic experiences and results”

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. Source: NCAA GOALS Study (2025).

# “Since coming to this institution, I have developed a close personal relationship with at least one faculty member”

(Percentage Who Endorsed “Agree” or “Strongly Agree”)

		2019	2025
Division I	Men’s Sports	58%	55%
	Women’s Sports	60%	56%
Division II	Men’s Sports	61%	58%
	Women’s Sports	66%	59%
Division III	Men’s Sports	67%	63%
	Women’s Sports	70%	68%

 Yellow indicates a decrease of 5 percentage points or more from 2019.

Outliers:

- Several DIII Sports >70%: women’s rowing, women’s golf, men’s tennis, women’s lacrosse, men’s ice hockey, women’s swimming and diving
- 50% or below: DI women’s basketball, DI baseball

# “Students on my campus show support for my team” (Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

		2019	2025
Division I	Men’s Sports	50%	49%
	Women’s Sports	33%	33%
Division II	Men’s Sports	53%	49%
	Women’s Sports	39%	39%
Division III	Men’s Sports	55%	47%
	Women’s Sports	48%	45%

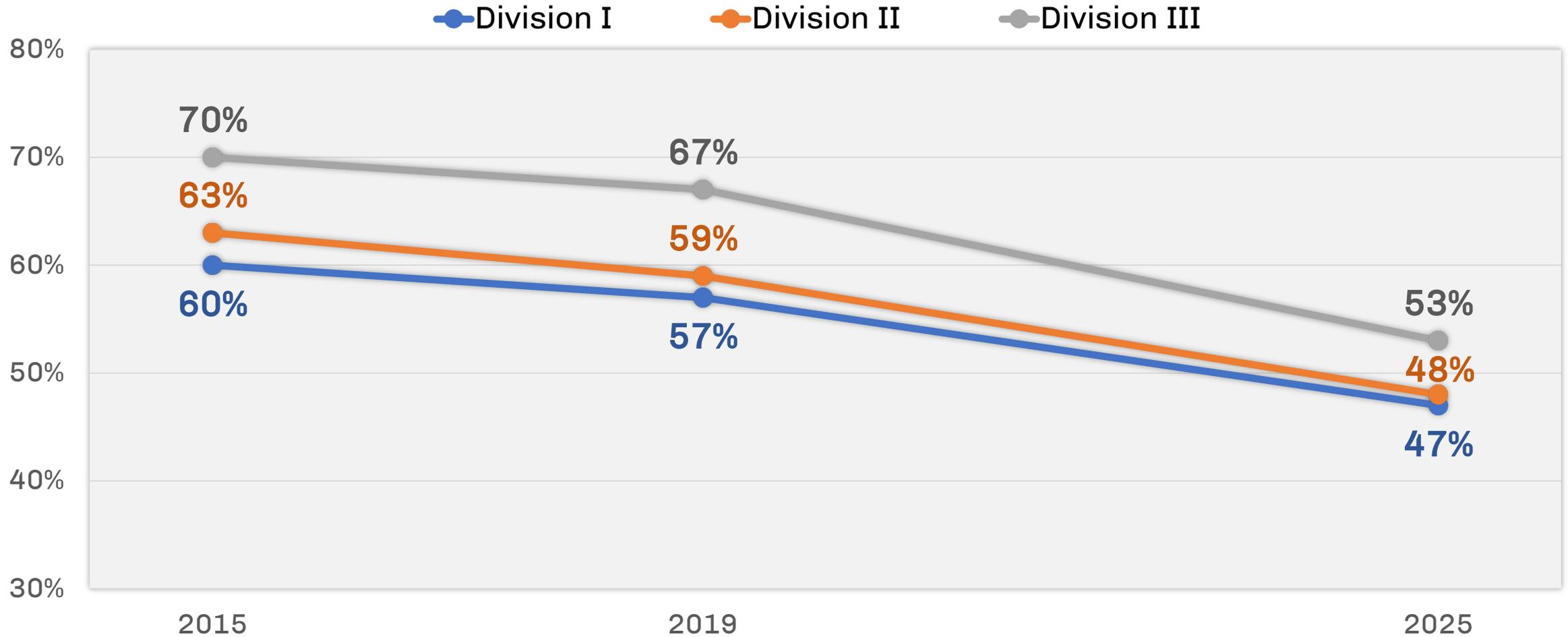
 Yellow indicates a decrease of 5 percentage points or more from 2019.

## Outliers:

- Sports with highest % perceived support from students on campus (60% or higher): DI/DIII men’s ice hockey, DI/DIII men’s basketball, DIII women’s volleyball
- Lowest sports (30% or lower): women’s rowing, women’s swimming and diving, DI field hockey, DI women’s golf

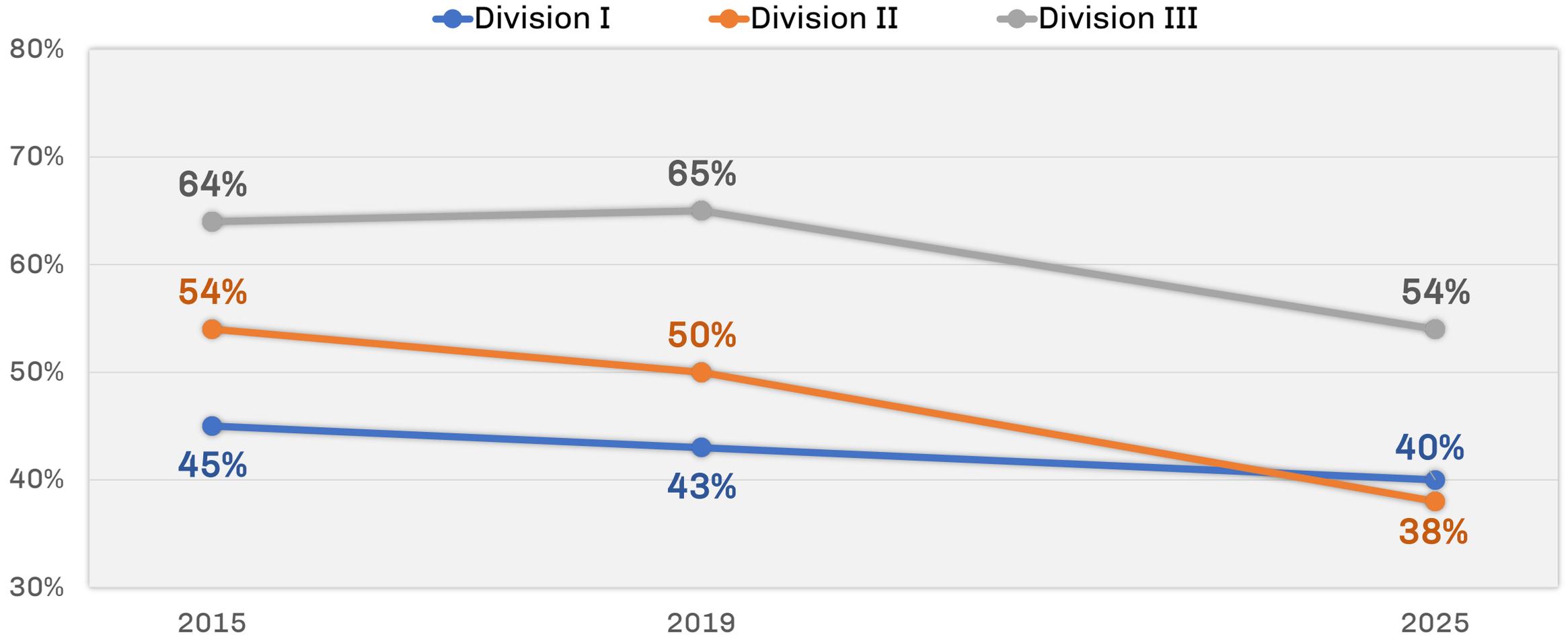
# “I frequently socialize with non-athletes at this college”

(Percentage of Men’s Sports Participants Who Endorsed “Agree” or “Strongly Agree”)

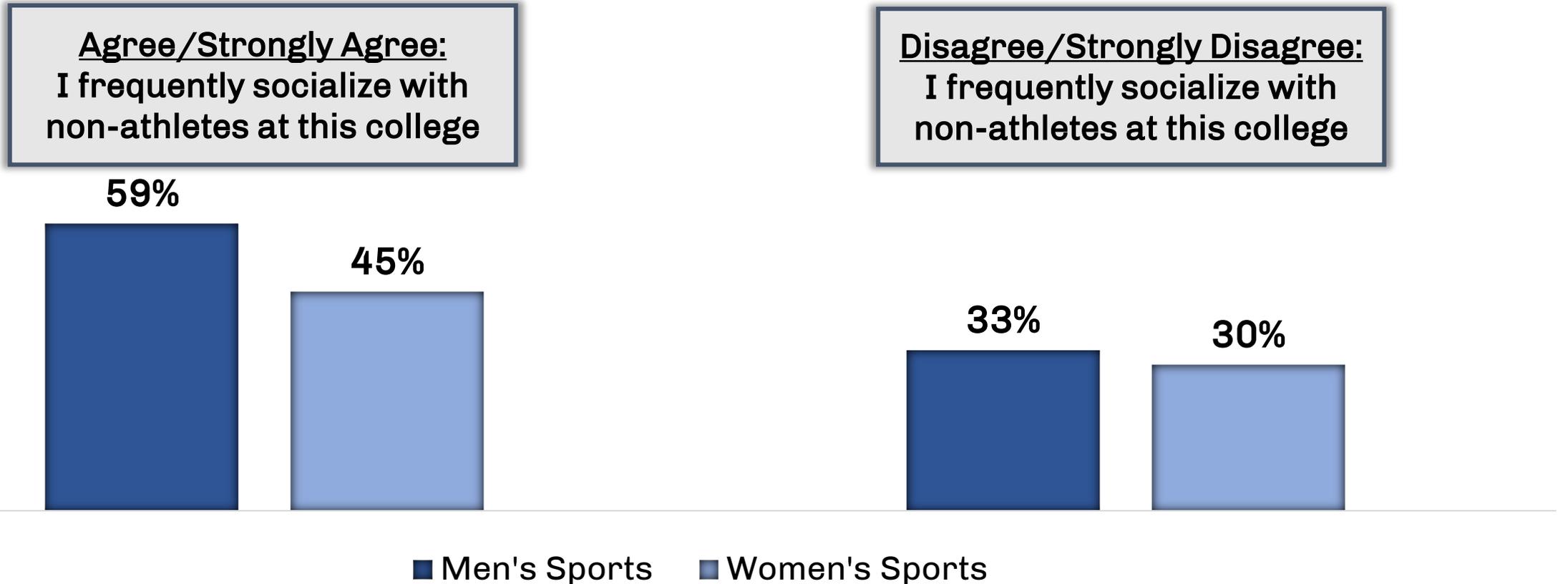


# “I frequently socialize with non-athletes at this college”

(Percentage of Women’s Sports Participants Who Endorsed “Agree” or “Strongly Agree”)



# Percentage of Student-Athletes who Perceived Support from Students on Campus by Frequency of Non-Athlete Engagement



► *% of SAs who perceived student support for their team was 1.5-1.8x higher among those who frequently socialized with non-athletes as compared to those who did not.*

Note: Top 2 points on a 6-point scale for student support item. Top 2 and bottom 2 points on a 6-point scale for the non-athlete engagement item. Source: NCAA GOALS Study (2025).

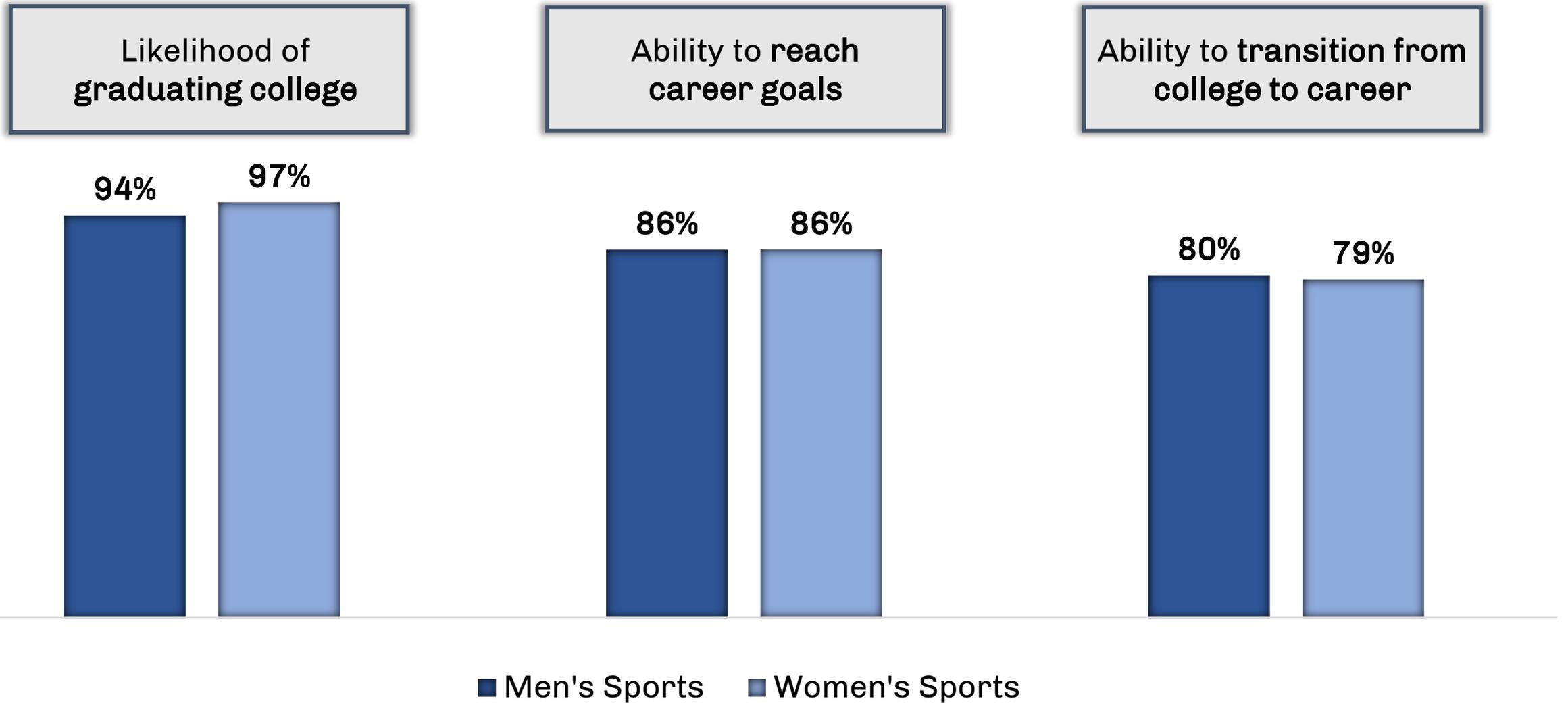
**Student-athletes are feeling optimistic about their ability to reach future career goals.**



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# “How do you feel about your...?”

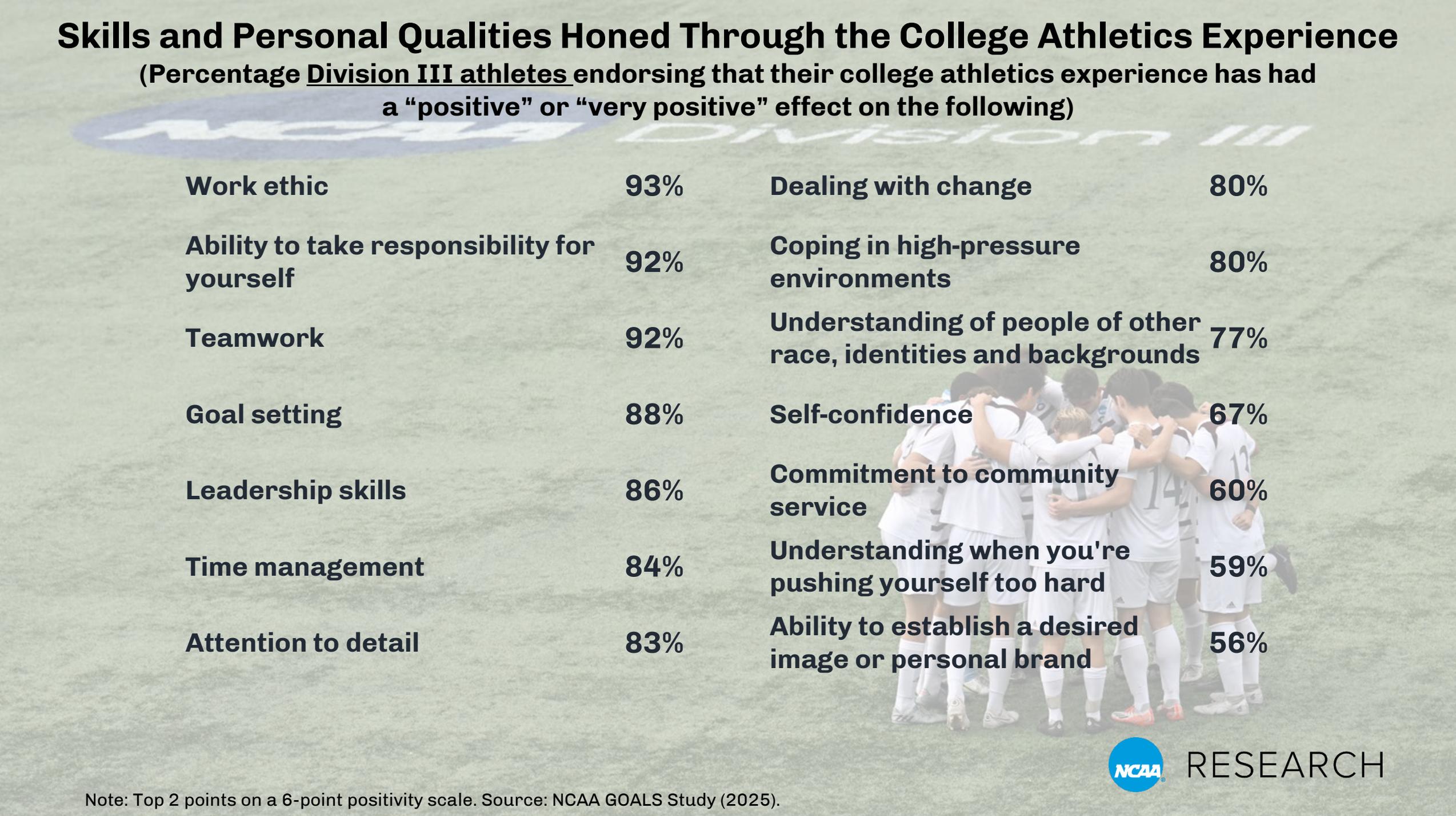
(Percentage of Division III Participants Who Endorsed “Positive” or “Very Positive”)



Note: Top 2 points on a 6-point scale. Participants who completed their bachelor's degree are excluded from the first item on graduating college. Source: NCAA GOALS Study (2025).

# Skills and Personal Qualities Honed Through the College Athletics Experience

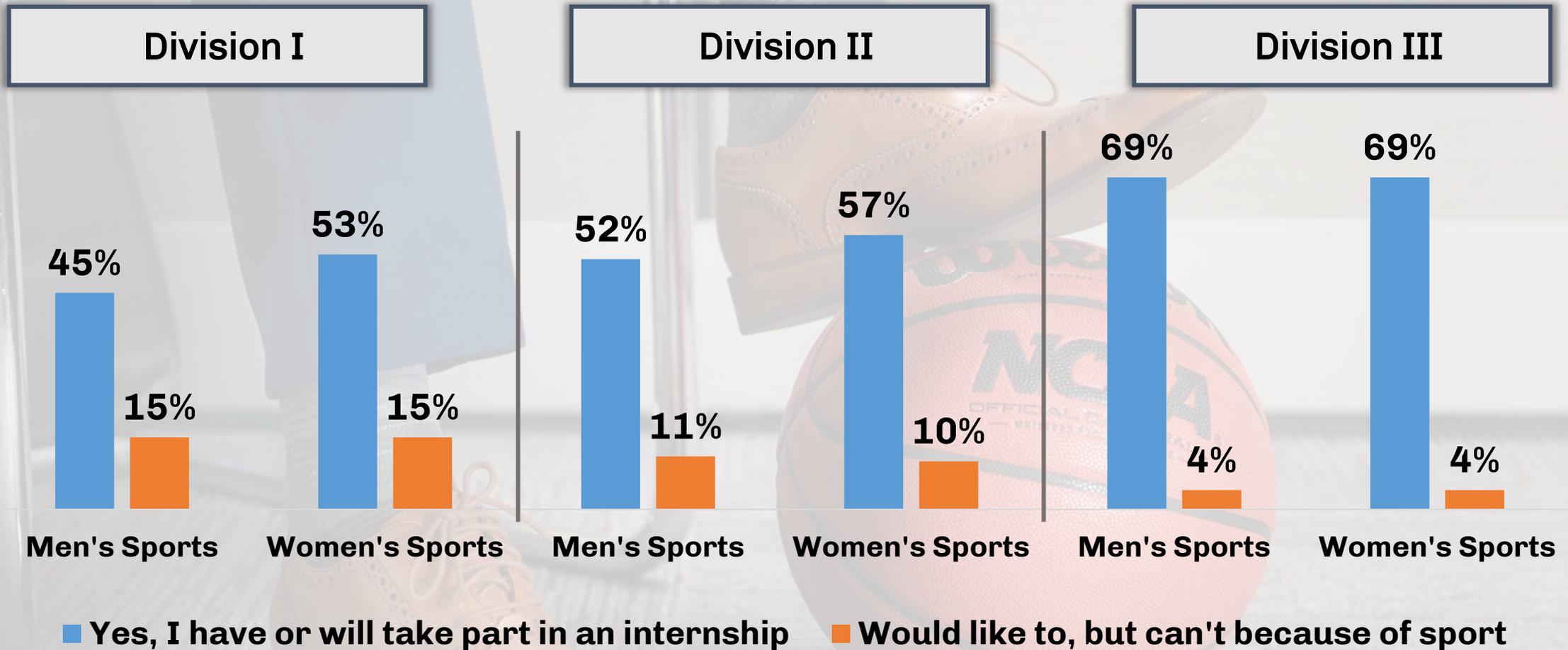
(Percentage Division III athletes endorsing that their college athletics experience has had a “positive” or “very positive” effect on the following)



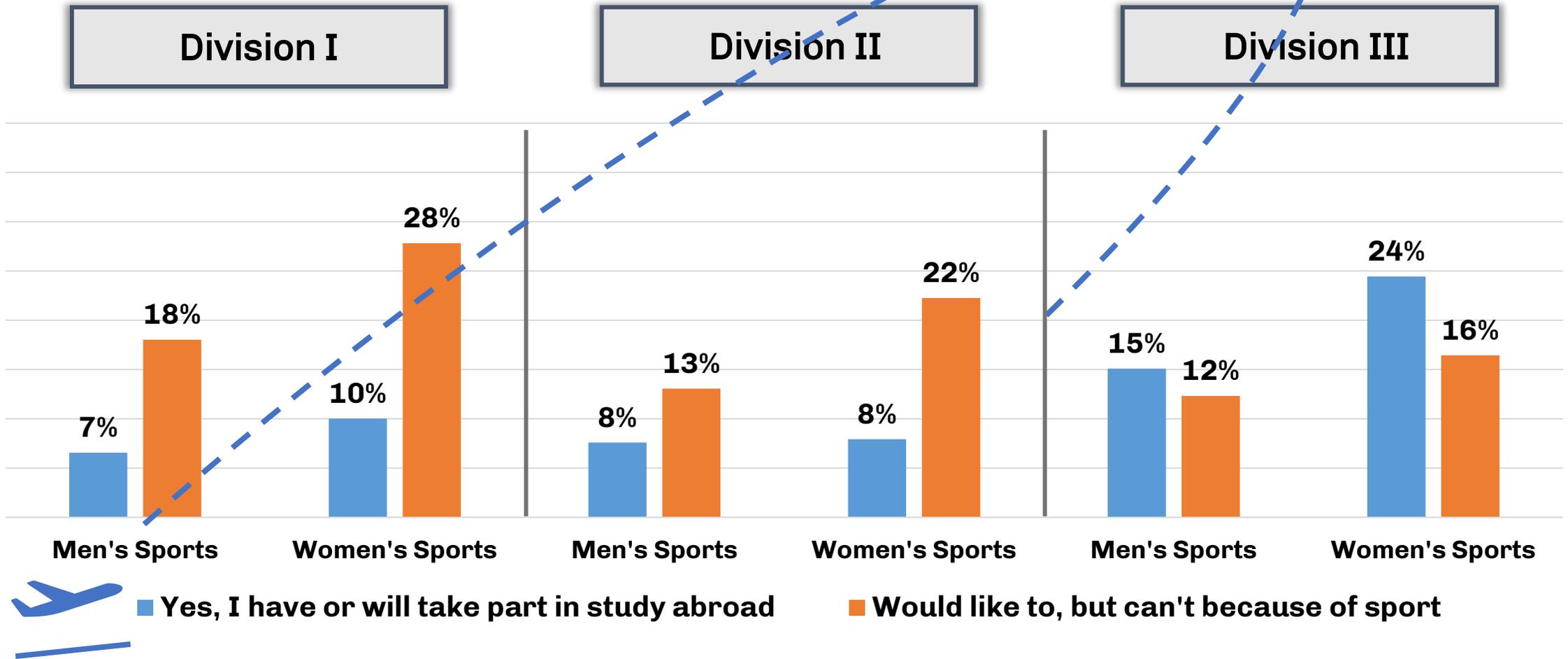
Work ethic	93%	Dealing with change	80%
Ability to take responsibility for yourself	92%	Coping in high-pressure environments	80%
Teamwork	92%	Understanding of people of other race, identities and backgrounds	77%
Goal setting	88%	Self-confidence	67%
Leadership skills	86%	Commitment to community service	60%
Time management	84%	Understanding when you're pushing yourself too hard	59%
Attention to detail	83%	Ability to establish a desired image or personal brand	56%

# Internship Opportunities

(Those in their junior year and above)



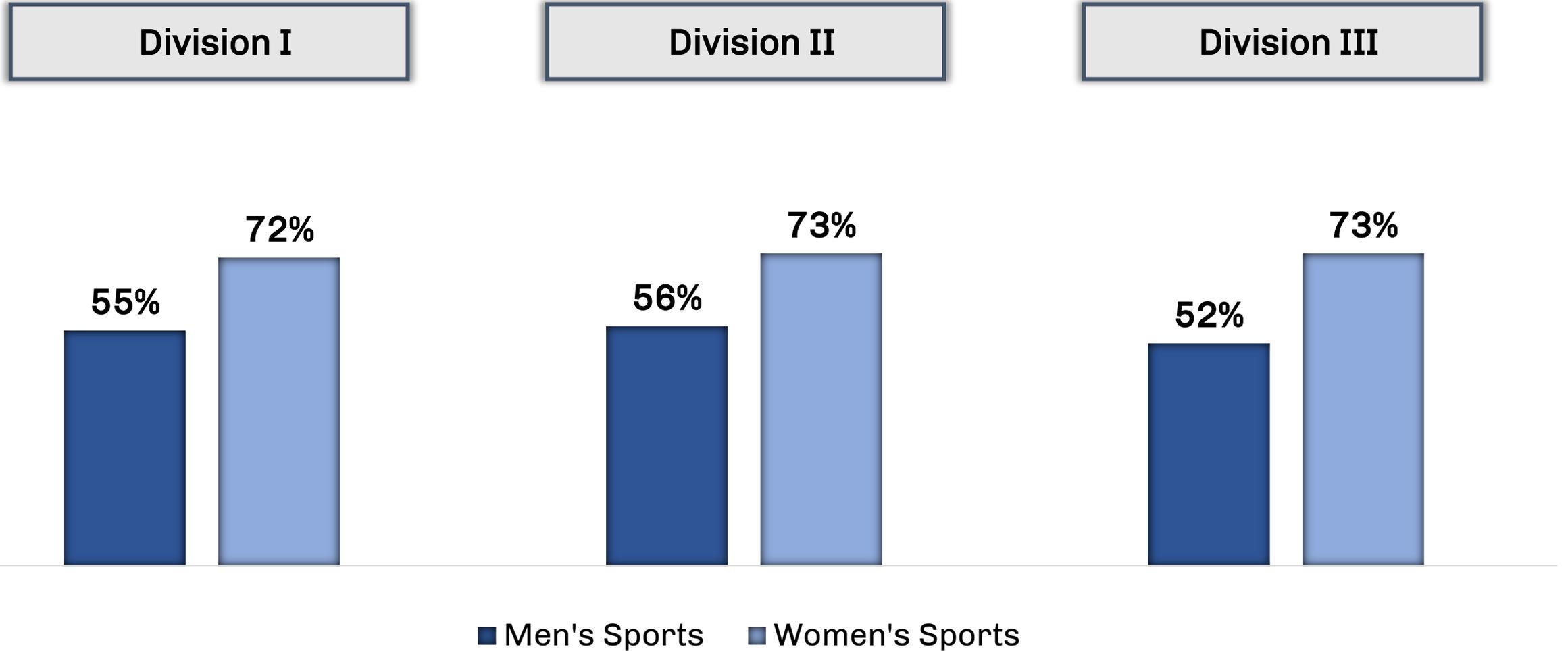
# Study Abroad Opportunities



Source: NCAA GOALS Study (2025).

# Likelihood of Attending Graduate School or Obtaining Advanced Professional Degree at Some Point after College

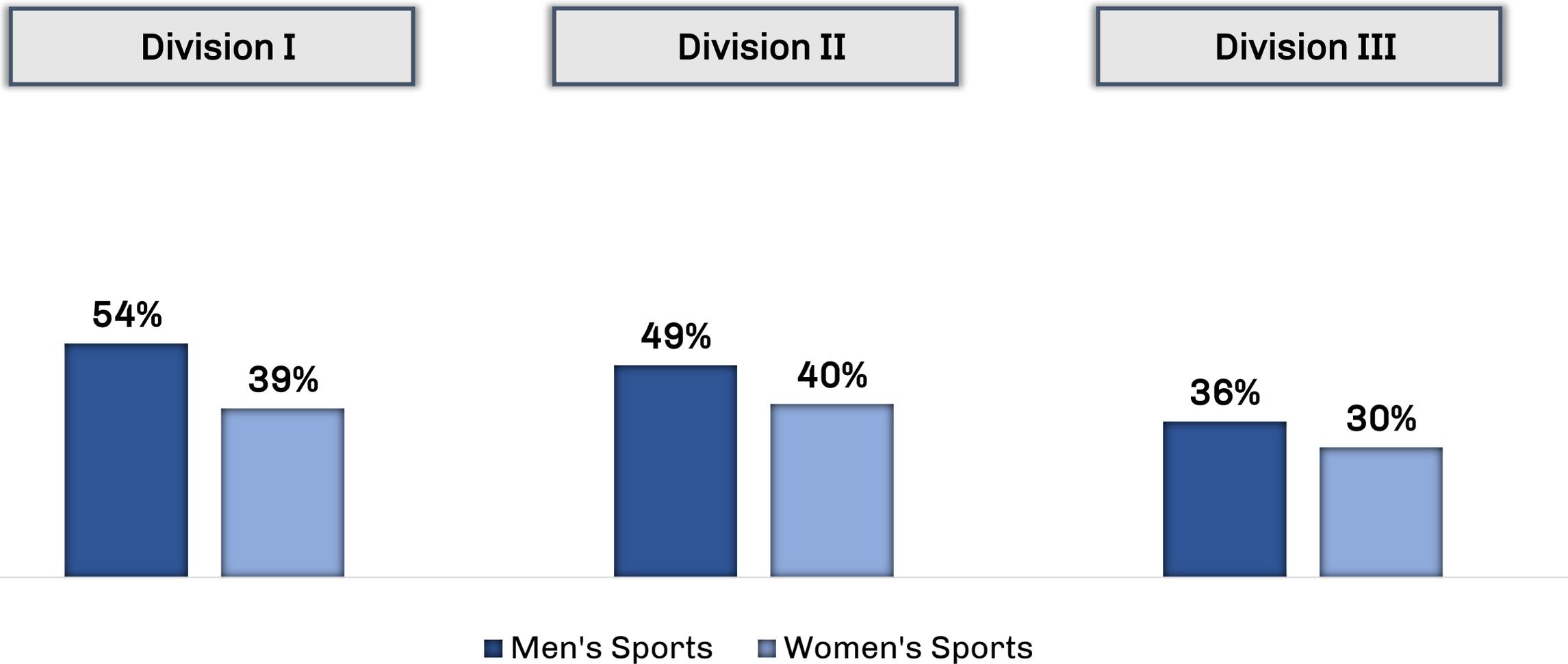
(Percentage Who Endorsed "Somewhat Likely" or "Very Likely")



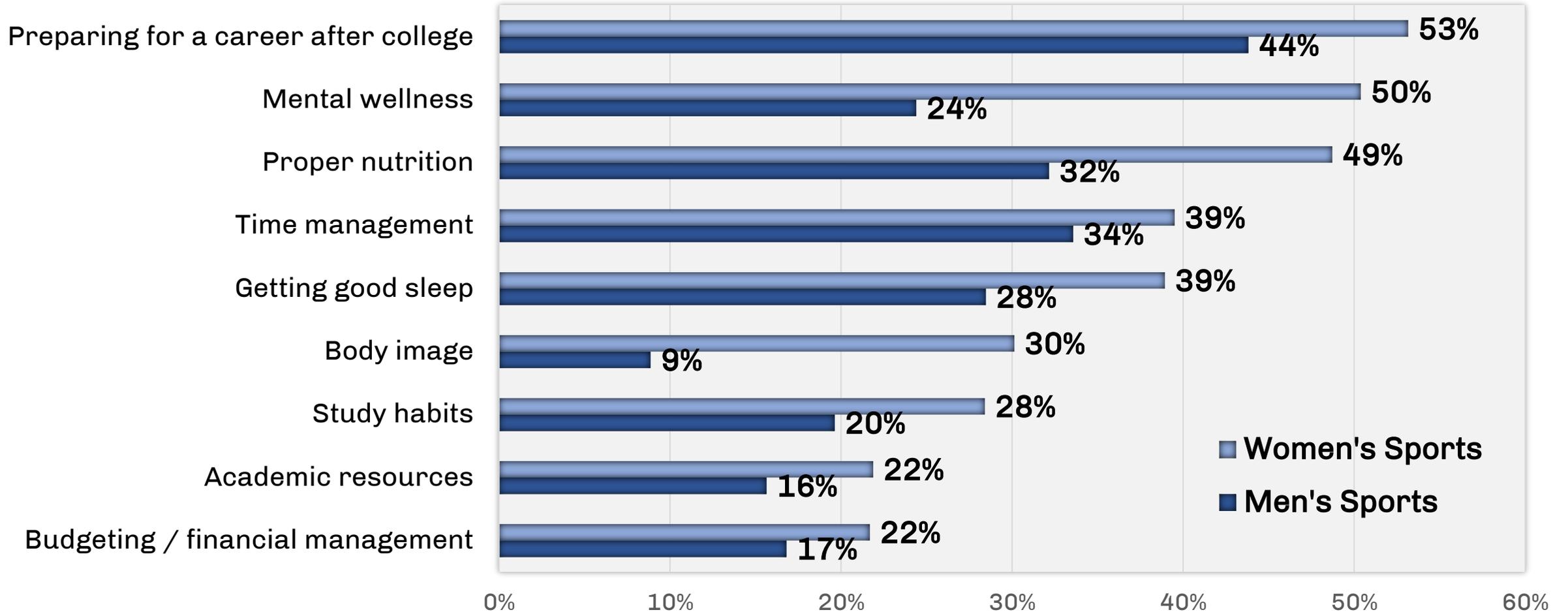
Note: Top 2 points on a 5-point scale. Participants who completed their bachelor's degree are excluded. Examples of advanced professional degree include law degree, medical degree, master's degree, doctorate, etc. Source: NCAA GOALS Study (2025).

# Likelihood That Job After College Will Involve Sports

(Percentage Who Endorsed "Somewhat Likely" or "Very Likely")



# “I wish the coaches or athletics administrators at our school talked more with student-athletes about...” (Division III)



Note: Only topics endorsed by at least 20% of one sport gender in Division III are shown. Other topics included: living away from home (11% M, 14% W), finding professional opportunities in sport after college (14% M, 11% W), navigating NIL opportunities (15% M, 11% W), conducting ourselves appropriately on campus/in the community (11% M, 10% W), drinking/substance misuse (8% M, 9% W), concussion awareness (4% M, 7% W) and sexual violence prevention (3% M, 7% W). Source: NCAA GOALS Study (2025).



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