



NCAA Student-Athlete Well-Being Study (Fall 2020)

Survey Results - February 2021



Methods

- ▶ Online survey examined the impact of the COVID-19 pandemic on student-athletes' physical and mental well-being, as a follow-up to the spring 2020 well-being [study](#). Designed by NCAA Research in collaboration with the NCAA Sport Science Institute and the NCAA's Division I, II and III Student-Athlete Advisory Committees (SAAC).
- ▶ Fifteen-minute confidential survey administered online through QuestionPro survey software. Designed to be taken via smartphone, tablet or computer.
- ▶ A snowball sampling technique was used. National SAAC representatives forwarded the link through conference and campus SAACs to student-athletes. Conference SAAC liaisons were also made aware of the survey and encouraged student-athletes to participate.
- ▶ Survey opened October 6, 2020 and closed November 2, 2020.

Response Rates

- ▶ 24,974 student-athletes took the survey, representing all conferences across divisions.
 - ▶ 9,572 Division I student-athletes
 - ▶ 8,990 Division II student-athletes
 - ▶ 6,302 Division III student-athletes
- ▶ Women's sports participants and white student-athletes were overrepresented in the sample. Therefore, it is important to examine results disaggregated by gender and race.
- ▶ First-years responded at higher rates than other student-athletes, but all classes were adequately represented.
- ▶ Response rates varied widely by sport and conference.

Survey participation rates by division

	Overall	Men's Sports	Women's Sports
Across Division	6%	4%	9%
Division I	6%	4%	10%
Division II	9%	5%	13%
Division III	4%	3%	6%

Note: Participation rates determined using the [2019-20 NCAA Sports Sponsorship and Participation Rates Report](#); cross country and indoor track participants were removed from denominator to avoid double-counting with outdoor track. 110 participants did not list division, their responses were only included in association-wide results.

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Participant Demographics

Number of Responses by Sport Participation

Men's Sports	N	%
Baseball	1,599	4.4%
Basketball	593	3.2%
Cross Country	749	5.2%
Football	1,783	2.4%
Golf	387	4.7%
Gymnastics	3	0.9%
Ice Hockey	125	2.9%
Lacrosse	702	4.6%
Soccer	1,034	4.0%
Swim and Dive	447	4.6%
Tennis	296	3.9%
Track and Field	1,340	4.5%
Volleyball	118	4.8%
Water Polo	33	3.0%
Wrestling	315	4.1%
Co-ed Fencing	38	2.8%
Co-ed Rifle	30	10.0%
Co-ed Skiing	40	4.8%

Women's Sports	N	%
Basketball	1,642	10.0%
Beach Volleyball	197	13.7%
Bowling	138	16.8%
Cross Country	1,116	7.3%
Equestrian	79	5.4%
Field Hockey	715	11.4%
Golf	534	9.8%
Gymnastics	174	11.5%
Ice Hockey	202	7.8%
Lacrosse	1,204	9.3%
Rowing	488	6.6%
Rugby	49	8.1%
Soccer	2,582	9.0%
Softball	2,218	10.7%
Swim and Dive	1,079	8.1%
Tennis	673	7.9%
Track and Field	2,207	7.2%
Triathlon	10	5.7%
Volleyball	1,890	10.6%
Water Polo	72	5.8%

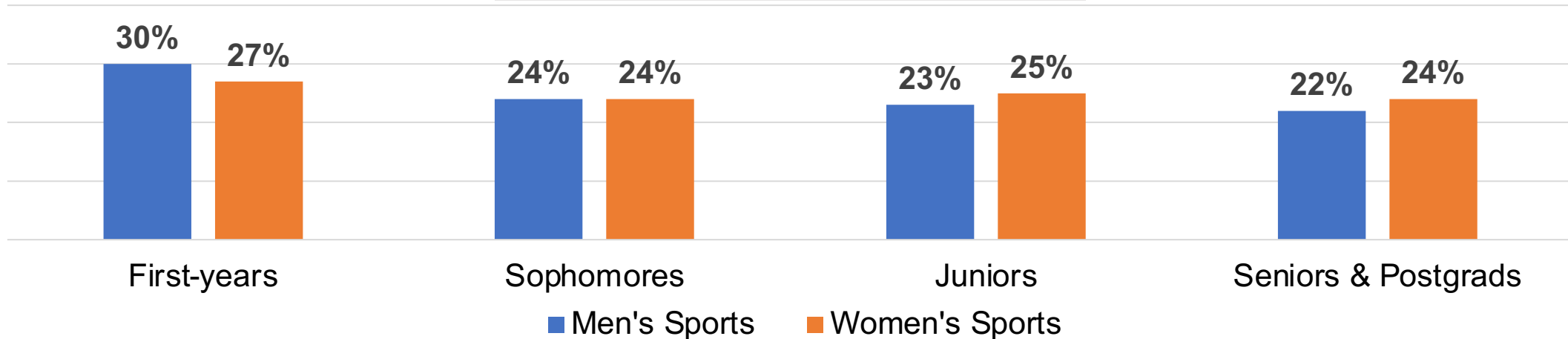
Note: Sport participation percentages derived from N in sample divided by all participating SAs in the sport (2019-20 Participation Report). Athletes from Acrobatics and Tumbling and Women's Wrestling (emerging sports approved in Summer 2020), contributed 52 and 35 responses, respectively, which are included in overall and divisional data. Multisport athletes counted in each sport. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Representativeness of Sample, All Participants

Racial Demographics

	Men's Sports		Women's Sports	
	Fall 2020 Survey	Demographics Data	Fall 2020 Survey	Demographics Data
White	70%	59%	76%	68%
Black	14%	20%	8%	11%
Other	16%	20%	16%	21%

Academic Status



Notes: 8,799 men's sports and 16,100 women's sports participants in the full sample. An additional 75 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020), [NCAA Demographics Database](#) (2020).

Campus Living and Learning Amid the COVID-19 Pandemic

Campus Living and Learning Amid the COVID-19 Pandemic

- ▶ Academic experiences and mental well-being were related to student-athletes' ability to return to campus and take in-person classes in the fall 2020 academic term.
- ▶ In fall 2020, nearly 90% student-athletes surveyed across divisions reported living on campus or in their college community and 60% reported attending a blend of virtual and in-person classes. Campus living and learning experiences differed by NCAA division. These findings are drastically different from the spring study where nearly 80% of respondents were living away from campus with parents, family or a significant other at the time of survey (April 2020), and nearly all student-athletes had moved to online-only education.
- ▶ Knowing how to access physical and mental health care increased in the fall, while perceptions of food security and confidence in managing exposure to COVID-19 decreased from spring levels.
- ▶ Similar to spring survey results, racial disparities were reported in food security and access to health care.

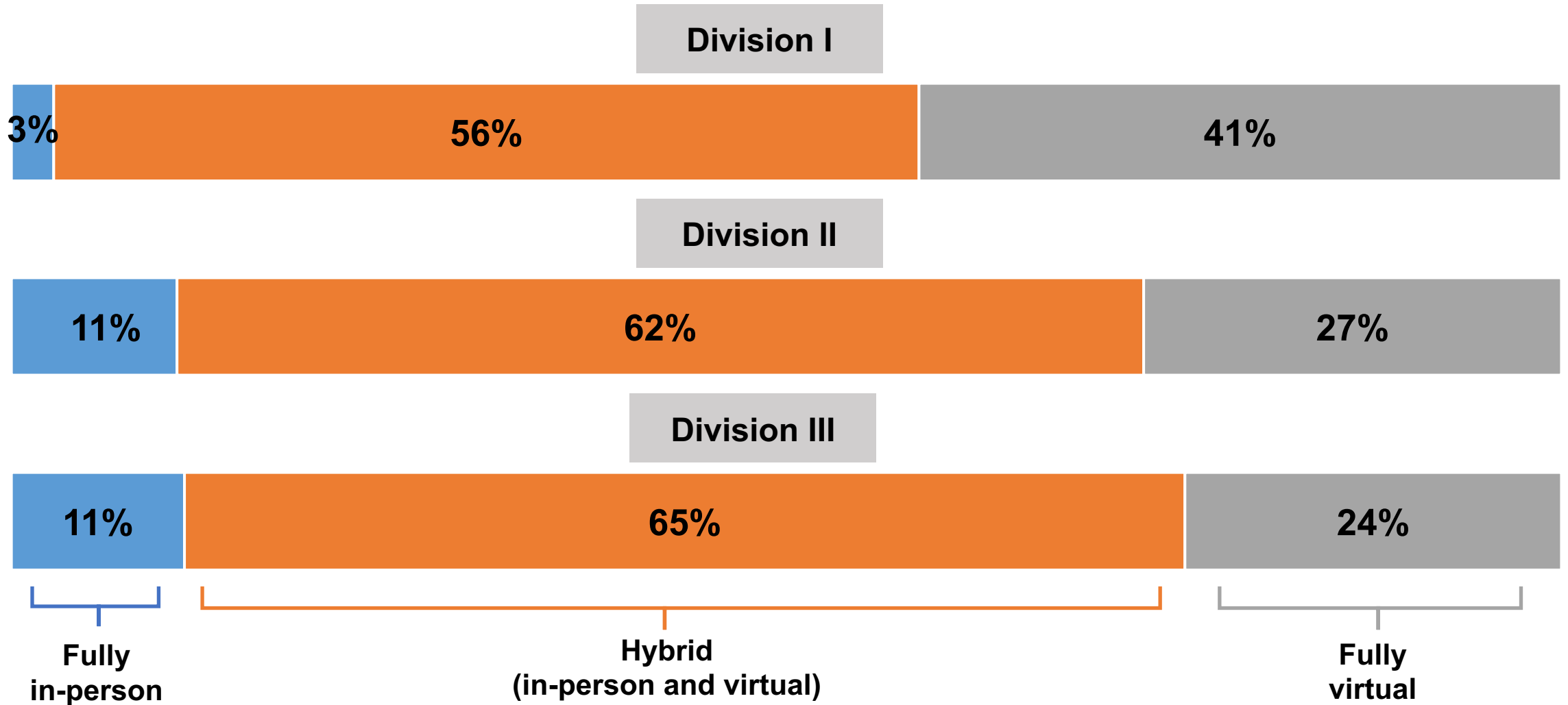
Fall 2020 Living Arrangements

Household	Division I	Division II	Division III
With teammates or friends	80%	71%	71%
With family	11%	17%	17%
Alone	8%	10%	11%
Other living situation	1%	2%	2%

Location	Division I	Division II	Division III
On campus	48%	56%	61%
Off campus in college town	42%	31%	24%
In another town	10%	13%	14%

Note: The sum of percentages in each column may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment



Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment (By Living Location)

	On campus	Off campus in college town	In another town
Hybrid (blend of virtual and in-person)	72%	57%	15%
Fully virtual	17%	39%	82%
Fully in-person	11%	4%	2%

Note: Participants not enrolled in fall 2020 classes (1% of sample, N=132) excluded. Those that reported living on campus represented 55% (N=13,188) of the sample, those living off campus in their college town represented 33% (N=8,094) and those living in another town or city away from campus represented 12% (N=2,884) of the sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment (Participants Living On or Near Campus)

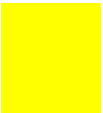
	Division I	Division II	Division III
Hybrid (blend of virtual and in-person)	60%	69%	72%
Fully virtual	37%	19%	16%
Fully in-person	3%	12%	12%


Note: Participants not enrolled in fall 2020 classes (1% of sample, N=132) and living in another town/city away from campus (12% of sample, N=2,884) excluded. Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

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

	Men's Sports		Women's Sports	
	Spring	Fall	Spring	Fall
I have a stable housing situation for at least the next two months.	90%	92%	93%	92%
I have access to enough food to meet my needs each day.	88%	83%	95%	87%
I feel confident in my ability to manage my exposure to COVID-19.	84%	80%	80%	70%
I know how to access a medical provider for physical health needs in my area.	80%	86%	80%	84%
Healthy food options are reliably available to me.	76%	69%	82%	67%
I know how to access mental health support in my area.	60%	72%	55%	70%

 Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Fall 2020 Living Environment

(Percent of Participants Who Endorsed “Agree” or “Strongly Agree” by Living Location)

	On campus	Off campus in college town	In another town
I have a stable housing situation for at least the next two months.	90%	95%	93%
I have access to enough food to meet my needs each day.	83%	87%	95%
I feel confident in my ability to manage my exposure to COVID-19.	74%	69%	82%
I know how to access a medical provider for physical health needs in my area.	83%	84%	90%
Healthy food options are reliably available to me.	58%	77%	89%
I know how to access mental health support in my area.	71%	70%	68%

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

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


	Living Alone	With Friends or Teammates	With Family
I have a stable housing situation for at least the next two months.	88%	92%	94%
I know how to access a medical provider for physical health needs in my area.	82%	84%	90%
I have access to enough food to meet my needs each day.	79%	85%	94%
I feel confident in my ability to manage my exposure to COVID-19.	75%	72%	81%
I know how to access mental health support in my area.	71%	71%	70%
Healthy food options are reliably available to me.	58%	66%	87%


Note: Participants living in another household living situation excluded (2% of sample, N=364). Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

(Percent of Men's Sports Participants Who Endorsed "Agree" or "Strongly Agree")

	White Men	Men of Color
I have a stable housing situation for at least the next two months.	93%	88%
I know how to access a medical provider for physical health needs in my area.	87%	83%
I have access to enough food to meet my needs each day.	85%	80%
I feel confident in my ability to manage my exposure to COVID-19.	81%	78%
I know how to access mental health support in my area.	73%	69%
Healthy food options are reliably available to me.	70%	66%

 Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Black men reported the lowest level of food accessibility. 75% of Black men participants, compared to 82% of Latinx and 84% of participants in other, non-white racial categories reported having access to enough food daily. The term "Men" refers to those playing men's sports—one's gender was not a demographic question. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

(Percent of Women's Sports Participants Who Endorsed "Agree" or "Strongly Agree")

	White Women	Women of Color
I have a stable housing situation for at least the next two months.	93%	89%
I have access to enough food to meet my needs each day.	88%	84%
I know how to access a medical provider for physical health needs in my area.	85%	81%
I feel confident in my ability to manage my exposure to COVID-19.	70%	72%
I know how to access mental health support in my area.	70%	67%
Healthy food options are reliably available to me.	68%	65%

Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Black women reported the highest levels of food instability. 80% of Black women participants, compared to 86% of Latinx and 86% of participants in other, non-white racial categories reported having access to enough food daily, and 61% reported that healthy options have been available, as compared to 69% of Latinx and 67% of participants in the other, non-white racial groups. The term "Women" refers to those playing women's sports—one's gender was not a demographic question.

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Mental Health Concerns

Impact of the COVID-19 Pandemic on Mental Health

- ▶ Student-athletes reported fewer sleep difficulties and lower levels of loneliness, loss, anger and sadness in fall 2020 than at the outset of the pandemic. However, similar to spring, elevated rates of mental exhaustion, anxiety, hopelessness and feelings of being depressed were reported.
- ▶ Mental health concerns remained highest among demographic subgroups typically displaying high rates of mental distress (e.g., women, student-athletes of color, those on the queer-spectrum, students living alone or away from campus and those reporting family economic hardship). Of note, student-athletes in their senior year and those attending classes fully virtually displayed heightened mental health concerns in the fall as well.
- ▶ In most instances, the rates of reported mental health concerns experienced within the last month were 1.5 to 2 times higher than have been historically reported by NCAA student-athletes in pre-pandemic studies.

Impact of the COVID-19 Pandemic on Mental Health

- ▶ Student-athletes noted academic worries (43%), lack of access to sport (33%), COVID-19 health concerns (31%) and financial worries (24%) as the top factors negatively impacting their mental health.
- ▶ Many student-athletes of color cited personal experiences of racism or racial trauma within the last month as negatively impacting their mental health, with levels of endorsement from Black student-athletes more than 2 times that of other athletes of color.
- ▶ Women were more likely than men to indicate that the time away from college sports in the spring and summer had negatively impacted both their mental health and physical conditioning.

Mental Health Concerns During COVID-19 Pandemic

(Percent of Participants Who Endorsed “Constantly” or “Most Every Day”)

	Men’s Sports		Women’s Sports	
	Spring	Fall	Spring	Fall
Felt overwhelmed by all you had to do	31%	27%	50%	51%
Experienced sleep difficulties	31%	18%	42%	28%
Felt mentally exhausted	26%	21%	39%	39%
Felt very lonely	22%	12%	33%	21%
Felt a sense of loss	21%	8%	31%	13%
Felt sad	17%	11%	31%	22%
Felt overwhelming anxiety	14%	11%	27%	29%
Felt overwhelming anger	11%	6%	11%	8%
Felt things were hopeless	11%	10%	16%	16%
Felt so depressed it was difficult to function	7%	5%	9%	9%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Mental Health Concerns During COVID-19 Pandemic

(Comparing men's sports participants responding "yes, within the last month" between 2015-2017 ACHA-NCHA data and NCAA spring and fall 2020 studies)

	Men ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	53%	79%	78%
Felt mentally exhausted	49%	70%	66%
Felt sad	26%	66%	57%
Felt very lonely	26%	61%	48%
Felt things were hopeless	18%	53%	47%
Felt overwhelming anxiety	22%	47%	44%
Felt overwhelming anger	17%	43%	32%
Felt so depressed that it was difficult to function	12%	28%	24%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=15,148 men's sports participants; Fall survey N=8,799 men's sports participants; ACHA-NCHA survey N=4,771 men.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Mental Health Concerns During COVID-19 Pandemic

(Comparing women's sports participants responding "yes, within the last month" between 2015-2017 ACHA-NCHA data and NCAA spring and fall 2020 studies)

	Women ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	74%	93%	93%
Felt mentally exhausted	67%	86%	85%
Felt sad	43%	87%	80%
Felt overwhelming anxiety	38%	71%	72%
Felt very lonely	39%	77%	67%
Felt things were hopeless	28%	71%	66%
Felt overwhelming anger	20%	50%	41%
Felt so depressed that it was difficult to function	18%	39%	38%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=22,472 women's sports participants; Fall survey N=16,100 women's sports participants; ACHA-NCHA survey N=9,058 women.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Mental Health Concerns During COVID-19 Pandemic

(Percent of Men's Sports Participants Who Endorsed "Constantly" or "Most Every Day")

	BIPOC		White	
	Spring	Fall	Spring	Fall
Felt overwhelmed by all you had to do	36%	29%	29%	26%
Experienced sleep difficulties	38%	19%	28%	17%
Felt mentally exhausted	30%	24%	24%	20%
Felt very lonely	23%	14%	22%	11%
Felt a sense of loss	22%	10%	21%	8%
Felt sad	17%	12%	17%	10%
Felt overwhelming anxiety	16%	12%	13%	11%
Felt overwhelming anger	14%	8%	10%	6%
Felt things were hopeless	15%	13%	9%	9%
Felt so depressed it was difficult to function	10%	7%	5%	5%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: BIPOC refers to Black, Indigenous and people of color. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Mental Health Concerns During COVID-19 Pandemic

(Percent of Women's Sports Participants Who Endorsed "Constantly" or "Most Every Day")

	BIPOC		White	
	Spring	Fall	Spring	Fall
Felt overwhelmed by all you had to do	53%	52%	50%	51%
Experienced sleep difficulties	48%	31%	40%	27%
Felt mentally exhausted	42%	42%	38%	38%
Felt very lonely	33%	23%	33%	20%
Felt a sense of loss	28%	14%	31%	13%
Felt sad	30%	22%	32%	22%
Felt overwhelming anxiety	29%	30%	27%	29%
Felt overwhelming anger	13%	10%	11%	7%
Felt things were hopeless	18%	19%	15%	15%
Felt so depressed it was difficult to function	12%	12%	8%	8%

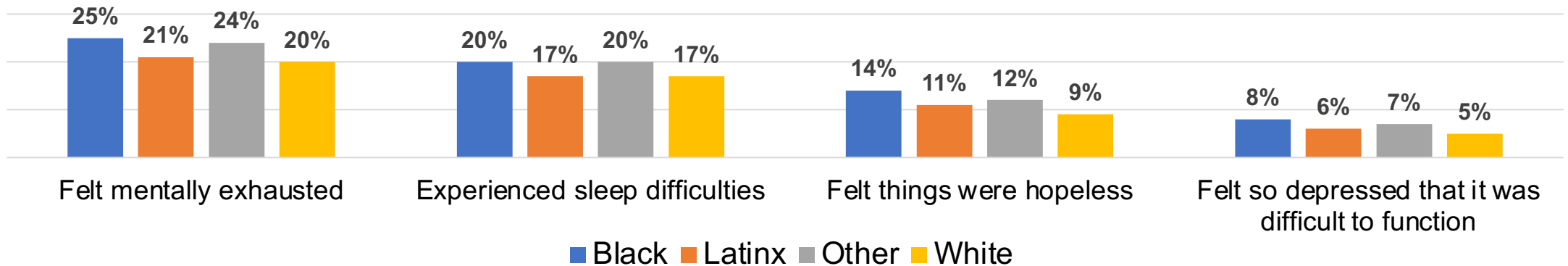
Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: BIPOC refers to Black, Indigenous and people of color. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

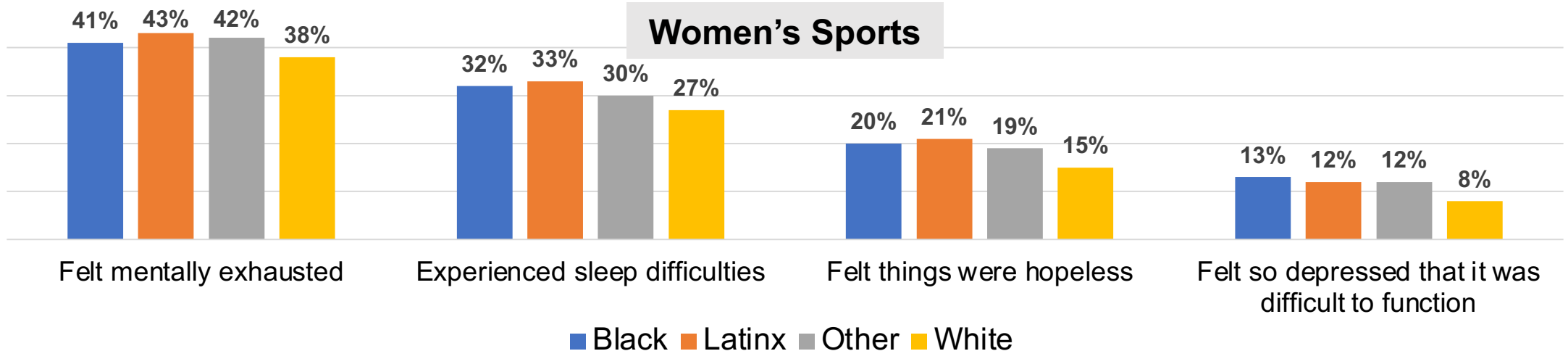
Fall 2020 Mental Health Concerns

(Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Race/Ethnicity)

Men's Sports



Women's Sports

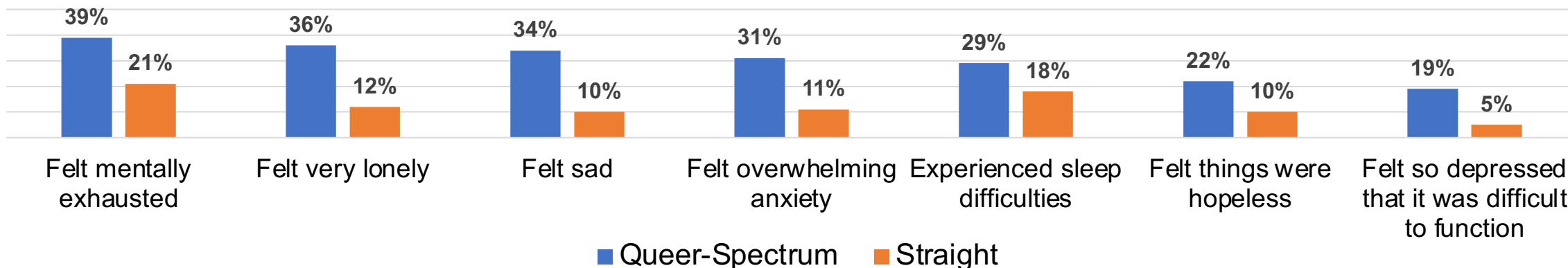


Note: "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

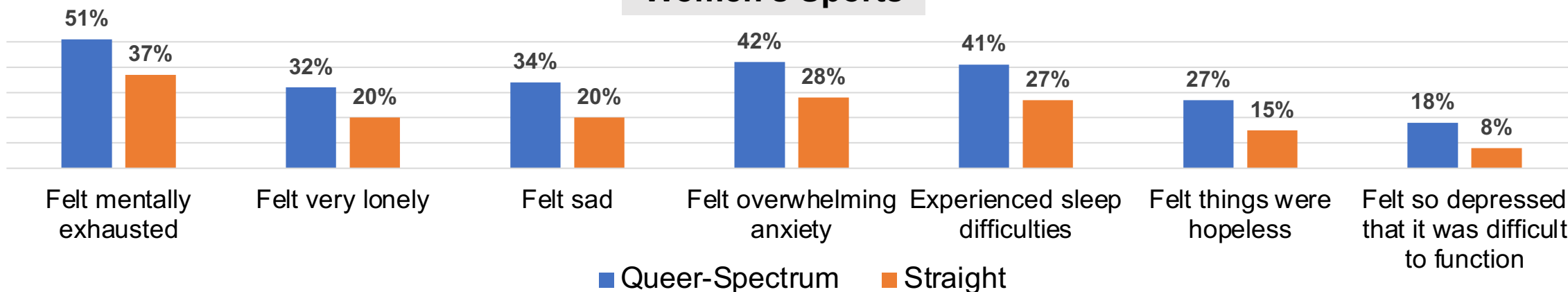
Fall 2020 Mental Health Concerns

(Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Sexual Orientation)

Men's Sports



Women's Sports



Note: Queer-spectrum includes those self-identifying as gay, lesbian, bisexual, pansexual, questioning or unsure. Queer-spectrum men's sports participants represented 2% of the men's sample (N=135) and queer-spectrum women's sports participants represented 10% of the women's sample (N=1,610). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Mental Health Concerns

(Comparing men's sports participants responding "yes, within the last month" between 2015-2017 ACHA-NCHA data and NCAA fall 2020 study)

	Queer-Spectrum Men	
	ACHA-NCHA	Fall 2020
Felt overwhelmed by all you had to do	54%	95%
Felt mentally exhausted	40%	87%
Felt sad	28%	83%
Felt very lonely	30%	80%
Felt things were hopeless	22%	77%
Felt overwhelming anxiety	25%	75%
Felt overwhelming anger	17%	53%
Felt so depressed that it was difficult to function	18%	55%

Note: The NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall survey was in the field Oct. 6-Nov. 2, 2020. Fall survey N=135 queer-spectrum men's sports participants; ACHA-NCHA survey N=480 NCAA queer-spectrum men athletes.

Sources: NCAA Student-Athlete Well-Being Study (Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



Fall 2020 Mental Health Concerns

(Comparing women's sports participants responding "yes, within the last month" between 2015-2017 ACHA-NCHA data and NCAA fall 2020 study)

	Queer-Spectrum Women	
	ACHA-NCHA	Fall 2020
Felt overwhelmed by all you had to do	74%	95%
Felt mentally exhausted	70%	90%
Felt sad	49%	88%
Felt very lonely	45%	77%
Felt things were hopeless	37%	77%
Felt overwhelming anxiety	46%	82%
Felt overwhelming anger	28%	52%
Felt so depressed that it was difficult to function	27%	58%

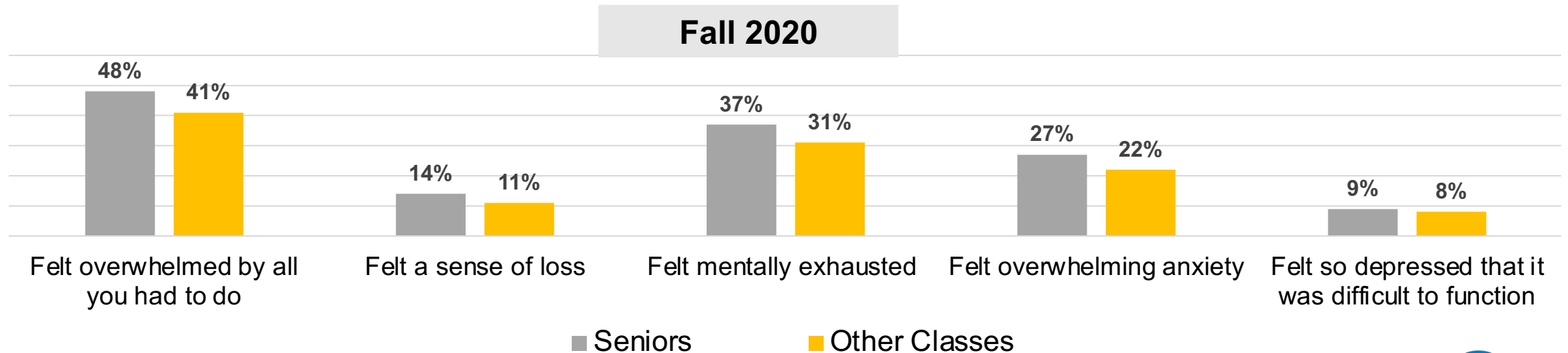
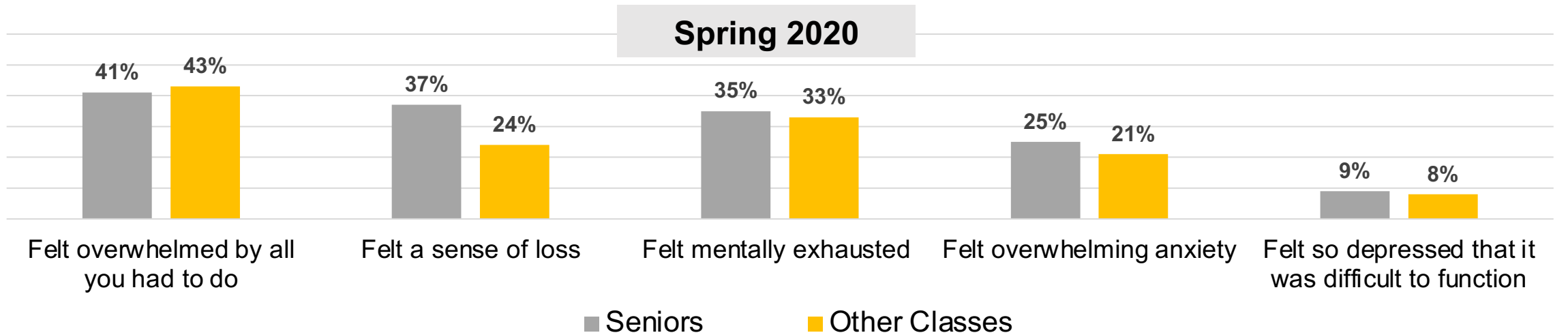
Note: The NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall survey was in the field Oct. 6-Nov. 2, 2020. Fall survey N=1,610 queer-spectrum women's sports participants; ACHA-NCHA survey N=1,426 NCAA queer-spectrum women athletes.

Sources: NCAA Student-Athlete Well-Being Study (Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



Mental Health Concerns During COVID-19 Pandemic

(Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Academic Status)



Note: Postgraduate survey participants excluded. "Other Classes" includes first-years, sophomores and juniors.
Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Fall 2020 Mental Health Concerns

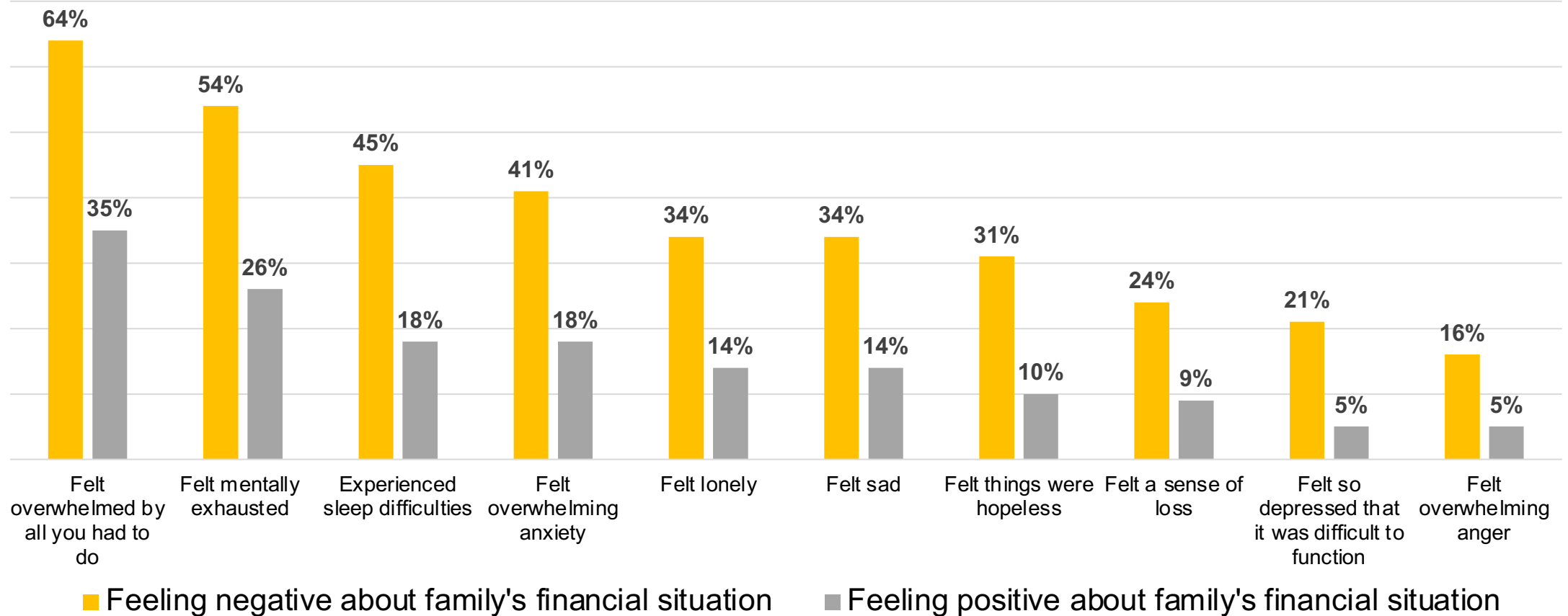
(Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Learning Environment)

	Fully Virtual	Hybrid (virtual/ in-person)	Fully In-person
Felt overwhelmed by all you had to do	45%	42%	40%
Felt exhausted (not from physical activity)	35%	32%	31%
Experienced sleep difficulties	26%	24%	21%
Felt overwhelming anxiety	25%	22%	19%
Felt very lonely	23%	16%	14%
Felt sad	21%	17%	15%
Felt things were hopeless	17%	13%	12%
Felt a sense of loss	14%	10%	8%
Felt so depressed that it was difficult to function	10%	7%	6%
Felt overwhelming anger	9%	6%	7%

Note: Participants not enrolled in fall 2020 classes excluded. Those who reported attending fully virtual classes represented 32% of the sample (N=7,653). Those attending fully in-person classes represented 8% of the sample (N=1,867). Those attending a blend of virtual and in-person classes represented 60% of the sample (N=14,529). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Mental Health Concerns by Feelings About Family's Current Financial Situation

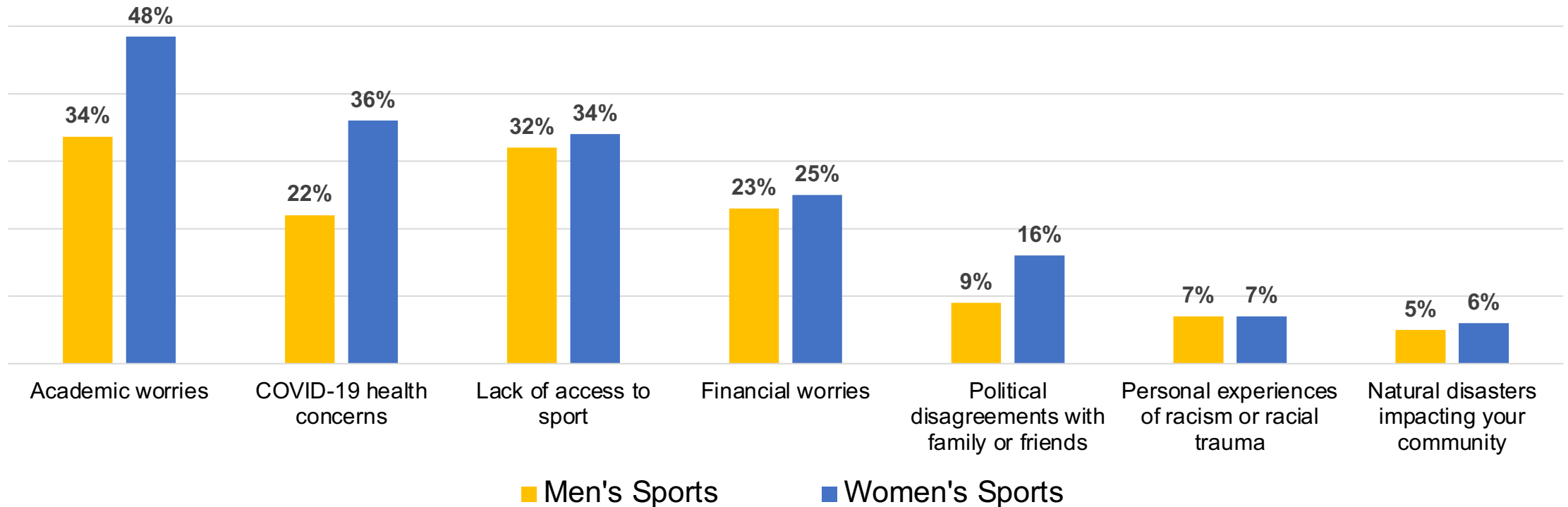
(Percent of Participants Who Endorsed "Constantly" or "Most Every Day")



Note: Two end points (Negative, Very Negative; Positive, Very Positive) on either side of a 6-point Likert scale. Those who reported feeling negative or very negative about their family's financial situation represented 8% of the sample (N=1,842). Those feeling positive or very positive represented 54% of the sample (N=11,791). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

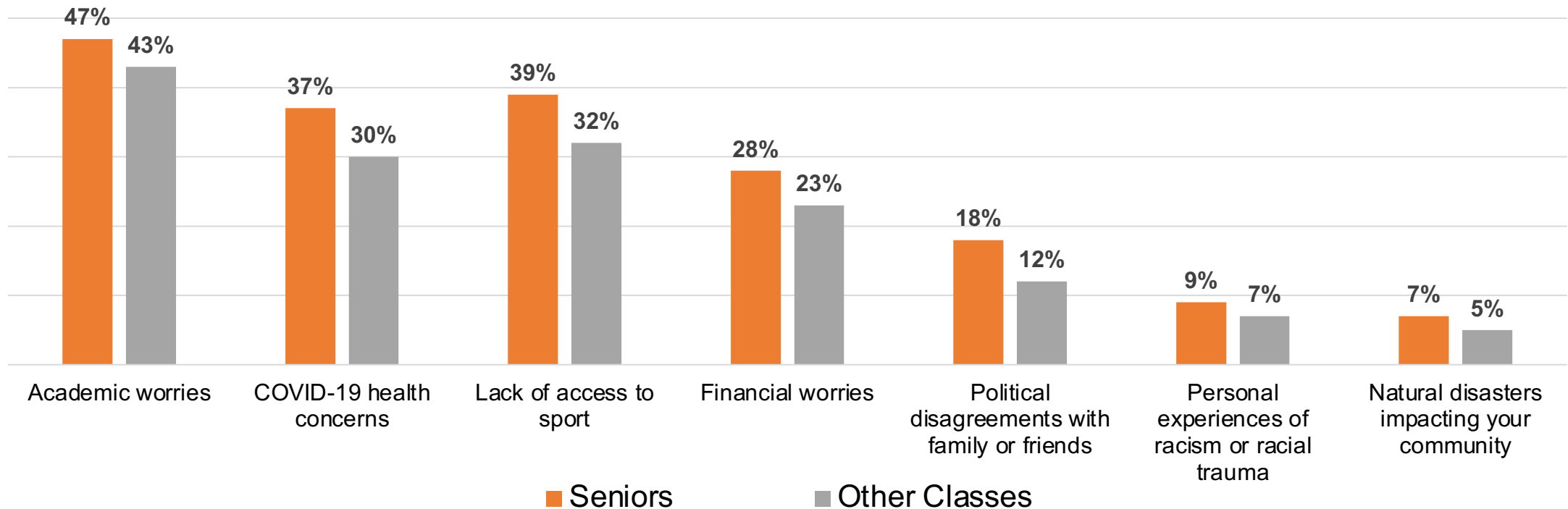
(Percent of Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The Fall Well-Being Survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Participants Who Responded “Agree” or “Strongly Agree” By Academic Status)



Note: Post-grad participants excluded. "Other Classes" includes first-years, sophomores and juniors. 67% of seniors and 64% of other classes were women's sports participants. Top 2 points on a 6-point scale. The Fall Well-Being Survey asked, "How much do you agree or disagree that the following have negatively impacted your mental health within the last month?" The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Participants Who Responded “Agree” or “Strongly Agree” by Race/Ethnicity)

	Black	Latinx	Other	White
Academic worries	42%	45%	47%	43%
Financial worries	35%	39%	30%	21%
COVID-19 health concerns	33%	38%	35%	30%
Personal experiences of racism or racial trauma	31%	10%	14%	3%
Lack of access to your sport	30%	39%	32%	34%
Political disagreements with family or friends	15%	14%	18%	12%
Natural disasters impacting your community	9%	12%	8%	4%

Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Men's Sports Participants Who Responded "Agree" or "Strongly Agree" by Race/Ethnicity)

	Black	Latinx	Other	White
Academic worries	37%	35%	38%	32%
Lack of access to sport	34%	39%	30%	31%
Financial worries	34%	37%	29%	19%
COVID-19 health concerns	28%	29%	25%	20%
Personal experiences of racism or racial trauma	28%	7%	12%	2%
Political disagreements with family or friends	12%	10%	11%	8%
Natural disasters impacting your community	10%	9%	7%	3%

Note: Top 2 points on a 6-point scale. The survey asked, "How much do you agree or disagree that the following have negatively impacted your mental health within the last month?" The survey was in the field Oct. 6-Nov. 2, 2020. "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

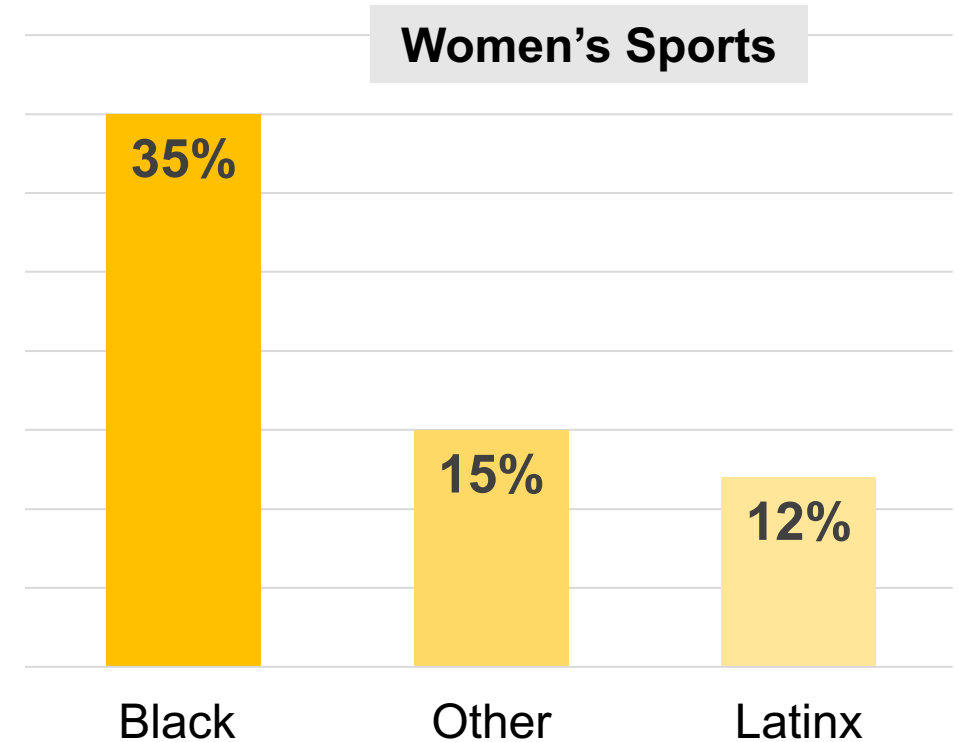
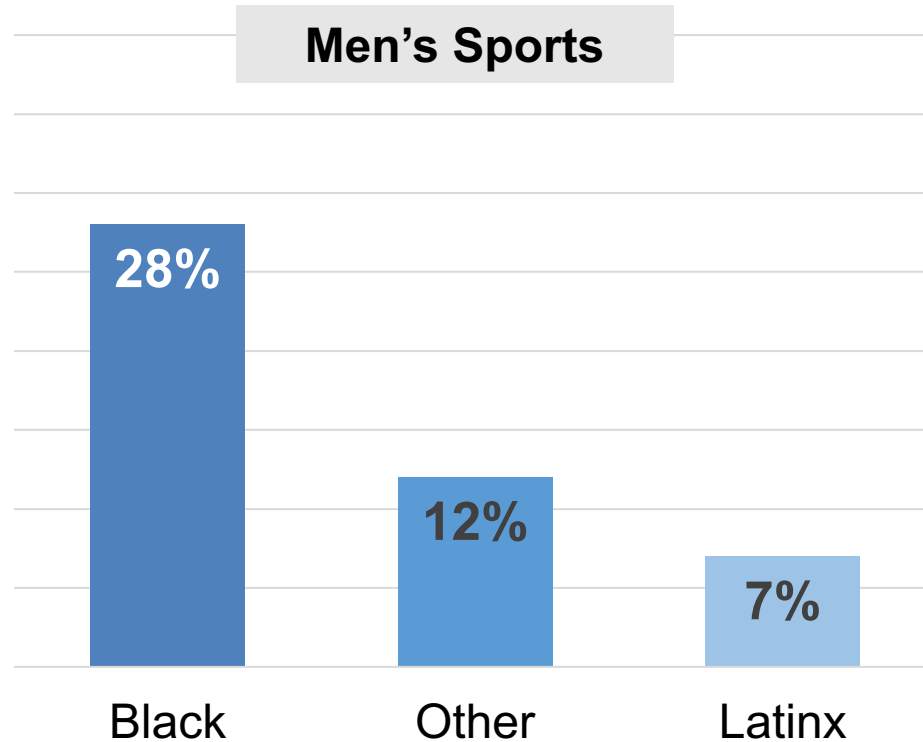
(Percent of Women's Sports Participants Who Responded "Agree" or "Strongly Agree" by Race/Ethnicity)

	Black	Latinx	Other	White
Academic worries	45%	54%	51%	48%
COVID-19 health concerns	38%	45%	40%	35%
Financial worries	35%	40%	31%	22%
Personal experiences of racism or racial trauma	35%	12%	15%	3%
Lack of access to sport	27%	39%	34%	35%
Political disagreements with family or friends	17%	17%	21%	15%
Natural disasters impacting your community	9%	15%	8%	5%

Note: Top 2 points on a 6-point scale. The survey asked, "How much do you agree or disagree that the following have negatively impacted your mental health within the last month?" The survey was in the field Oct. 6-Nov. 2, 2020. "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Personal Experiences of Racism or Racial Trauma Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of BIPOC Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. BIPOC refers to Black, Indigenous and people of color. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

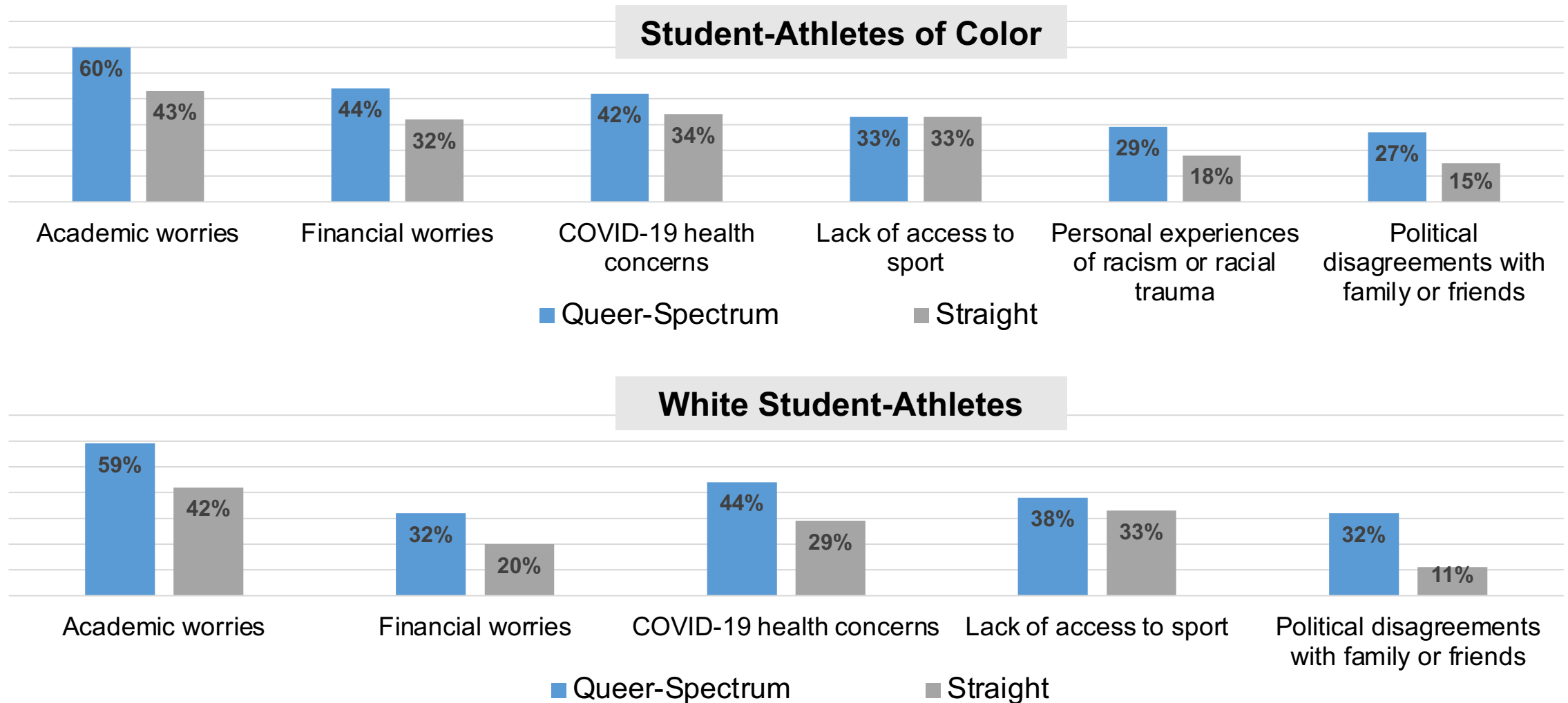
(Percent of Participants Who Responded “Agree” or “Strongly Agree” by Sexual Orientation)

	Queer-Spectrum	Straight
Academic worries	59%	42%
COVID-19 health concerns	43%	30%
Financial worries	36%	23%
Lack of access to sport	36%	33%
Political disagreements with family or friends	30%	12%
Personal experiences of racism or racial trauma	13%	6%
Natural disasters impacting your community	8%	5%

Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. Queer-spectrum includes those self-reporting their sexual identity as gay, lesbian, bisexual, pansexual, questioning or unsure. Queer-spectrum participants represented 7% of the sample (N=1,749). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

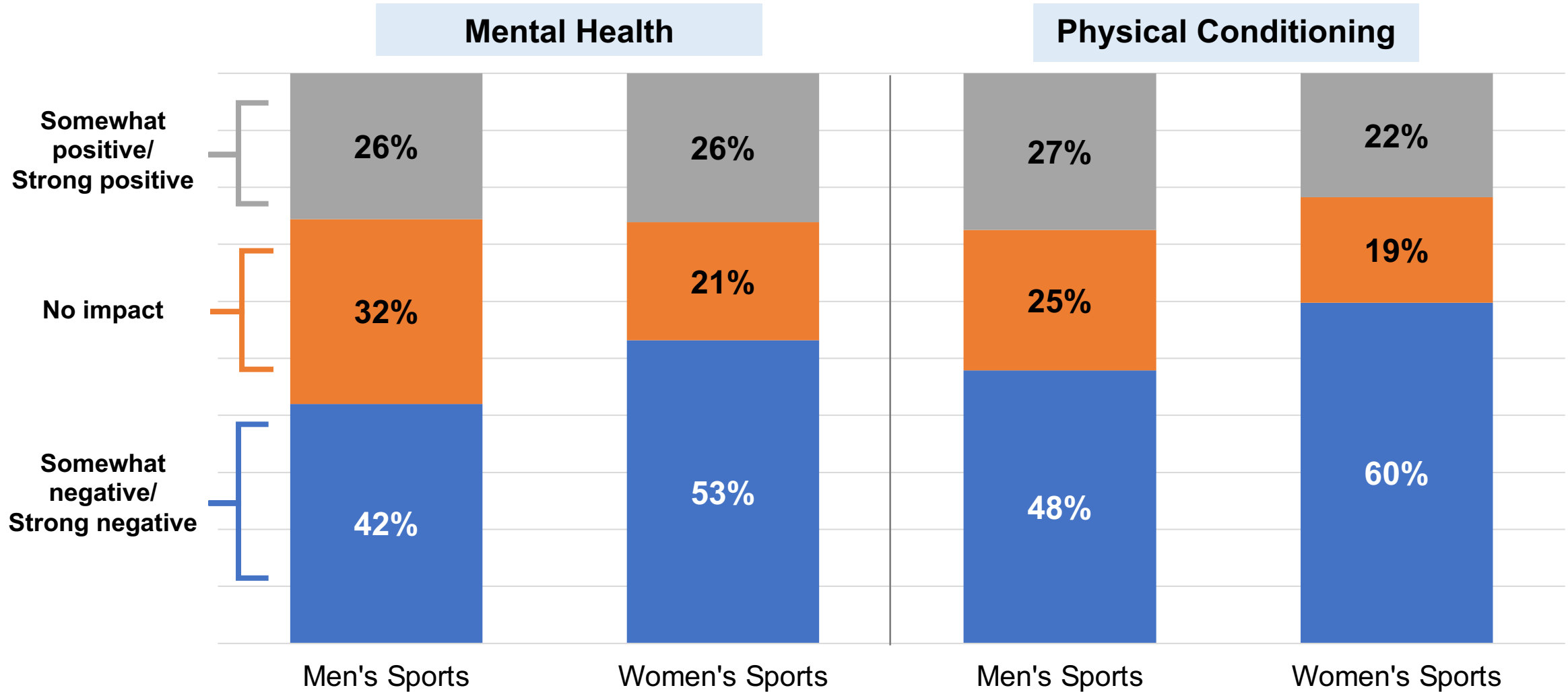
Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent Responding “Agree” or “Strongly Agree” By Race/Ethnicity and Sexual Orientation)



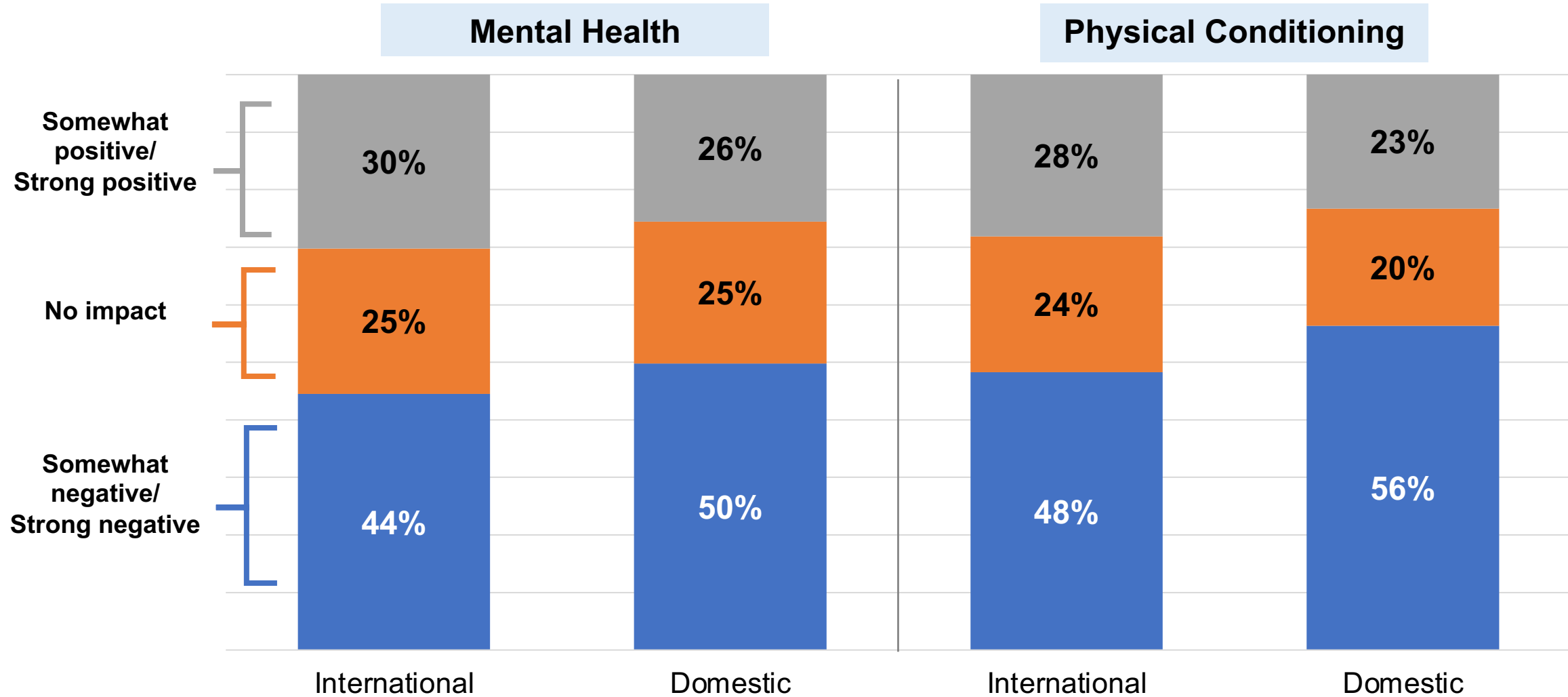
Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. Queer-spectrum includes those self-reporting their sexual identity as gay, lesbian, bisexual, pansexual, questioning or unsure. Queer-spectrum participants of color represented 10% of the sample (N=598) and queer-spectrum white participants represented 6% of the sample (N=1,148). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of Time Away from College Sports in the Spring and Summer on Mental and Physical Health



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of Time Away from College Sports in the Spring and Summer on Mental and Physical Health



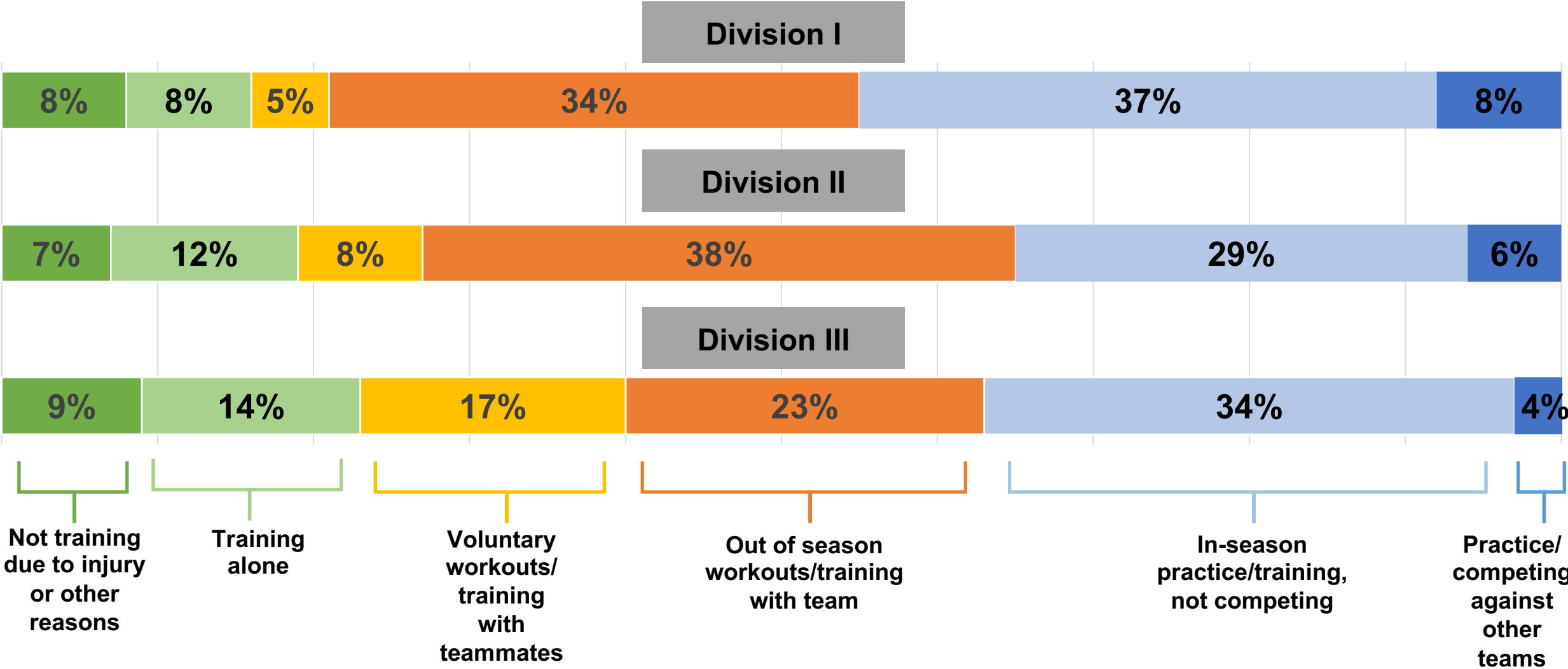
Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Athletics Training

Barriers to Athletics Training

- ▶ With many student-athletes returning to campus and local restrictions on facility use lifted, reported barriers to training were fewer during the fall as compared to the spring. However, the pandemic continued to result in challenges to athletics training.
- ▶ 84% of student-athletes in Division I, 81% in Division II and 78% in Division III reported they were training with their team to some degree at the time of survey.
- ▶ More than 40% of student-athletes across divisions cited local regulations and one-quarter cited lack of access to appropriate facilities and equipment as barriers to their fall training. These structural barriers were most prevalent among Division III student-athletes.
- ▶ Student-athletes also indicated that emotional barriers were impacting their ability to train, including a fear of exposure to COVID-19 (38%), lack of motivation (24%), feelings of stress or anxiety (17%), and sadness or depression (10%).
- ▶ Similar to spring findings, student-athletes of color were more likely to cite fear of exposure to COVID-19 and family/personal responsibilities as barriers to training as compared to white student-athletes.

Fall 2020 Status of Sport Participation



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Access to Athletics Facilities (Participants Living On or Near Campus)


	Division I	Division II	Division III
All facilities	48%	54%	45%
Some facilities	48%	40%	44%
None	4%	6%	12%

Note: Participants living in another town/city away from campus in fall 2020 excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each column may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Training

(Percent of Participants Who “Agree” or “Strongly Agree”)

Barriers to Training	Spring	Fall
Local regulations regarding travel, facility closures and public gatherings	83%	42%
Lack of access to appropriate facilities	79%	28%
Lack of access to appropriate equipment	72%	23%
Lack of access to training partners	69%	17%
Lack of access to coaches	50%	14%
Fear of exposure to COVID-19	43%	38%
Lack of motivation to train	40%	24%
Family/personal responsibilities	30%	12%
Too stressed or anxious to train	21%	17%
Too sad or depressed to train	13%	10%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Barriers to Training

(Percent of Participants Who “Agree” or “Strongly Agree” by Race/Ethnicity)

Barriers to Training	Black	Latinx	Other	White
Fear of exposure to COVID-19	45%	42%	42%	37%
Local regulations (travel, facility closures, etc.)	39%	44%	43%	42%
Lack of access to appropriate facilities	31%	31%	30%	27%
Lack of access to appropriate equipment	27%	28%	25%	22%
Lack of motivation to train	24%	27%	25%	23%
Lack of access to training partners	19%	21%	19%	17%
Family/personal responsibilities	19%	20%	16%	10%
Too stressed or anxious to train	17%	20%	20%	17%
Lack of access to coaches	15%	16%	15%	14%
Too sad or depressed to train	11%	11%	13%	10%

Note: Those unable to train due to injury were excluded from this item. Participants in all racial/ethnic groups decreased 5 percentage points or more from spring 2020 in barriers related to local regulations, lack of access to facilities/equipment/training partners/coaches, lack of motivation to train and family/personal responsibilities. Participants identifying as Black, Latinx or another race/ethnicity decreased 5 percentage points or more in fear of exposure to COVID-19. Latinx participants decreased 5 percentage points or more in barriers related to mental health (too stressed/anxious or sad/depressed to train).

“Other” includes American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial/ethnic identities. Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Training

(Percent of Participants Who “Agree” or “Strongly Agree” by Division)

Barriers to Training	Division I	Division II	Division III
Local regulations (travel, facility closures, etc.)	39%	41%	49%
Lack of access to appropriate facilities	26%	28%	31%
Lack of access to appropriate equipment	21%	23%	26%
Lack of access to training partners	15%	19%	19%
Lack of access to coaches	12%	15%	16%
Fear of exposure to COVID-19	39%	38%	39%
Lack of motivation to train	23%	24%	24%
Family/personal responsibilities	11%	13%	13%
Too stressed or anxious to train	17%	17%	18%
Too sad or depressed to train	11%	10%	10%

Note: Those unable to train due to injury were excluded from this item. Participants in all divisions decreased 5 percentage points or more from spring 2020 in barriers related to local regulations, lack of access to facilities/equipment/training partners/coaches, lack of motivation to train and family/personal responsibilities. Division I participants decreased 5 percentage points or more in fear of exposure to COVID-19. Division III participants decreased 5 percentage points or more in barriers related to mental health (too stressed/anxious or sad/depressed to train). Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

COVID-19 Testing and Precautions

COVID-19 Testing and Precautions

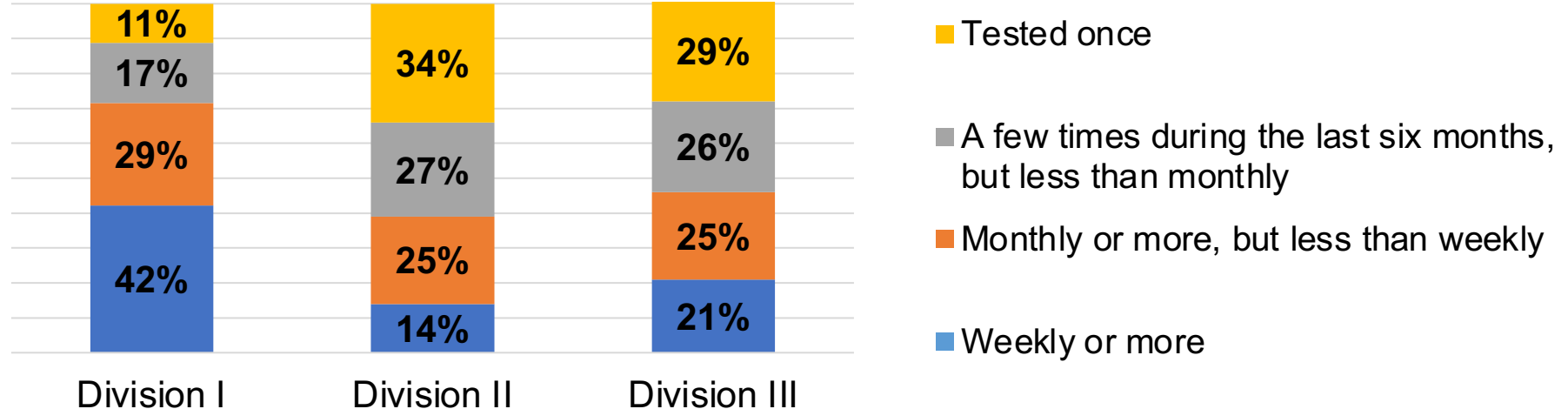
- ▶ 85% of student-athletes living on or near campus reported having been tested for COVID-19. Of those tested, 28% reported being tested at least weekly and an additional 27% reported being tested at least monthly. Division I student-athletes reported being tested more frequently than those in Divisions II and III.
- ▶ 13% of student-athletes surveyed reported having ever tested positive for COVID-19.
- ▶ Since the start of the fall 2020 term, 37% of student-athletes reported having had to isolate or quarantine due to COVID-related symptoms, exposure or campus outbreak.
- ▶ 51% of survey respondents reported having close friends or family test positive for COVID-19. 9% reported having someone close to them hospitalized or die as a result of contracting the virus. Black and Latinx student-athletes were twice as likely to report someone close to them being hospitalized or dying as compared to white student-athletes.
- ▶ 64% of student-athletes reported almost always following social distancing guidelines (e.g., masking, maintaining physical distance, avoiding large gatherings, etc.). This varied by gender, race and division.

COVID-19 Testing by Division

(Testing Experiences of Participants Living On or Near Campus)

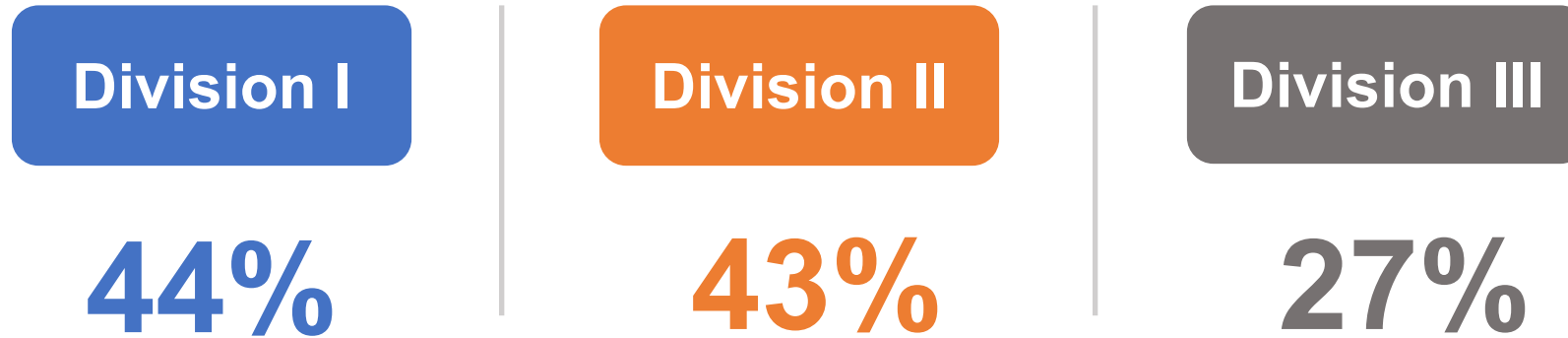
	Division I	Division II	Division III
Ever Had a COVID-19 Test	94%	82%	74%
Ever Tested Positive for COVID-19	14%	15%	8%

Frequency of Testing



Note: Participants living away from campus in another town excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Had to Isolate or Quarantine in the Fall Term Due to COVID-19 (Student-Athletes Living On or Near Campus)



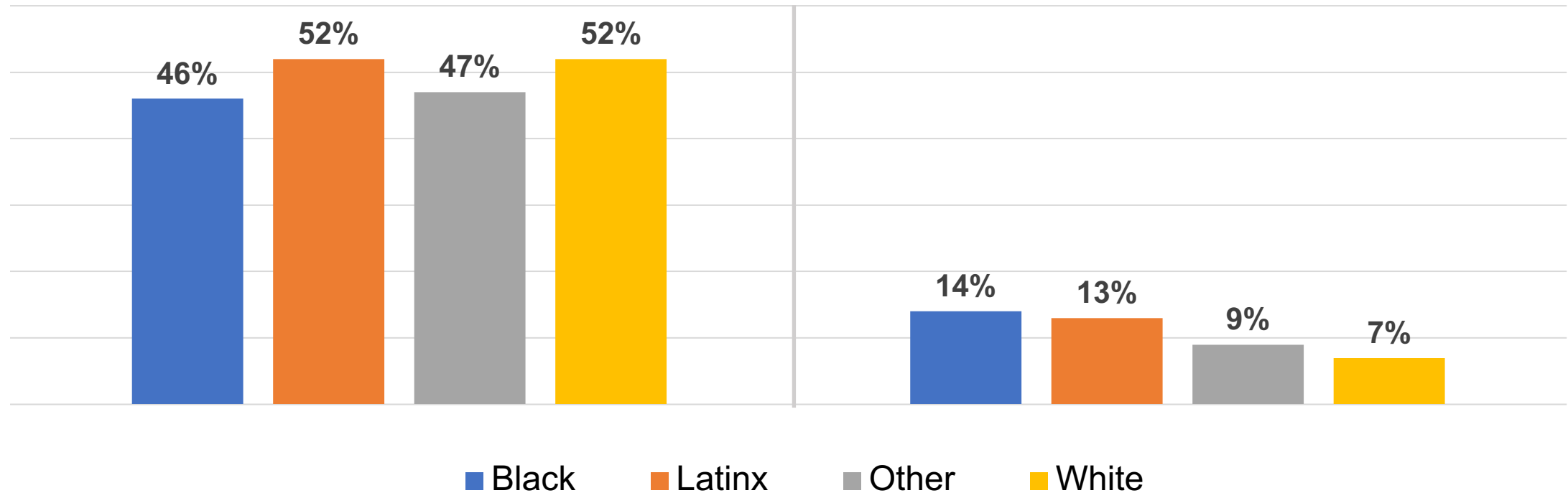
Note: Participants living away from campus in another town excluded. The survey asked, “Since the start of the term, have you had to isolate or quarantine due to COVID-19 (e.g., due to COVID-related symptoms, exposure or campus outbreak?” Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(By Race/Ethnicity)

Had close friends or family test positive for COVID-19

Had someone close to them hospitalized or die due to COVID-19



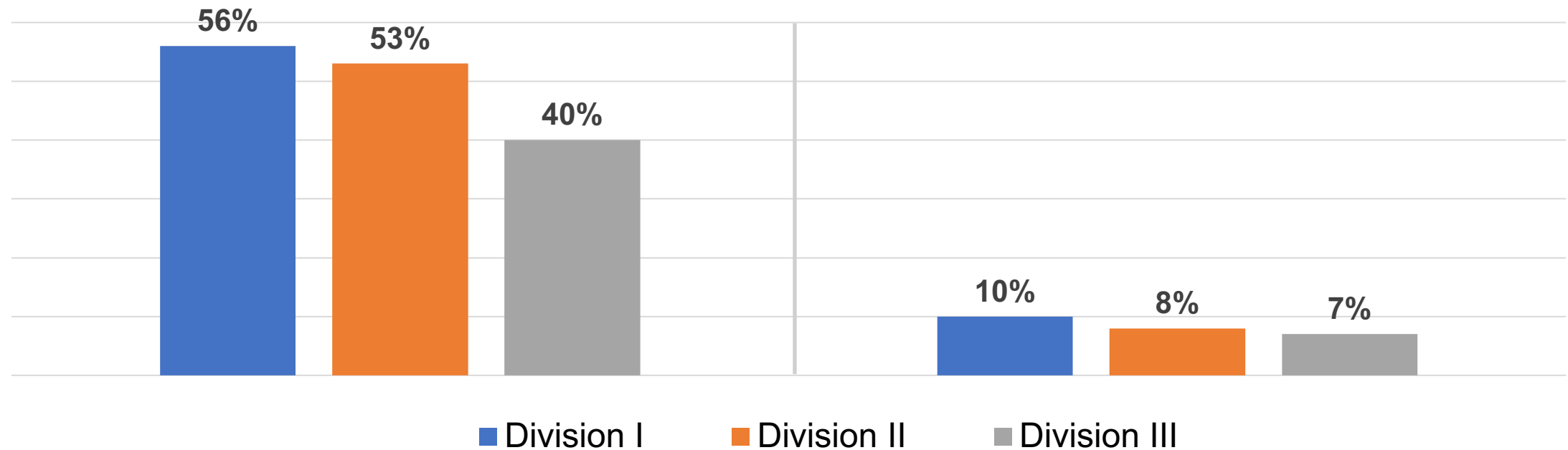
Note: "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(By Division)

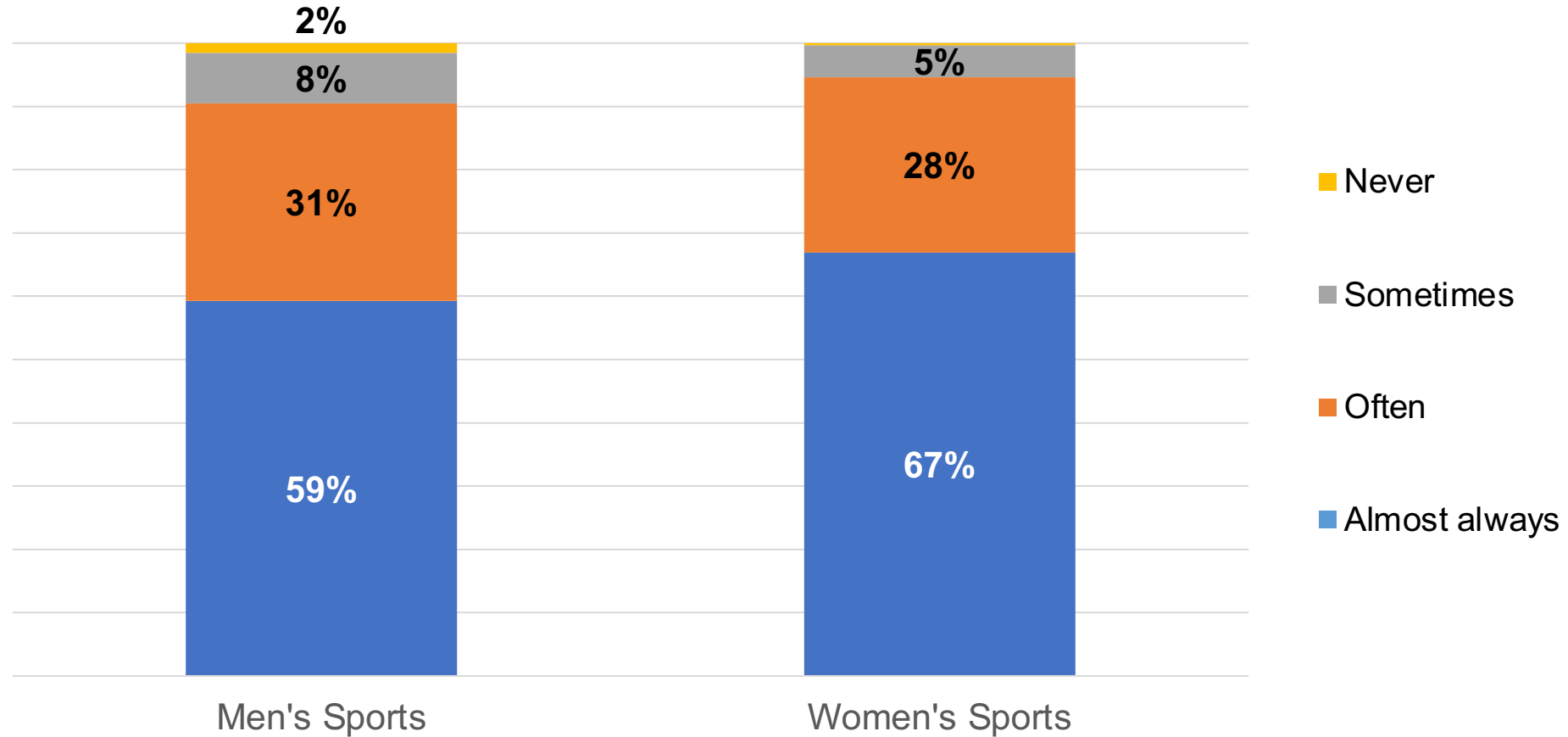
Had close friends or family test positive for COVID-19

Had someone close to them hospitalized or die due to COVID-19



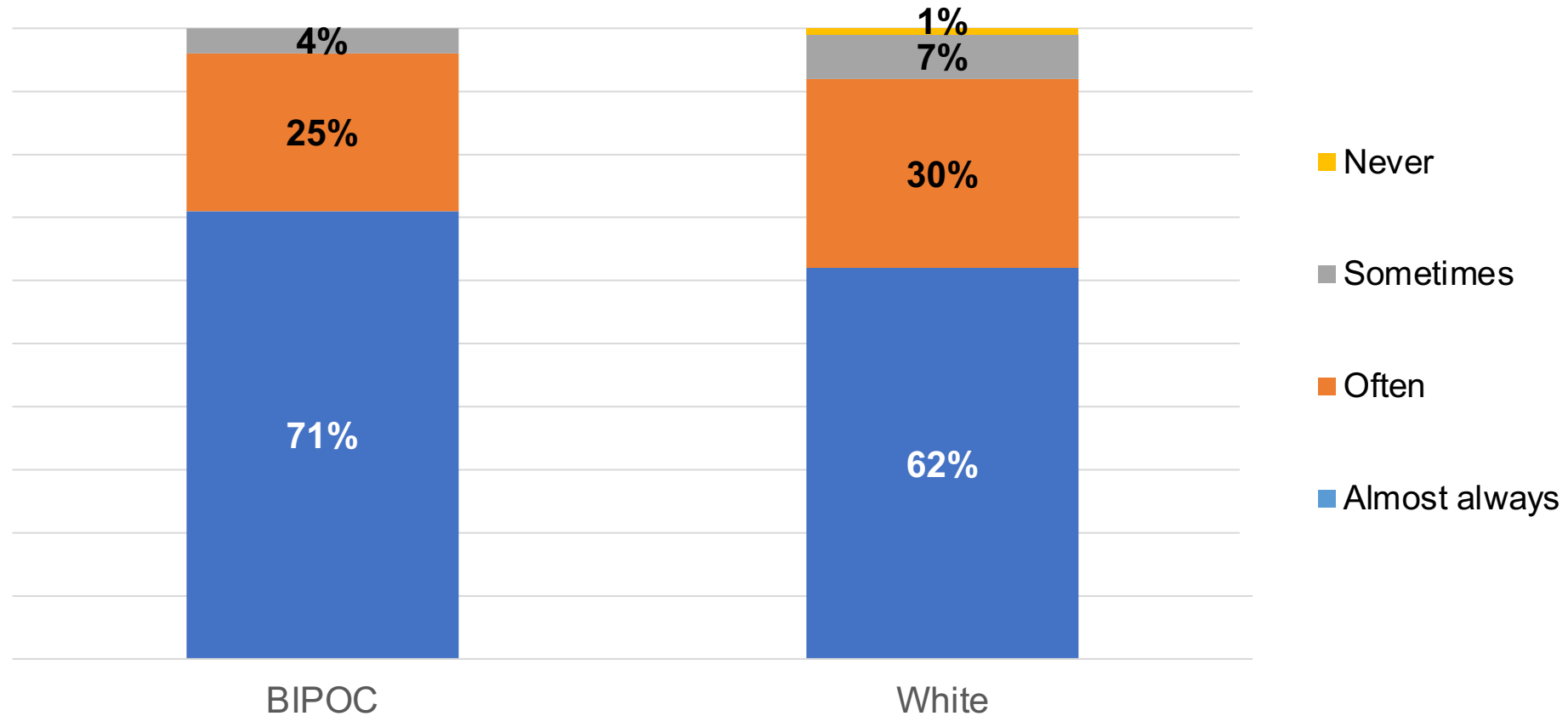
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19?



Note: The survey asked, "How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?" Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19? (By Race/Ethnicity)

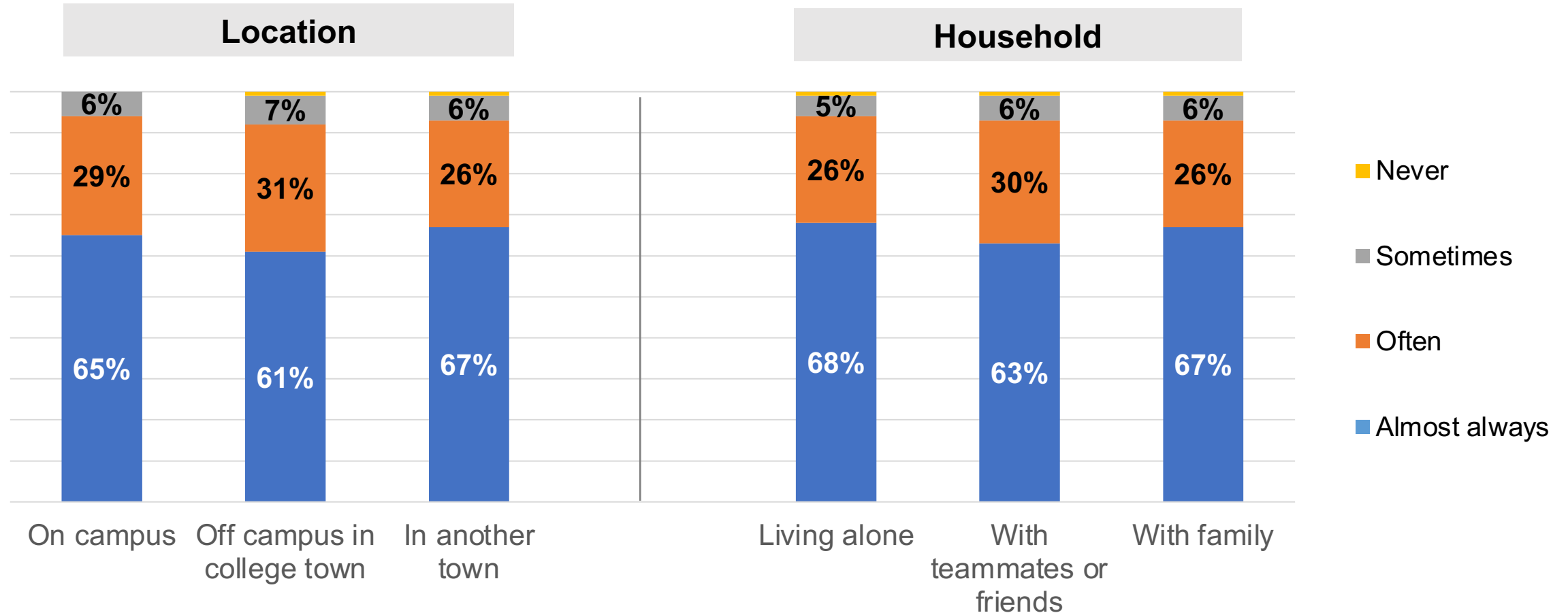


Note: BIPOC refers to Black, Indigenous and people of color. The survey asked, “How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?” Top 2 points on a 6-point scale.

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19?

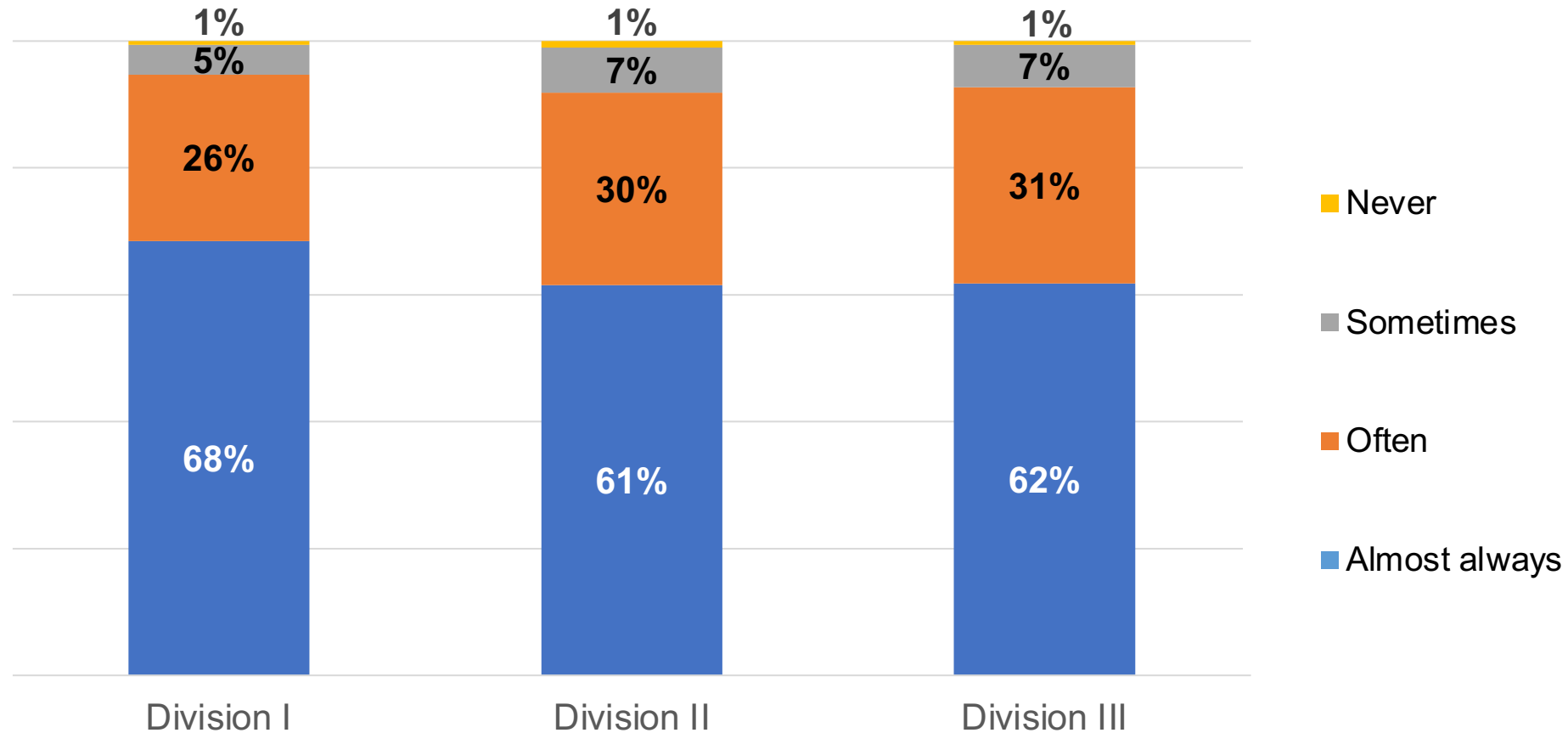
(By Living Arrangement)



Note: Data label for “Never” is not shown. The survey asked, “How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?” Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19?

(By Division)



Note: The survey asked, “How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?” The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Race/Ethnicity)

	Division I	Division II	Division III
BIPOC	59%	57%	60%
White	57%	52%	58%

Note: BIPOC refers to Black, Indigenous and people of color. Top 2 points on a 6-point scale.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Living Location)

	Division I	Division II	Division III
On campus	62%	57%	62%
Off campus in college town	54%	47%	54%
In another town	50%	51%	52%

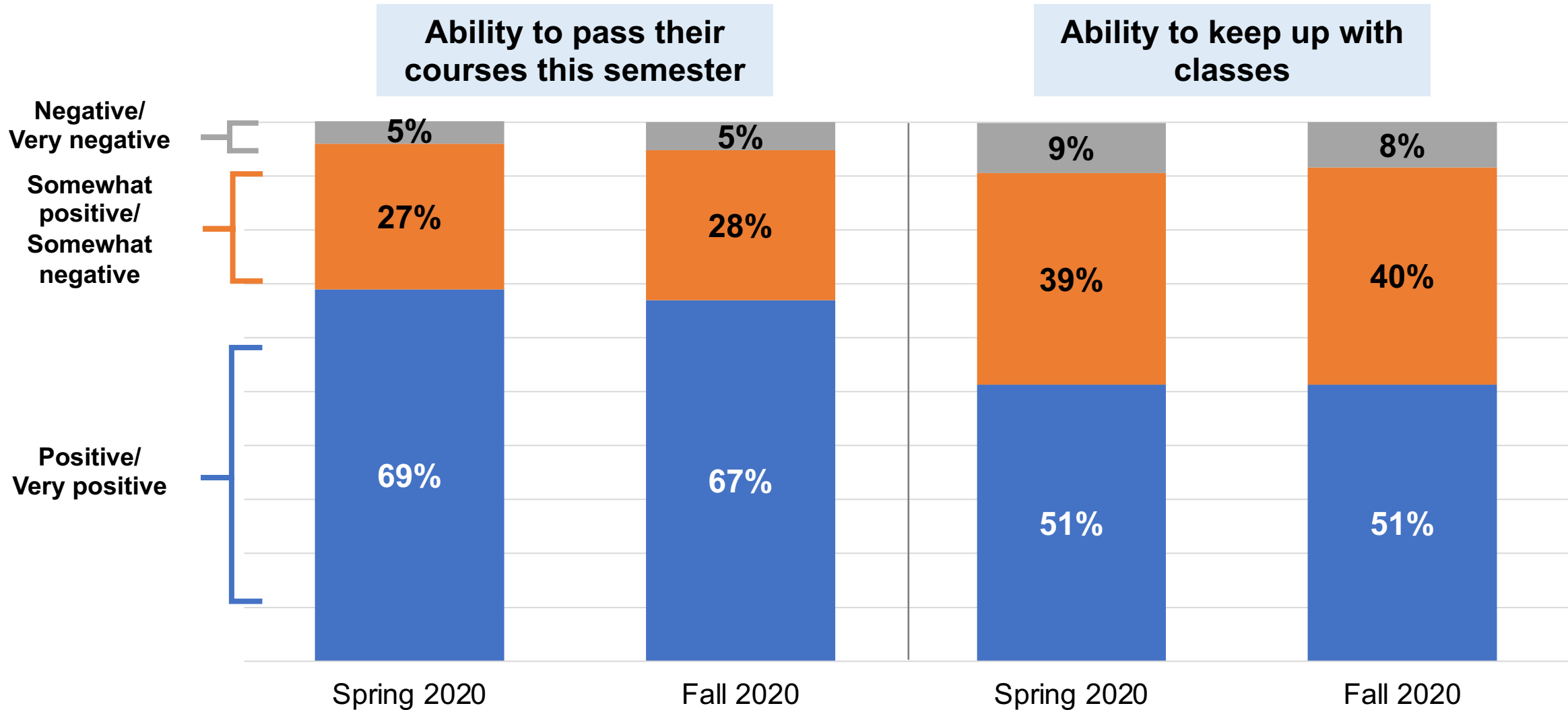
Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Academics

Impact of COVID-19 on Academics

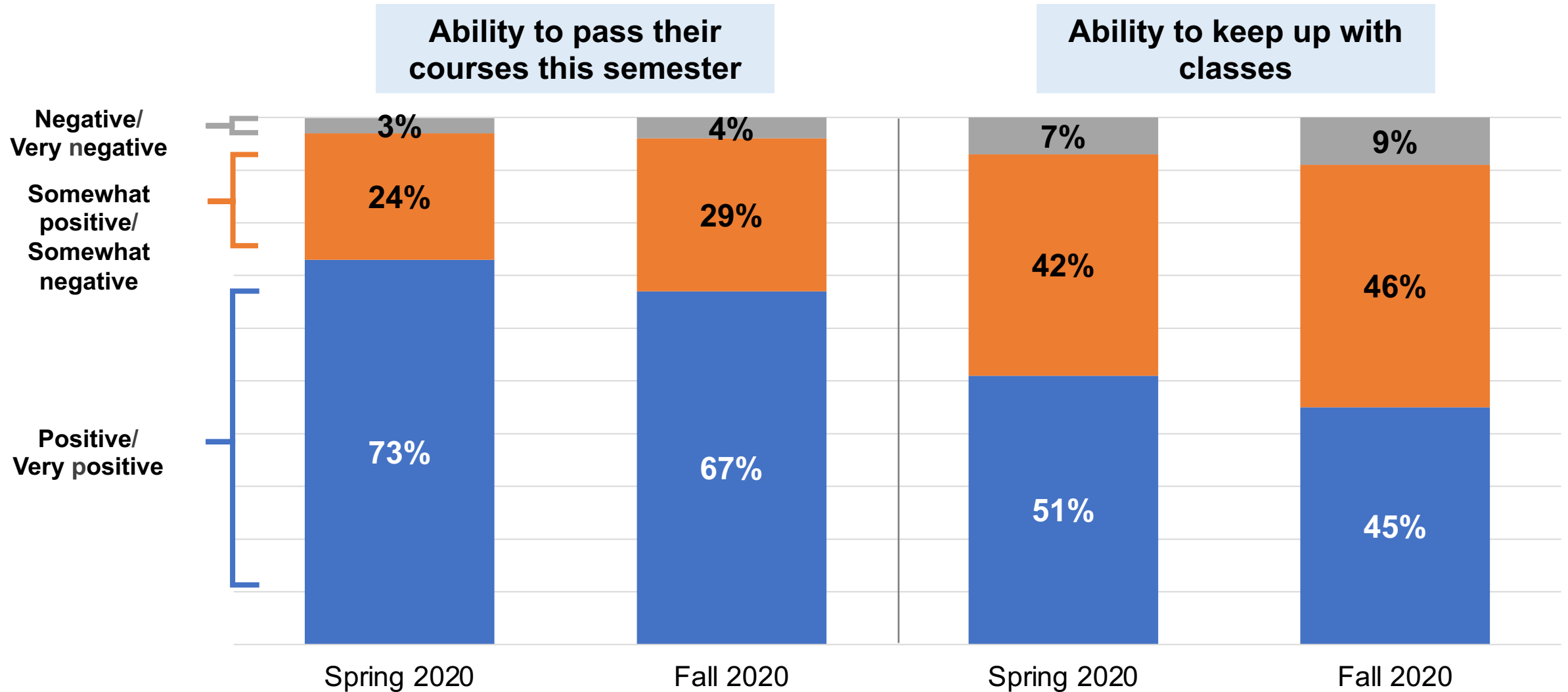
- ▶ In the fall 2020 academic term, 60% of student-athletes across divisions reported attending a blend of virtual and in-person classes. Division I respondents reported that their classes were fully virtual at a higher rate (41%) than those in Division II (27%) and Division III (24%).
- ▶ Fewer student-athletes indicated feeling positive about their ability to keep up with and pass their courses in the fall as compared to spring. Decreases were most notable among women (down six percentage points in both items).
- ▶ Student-athletes attending classes fully virtually in the fall were less likely to feel positive about their ability to keep up with and pass their classes.

Feelings about ... (Men's Sports)



Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Feelings about ... (Women's Sports)

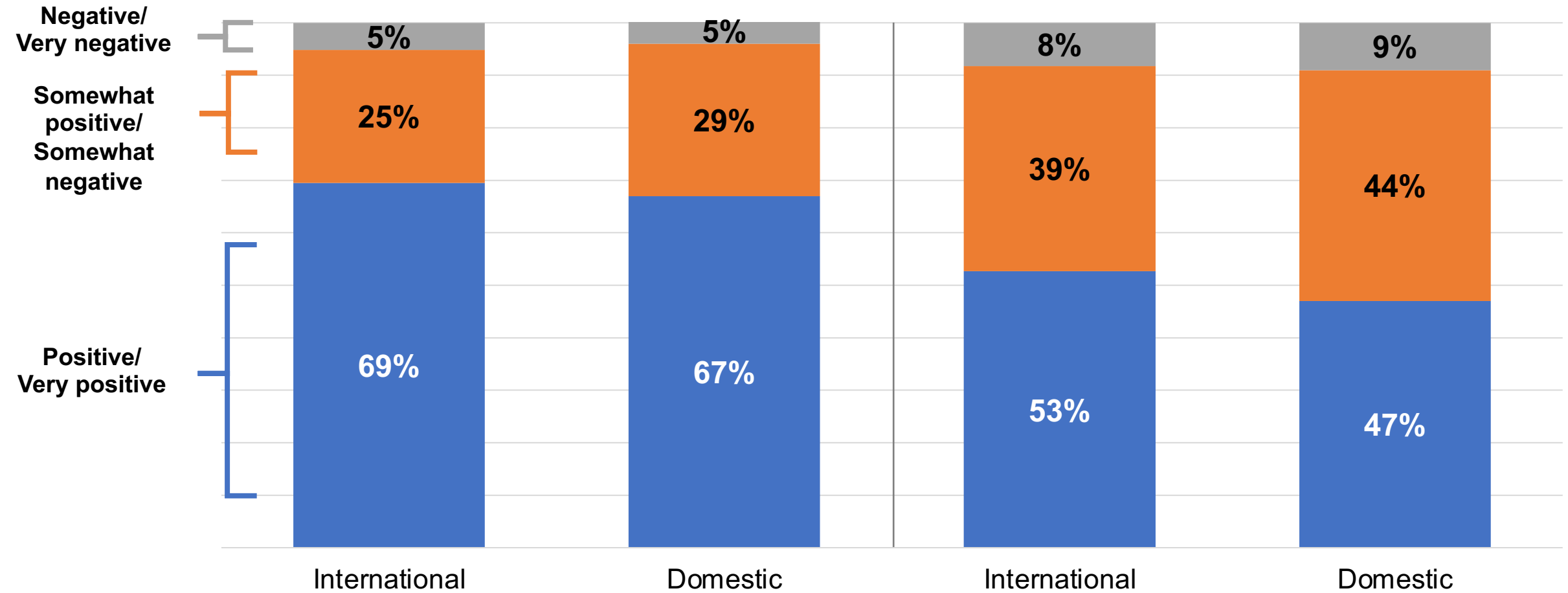


Note: Participants not enrolled in spring or fall 2020 classes excluded. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Feelings about ... (All Participants)

Ability to pass their
courses this semester

Ability to keep up with
classes

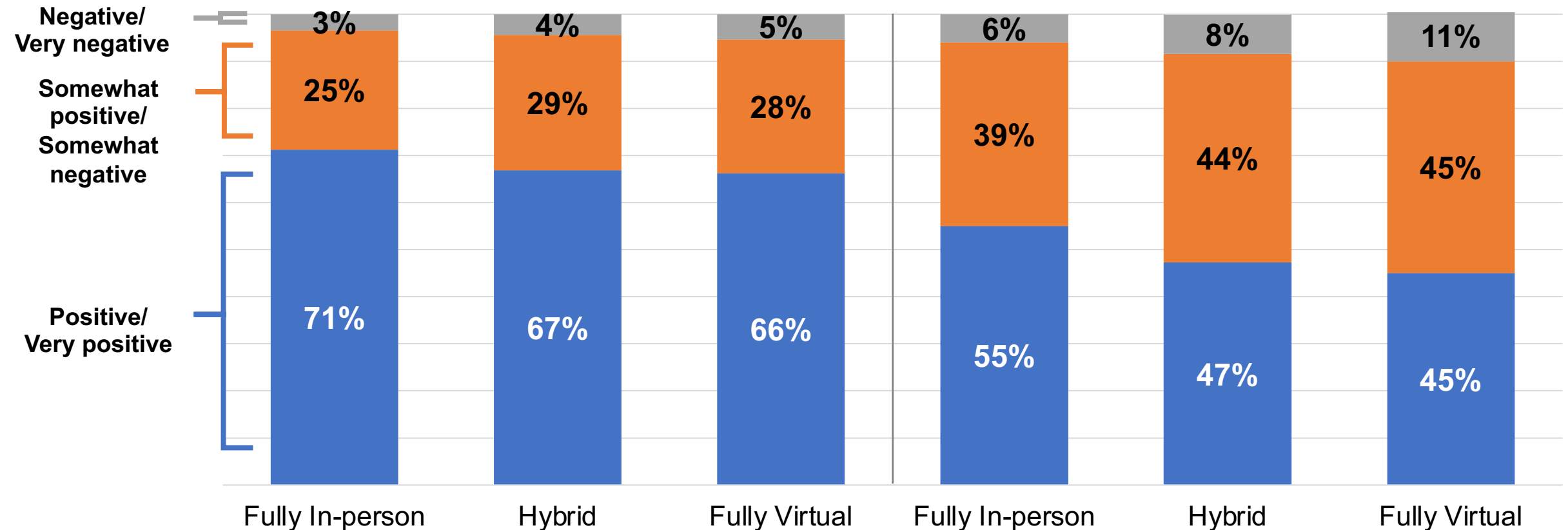


Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Feelings about ... (All Participants)

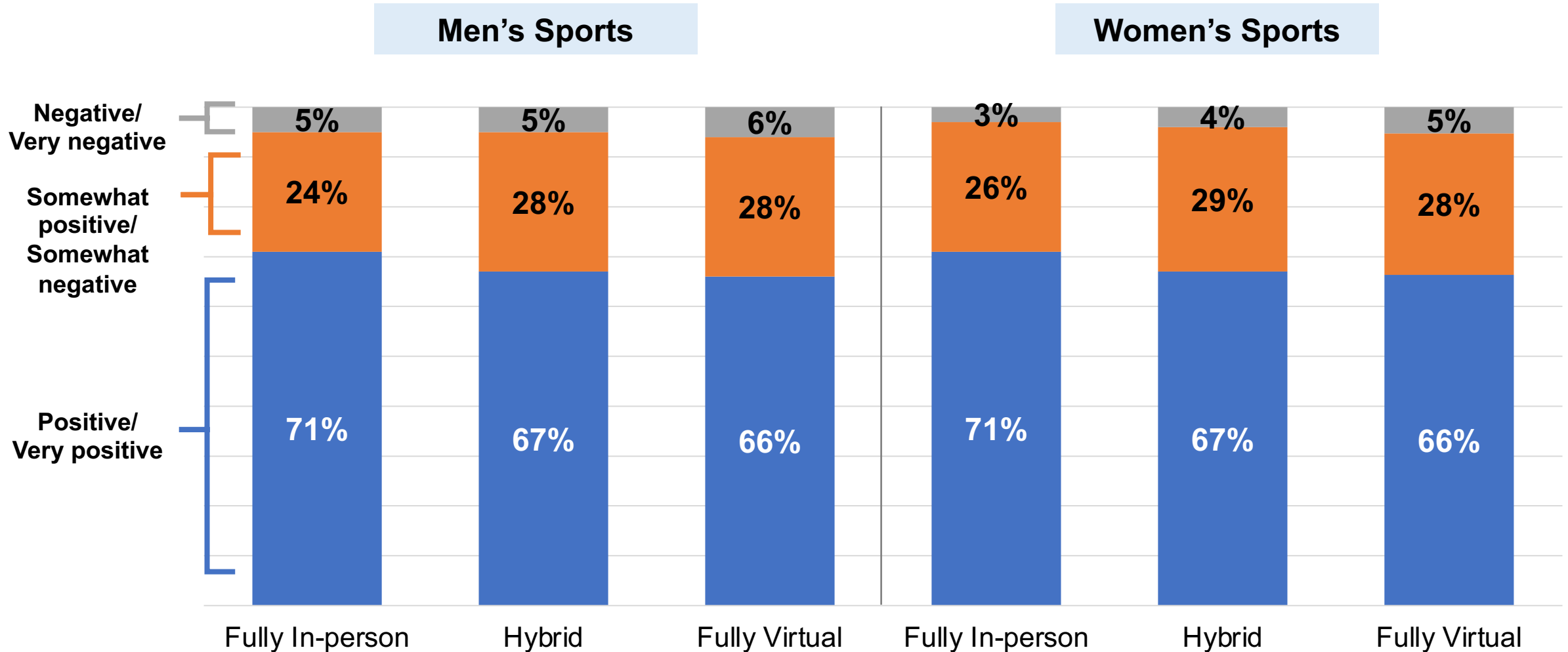
Ability to pass their
courses this semester

Ability to keep up with
classes



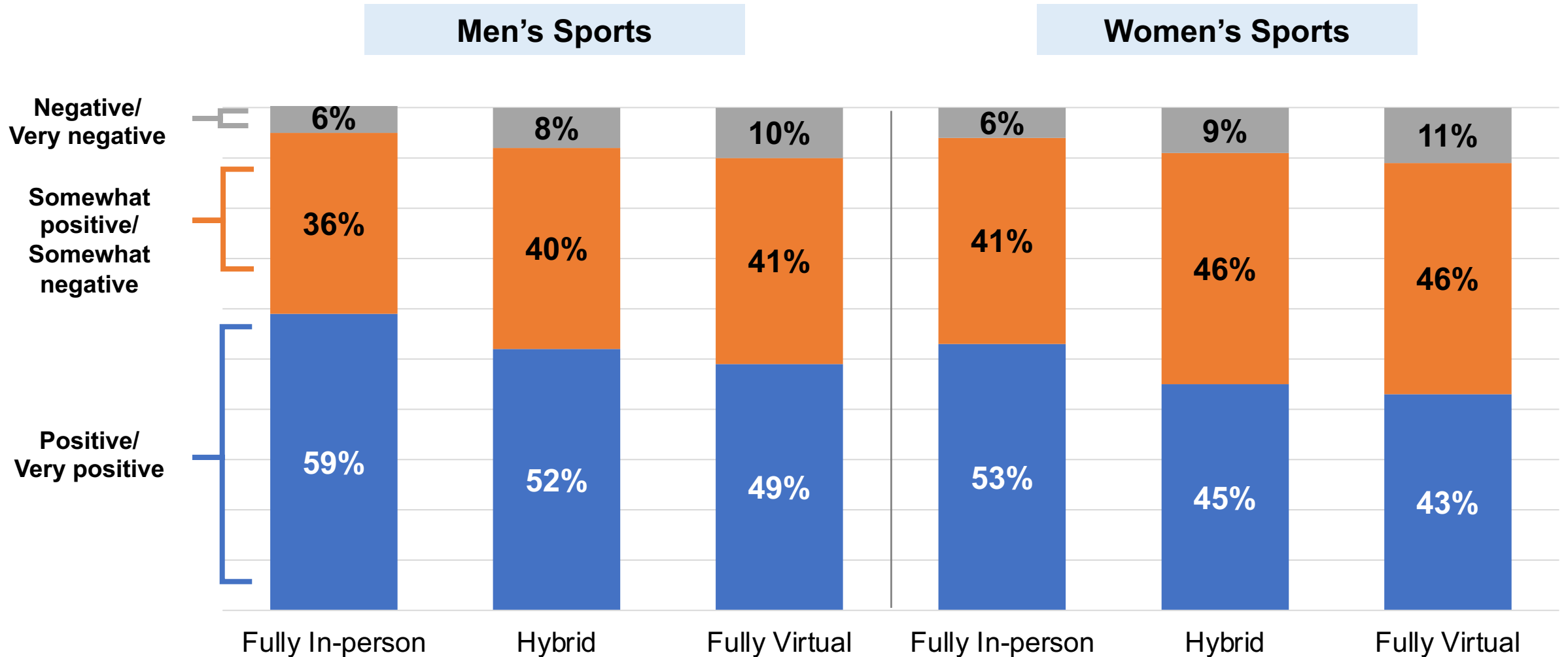
Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Those who reported attending fully in-person classes represented 8% of the sample (N=1,867). Those attending a blend of virtual and in-person classes represented 60% of the sample (N=14,529). Those attending fully virtual classes represented 32% of the sample (N=7,653). The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Feelings about Ability to Pass Courses This Semester (All Participants)



Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Those who reported attending fully in-person classes represented 8% of the sample (N=1,867). Those attending a blend of virtual and in-person classes represented 60% of the sample (N=14,529). Those attending fully virtual classes represented 32% of the sample (N=7,653). The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Feelings about Ability to Keep Up with Classes (All Participants)



Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Those who reported attending fully in-person classes represented 8% of the sample (N=1,867). Those attending a blend of virtual and in-person classes represented 60% of the sample (N=14,529). Those attending fully virtual classes represented 32% of the sample (N=7,653). The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Graduation and Career Planning

Impact of COVID-19 on Graduation and Career Planning

- ▶ The COVID-19 pandemic has led to modified graduation timelines and negatively impacted the career planning of seniors.
- ▶ Among seniors, 18% of men and 12% of women indicated they expect a delayed graduation date and nearly half of all seniors reported losing or opting out of a job or internship as a result of the COVID-19 pandemic. In terms of future career plans, 62% of seniors felt the pandemic negatively impacted their career planning.
- ▶ Student-athletes of color (41%) were more likely than white student-athletes (26%) to be concerned that financial considerations due to the pandemic may affect their ability to complete the degree. International student-athletes (40%) were more likely than domestic ones (29%) to be concerned about financial considerations impacting their degree completion.

Changes in Expected Time of Graduation Due to the Pandemic

	International Student-Athletes		Domestic Student-Athletes	
	Men's Sports	Women's Sports	Men's Sports	Women's Sports
Expect to graduate <u>later</u> than previously thought	14%	11%	12%	9%
Expect to graduate <u>earlier</u> than previously thought	5%	3%	2%	3%

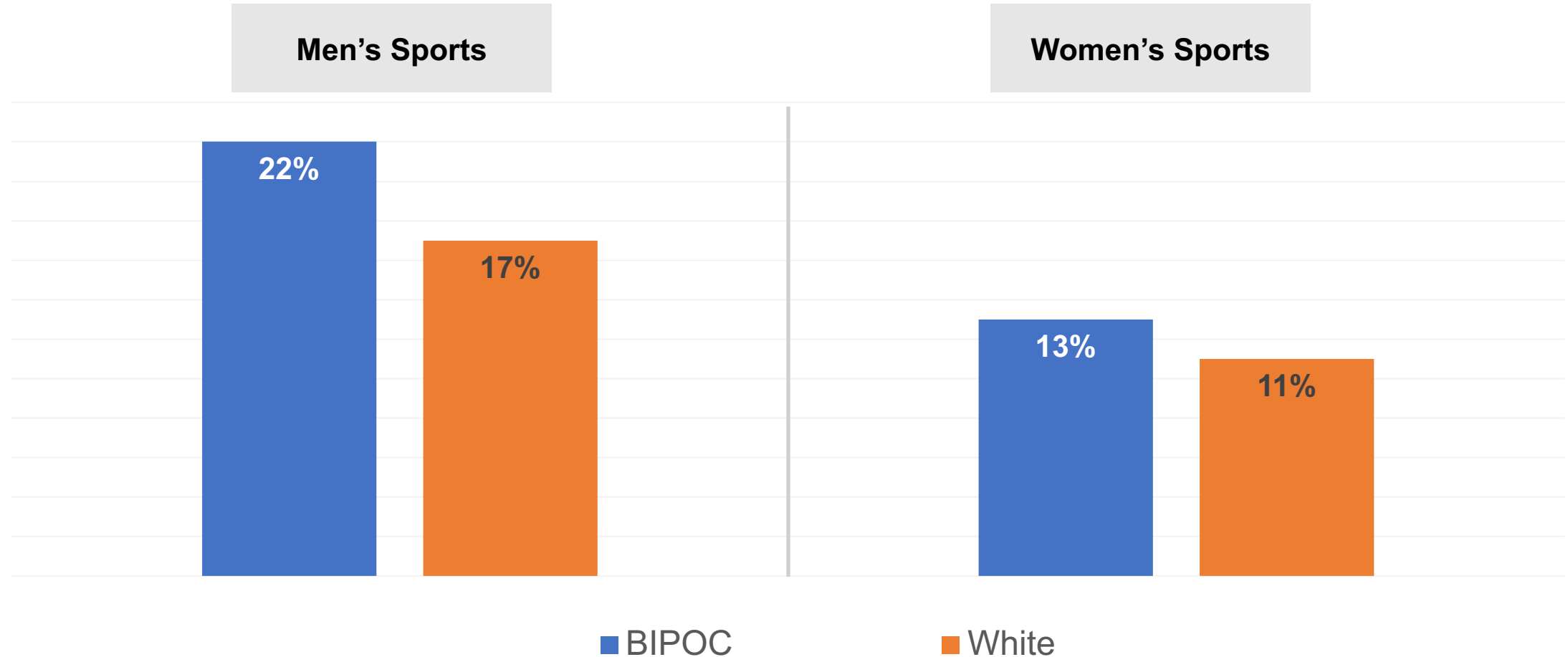
Note: Postgrad survey participants excluded. The Fall Well-Being Survey asked, “Due to COVID-19, has your expected timing for college graduation changed?” Those who identify as an international student-athlete represented 9% of the sample (N=2,222). The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Changes in Expected Time of Graduation Due to the Pandemic

	Seniors		Other Classes	
	Men's Sports	Women's Sports	Men's Sports	Women's Sports
Expect to graduate <u>later</u> than previously thought	18%	12%	11%	8%
Expect to graduate <u>earlier</u> than previously thought	4%	4%	2%	2%

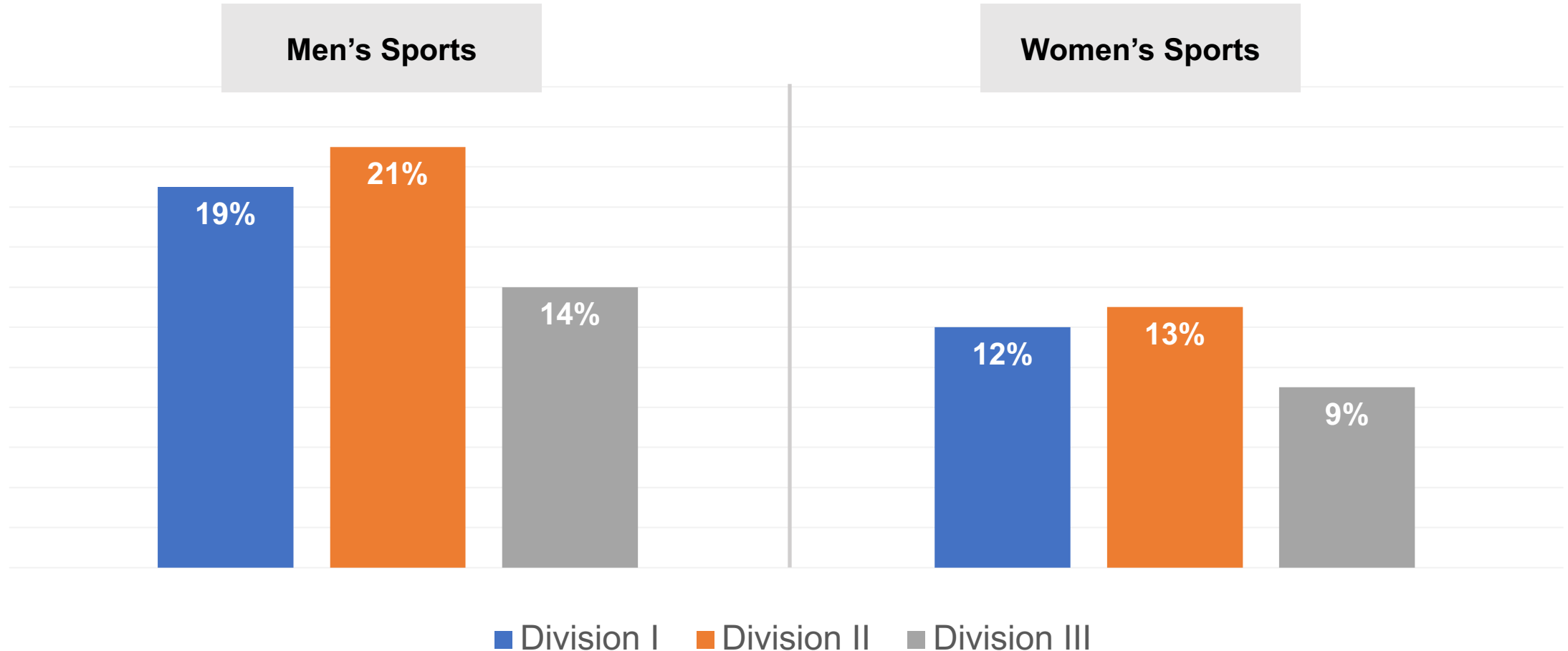
Note: Postgrad survey participants excluded. "Other Classes" includes first-years, sophomores and juniors. The Fall Well-Being Survey asked, "Due to COVID-19, has your expected timing for college graduation changed?" The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Delay in Expected Time of Graduation Due to the Pandemic (Senior Participants)



Note: The Fall Well-Being Survey asked, “Due to COVID-19, has your expected timing for college graduation changed?” Participants responding with “Yes, I expect to graduate later than previously thought” included. The survey was in the field Oct. 6-Nov. 2, 2020. BIPOC refers to Black, Indigenous and people of color. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Delay in Expected Time of Graduation Due to the Pandemic (Senior Participants)



Note: The Fall Well-Being Survey asked, “Due to COVID-19, has your expected timing for college graduation changed?” Participants responding with “Yes, I expect to graduate later than previously thought” included. The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Change in Expected Time of Graduation Due to the Pandemic

	International		Domestic	
	Expect to Graduate Earlier	Expect to Graduate Later	Expect to Graduate Earlier	Expect to Graduate Later
Athletics reasons	45%	64%	43%	67%
Academic reasons	55%	53%	68%	55%
Financial reasons	30%	17%	24%	17%
Other reasons	13%	11%	8%	7%

Note: Postgrad survey participants excluded. Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. Participants responding that they expect to graduate later than previously thought represented 12% of the international student-athlete sample and 10% of the domestic student-athlete sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Change in Expected Time of Graduation Due to the Pandemic

(Senior Participants)

	Expect to Graduate Earlier	Expect to Graduate Later
Athletics reasons	53%	68%
Academic reasons	63%	56%
Financial reasons	24%	17%
Other reasons	11%	9%

Note: Includes participants responding that they expect to graduate earlier or later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. Senior women's sports participants indicating a later graduation time cited athletics reasons at a higher rate than senior men's sports participants. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Delay in Expected Time of Graduation Due to the Pandemic

(Senior Men's Sports Participants)

	BIPOC	White
Athletics reasons	56%	69%
Academic reasons	64%	53%
Financial reasons	19%	17%
Other reasons	14%	8%

Note: Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. BIPOC refers to Black, Indigenous and people of color. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Delay in Expected Time of Graduation Due to the Pandemic

(Senior Women's Sports Participants)

	BIPOC	White
Athletics reasons	64%	74%
Academic reasons	70%	52%
Financial reasons	16%	16%
Other reasons	9%	8%

Note: Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. BIPOC refers to Black, Indigenous and people of color. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

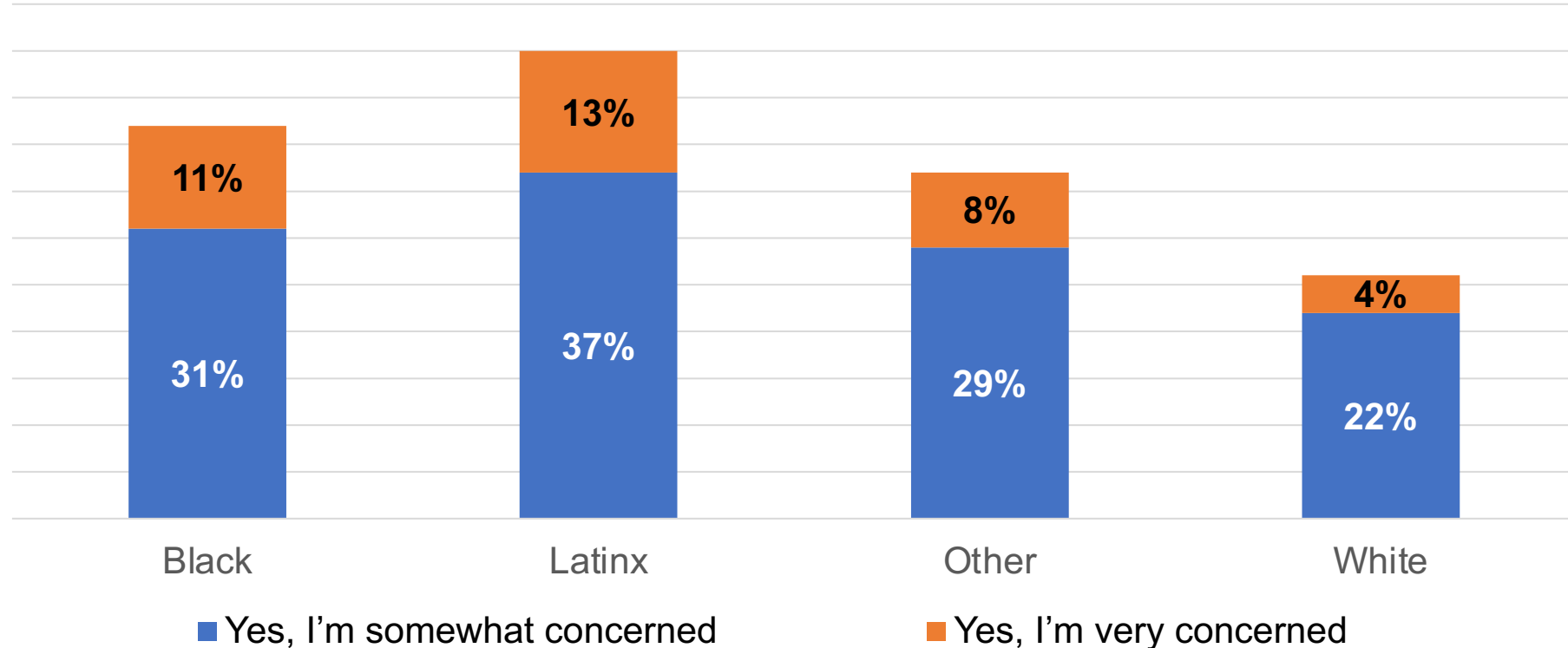
Reasons for Delay in Expected Time of Graduation Due to the Pandemic (Senior Participants)

	Division I	Division II	Division III
Athletics reasons	70%	72%	59%
Academic reasons	54%	56%	63%
Financial reasons	15%	19%	15%
Other reasons	10%	8%	8%

Note: Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Are you concerned that financial considerations due to the COVID-19 pandemic may affect your ability to complete your degree?

(By Race/Ethnicity)

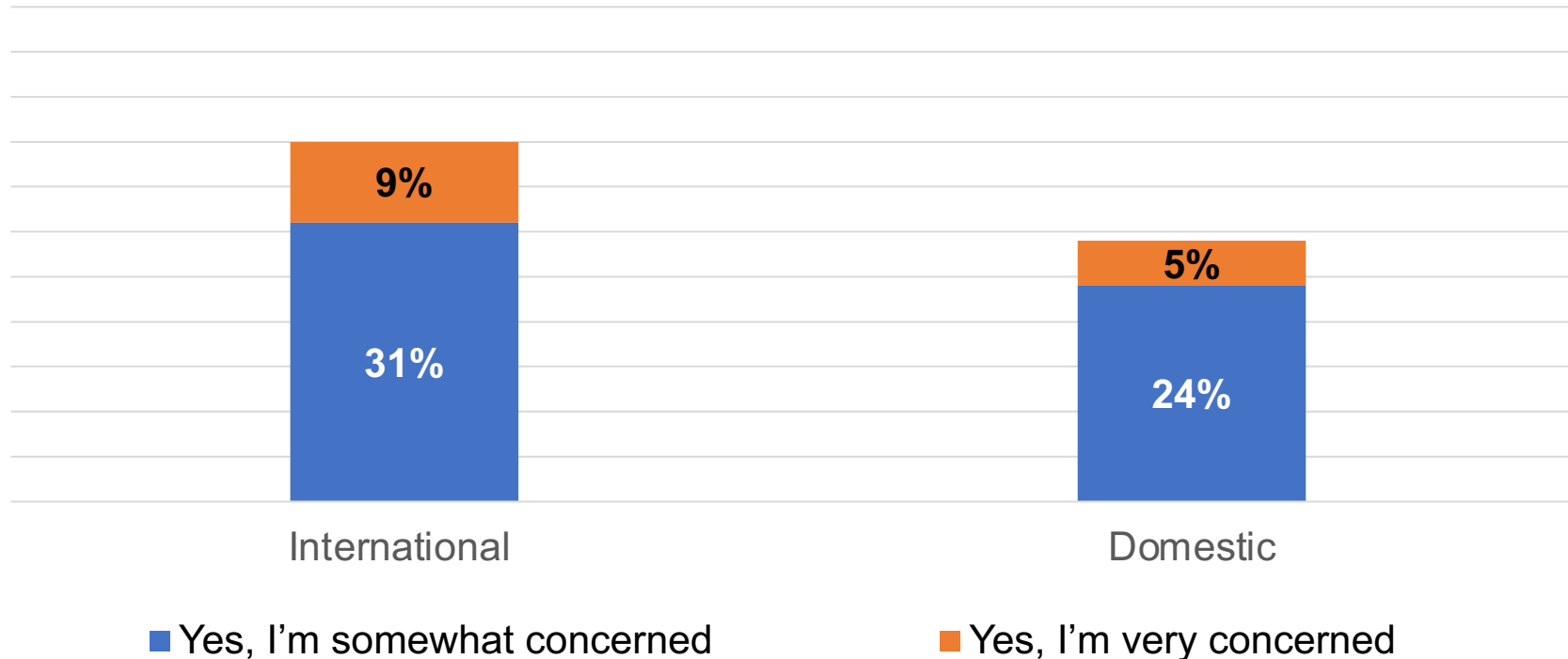


- 36% of Latinx participants felt positive about their family's current financial situation as compared to 42% of Black participants, 47% of participants of other racial/ethnic groups and 58% of white participants.

Note: Postgrad survey participants excluded from chart. "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Are you concerned that financial considerations due to the COVID-19 pandemic may affect your ability to complete your degree?

(By International Status)

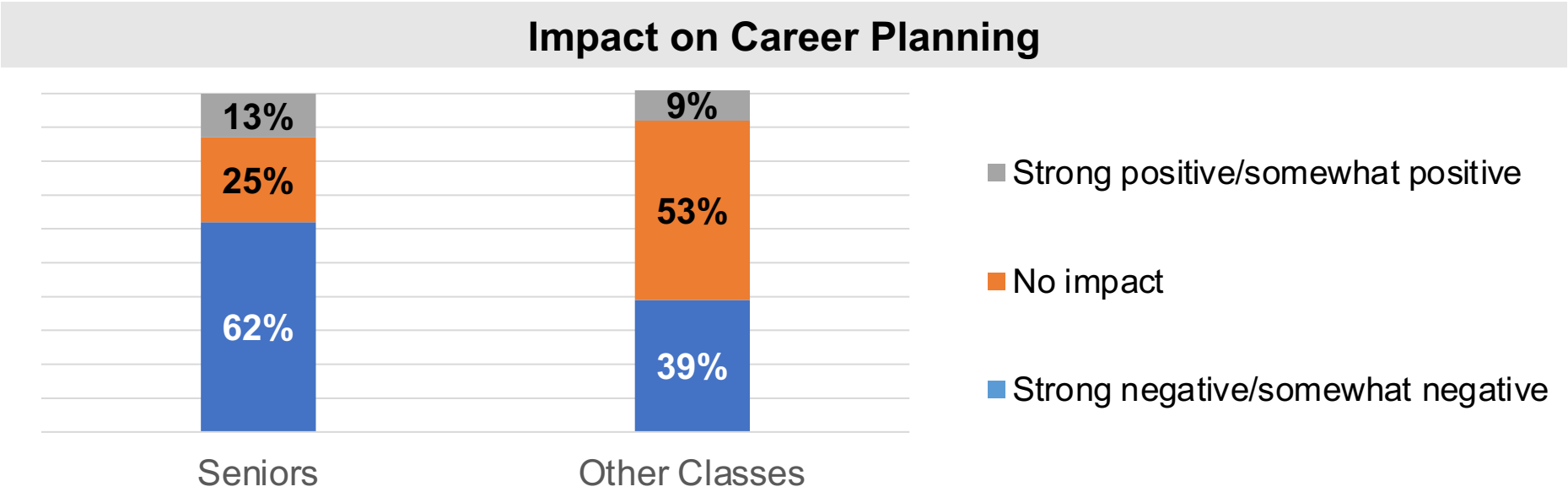


- 47% of international participants felt positive about their family's current financial situation as compared to 55% of domestic participants.

Note: Postgrad survey participants excluded from chart. Those who identify as an international student-athlete represented 9% of the sample (N=2,222). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of the COVID-19 Pandemic on Career Plans

	Seniors	Other Classes
Lost or opted out of a job or internship	46%	25%

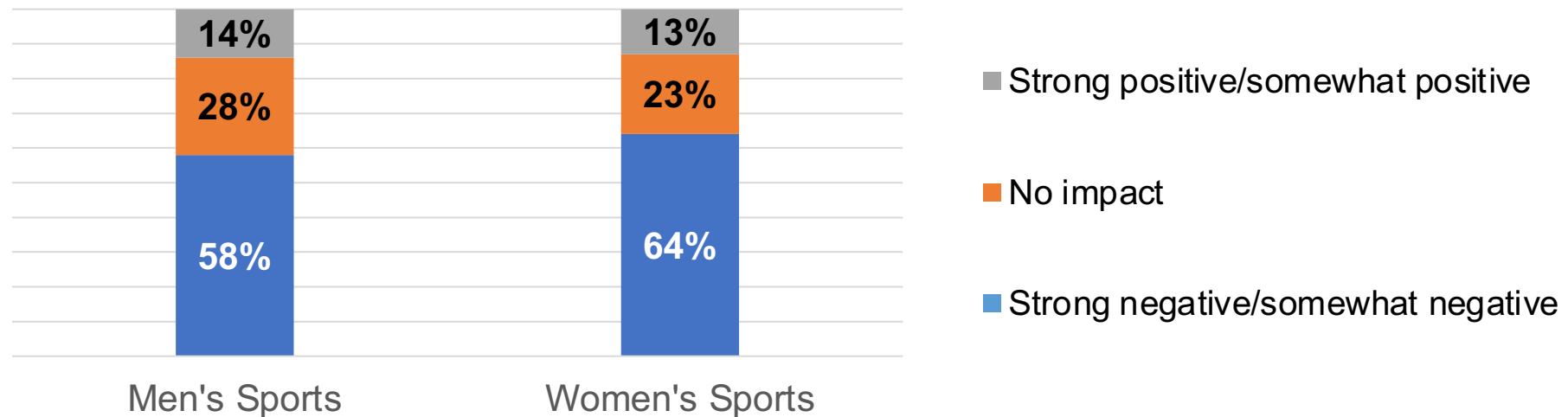


Note: Postgrad survey participants excluded. "Other Classes" includes first-year, sophomore and junior survey participants. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of the COVID-19 Pandemic on Career Plans (Senior Participants)

	Men's Sports	Women's Sports
Lost or opted out of a job or internship	42%	48%

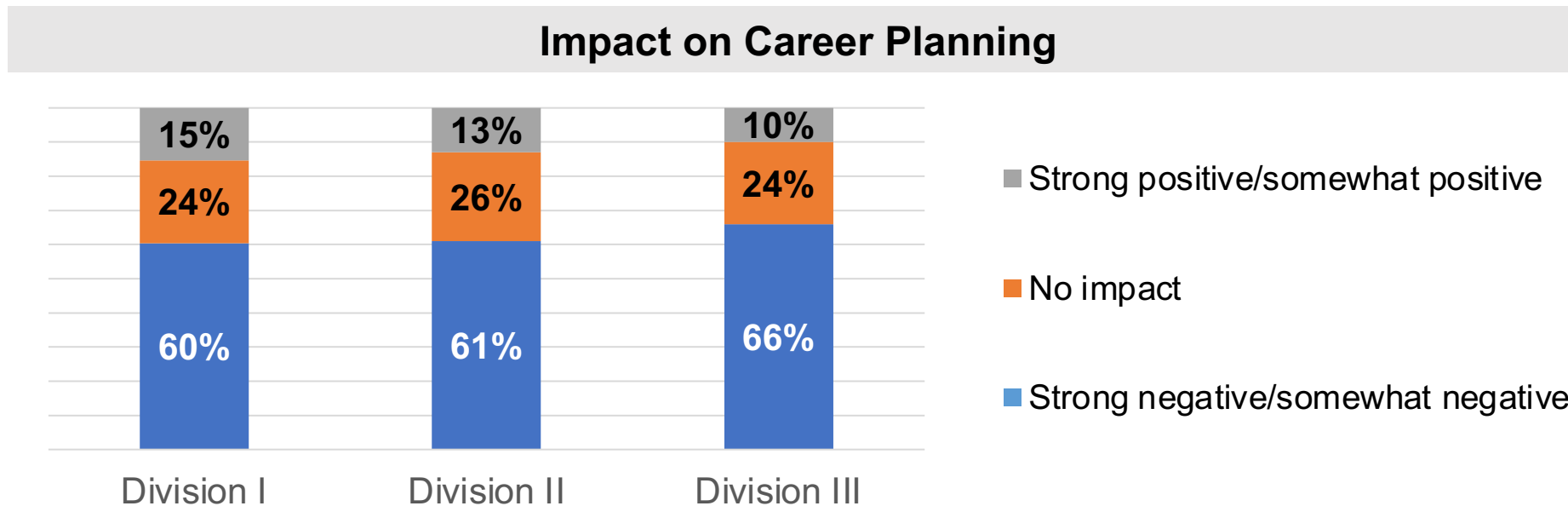
Impact on Career Planning



Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of the COVID-19 Pandemic on Career Plans (Senior Participants)

	Division I	Division II	Division III
Lost or opted out of a job or internship	44%	44%	54%



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Desired Resources

Desired Resources

- ▶ Educational resources most desired by student-athletes include preparing for life after sport (49%), sports to career transferrable skills (46%) and leadership skills training (37%).
- ▶ Student-athletes were asked how athletics staff and coaches could continue to support their physical and mental well-being. Suggestions fell into five key themes:
 - ▶ Attend to physical health when reacclimating to sport
 - ▶ Continue to provide workouts for those not actively competing/practicing
 - ▶ Establish or maintain regular coach-athlete team/individual check-ins and peer support
 - ▶ Make modifications that reflect the impact of COVID-19 on individual and team well-being
 - ▶ Prioritize student-athlete mental health

Desired Educational Resources from the NCAA

(Percent of Participants Who Responded “Very Interested” in Receiving Resource)

	Men's Sports	Women's Sports
Preparing for life after sport	45%	51%
Sports to career transferable skills	45%	46%
Leadership skills training	34%	38%
Personal branding	32%	27%
Financial awareness/literacy	30%	29%
Career planning	29%	29%
Health and safety information related to COVID-19	18%	26%
Diversity and inclusion	17%	27%

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How athletics staff or coaches can support athlete well-being

▶ **Attend to physical health when reacclimating to sport**

- ▶ “Physical well-being is allowing us to get into the gym and be able to lift weights and have real practices.” – Division II men’s lacrosse
- ▶ “Allow us to take our time to come back especially after recovering from COVID. Understand what it did to us mentally and physically while being sick.” – Division I women’s track and field

▶ **Continue to provide workouts for those not actively competing/practicing**

- ▶ “Provide workouts for athletes that they can do at their local gym or at home.” – Division III women’s swimming
- ▶ “Let us workout on our own time for our own self therapy.” – Division II men’s tennis

▶ **Establish or maintain regular coach-athlete team/individual check-ins and peer support**

- ▶ “Have the coaching staff hold team meetings frequently advising people to seek help if needed. Enforce older athletes in checking in on new-comers.” – Division I baseball
- ▶ “Check in with players. So many players right now are struggling and we feel ignored.” – Division III softball

How athletics staff or coaches can support athlete well-being

► Make modifications that reflect the impact of COVID-19 on individual and team well-being

- ▶ “A lot of athletes were unable to get the full training they could during the pandemic...gyms were closed and even courts or fields to train on as well. Going right into it like we normally would any other year physically could lead to more injuries and also made athletes feel anxious or even depressed because they feel like they’re not where they were last year.” – Division III women’s basketball
- ▶ “Be more understanding about coming back to athletic activity after having COVID...I was expected to immediately come back to practice and be in perfect shape...” – Division II women’s volleyball
- ▶ “The most important thing that they could do is be understanding. We (student-athletes) are navigating difficult waters with areas of uncertainty and the effects of COVID-19 on ourselves, friends, families, loved ones, etc. and it is different for everyone. We just want our athletics department to be cognizant of what we are going through [...] I feel that there has been a sense of that latitude, but we hope that understanding is continued.” –Division I men’s wrestling

► Prioritize student-athlete mental health

- ▶ “This is a difficult subject to understand, because mental health is as fluid as water. The best I can say, and this goes for athletes too, is to be patient with us. Students have a lot on their plate at times, which can cause mental strain, but just be patient and hopefully we can figure it out.” – Division III baseball
- ▶ “Understand that this situation is very mentally challenging and it's acceptable to be struggling.” – Division II women’s basketball

RESULTS BY DIVISION

DIVISION I


Participant Demographics

Division I

Number of Responses by Division I Conference

Conference	N	%
Horizon	632	21.5%
NEC	837	16.0%
Atlantic 10	702	11.7%
C-USA	542	10.5%
Big East	338	9.3%
MAC	455	9.1%
SWAC	283	8.9%
WAC	252	8.7%
CAA	357	8.3%
Southland	363	7.8%
MAAC	333	7.7%
ASUN	218	6.8%
MVC	225	6.5%
Summit League	193	6.2%
OVC	231	6.1%
Patriot	327	5.4%

Conference	N	%
SEC	342	5.1%
America East	184	4.9%
Ivy League	281	4.6%
Big South	160	4.5%
MEAC	136	4.4%
SoCon	159	4.3%
Sun Belt	187	4.3%
AAC	210	4.1%
Big Sky	135	3.6%
WCC	119	3.5%
Big 12	161	3.4%
Big West	121	3.2%
MWC	153	3.0%
Big Ten	256	2.7%
Pac-12	130	1.9%
ACC	101	1.2%

Note: Conference participation percentages derived from N in sample divided by all participating NCAA Championship student-athletes in conference ([2019-20 NCAA Sports Sponsorship and Participation Rates Report](#)); cross country and indoor track removed to avoid double-counting. 611 Division I student-athletes did not list their conference. Source: NCAA  Research Student-Athlete Well-Being Study (Fall 2020).

Number of Responses by Sport Participation

(Division I Student-Athletes)

Men's Sports	N	%
Baseball	448	4.1%
Basketball	126	2.3%
Cross Country	285	5.7%
Football	697	2.4%
Golf	139	4.8%
Ice Hockey	38	2.2%
Lacrosse	169	4.7%
Soccer	295	4.9%
Swim and Dive	188	5.0%
Tennis	122	4.9%
Track and Field	527	4.6%
Wrestling	87	3.4%

Women's Sports	N	%
Basketball	517	10.2%
Bowling	60	18.6%
Cross Country	456	7.8%
Field Hockey	209	11.5%
Golf	269	12.4%
Gymnastics	103	9.3%
Ice Hockey	114	13.1%
Lacrosse	380	9.7%
Rowing	361	6.5%
Soccer	989	10.2%
Softball	786	12.1%
Swim and Dive	523	9.1%
Tennis	277	9.8%
Track and Field	992	7.3%
Volleyball	676	12.1%

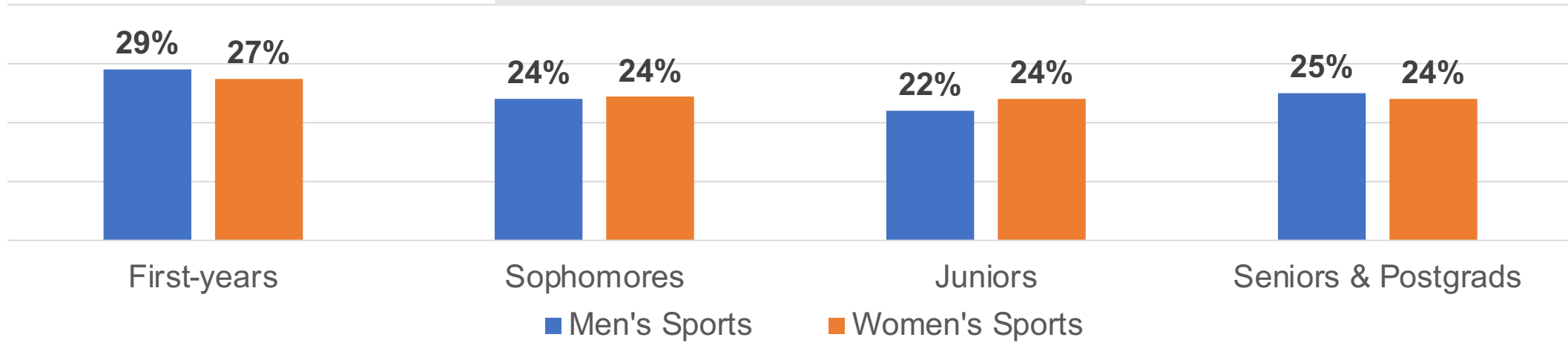
Note: Sport participation percentages derived from N in sample divided by all participating Division I SAs in the sport ([2019-20 NCAA Sports Sponsorship and Participation Rates Report](#)). Multisport athletes counted in each sport. Co-ed and emerging sports not included in table due to low participation Ns at the divisional-level. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Representativeness of Sample, Division I Participants

Racial Demographics

	Men's Sports		Women's Sports	
	Fall 2020 Survey	Demographics Data	Fall 2020 Survey	Demographics Data
White	68%	51%	72%	61%
Black	17%	26%	10%	14%
Other	15%	22%	18%	25%

Academic Status



Notes: 2,965 men's sports and 6,569 women's sports participants in the Division I sample. An additional 38 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020), [NCAA Demographics Database](#) (2020).

Campus Living and Learning

Division I

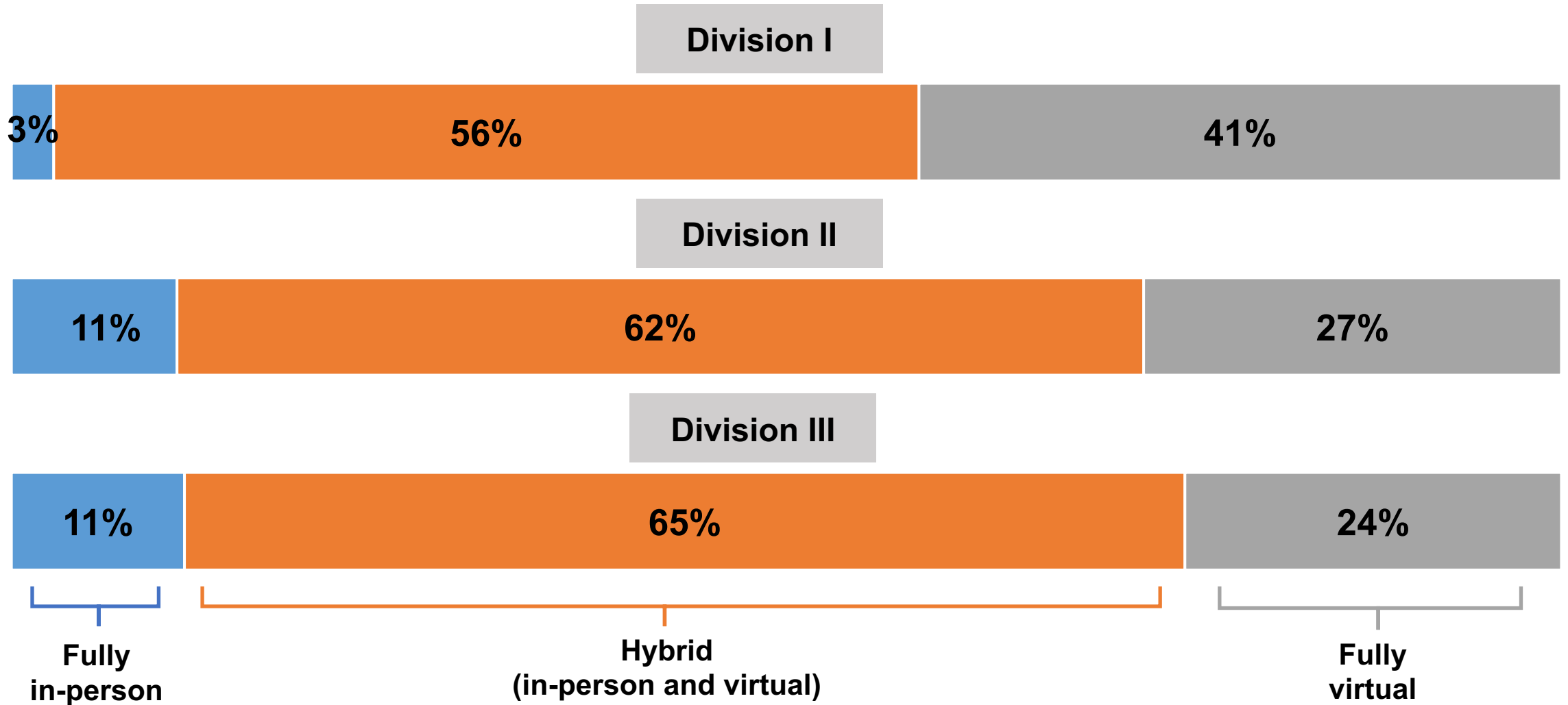
Fall 2020 Living Arrangements (Participants by Division)

Household	Division I	Division II	Division III
With teammates or friends	80%	71%	71%
With family	11%	17%	17%
Alone	8%	10%	11%
Other living situation	1%	2%	2%

Location	Division I	Division II	Division III
On campus	48%	56%	61%
Off campus, but in college town	42%	31%	24%
In another town/city	10%	13%	14%

Note: The sum of percentages in each column may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment



Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment (Participants Living On or Near Campus)

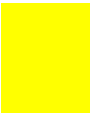
	Division I	Division II	Division III
Hybrid (blend of virtual and in-person)	60%	69%	72%
Fully virtual	37%	19%	16%
Fully in-person	3%	12%	12%


Note: Participants not enrolled in fall 2020 classes (1% of sample, N=132) and living in another town/city away from campus (12% of sample, N=2,884) excluded. Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

(Percent of Division I Participants Who Endorsed “Agree” or “Strongly Agree”)

	Spring	Fall
I have a stable housing situation for at least the next two months.	92%	92%
I have access to enough food to meet my needs each day.	91%	85%
I feel confident in my ability to manage my exposure to COVID-19.	81%	71%
I know how to access a medical provider for physical health needs in my area.	79%	85%
Healthy food options are reliably available to me.	80%	68%
I know how to access mental health support in my area.	57%	71%

 Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey


 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey


Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Fall 2020 Living Environment

(Percent of Division I Participants Who Endorsed “Agree” or “Strongly Agree”)

	DI Men’s Sports		DI Women’s Sports	
	Spring	Fall	Spring	Fall
I have a stable housing situation for at least the next two months.	89%	92%	93%	93%
I have access to enough food to meet my needs each day.	85%	81%	94%	86%
I feel confident in my ability to manage my exposure to COVID-19.	83%	78%	81%	67%
I know how to access a medical provider for physical health needs in my area.	78%	85%	79%	84%
Healthy food options are reliably available to me.	74%	68%	83%	68%
I know how to access mental health support in my area.	59%	71%	56%	72%

 Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Fall 2020 Living Environment

(Percent of Division I Participants Who Endorsed “Agree” or “Strongly Agree”)

	White Men	Men of Color	White Women	Women of Color
I have a stable housing situation for at least the next two months.	93%	90%	93%	90%
I know how to access a medical provider for physical health needs in my area.	87%	83%	85%	82%
I have access to enough food to meet my needs each day.	83%	76%	87%	83%
I feel confident in my ability to manage my exposure to COVID-19.	79%	78%	66%	70%
I know how to access mental health support in my area.	73%	67%	73%	69%
Healthy food options are reliably available to me.	70%	65%	69%	66%

Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Black men reported the highest levels of food instability. 71% of Black men, compared to 81% of Latinx men and 82% of men in other, non-white racial categories reported that they’ve had access to enough food, and 63% reported that healthy options have been available, as compared to 65% of Latinx men and 69% of men in the other, non-white racial groups. The terms “Men” and “Women” refer to those playing men’s and women’s sports—one’s gender was not a demographic question.

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Mental Health Concerns

Division I

Mental Health Concerns During COVID-19 Pandemic

(Percent of Division I Participants Who Endorsed “Constantly” or “Most Every Day”)

	DI Men’s Sports		DI Women’s Sports	
	Spring	Fall	Spring	Fall
Felt overwhelmed by all you had to do	29%	27%	47%	50%
Felt mentally exhausted	25%	21%	37%	38%
Experienced sleep difficulties	30%	17%	41%	28%
Felt very lonely	23%	13%	32%	24%
Felt overwhelming anxiety	13%	11%	25%	29%
Felt sad	17%	11%	30%	23%
Felt things were hopeless	11%	11%	16%	17%
Felt a sense of loss	21%	9%	31%	14%
Felt overwhelming anger	10%	6%	10%	8%
Felt so depressed that it was difficult to function	7%	6%	9%	10%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division I participants responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DI Men ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	51%	77%	78%
Felt mentally exhausted	50%	68%	66%
Felt sad	28%	67%	58%
Felt very lonely	28%	62%	49%
Felt things were hopeless	19%	55%	46%
Felt overwhelming anxiety	23%	46%	44%
Felt overwhelming anger	17%	42%	32%
Felt so depressed that it was difficult to function	13%	28%	24%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=5,538 Division I men’s sports participants; Fall survey N=3,040 Division I men’s sports participants; ACHA-NCHA survey N=1,515 Division I men.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division I participants responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DI Women ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	72%	92%	94%
Felt sad	42%	87%	82%
Felt mentally exhausted	66%	85%	85%
Felt very lonely	38%	77%	70%
Felt things were hopeless	28%	72%	69%
Felt overwhelming anxiety	37%	70%	71%
Felt overwhelming anger	20%	48%	42%
Felt so depressed that it was difficult to function	17%	38%	39%

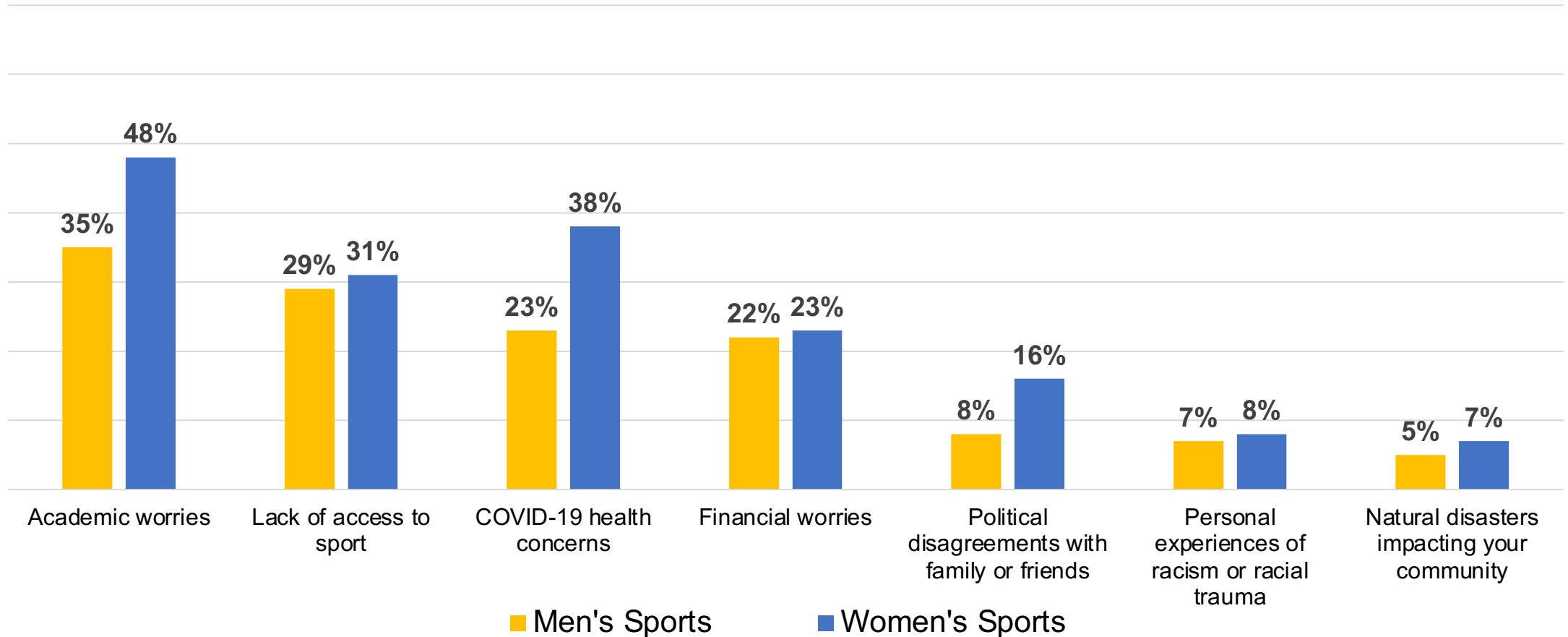
 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=10,597 Division I women’s sports participants; Fall survey N=6,715 Division I women’s sports participants; ACHA-NCHA survey N=2,989 Division I women.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Division I Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The Fall Well-Being Survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

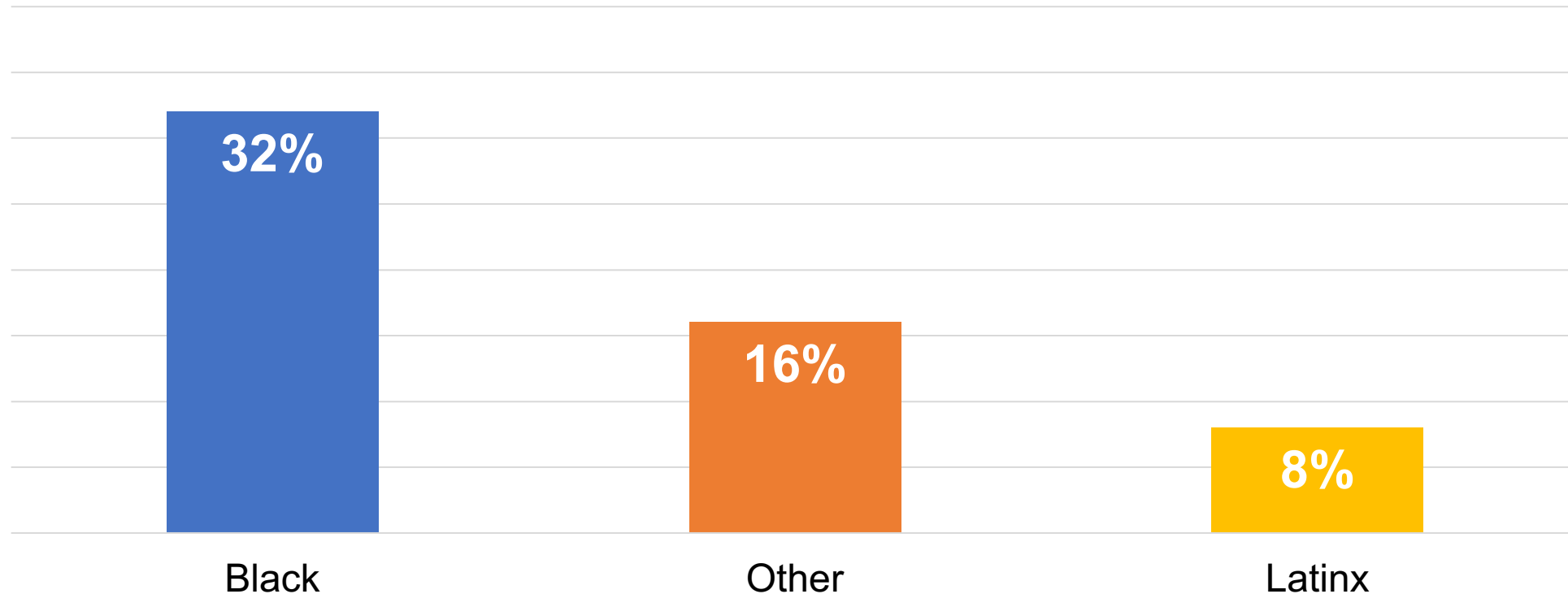
(Percent of Division I Participants Who Responded “Agree” or “Strongly Agree” by Race/Ethnicity)

	Black	Latinx	Other	White
Academic worries	43%	45%	49%	44%
COVID-19 health concerns	35%	37%	38%	32%
Financial worries	33%	34%	30%	20%
Personal experiences of racism or racial trauma	32%	8%	16%	3%
Lack of access to your sport	28%	32%	30%	30%
Political disagreements with family or friends	15%	13%	19%	13%
Natural disasters impacting your community	11%	12%	9%	5%

Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

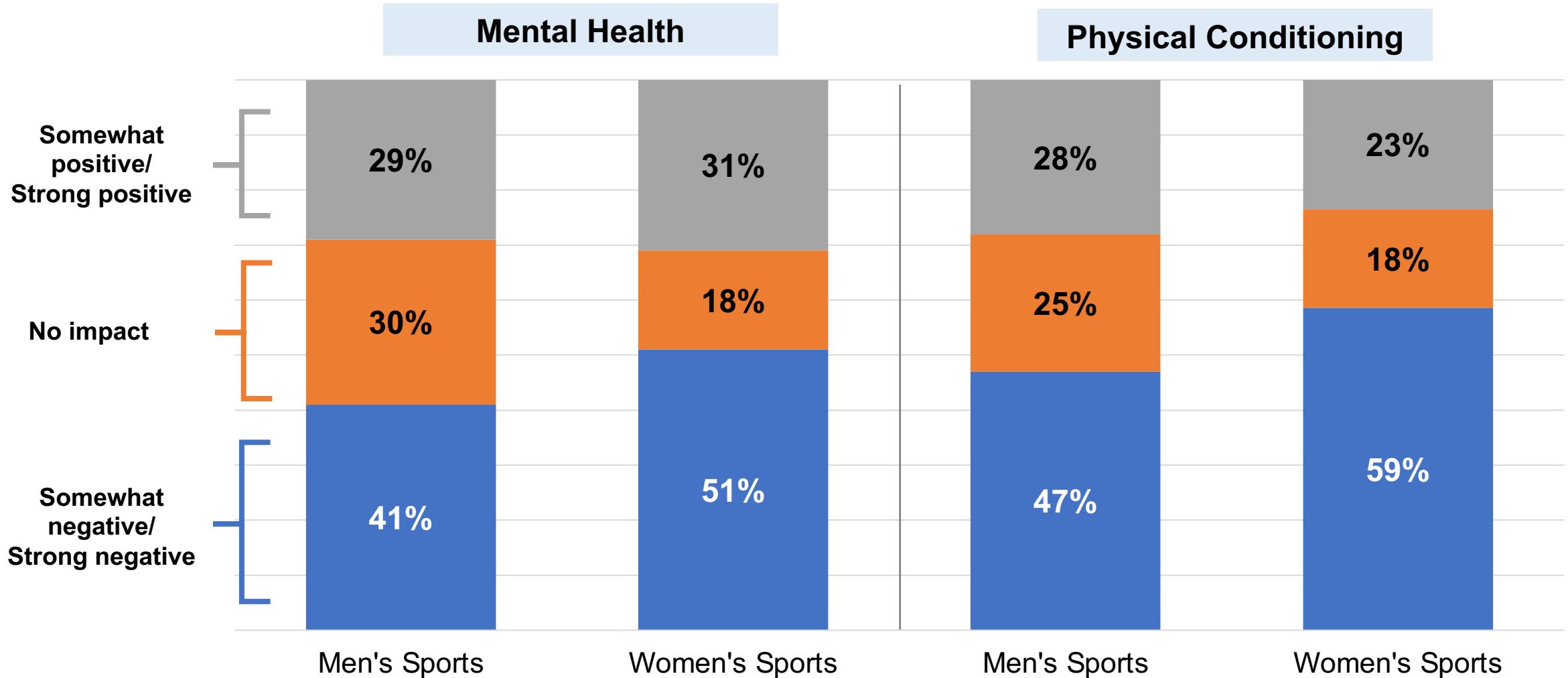
Personal Experiences of Racism or Racial Trauma Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Division I BIPOC Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. BIPOC refers to Black, Indigenous and people of color. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of Time Away from the College Sport Environment in the Spring and Summer on Mental and Physical Health (Division I)

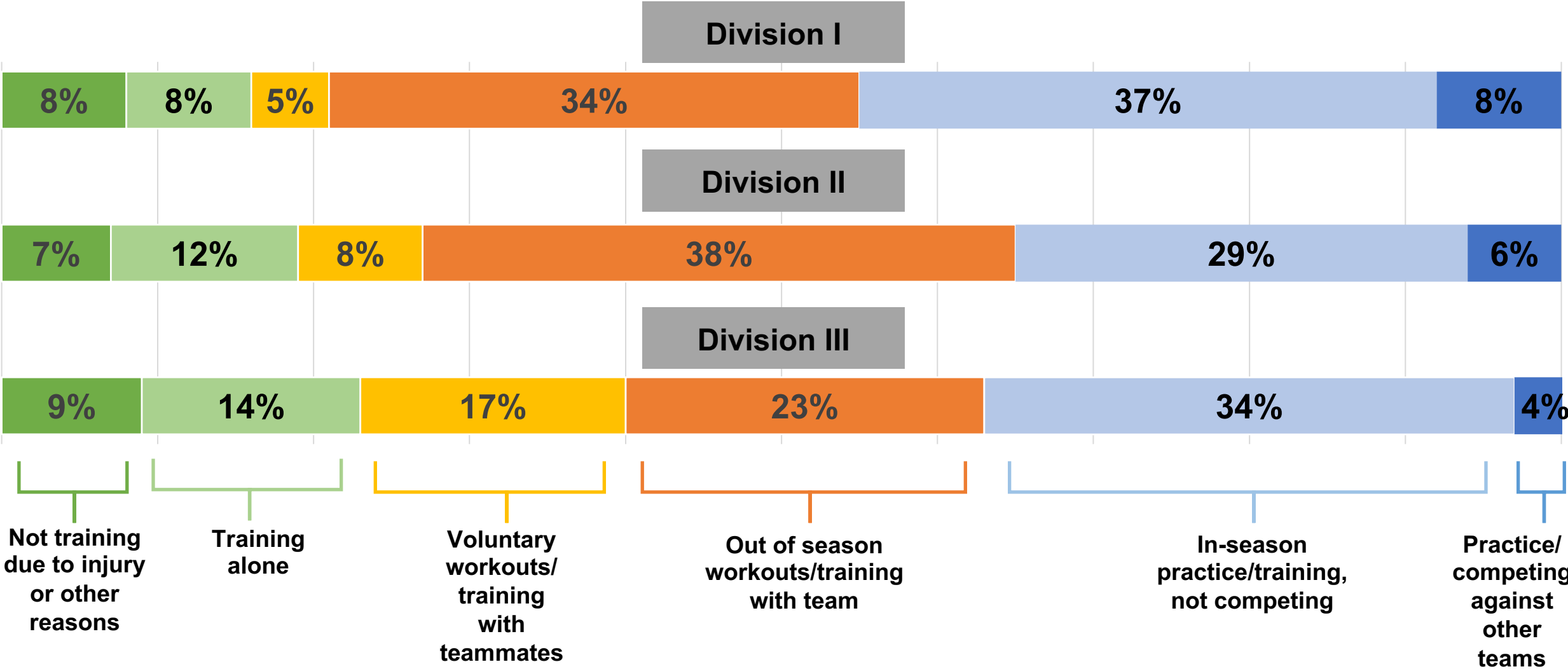


Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Athletics Training and COVID-19 Precautions

Division I

Fall 2020 Status of Sport Participation



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Access to Athletics Facilities (Participants Living On or Near Campus)

	Division I	Division II	Division III
All facilities	48%	54%	45%
Some facilities	48%	40%	44%
None	4%	6%	12%

Note: Participants living in another town/city away from campus in fall 2020 excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each column may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Training

(Percent of Division I Participants Who “Agree” or “Strongly Agree”)

Barriers to Training	Spring	Fall
Local regulations regarding travel, facility closures and public gatherings	84%	39%
Lack of access to appropriate facilities	80%	26%
Lack of access to appropriate equipment	73%	21%
Lack of access to training partners	68%	15%
Lack of access to coaches	52%	12%
Fear of exposure to COVID-19	45%	39%
Lack of motivation to train	39%	23%
Family/personal responsibilities	27%	11%
Too stressed or anxious to train	20%	17%
Too sad or depressed to train	13%	11%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Barriers to Training

(Percent of Division I Participants Who “Agree” or “Strongly Agree” by Race/Ethnicity)

Barriers to Training	Black	Latinx	Other	White
Fear of exposure to COVID-19	44%	41%	43%	37%
Local regulations (travel, facility closures and public gatherings)	36%	37%	41%	39%
Lack of access to appropriate facilities	26%	21%	28%	25%
Lack of access to appropriate equipment	24%	20%	24%	20%
Lack of motivation to train	23%	22%	26%	22%
Lack of access to training partners	17%	13%	17%	14%
Too stressed or anxious to train	17%	18%	20%	17%
Family/personal responsibilities	17%	18%	13%	9%
Lack of access to coaches	15%	10%	13%	11%
Too sad or depressed to train	11%	8%	13%	10%

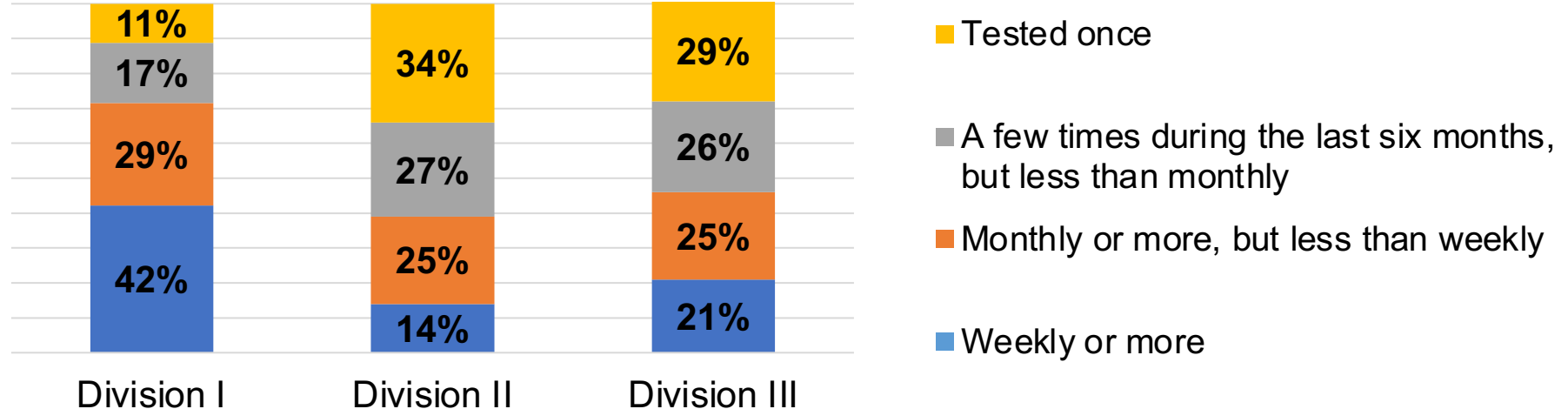
Note: Those unable to train due to injury were excluded from this item. Participants in all racial/ethnic groups decreased 5 percentage points or more from spring 2020 in barriers related to fear of exposure to COVID-19, local regulations, lack of access to facilities/equipment/training partners/coaches, lack of motivation to train and family/personal responsibilities. Black participants decreased 5 percentage points or more in the training barrier related to stress/anxiety. Latinx participants decreased 5 percentage points or more in both mental health barriers (too stressed/anxious and sad/depressed to train). “Other” includes American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial/ethnic identities. Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

COVID-19 Testing by Division

(Testing Experiences of Participants Living On or Near Campus)

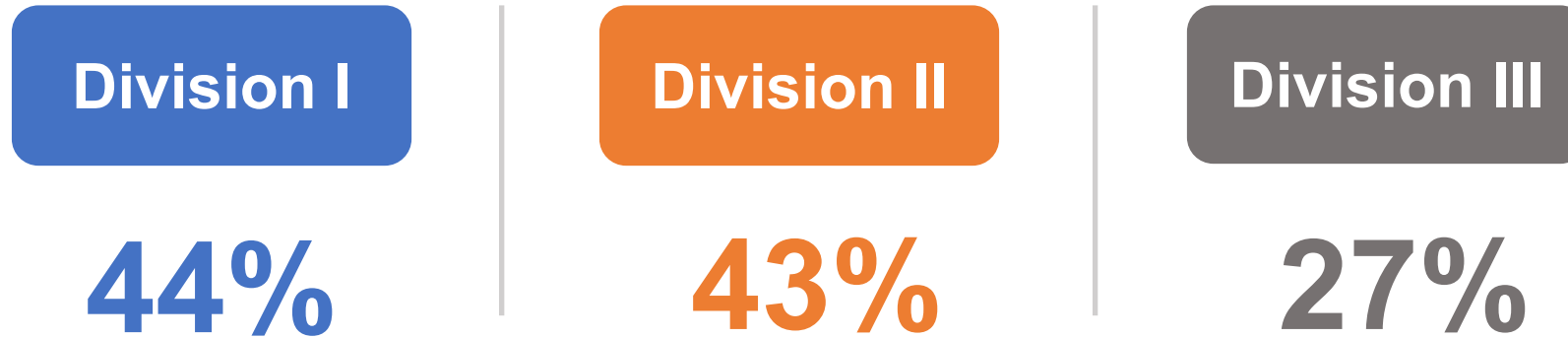
	Division I	Division II	Division III
Ever Had a COVID-19 Test	94%	82%	74%
Ever Tested Positive for COVID-19	14%	15%	8%

Frequency of Testing



Note: Participants living away from campus in another town excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Had to Isolate or Quarantine in the Fall Term Due to COVID-19 (Student-Athletes Living On or Near Campus)



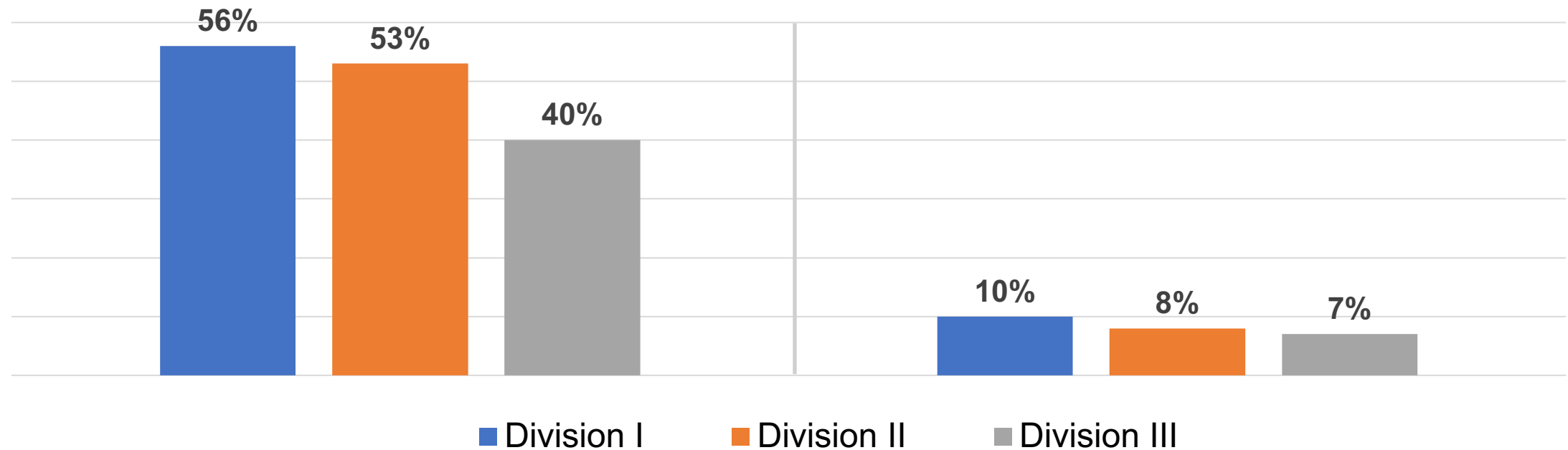
Note: Participants living away from campus in another town excluded. The survey asked, “Since the start of the term, have you had to isolate or quarantine due to COVID-19 (e.g., due to COVID-related symptoms, exposure or campus outbreak?” Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(By Division)

Had close friends or family test positive for COVID-19

Had someone close to them hospitalized or die due to COVID-19



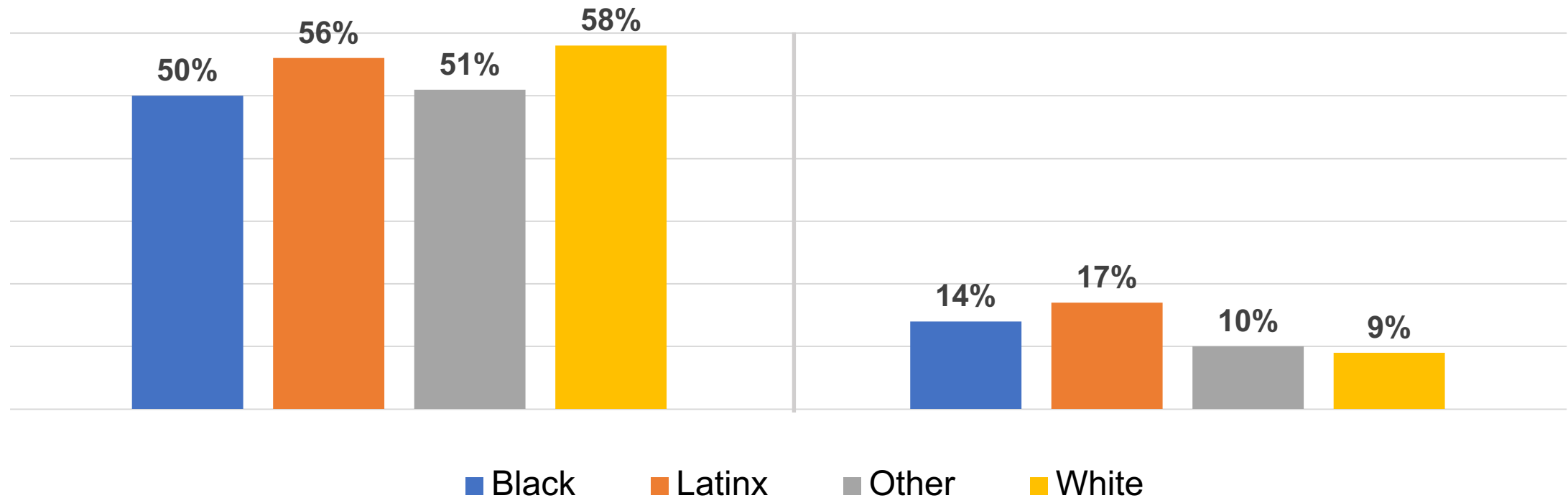
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(Division I Participants by Race/Ethnicity)

Had close friends or family test positive for COVID-19

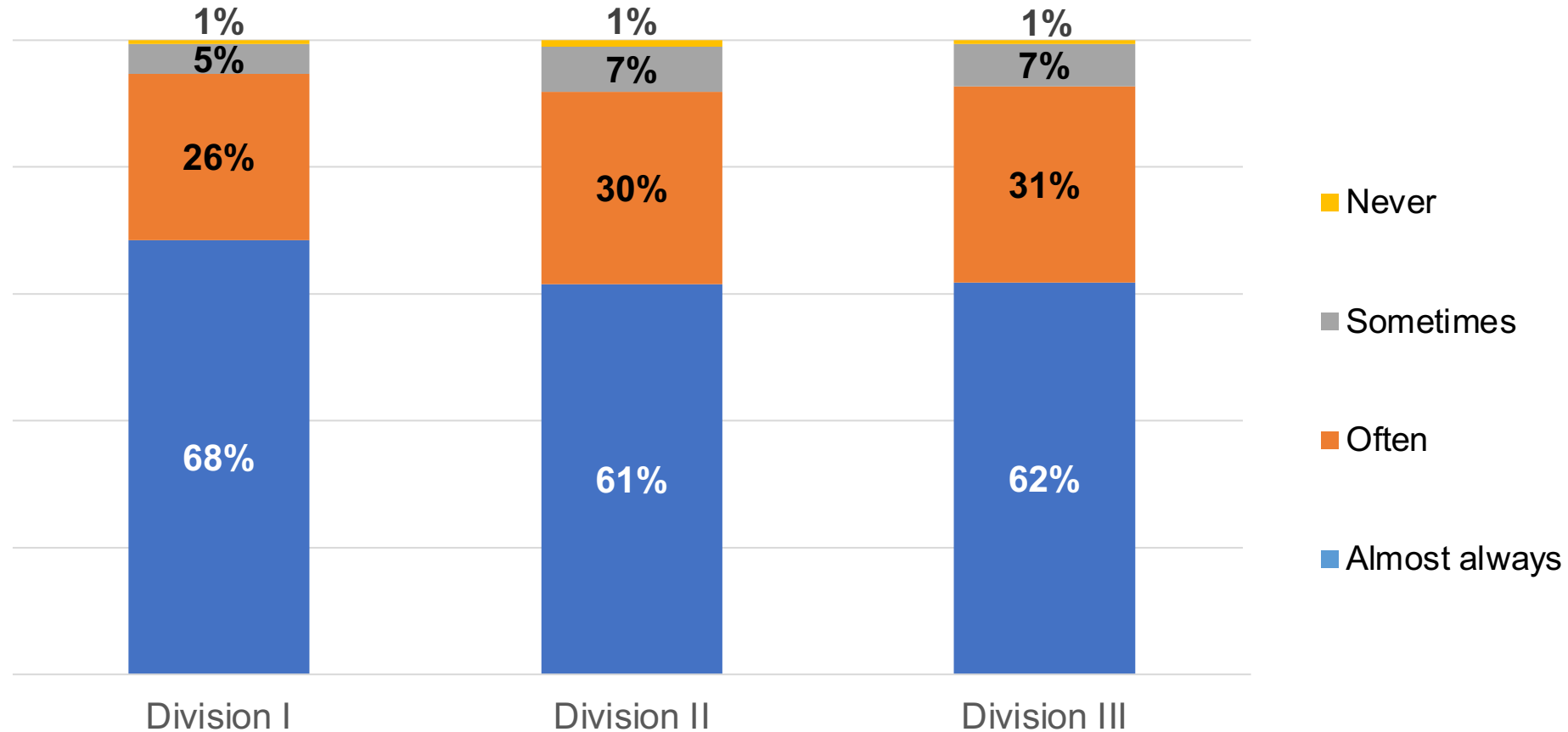
Had someone close to them hospitalized or die due to COVID-19



Note: "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19?

(By Division)



Note: The survey asked, “How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?” The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Race/Ethnicity)

	Division I	Division II	Division III
BIPOC	59%	57%	60%
White	57%	52%	58%

Note: BIPOC refers to Black, Indigenous and people of color. Top 2 points on a 6-point scale.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Living Location)

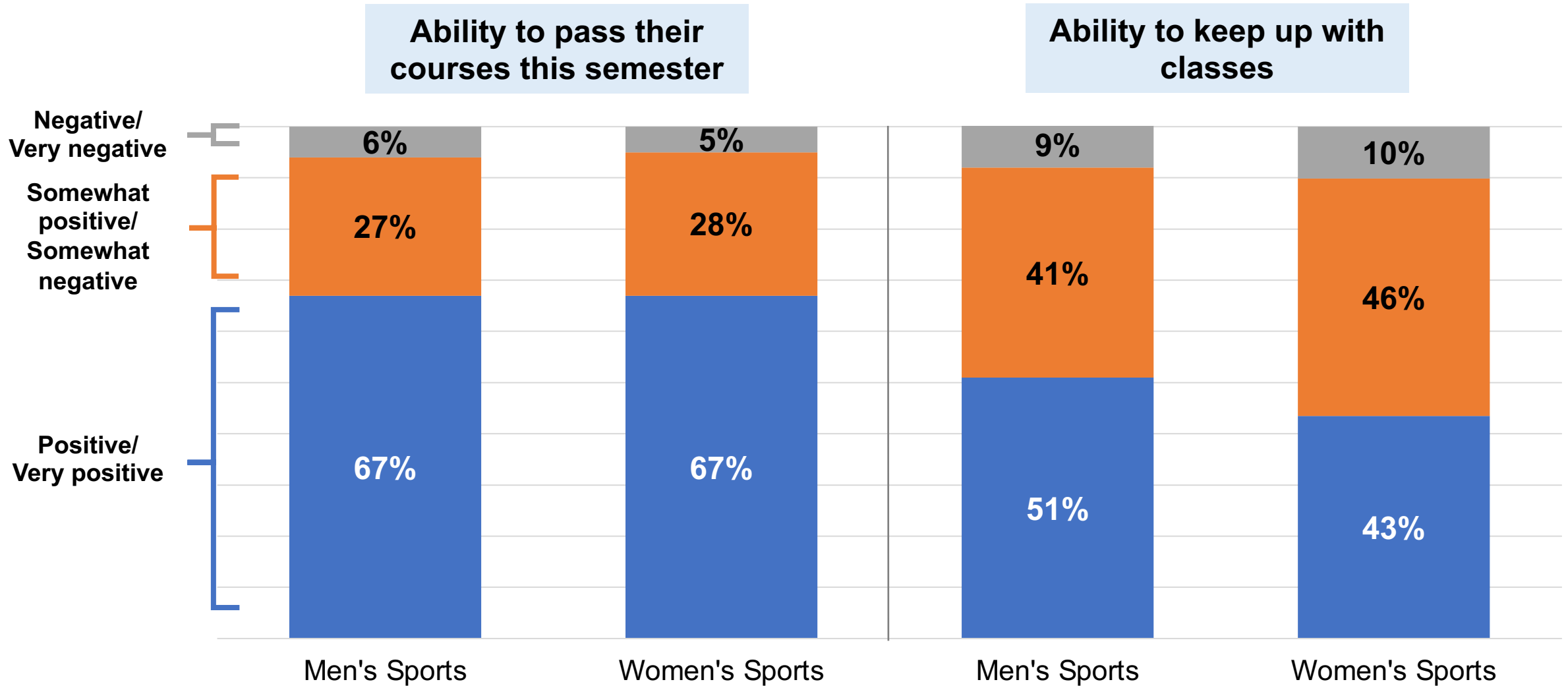
	Division I	Division II	Division III
On campus	62%	57%	62%
Off campus in college town	54%	47%	54%
In another town	50%	51%	52%

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Academics, Graduation and Career Planning

Division I

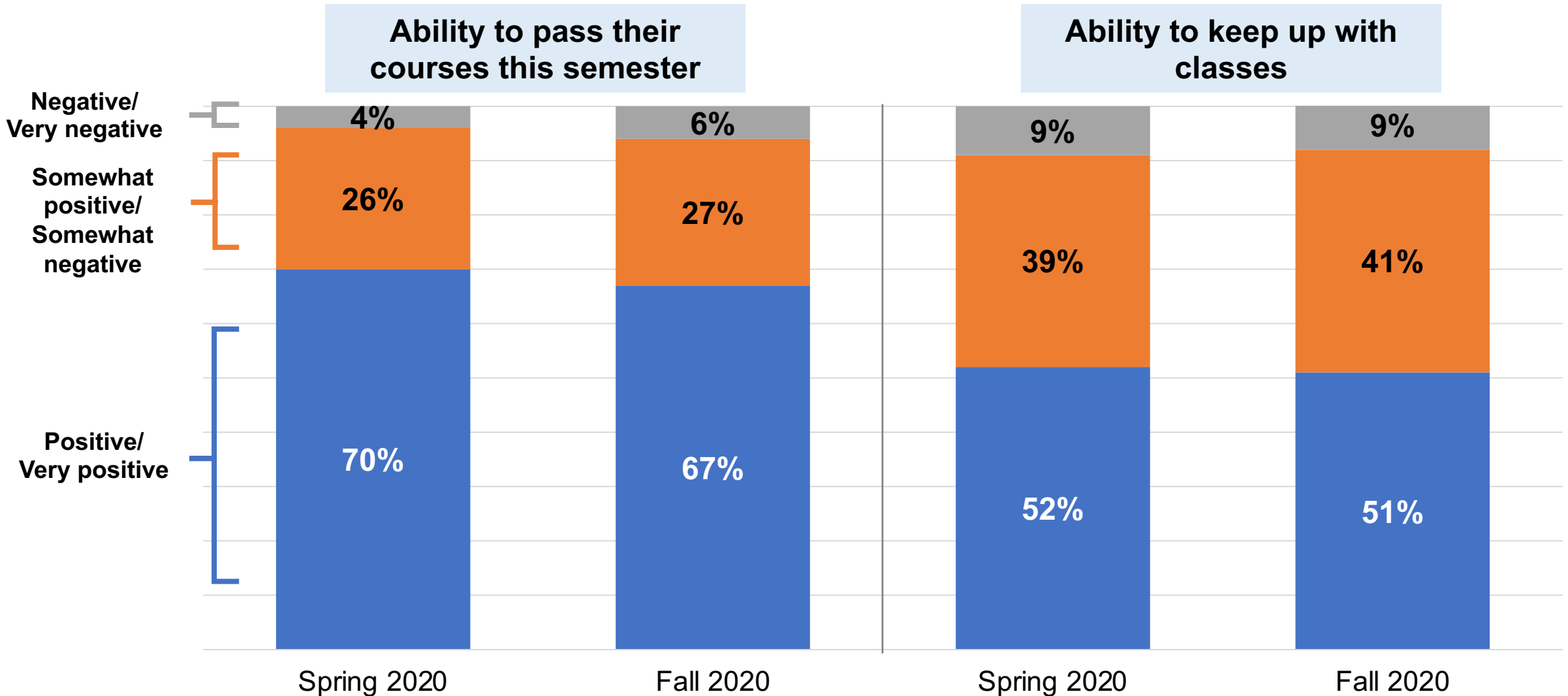
Feelings about ... (Division I Participants)



Note: DI participants not enrolled in fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

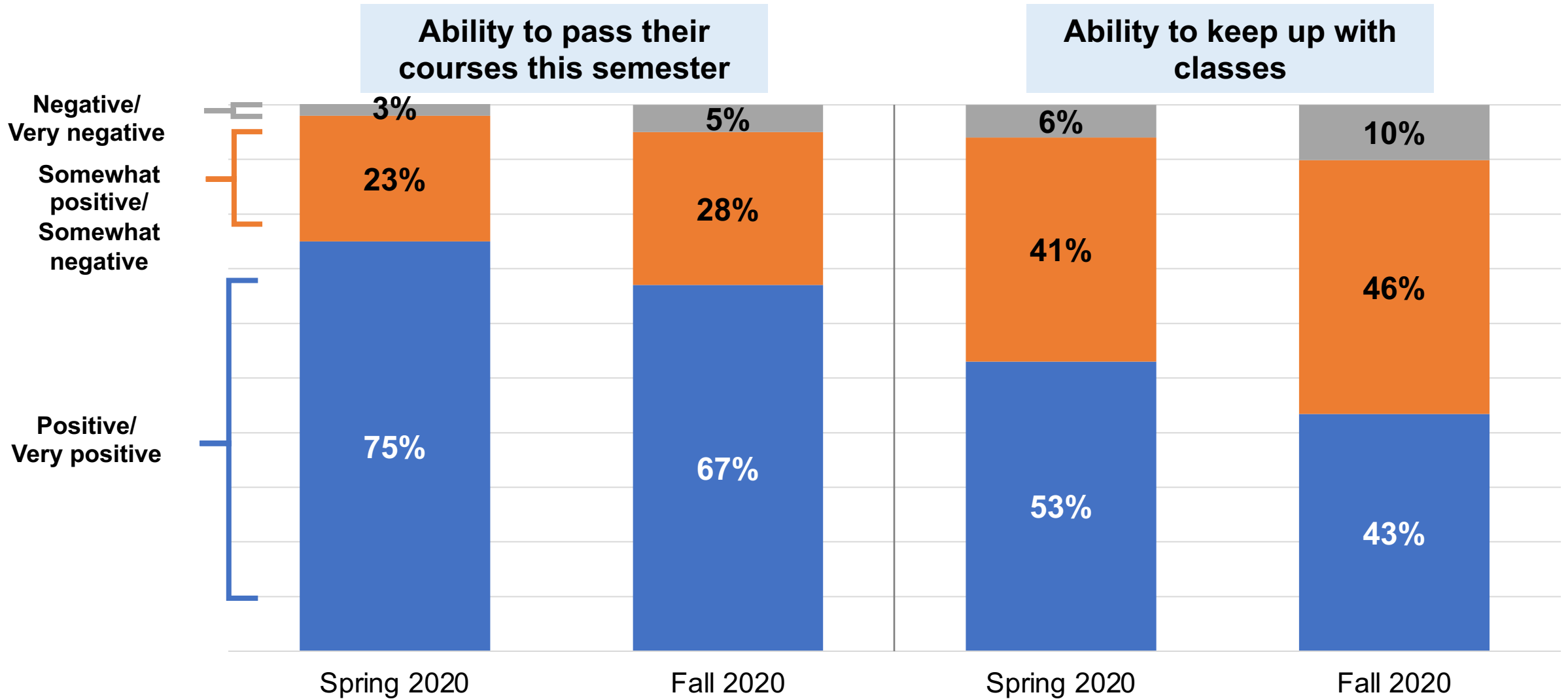
Feelings about ...

(Division I Men's Sports Participants)



Note: DI men's sports participants not enrolled in spring or fall classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Feelings about ... (Division I Women's Sports Participants)

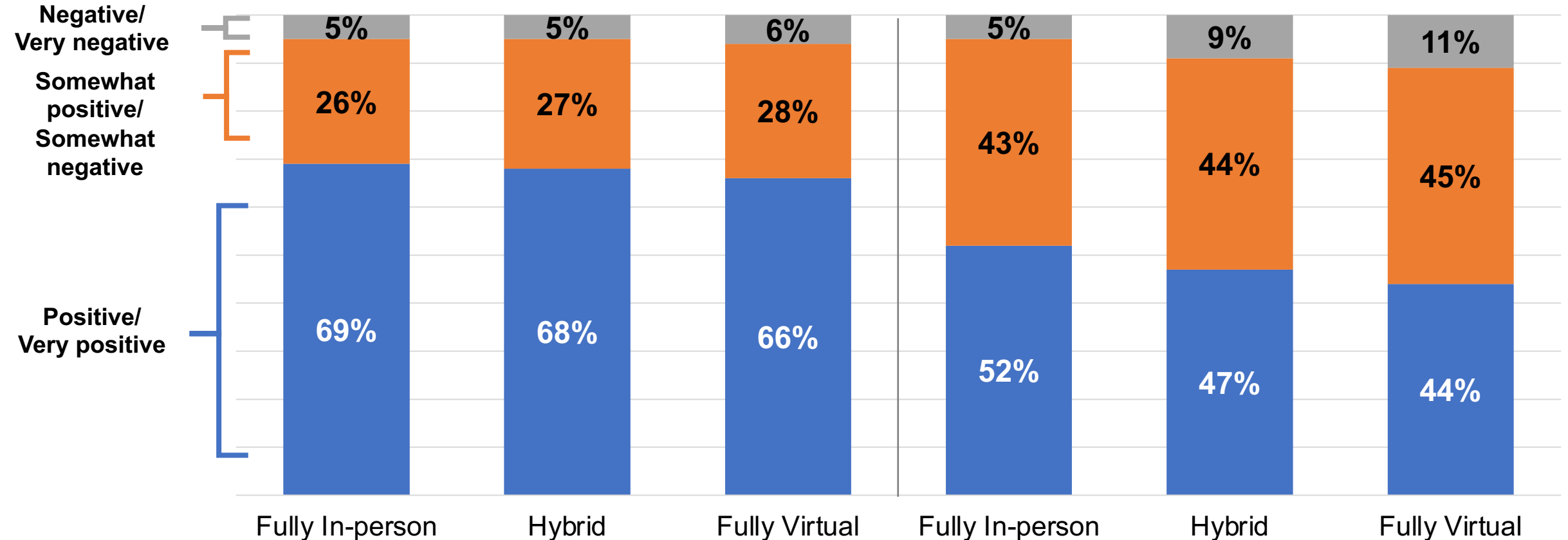


Note: DI women's sports participants not enrolled in spring or fall classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Feelings about ... (Division I Participants)

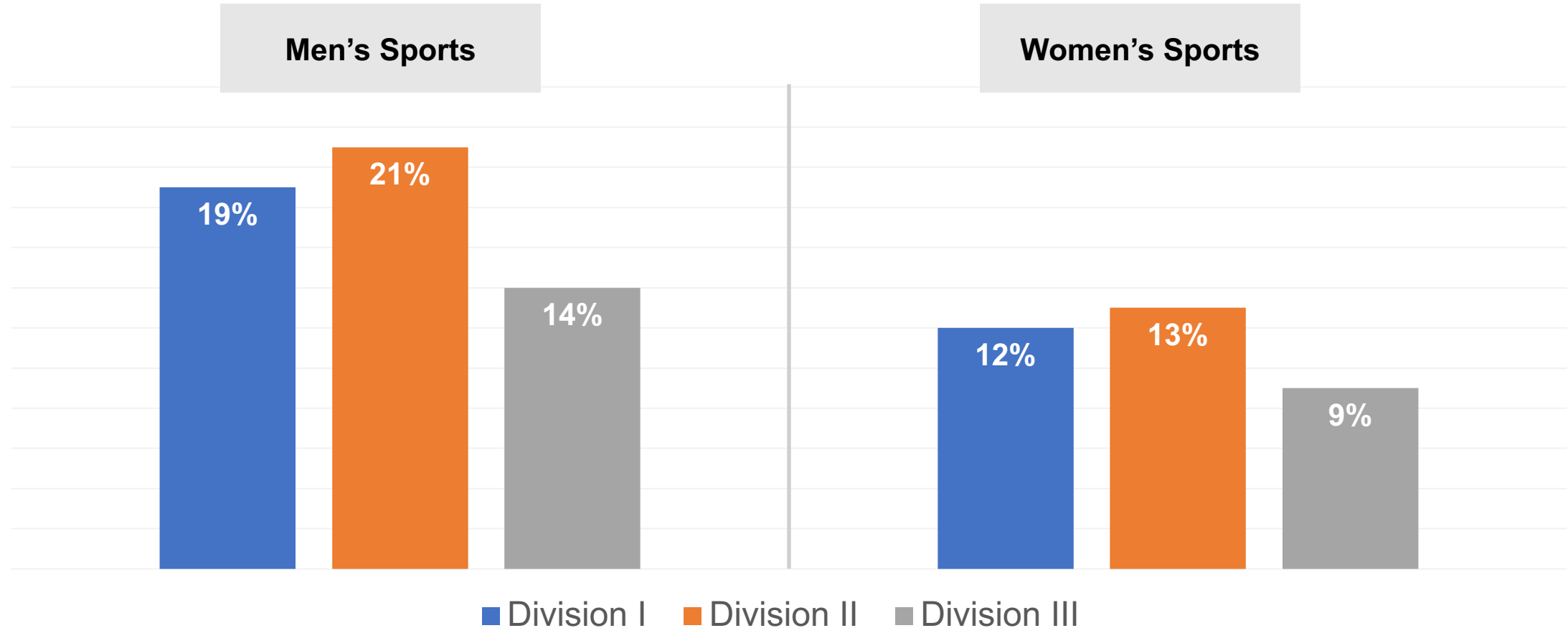
Ability to pass their
courses this semester

Ability to keep up with
classes



Note: Participants not enrolled in fall 2020 classes excluded. Those who reported attending fully virtual classes represented 41% of the DI sample (N=3,800). Those attending fully in-person classes represented 3% of the DI sample (N=250). Those attending a blend of virtual and in-person classes represented 55% of the DI sample (N=5,118). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Delay in Expected Time of Graduation Due to the Pandemic (Senior Participants)



Note: The Fall Well-Being Survey asked, "Due to COVID-19, has your expected timing for college graduation changed?" Participants responding with "Yes, I expect to graduate later than previously thought" included. The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Delay in Expected Time of Graduation Due to the Pandemic

(Senior Participants)

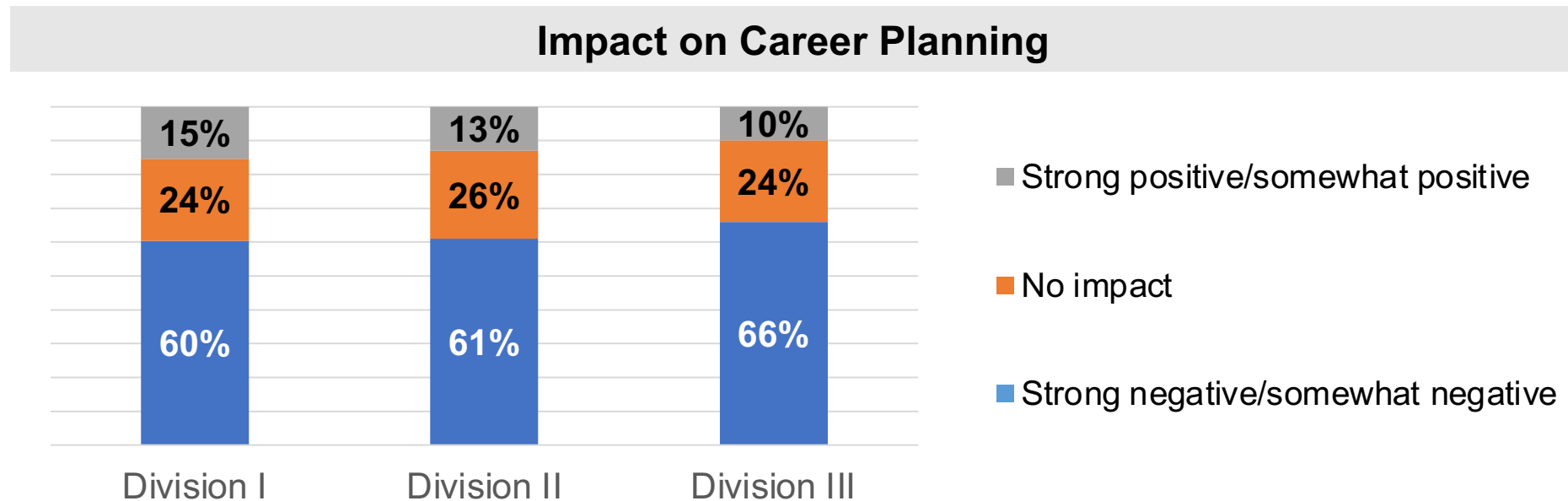
	Division I	Division II	Division III
Athletics reasons	70%	72%	59%
Academic reasons	54%	56%	63%
Financial reasons	15%	19%	15%
Other reasons	10%	8%	8%

Note: Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of the COVID-19 Pandemic on Career Plans

(Senior Participants)

	Division I	Division II	Division III
Lost or opted out of a job or internship	44%	44%	54%



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Desired Resources

Division I

Desired Educational Resources from the NCAA

(Percent of Division I Participants Who Responded “Very Interested” in Receiving Resource)

	DI Men's Sports	DI Women's Sports
Preparing for life after sport	49%	55%
Sports to career transferable skills	49%	51%
Personal branding	36%	32%
Leadership skills training	34%	40%
Financial awareness/literacy	32%	31%
Career planning	29%	32%
Diversity and inclusion	18%	29%
Health and safety information related to COVID-19	18%	26%

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How athletics staff or coaches can support athlete well-being (Division I)

▶ **Attend to physical health when reacclimating to sport**

- ▶ “[I am] so behind due to isolation from COVID. Stressful trying to get caught back up in school while also trying to get back in shape to compete. Body and mind are still recovering from isolation even weeks after.” –Division I women’s swimming
- ▶ “Allow us to take our time to come back especially after recovering from COVID. Understand what it did to us mentally and physically while being sick.” – Division I women’s track and field

▶ **Continue to provide workouts for those not actively competing/practicing**

- ▶ “Being able to have more access to actual facilities will help me more mentally. I have learned that as an athlete, when I am physically in shape my mind is prepared and able to handle all scenarios.” – Division I men’s swimming
- ▶ “Provide us with training. Lifting, swimming conditioning and water polo. Even zoom workouts would be appreciated.” –Division I women’s water polo

How athletics staff or coaches can support athlete well-being (Division I)

- ▶ **Establish or maintain regular coach-athlete team/individual check-ins and peer support**
 - ▶ “Have the coaching staff hold team meetings frequently advising people to seek help if needed. Enforce older athletes in checking in on new-comers.” – Division I baseball
 - ▶ “I think continuing to check in with us [...] This is a hard semester and one day we could be doing fine and the next we could be really struggling...Check in and be understanding with the situation.’ –Division I bowling
 - ▶ “Check in with us weekly and be more concerned about our mental health than how we are performing in our respective sport. That being said, also talking with us, maybe after practices about our play.” –Division I softball

How athletics staff or coaches can support athlete well-being (Division I)

- ▶ **Make modifications that reflect the impact of COVID-19 on individual and team well-being**
 - ▶ “They could just have more of an understanding of our youth, and desire to be around our friends, and not result to drastic measures when athletes are violating COVID regulations, but instead treat them like a regular student and place them in quarantine.” – Division I men’s golf
 - ▶ “Maybe offer some fun activities to encourage some safe social bonding with other athletes because it is can feel very isolating to be only engaging with your teammates because of COVID restrictions.” –Division I women’s swimming
 - ▶ “The most important thing that they could do is be understanding. We (student-athletes) are navigating difficult waters with areas of uncertainty and the effects of COVID-19 on ourselves, friends, families, loved ones, etc. and it is different for everyone. We just want our athletics department to be cognizant of what we are going through [...] I feel that there has been a sense of that latitude, but we hope that understanding is continued.” –Division I men’s wrestling

How athletics staff or coaches can support athlete well-being (Division I)

► **Prioritize student-athlete mental health**

- ▶ “Focus and check in more on the mental health side of the spectrum. A lot of guys have too much pride to admit they're struggling, especially football guys.” – Division I football
- ▶ “Recognize that mental health affects everything we do in life. For some people, sports can have a positive effect and for others a negative. Recognize this, normalize conversations about mental health, and recognize that different people with different identities will be impacted by different factors. Also not judging students for negative mental health.” —Division I women's track and field

DIVISION II

Participant Demographics

Division II

Number of Responses by Division II Conference

Conference	N	%
Sunshine State	720	17.8%
GAC	637	14.7%
GLIAC	599	13.2%
NE10	792	13.1%
ECC	270	12.6%
SAC	641	11.2%
Great Northwest	273	10.9%
PSAC	797	10.9%
CACC	296	8.8%
MIAA	374	7.5%
CIAA	166	6.6%
GLVC	429	6.4%

Conference	N	%
Peach Belt	164	6.0%
NSIC	359	5.9%
PacWest	173	5.9%
MEC	279	5.8%
RMAC	327	5.6%
SIAC	167	5.5%
G-MAC	276	5.4%
Conference Carolinas	265	5.1%
Lone Star	257	4.9%
Gulf South	189	4.4%
CCAA	116	3.3%
Independent	27	2.6%

Note: Conference participation percentages derived from N in sample divided by all participating NCAA Championship student-athletes in conference ([2019-20 NCAA Sports Sponsorship and Participation Rates Report](#)); cross country and indoor track removed to avoid double-counting. 469 Division II student-athletes did not list their conference. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Number of Responses by Sport Participation

(Division II Participants)

Men's Sports	N	%
Baseball	628	5.7%
Basketball	271	5.0%
Cross Country	259	6.8%
Football	675	3.6%
Golf	175	7.8%
Lacrosse	284	9.6%
Soccer	368	5.3%
Swim and Dive	132	8.1%
Tennis	92	5.9%
Track and Field	475	6.1%
Wrestling	124	6.2%

Women's Sports	N	%
Basketball	687	14.4%
Bowling	60	18.9%
Cross Country	393	10.3%
Field Hockey	221	26.4%
Golf	198	12.7%
Gymnastics	57	48.3%
Lacrosse	436	15.6%
Rowing	61	12.8%
Soccer	909	12.0%
Softball	893	14.4%
Swim and Dive	311	14.3%
Tennis	223	11.5%
Track and Field	761	9.9%
Volleyball	731	14.4%

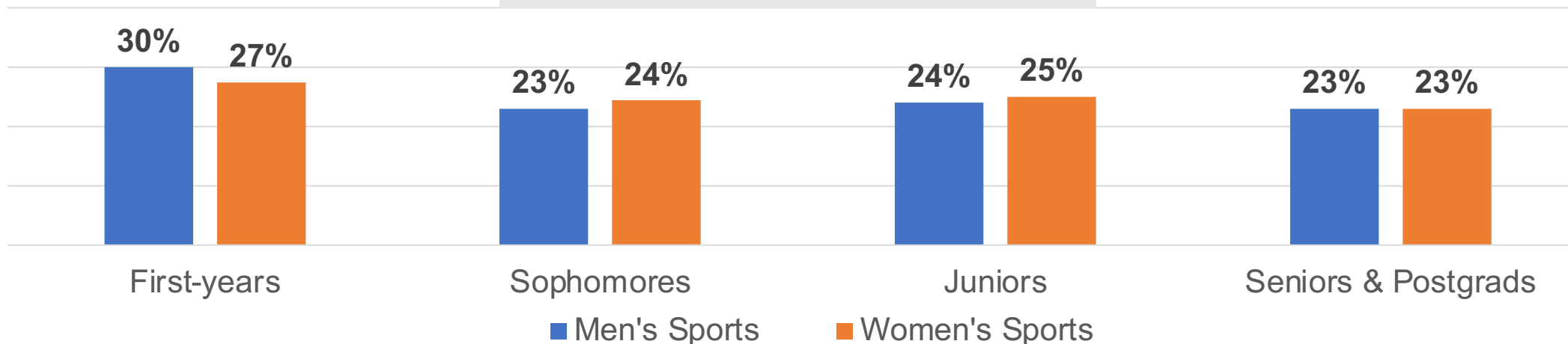
Note: Sport participation percentages derived from N in sample divided by all participating Division II SAs in the sport ([2019-20 NCAA Sports Sponsorship and Participation Rates Report](#)). Multisport athletes counted in each sport. Co-ed and emerging sports not included in table due to low participation Ns at the divisional-level. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Representativeness of Sample, Division II Participants

Racial Demographics

	Men's Sports		Women's Sports	
	Fall 2020 Survey	Demographics Data	Fall 2020 Survey	Demographics Data
White	67%	53%	76%	64%
Black	15%	24%	8%	13%
Other	18%	23%	16%	23%

Academic Status



Notes: 3,274 men's sports and 5,695 women's sports participants in the Division II sample. An additional 21 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020), [NCAA Demographics Database](#) (2020).

Campus Living and Learning

Division II

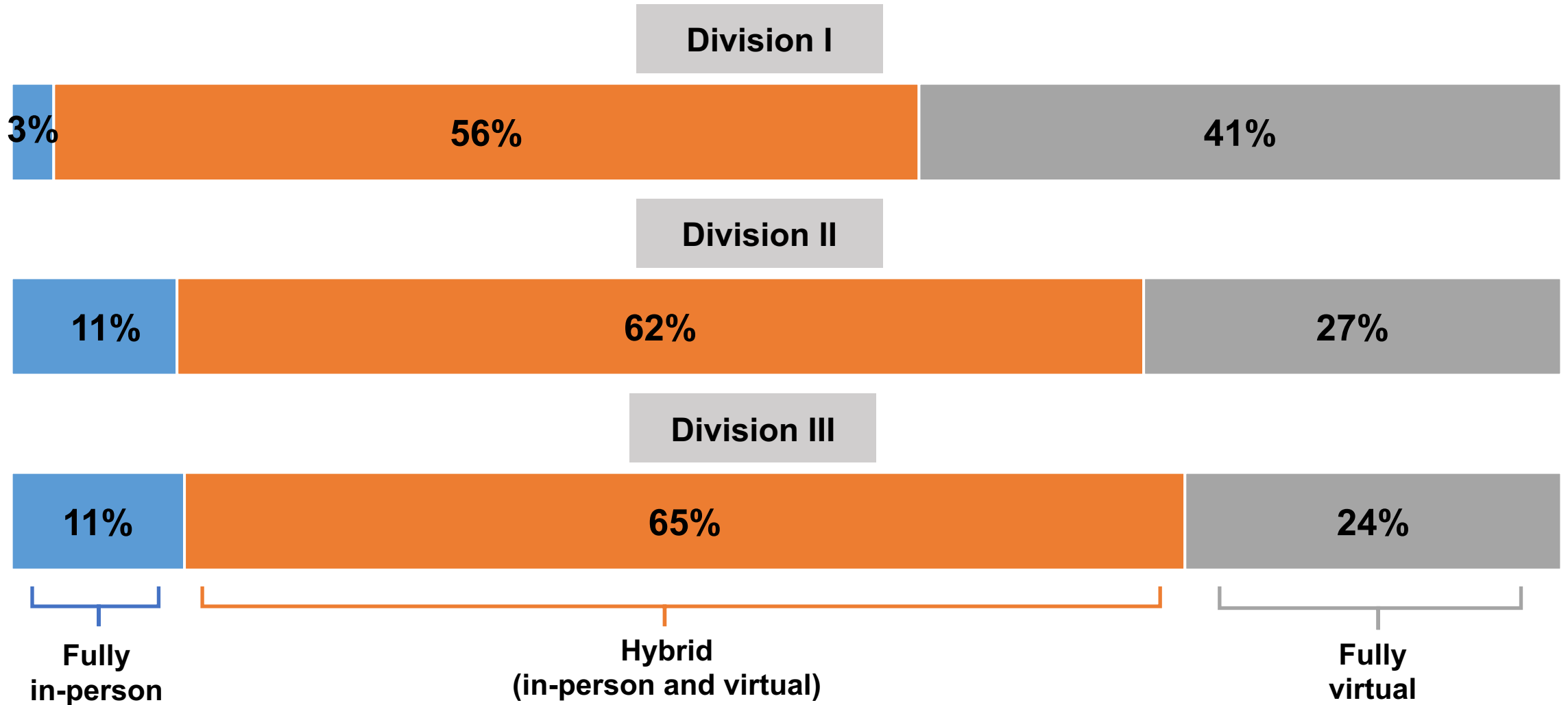
Fall 2020 Living Arrangements (By Division)

Household	Division I	Division II	Division III
With teammates or friends	80%	71%	71%
With family	11%	17%	17%
Alone	8%	10%	11%
Other living situation	1%	2%	2%

Location	Division I	Division II	Division III
On campus	48%	56%	61%
Off campus in college town	42%	31%	24%
In another town	10%	13%	14%

Note: The sum of percentages in each column may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment



Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment (Participants Living On or Near Campus)

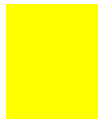
	Division I	Division II	Division III
Hybrid (blend of virtual and in-person)	60%	69%	72%
Fully virtual	37%	19%	16%
Fully in-person	3%	12%	12%

Note: Participants not enrolled in fall 2020 classes (1% of sample, N=132) and living in another town/city away from campus (12% of sample, N=2,884) excluded. Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

(Percent of DII Participants Who Endorsed “Agree” or “Strongly Agree”)

	Spring	Fall
I have a stable housing situation for at least the next two months.	90%	91%
I have access to enough food to meet my needs each day.	91%	86%
I feel confident in my ability to manage my exposure to COVID-19.	82%	74%
I know how to access a medical provider for physical health needs in my area.	81%	85%
Healthy food options are reliably available to me.	77%	67%
I know how to access mental health support in my area.	59%	70%



Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey



Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Fall 2020 Living Environment

(Percent of Division II Participants Who Endorsed “Agree” or “Strongly Agree”)

	DII Men’s Sports		DII Women’s Sports	
	Spring	Fall	Spring	Fall
I have a stable housing situation for at least the next two months.	88%	91%	92%	92%
I have access to enough food to meet my needs each day.	86%	84%	94%	87%
I feel confident in my ability to manage my exposure to COVID-19.	84%	79%	80%	71%
I know how to access a medical provider for physical health needs in my area.	80%	86%	81%	84%
Healthy food options are reliably available to me.	74%	69%	80%	66%
I know how to access mental health support in my area.	61%	72%	58%	68%



Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey



Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Mental Health Concerns

Division II

Mental Health Concerns During COVID-19 Pandemic

(Percent of Division II Participants Who Endorsed “Constantly” or “Most Every Day”)

	DII Men’s Sports		DII Women’s Sports	
	Spring	Fall	Spring	Fall
Felt overwhelmed by all you had to do	32%	28%	51%	50%
Experienced sleep difficulties	32%	19%	42%	28%
Felt mentally exhausted	26%	22%	38%	38%
Felt very lonely	21%	12%	32%	19%
Felt a sense of loss	20%	8%	28%	12%
Felt sad	16%	11%	30%	20%
Felt overwhelming anxiety	14%	11%	28%	29%
Felt overwhelming anger	12%	7%	12%	7%
Felt things were hopeless	11%	11%	14%	15%
Felt so depressed that it was difficult to function	7%	5%	10%	8%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division II participants responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DII Men ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	50%	78%	77%
Felt mentally exhausted	45%	68%	65%
Felt sad	23%	63%	55%
Felt very lonely	22%	58%	46%
Felt things were hopeless	17%	52%	48%
Felt overwhelming anxiety	18%	47%	43%
Felt overwhelming anger	18%	43%	34%
Felt so depressed that it was difficult to function	10%	28%	25%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=5,031 Division II men’s sports participants; Fall survey N=3,302 Division II men’s sports participants; ACHA-NCHA survey N=833 Division II men.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division II participants responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DII Women ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	72%	93%	92%
Felt sad	42%	85%	78%
Felt mentally exhausted	65%	84%	84%
Felt very lonely	37%	75%	63%
Felt overwhelming anxiety	38%	71%	70%
Felt things were hopeless	27%	67%	63%
Felt overwhelming anger	22%	49%	39%
Felt so depressed that it was difficult to function	18%	38%	37%

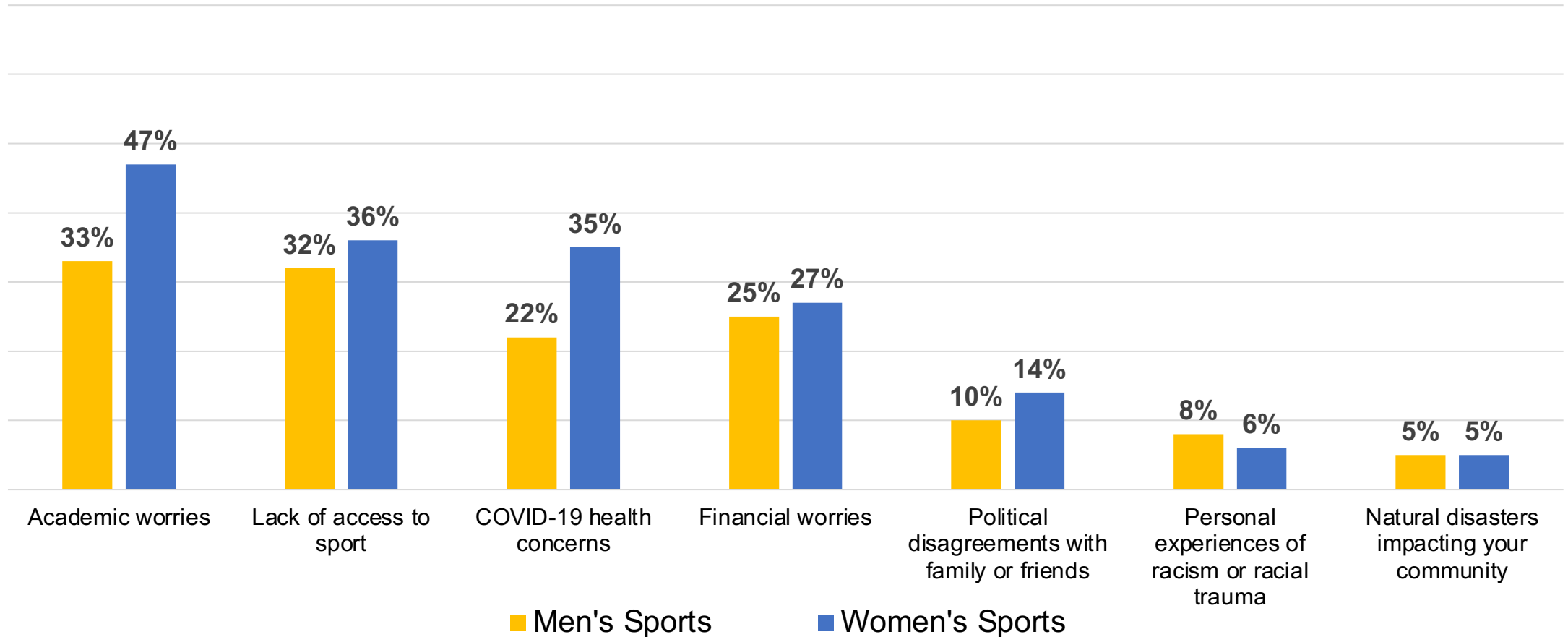
Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=5,801 Division II women’s sports participants; Fall survey N=5,845 Division II women’s sports participants; ACHA-NCHA survey N=1,536 Division II women.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Division II Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The Fall Well-Being Survey asked “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

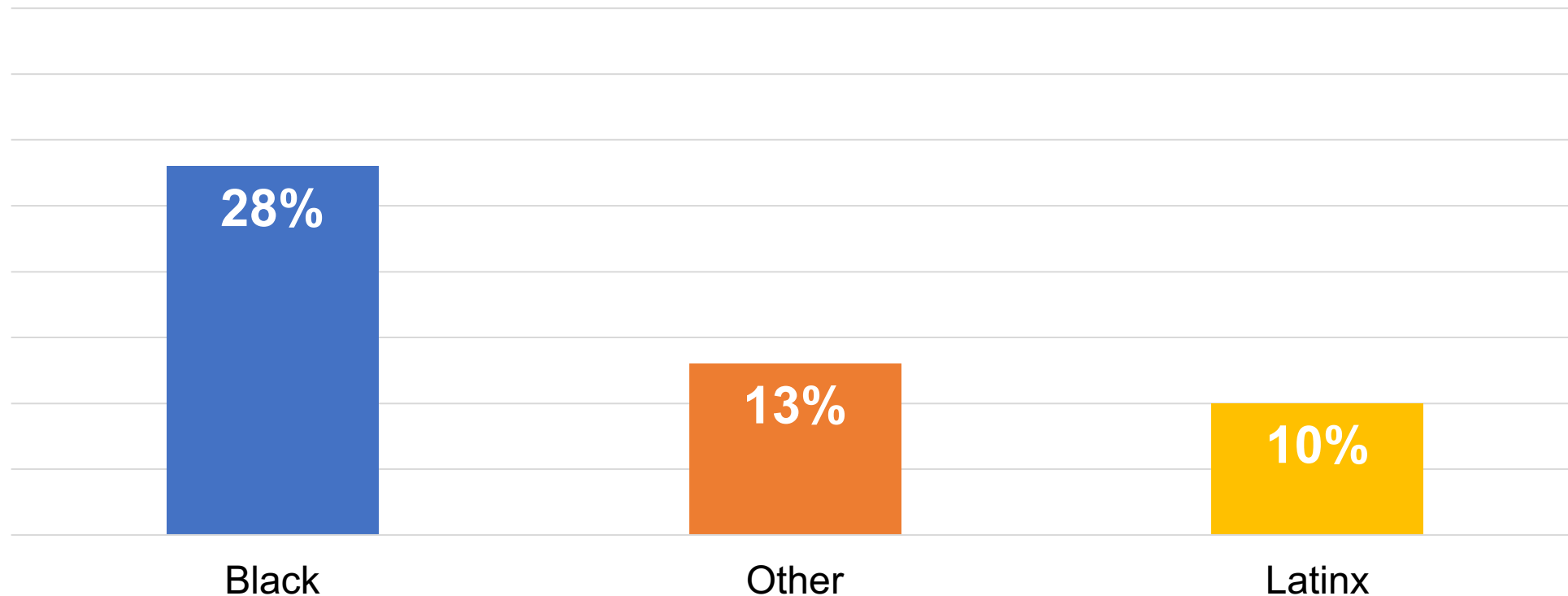
(Percent of Division II Participants Who Responded “Agree” or “Strongly Agree” by Race/Ethnicity)

	Black	Latinx	Other	White
Academic worries	41%	45%	45%	42%
Financial worries	36%	42%	33%	23%
Lack of access to your sport	32%	42%	34%	35%
COVID-19 health concerns	32%	37%	34%	29%
Personal experiences of racism or racial trauma	28%	10%	13%	3%
Political disagreements with family or friends	14%	14%	17%	12%
Natural disasters impacting your community	6%	13%	7%	4%

Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

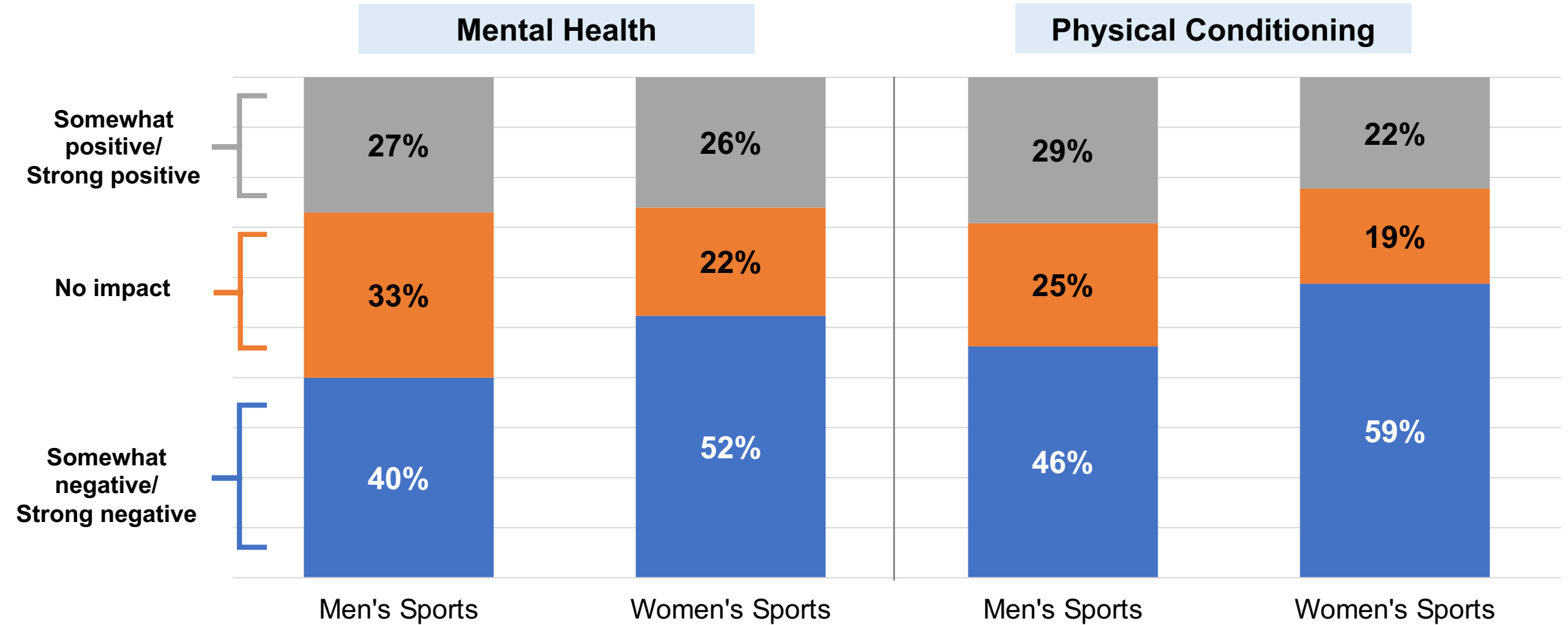
Personal Experiences of Racism or Racial Trauma Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Division II BIPOC Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. BIPOC refers to Black, Indigenous and people of color. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of Time Away from the College Sport Environment in the Spring and Summer on Mental and Physical Health (Division II)

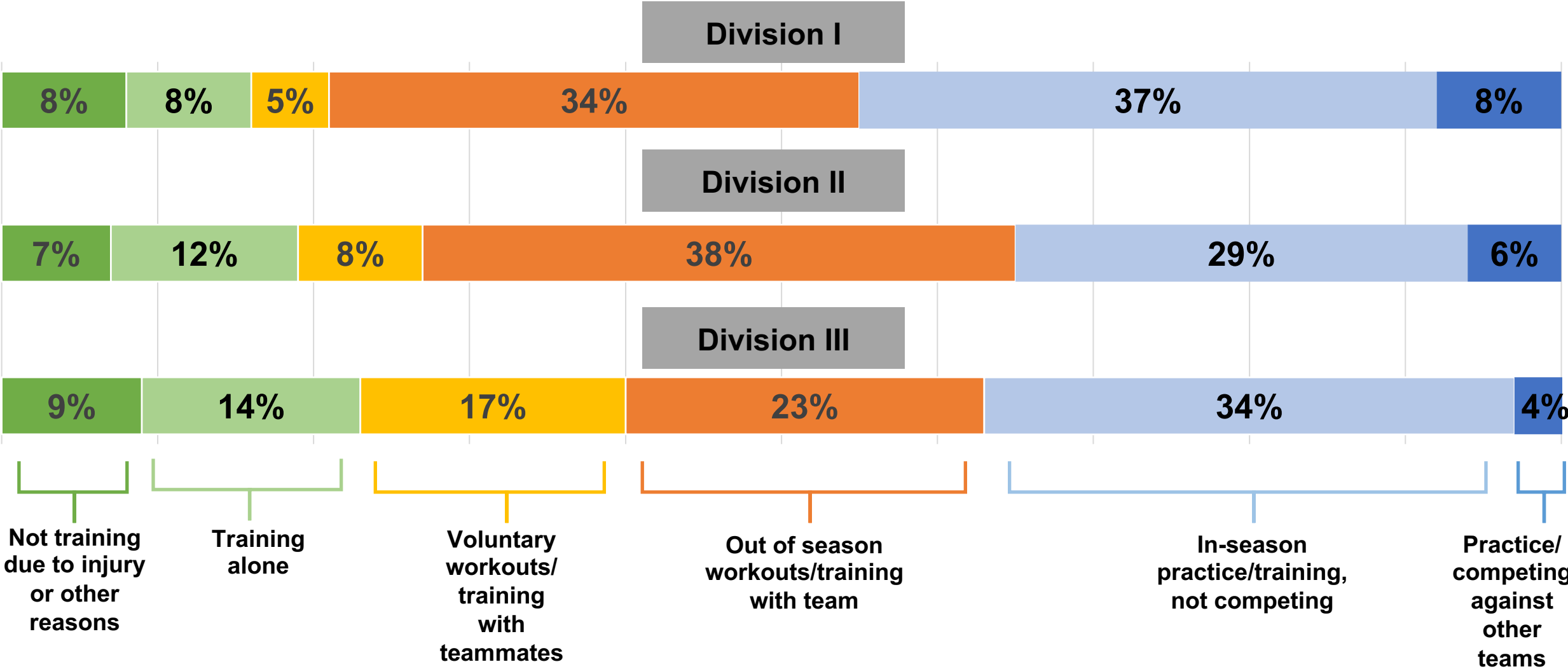


Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Athletics Training and COVID-19 Precautions

Division II

Fall 2020 Status of Sport Participation



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Access to Athletics Facilities (Participants Living On or Near Campus)

	Division I	Division II	Division III
All facilities	48%	54%	45%
Some facilities	48%	40%	44%
None	4%	6%	12%

Note: Participants living in another town/city away from campus in fall 2020 excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each column may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Training

(Percent of Division II Participants Who “Agree” or “Strongly Agree”)

Barriers to Training	Spring	Fall
Local regulations regarding travel, facility closures and public gatherings	81%	41%
Lack of access to appropriate facilities	79%	28%
Lack of access to appropriate equipment	72%	23%
Lack of access to training partners	68%	19%
Lack of access to coaches	50%	15%
Fear of exposure to COVID-19	42%	38%
Lack of motivation to train	39%	24%
Family/personal responsibilities	32%	13%
Too stressed or anxious to train	21%	17%
Too sad or depressed to train	13%	10%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

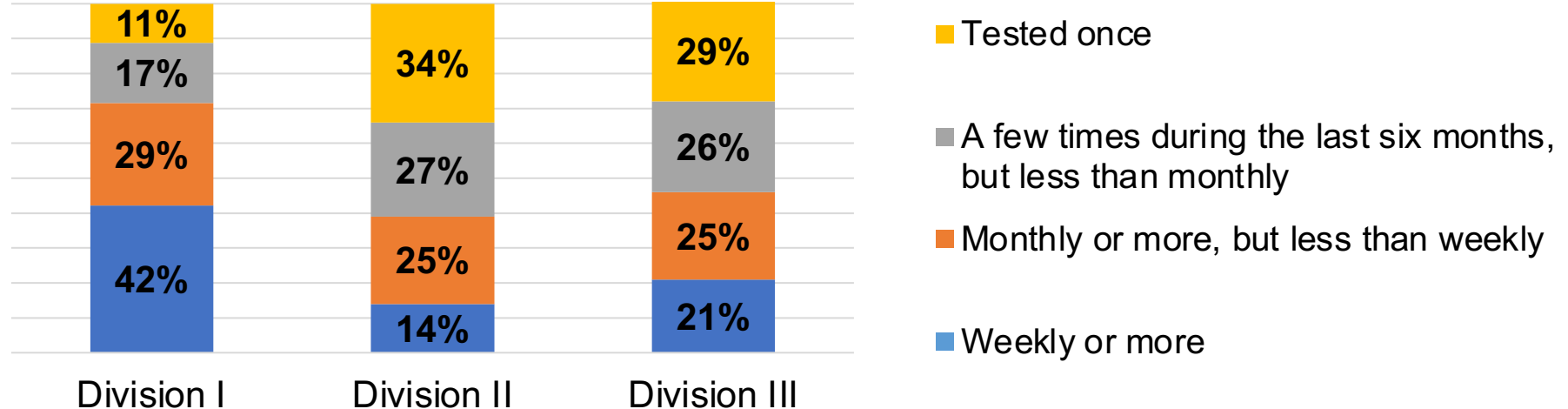
Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

COVID-19 Testing by Division

(Testing Experiences of Participants Living On or Near Campus)

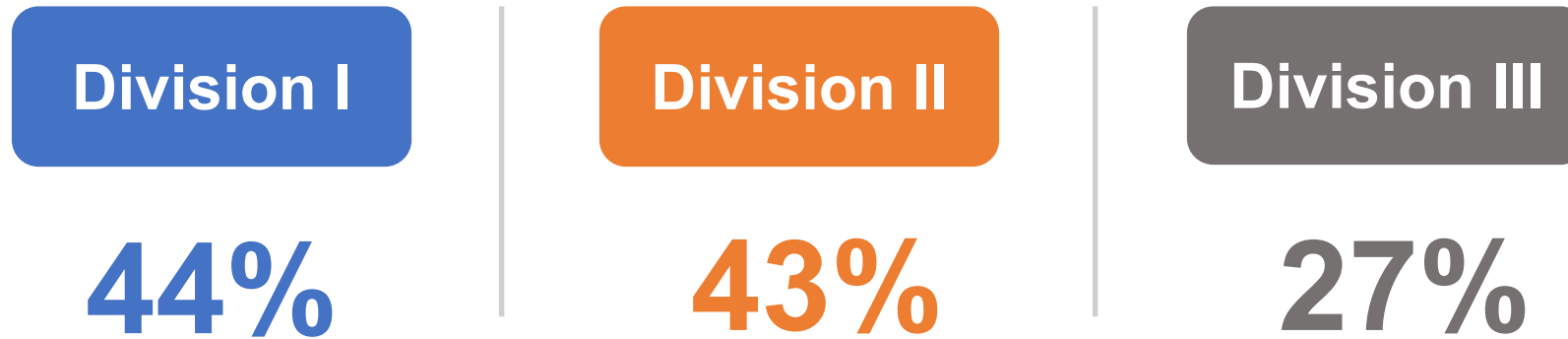
	Division I	Division II	Division III
Ever Had a COVID-19 Test	94%	82%	74%
Ever Tested Positive for COVID-19	14%	15%	8%

Frequency of Testing



Note: Participants living away from campus in another town excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Had to Isolate or Quarantine in the Fall Term Due to COVID-19 (Student-Athletes Living On or Near Campus)



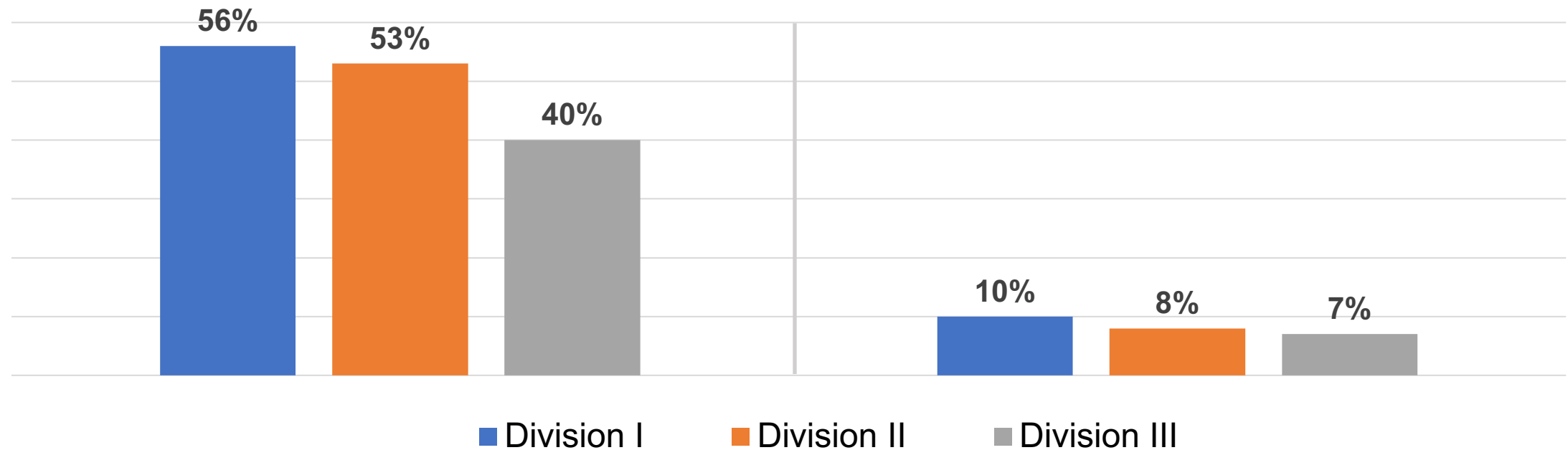
Note: Participants living away from campus in another town excluded. The survey asked, “Since the start of the term, have you had to isolate or quarantine due to COVID-19 (e.g., due to COVID-related symptoms, exposure or campus outbreak?” Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(By Division)

Had close friends or family test positive for COVID-19

Had someone close to them hospitalized or die due to COVID-19



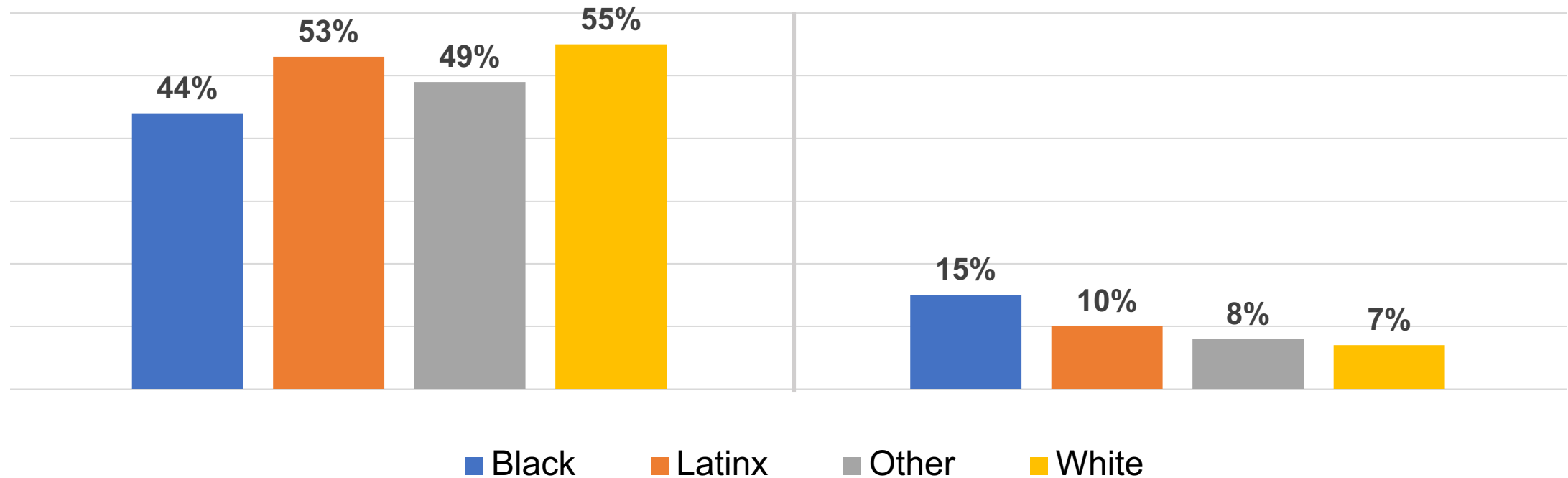
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(Division II Participants by Race/Ethnicity)

Had close friends or family test positive for COVID-19

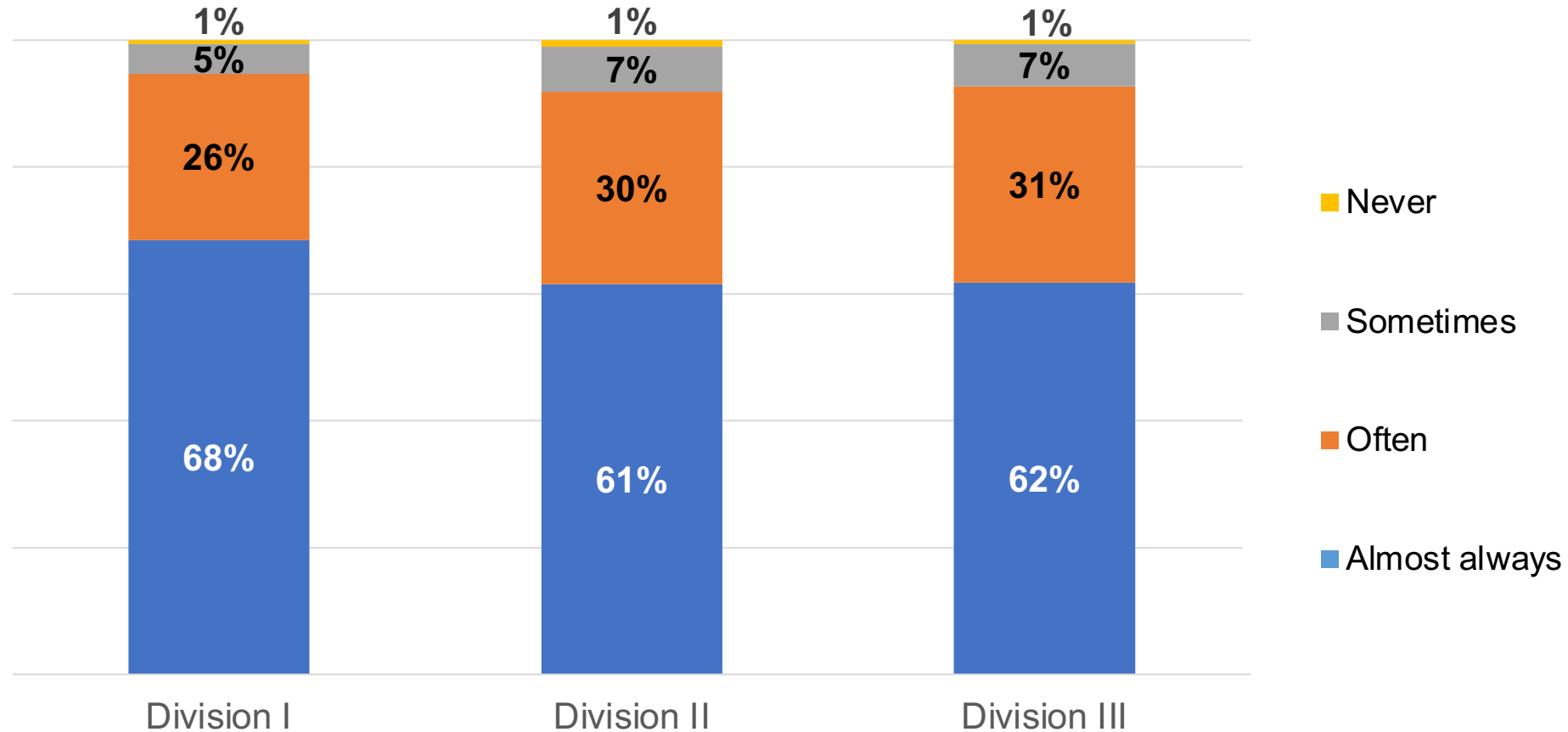
Had someone close to them hospitalized or die due to COVID-19



Note: "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19?

(By Division)



Note: The survey asked, “How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?” The sum of percentages in each bar may not equal 100% due to rounding.

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Race/Ethnicity)

	Division I	Division II	Division III
BIPOC	59%	57%	60%
White	57%	52%	58%

Note: BIPOC refers to Black, Indigenous and people of color. Top 2 points on a 6-point scale.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Living Location)

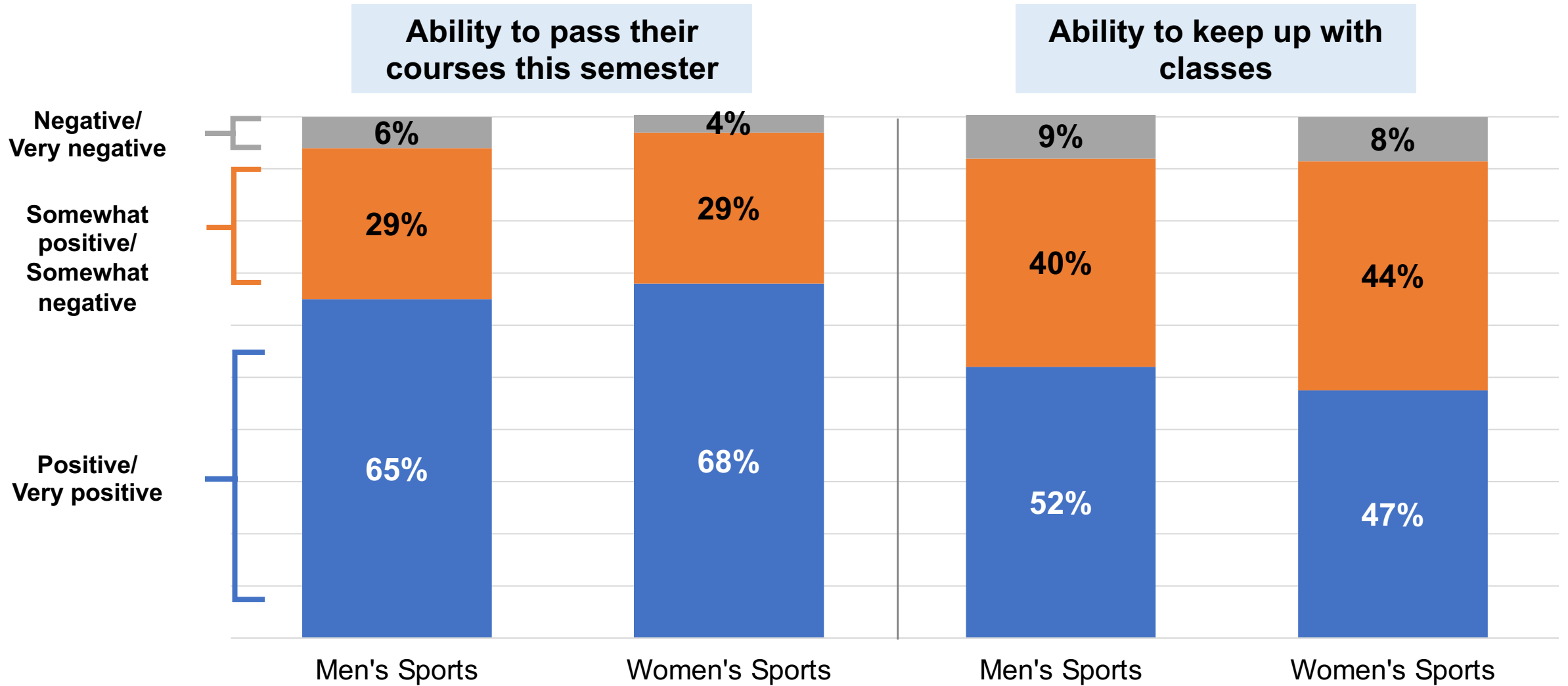
	Division I	Division II	Division III
On campus	62%	57%	62%
Off campus in college town	54%	47%	54%
In another town	50%	51%	52%

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Academics, Graduation and Career Planning

Division II

Feelings about ... (Division II Participants)



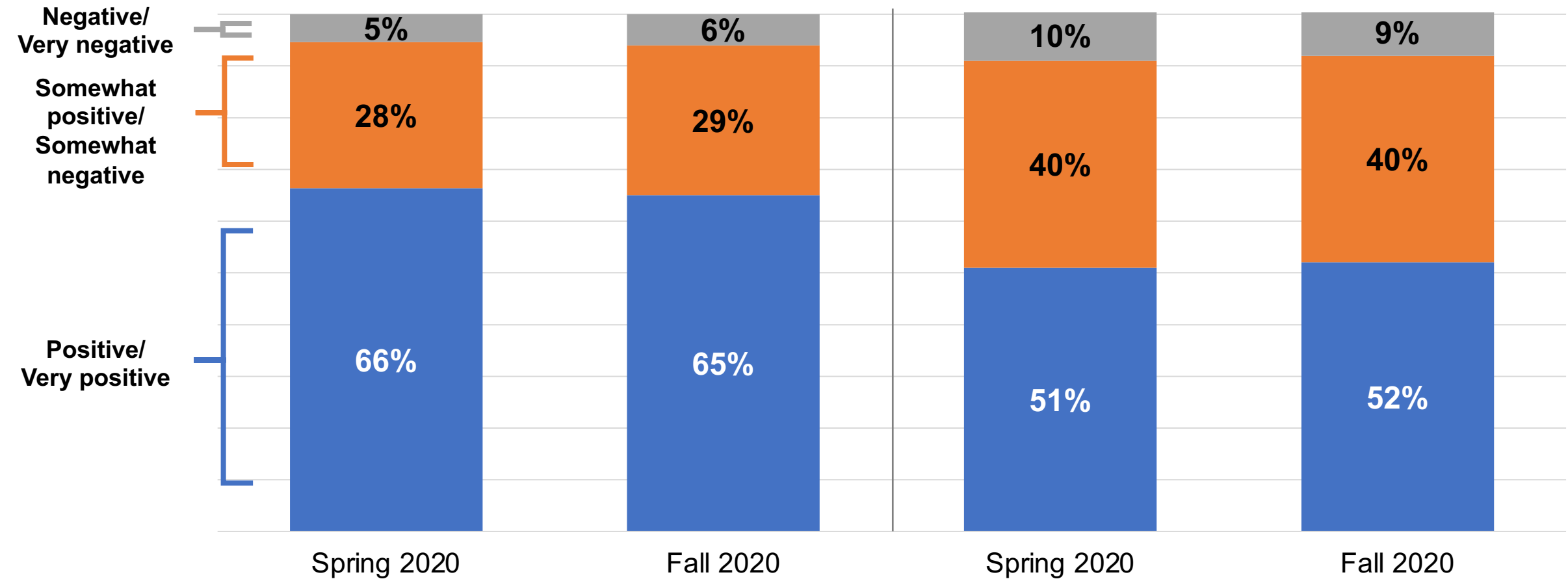
Note: DII participants not enrolled in fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Feelings about ...

(Division I Men's Sports Participants)

Ability to pass their
courses this semester

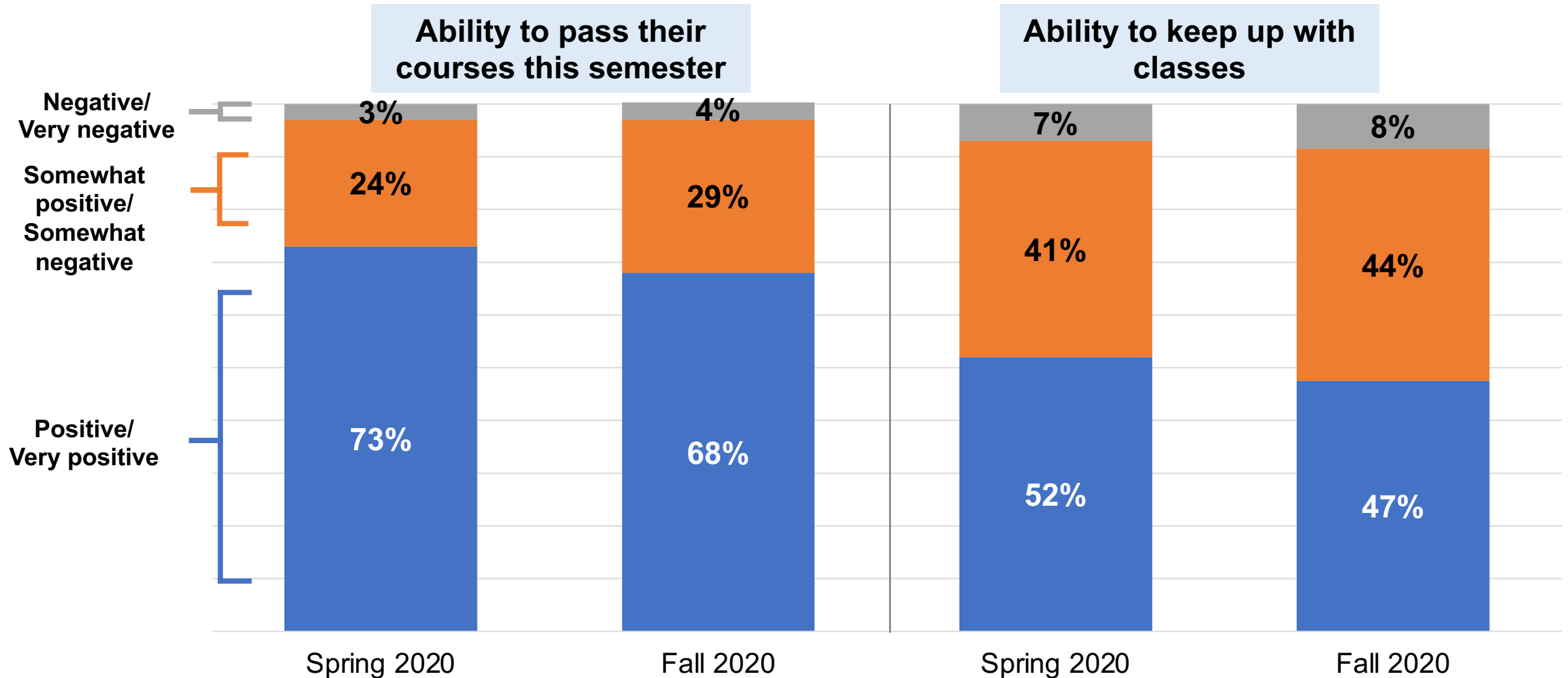
Ability to keep up with
classes



Note: DII men's sports participants not enrolled in spring or fall classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Feelings about ...

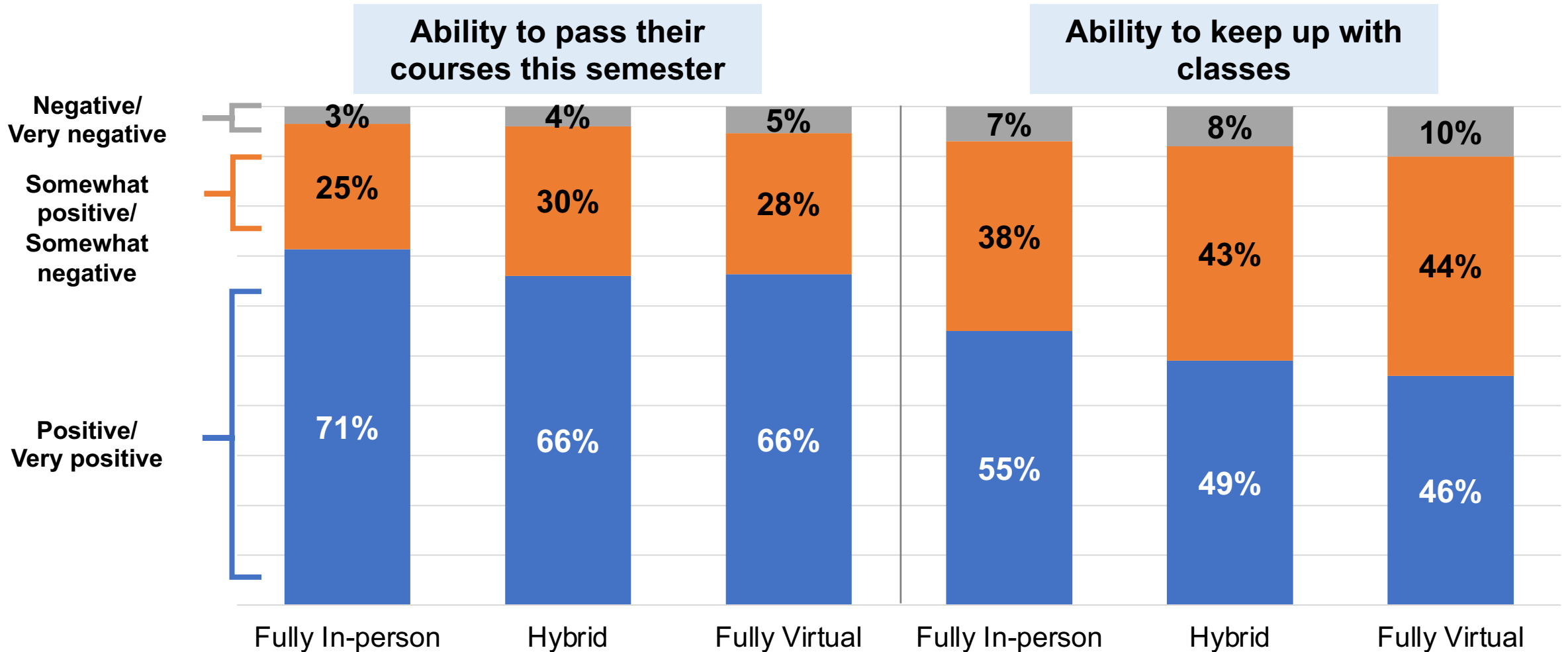
(Division II Women's Sports Participants)



Note: DII women's sports participants not enrolled in spring or fall classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

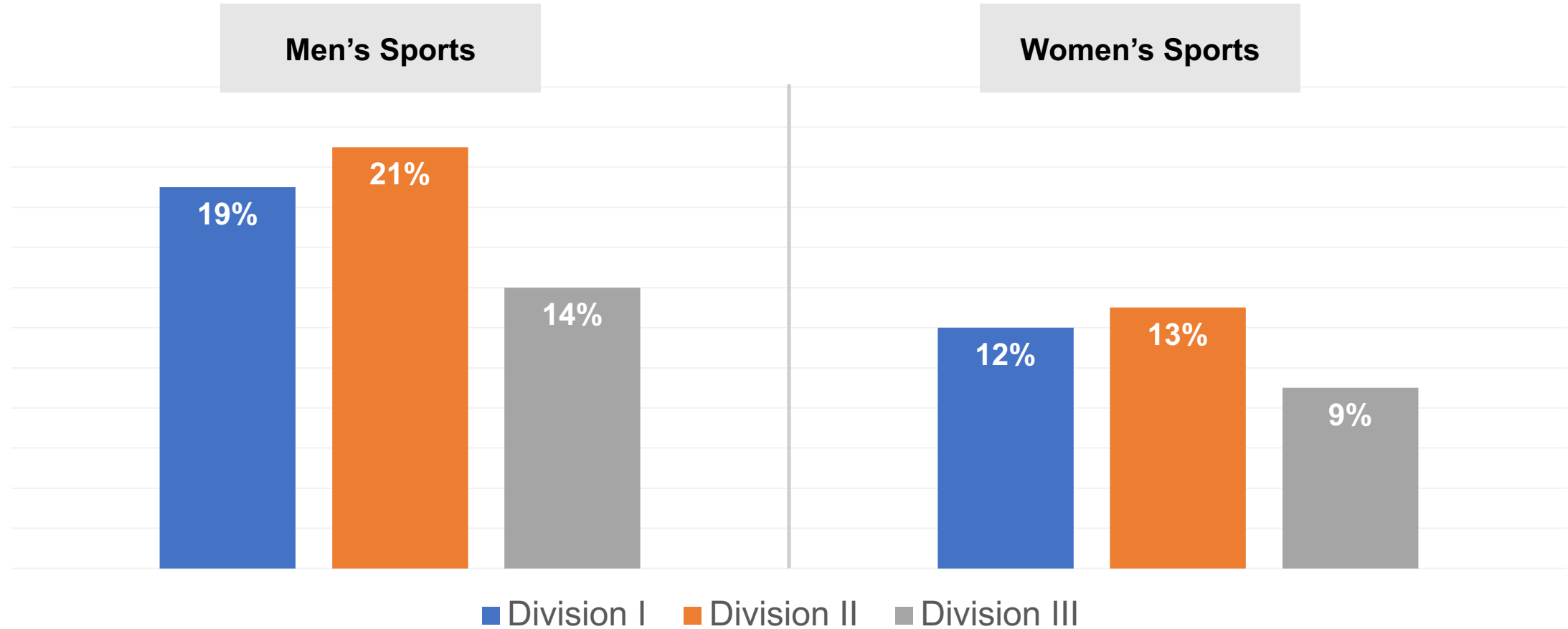
Feelings about ...

(Division II Participants by Learning Environment)



Note: Participants not enrolled in fall 2020 classes excluded. Those who reported attending fully virtual classes represented 27% of the DII sample (N=2,353). Those attending fully in-person classes represented 11% of the DII sample (N=933). Those attending a blend of virtual and in-person classes represented 62% of the DII sample (N=5,446). The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Delay in Expected Time of Graduation Due to the Pandemic (Senior Participants)



Note: The Fall Well-Being Survey asked, "Due to COVID-19, has your expected timing for college graduation changed?" Participants responding with "Yes, I expect to graduate later than previously thought" included. The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Delay in Expected Time of Graduation Due to the Pandemic

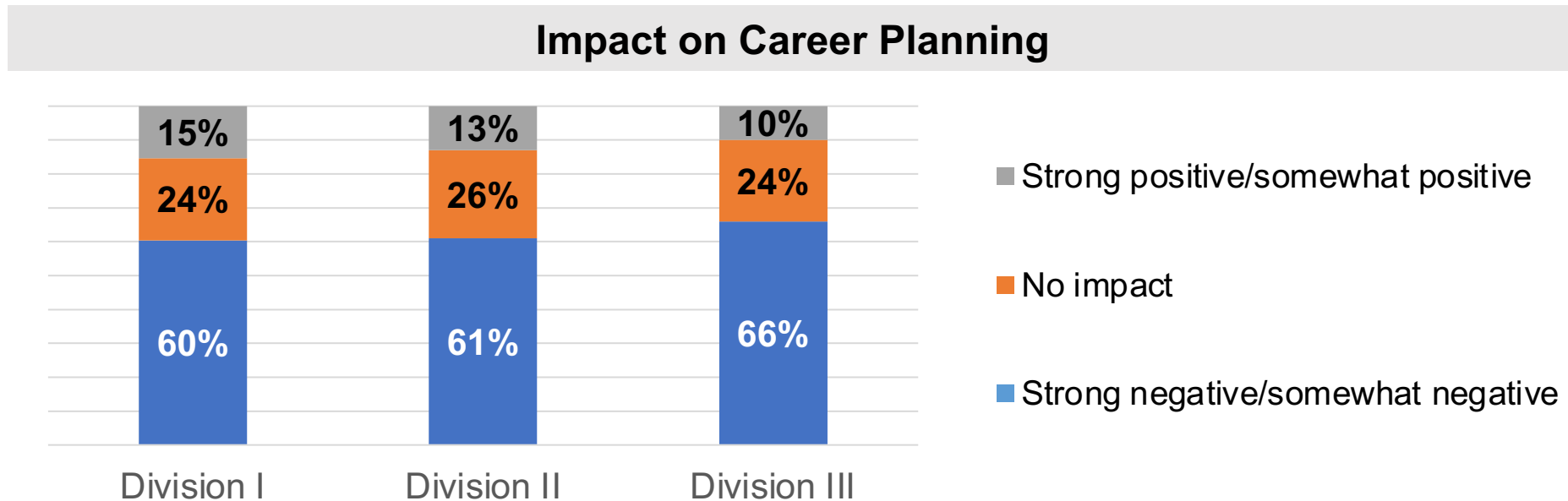
(Senior Participants)

	Division I	Division II	Division III
Athletics reasons	70%	72%	59%
Academic reasons	54%	56%	63%
Financial reasons	15%	19%	15%
Other reasons	10%	8%	8%

Note: Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of the COVID-19 Pandemic on Career Plans (Senior Participants)

	Division I	Division II	Division III
Lost or opted out of a job or internship	44%	44%	54%



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Desired Resources

Division II

Desired Educational Resources from the NCAA

(Percent of Division II Participants Who Responded “Very Interested” in Receiving Resource)

	DII Men's Sports	DII Women's Sports
Preparing for life after sport	45%	51%
Sports to career transferable skills	44%	45%
Leadership skills training	34%	37%
Personal branding	33%	26%
Career planning	30%	29%
Financial awareness/literacy	30%	30%
Health and safety information related to COVID-19	19%	26%
Diversity and Inclusion	16%	24%

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How athletics staff or coaches can support athlete well-being (Division II)

▶ **Attend to physical health when reacclimating to sport**

- ▶ Making facilities available so we can maintain our health. [...] There is no way for us all to stay in shape. [...] For some of us, our mental health is being jeopardized by taking away our ability to be physically active and participate in our sport. –Division II baseball
- ▶ “We should have had more time to recover if we tested positive.” – Division II women’s basketball
- ▶ “Physically I think we need to be more safe with COVID-19. I am a nursing student and have learned first-hand the effects of COVID-19. [...] At times I don’t feel safe training and doing training contact with my teammates.” –DII women’s soccer

▶ **Continue to provide workouts for those not actively competing/practicing**

- ▶ “Physical well being is allowing us to get into the gym and be able to lift weights and have real practices.” – Division II men’s lacrosse
- ▶ “Continue to provide workouts while in quarantine, and assure that quarantine won't put us behind everyone else.” – Division II women’s volleyball

How athletics staff or coaches can support athlete well-being (Division II)

- ▶ **Establish or maintain regular coach-athlete team/individual check-ins and peer support**
 - ▶ “The athletics department just needs to check in with the student athletes as much as possible just so they know that they aren't alone during these troubled times.” – Division II men's soccer
 - ▶ “I enjoy the weekly meetings and continuing to meet the upperclassmen through zoom meetings. My family and I are taking the pandemic very seriously and do not contact too many people, so seeing their faces on zoom meetings goes a long way for me.” – Division II softball

- ▶ **Make modifications that reflect the impact of COVID-19 on individual and team well-being**
 - ▶ “Find ways to allow sports teams to be together. cancelling a season for a whole year can impact an athlete in ways that can't be explained. Find ways to fill this void.” –Division II football
 - ▶ “I think being more aware of students that are at high risk for COVID and that they shouldn't feel punished or pressured by teammates/coaches/athletic departments for expressing their concerns.” – Division II women's golf
 - ▶ “Allow and understand that we may need more off days than a normal semester. Mental health rest days are just as important as physical rest days.” –Division II men's track and field
 - ▶ “Be more understanding about coming back to athletic activity after having COVID...I was expected to immediately come back to practice and be in perfect shape...” – Division II women's volleyball

How athletics staff or coaches can support athlete well-being (Division II)

► **Prioritize student-athlete mental health**

- ▶ “Offer places to get help for mental health. I have been struggling with mental health problems for a few months now and I have no idea where to get help from, but I’m too afraid for what people will think of me to ask.” – Division II baseball
- ▶ “Be understanding of the student athlete’s mental health, most coaches are born into a different generation than us and don’t truly understand the impact of mental health on student athletes.” – Division II women’s volleyball

DIVISION III

Participant Demographics

Division III

Number of Responses by Division III Conference

Conference	N	%
Atlantic East	246	11.3%
Empire 8	355	10.8%
American Rivers	413	9.3%
Middle Atlantic	693	9.0%
CSAC	147	8.6%
NEAC	217	8.1%
NWC	284	7.8%
UAA	270	7.3%
MIAA	313	7.3%
North Atlantic	133	7.0%
NESCAC	430	6.6%
UMAC	166	6.5%
USA South	291	5.6%
Little East	171	4.6%
NJAC	162	4.5%

Conference	N	%
WIAC	141	3.7%
AMCC	85	3.4%
SCIAC	130	3.2%
PAC	113	3.0%
Skyline	92	3.0%
ODAC	147	2.7%
Great Northeast	105	2.7%
ASC	102	2.5%
SUNYAC	100	2.5%
Liberty League	89	1.8%
SCAC	49	1.7%
MASCAC	45	1.7%
NEWMAC	71	1.6%
MIAC	87	1.5%
NECC	22	1.4%

Conference	N	%
Landmark	44	1.2%
HCAC	41	1.1%
SAA	36	1.0%
CAC	11	0.4%
NACC	17	0.4%
NCAC	18	0.4%
MWC	10	0.3%
CCIW	12	0.2%
CUNYAC	3	0.2%
CCC	5	0.1%
Centennial	6	0.1%
OAC	3	0.1%
SLIAC	1	0.0%

Note: Conference participation percentages derived from N in sample divided by all participating NCAA Championship student-athletes in conference ([2019-20 NCAA Sports Sponsorship and Participation Rates Report](#)); cross country and indoor track removed to avoid double-counting. 485 Division III student-athletes did not list their conference. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Number of Responses by Sport Participation

(Division III Participants)

Men's Sports	N	%
Baseball	523	3.6%
Basketball	196	2.5%
Cross Country	205	3.6%
Football	411	1.6%
Golf	73	2.4%
Ice Hockey	60	2.5%
Lacrosse	249	2.9%
Soccer	371	2.9%
Swim and Dive	127	2.9%
Tennis	82	2.4%
Track and Field	338	3.2%
Wrestling	104	3.3%

Women's Sports	N	%
Basketball	438	6.6%
Cross Country	267	4.7%
Field Hockey	285	7.9%
Golf	67	3.9%
Gymnastics	14	4.7%
Ice Hockey	82	5.2%
Lacrosse	388	6.2%
Rowing	66	4.9%
Soccer	684	6.0%
Softball	539	6.6%
Swim and Dive	245	4.6%
Tennis	173	4.6%
Track and Field	454	4.8%
Volleyball	483	6.8%

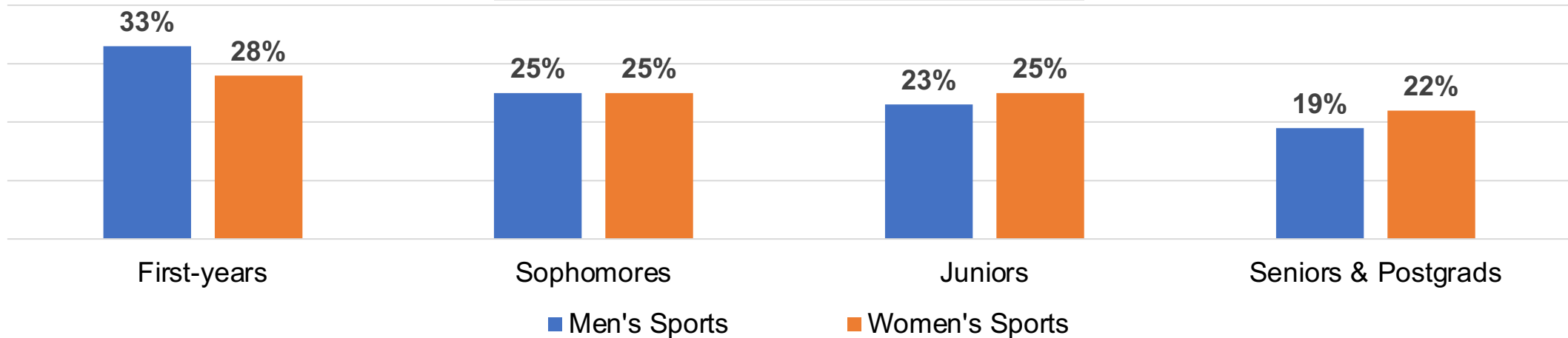
Note: Sport participation percentages derived from N in sample divided by all participating Division III SAs in the sport ([2019-20 NCAA Sports Sponsorship and Participation Rates Report](#)). Multisport athletes counted in each sport. Co-ed and emerging sports not included in table due to low participation Ns at the divisional-level. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Representativeness of Sample, Division III Participants

Racial Demographics

	Men's Sports		Women's Sports	
	Fall 2020 Survey	Demographics Data	Fall 2020 Survey	Demographics Data
White	75%	70%	83%	78%
Black	8%	12%	3%	6%
Other	17%	17%	14%	16%

Academic Status



Notes: 2,527 men's sports and 3,759 women's sports participants in the Division III sample. An additional 16 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020), [NCAA Demographics Database](#) (2020).

Campus Living and Learning

Division III

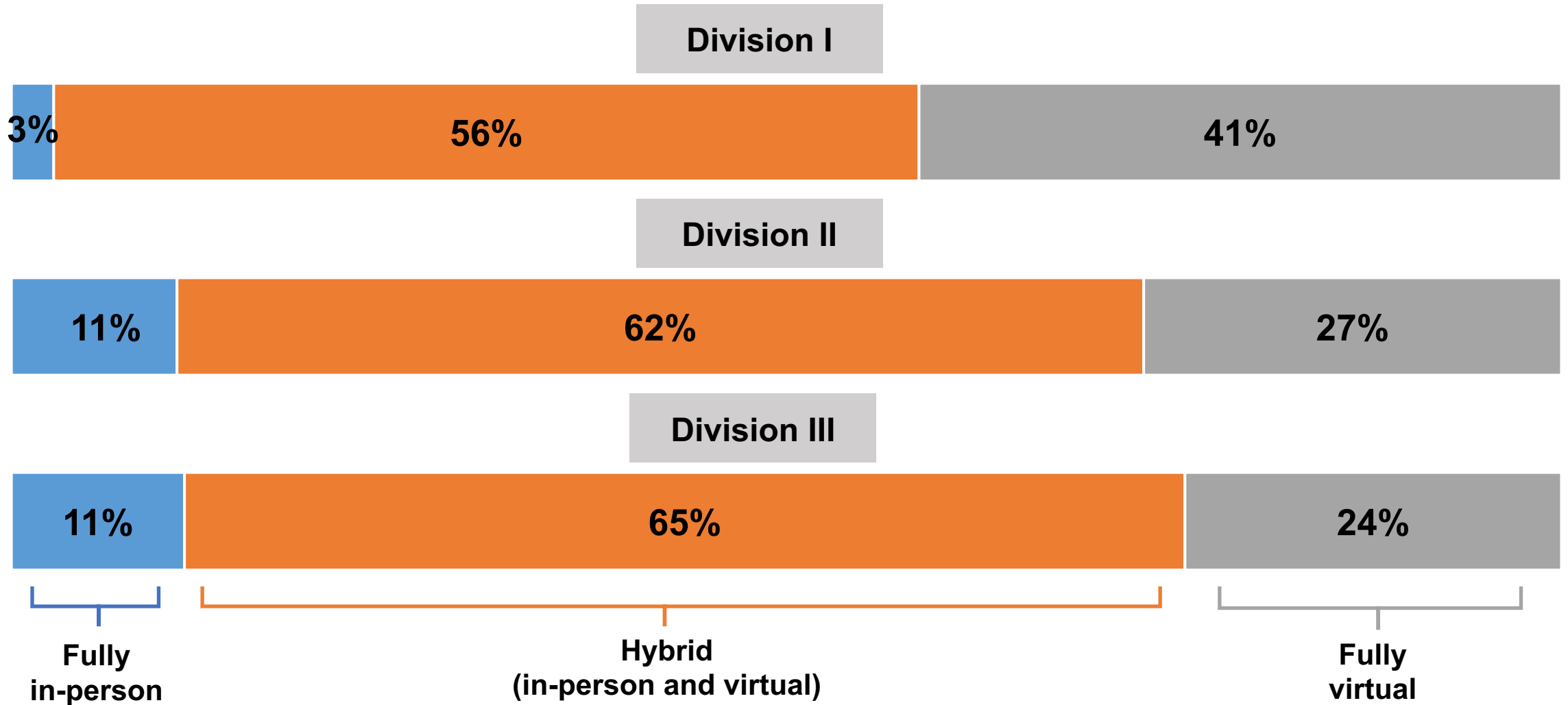
Fall 2020 Living Arrangements (By Division)

Household	Division I	Division II	Division III
With teammates or friends	80%	71%	71%
With family	11%	17%	17%
Alone	8%	10%	11%
Other living situation	1%	2%	2%

Location	Division I	Division II	Division III
On campus	48%	56%	61%
Off campus in college town	42%	31%	24%
In another town	10%	13%	14%

Note: The sum of percentages in each column may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment



Note: Participants not enrolled in fall 2020 classes excluded (1% of sample, N=132). Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Learning Environment (Participants Living On or Near Campus)


	Division I	Division II	Division III
Hybrid (blend of virtual and in-person)	60%	69%	72%
Fully virtual	37%	19%	16%
Fully in-person	3%	12%	12%


Note: Participants not enrolled in fall 2020 classes (1% of sample, N=132) and living in another town/city away from campus (12% of sample, N=2,884) excluded. Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Living Environment

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

	Spring	Fall
I have a stable housing situation for at least the next two months.	93%	92%
I have access to enough food to meet my needs each day.	94%	88%
I feel confident in my ability to manage my exposure to COVID-19.	81%	78%
I know how to access a medical provider for physical health needs in my area.	82%	84%
Healthy food options are reliably available to me.	81%	69%
I know how to access mental health support in my area.	55%	70%

 Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Fall 2020 Living Environment

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

	DIII Men’s Sports		DIII Women’s Sports	
	Spring	Fall	Spring	Fall
I have a stable housing situation for at least the next two months.	93%	92%	94%	92%
I have access to enough food to meet my needs each day.	92%	86%	96%	89%
I feel confident in my ability to manage my exposure to COVID-19.	86%	83%	78%	75%
I know how to access a medical provider for physical health needs in my area.	82%	85%	81%	83%
Healthy food options are reliably available to me.	80%	71%	82%	68%
I know how to access mental health support in my area.	60%	73%	52%	68%

Yellow indicates an increase of 5 percentage points or more from Spring 2020 survey

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Mental Health Concerns

Division III

Mental Health Concerns During COVID-19 Pandemic

(Percent of Division III Participants Who Endorsed “Constantly” or “Most Every Day”)

	DIII Men’s Sports		DIII Women’s Sports	
	Spring	Fall	Spring	Fall
Felt overwhelmed by all you had to do	33%	25%	56%	53%
Experienced sleep difficulties	31%	17%	43%	28%
Felt mentally exhausted	27%	20%	43%	40%
Felt very lonely	24%	12%	36%	20%
Felt a sense of loss	22%	8%	33%	14%
Felt sad	18%	11%	35%	22%
Felt overwhelming anxiety	14%	11%	30%	30%
Felt overwhelming anger	12%	6%	13%	8%
Felt things were hopeless	10%	10%	17%	16%
Felt so depressed that it was difficult to function	6%	6%	10%	9%

 Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Source: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division III participants responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DIII Men ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	56%	81%	79%
Felt mentally exhausted	50%	73%	66%
Felt sad	27%	68%	59%
Felt very lonely	26%	64%	49%
Felt things were hopeless	17%	53%	46%
Felt overwhelming anxiety	22%	49%	45%
Felt overwhelming anger	15%	45%	32%
Felt so depressed that it was difficult to function	11%	28%	23%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=4,540 Division III men’s sports participants; Fall survey N=2,555 Division III men’s sports participants; ACHA-NCHA survey N=1,899 Division III men.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division III participants responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DIII Women ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	76%	95%	94%
Felt sad	44%	89%	81%
Felt mentally exhausted	70%	89%	85%
Felt very lonely	41%	81%	66%
Felt overwhelming anxiety	39%	75%	74%
Felt things were hopeless	29%	74%	66%
Felt overwhelming anger	19%	55%	41%
Felt so depressed that it was difficult to function	18%	41%	38%

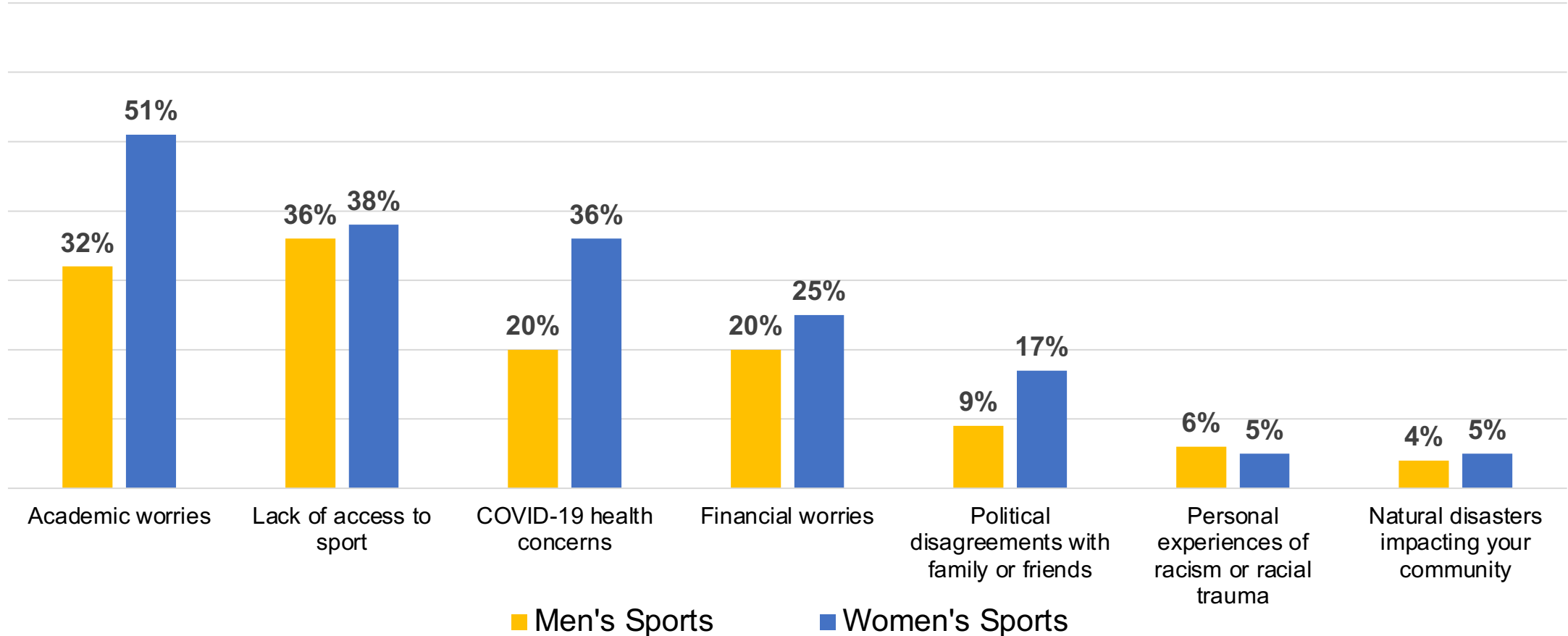
Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall survey was in the field Oct. 6-Nov. 2, 2020. Spring survey N=6,040 Division III women’s sports participants; Fall survey N=3,851 Division III women’s sports participants; ACHA-NCHA survey N=3,703 Division III women.

Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Division III Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The Fall Well-Being Survey asked “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

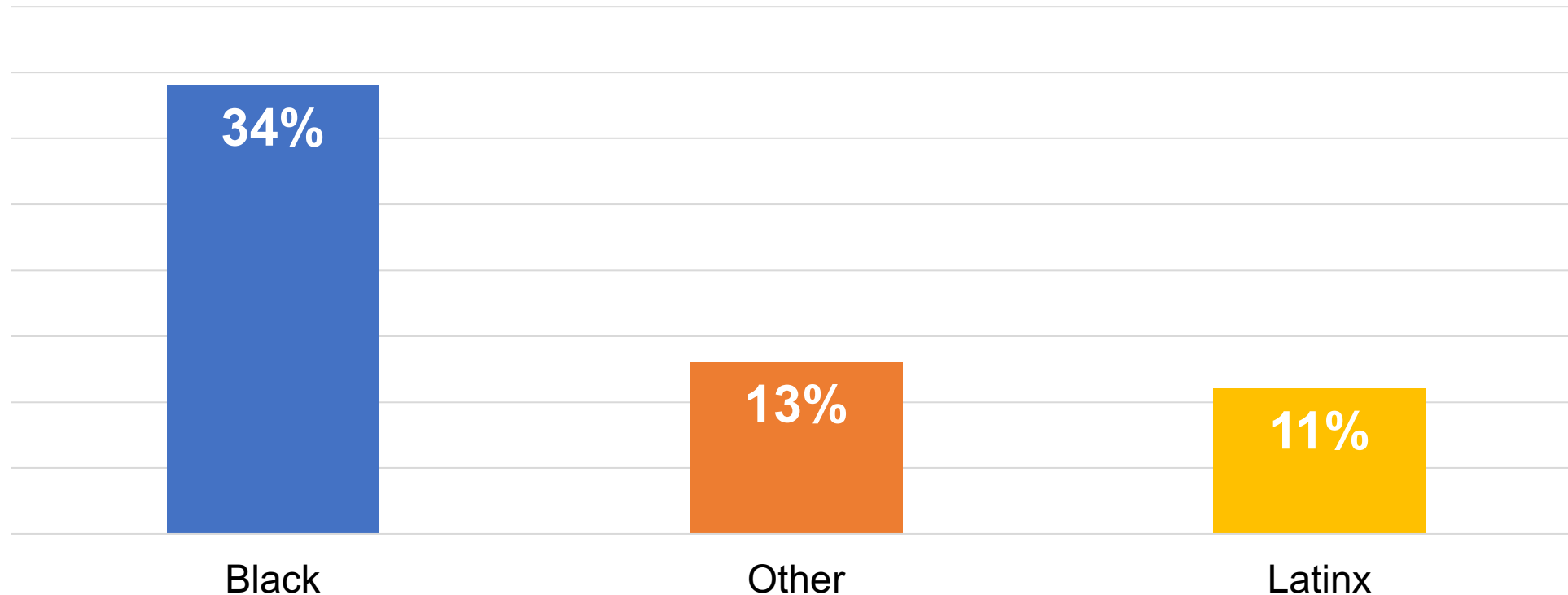
(Percent of Division III Participants Who Responded “Agree” or “Strongly Agree” by Race/Ethnicity)

	Black	Latinx	Other	White
Academic worries	39%	47%	46%	43%
Financial worries	37%	40%	28%	21%
Lack of access to your sport	35%	43%	34%	37%
Personal experiences of racism or racial trauma	34%	11%	13%	2%
COVID-19 health concerns	31%	41%	30%	29%
Political disagreements with family or friends	16%	16%	17%	13%
Natural disasters impacting your community	8%	11%	6%	4%

Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

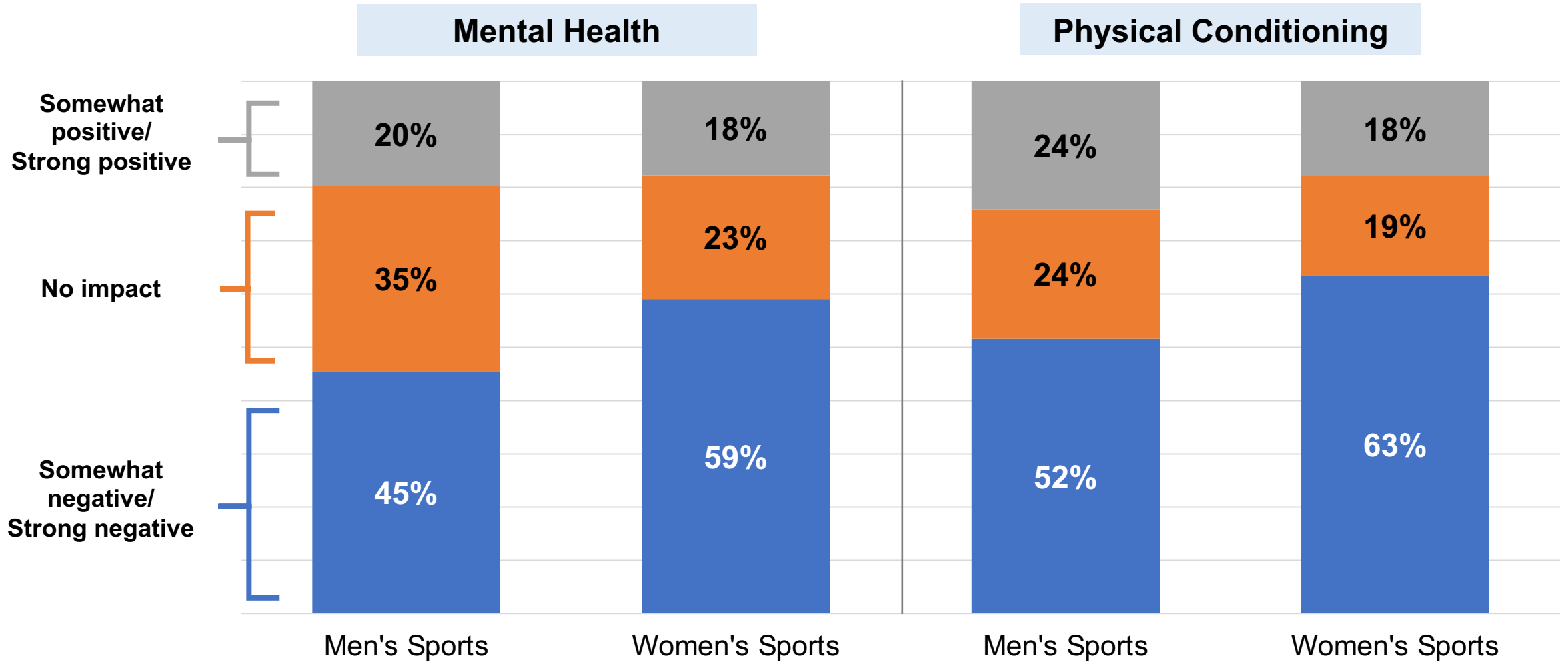
Personal Experiences of Racism or Racial Trauma Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percent of Division III BIPOC Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Oct. 6-Nov. 2, 2020. BIPOC refers to Black, Indigenous and people of color. “Other” includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of Time Away from the College Sport Environment in the Spring and Summer on Mental and Physical Health (Division III)

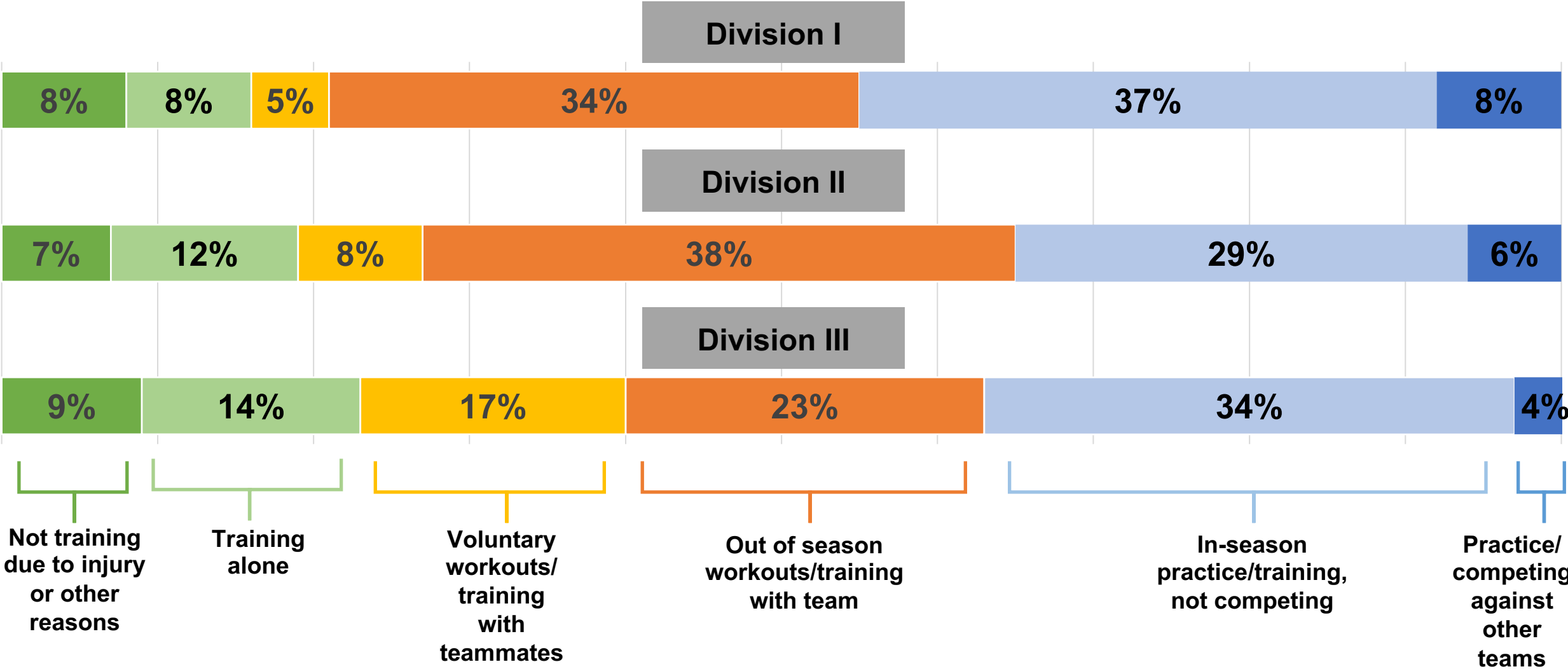


Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Athletics Training and COVID-19 Precautions

Division III

Fall 2020 Status of Sport Participation



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Fall 2020 Access to Athletics Facilities (Participants Living On or Near Campus)

	Division I	Division II	Division III
All facilities	48%	54%	45%
Some facilities	48%	40%	44%
None	4%	6%	12%

Note: Participants living in another town/city away from campus in fall 2020 excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each column may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Barriers to Training

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

Barriers to Training	Spring	Fall
Local regulations regarding travel, facility closures and public gatherings	83%	49%
Lack of access to appropriate facilities	79%	31%
Lack of access to appropriate equipment	71%	26%
Lack of access to training partners	70%	19%
Lack of access to coaches	48%	16%
Lack of motivation to train	43%	24%
Fear of exposure to COVID-19	42%	39%
Family/personal responsibilities	32%	13%
Too stressed or anxious to train	23%	18%
Too sad or depressed to train	15%	10%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

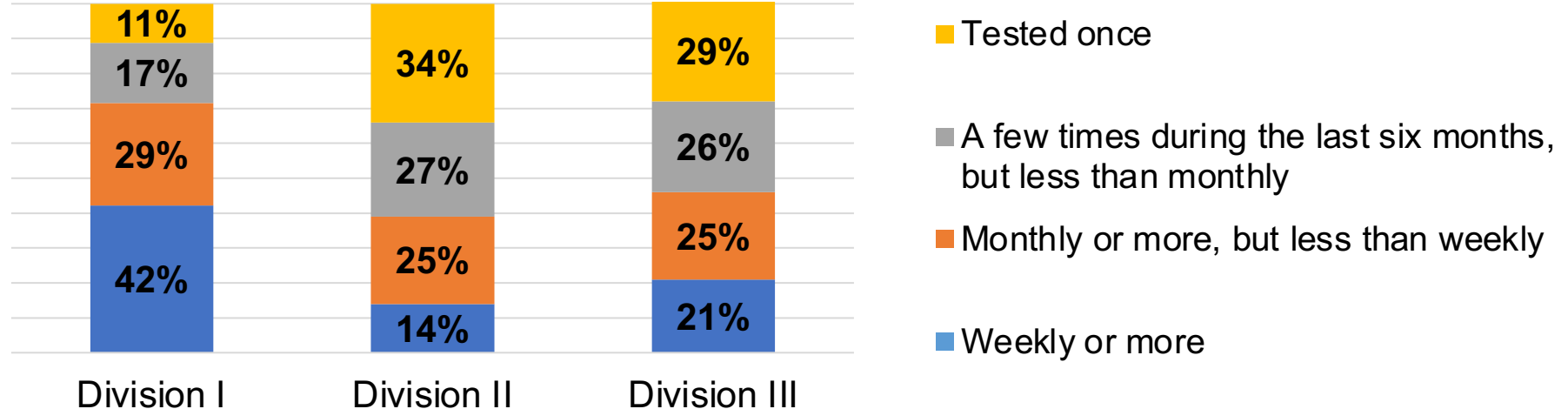
Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

COVID-19 Testing by Division

(Testing Experiences of Participants Living On or Near Campus)

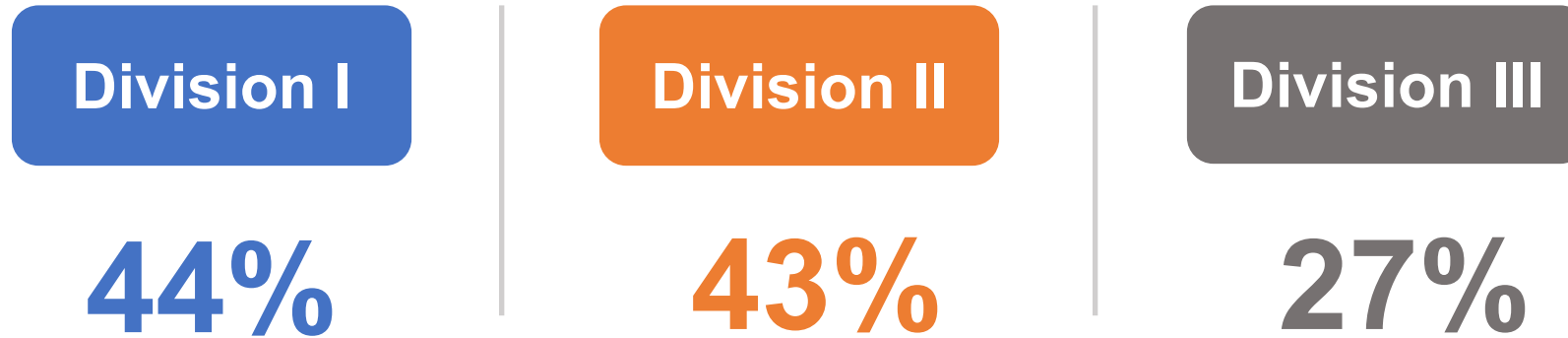
	Division I	Division II	Division III
Ever Had a COVID-19 Test	94%	82%	74%
Ever Tested Positive for COVID-19	14%	15%	8%

Frequency of Testing



Note: Participants living away from campus in another town excluded. Participants who reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Had to Isolate or Quarantine in the Fall Term Due to COVID-19 (Student-Athletes Living On or Near Campus)



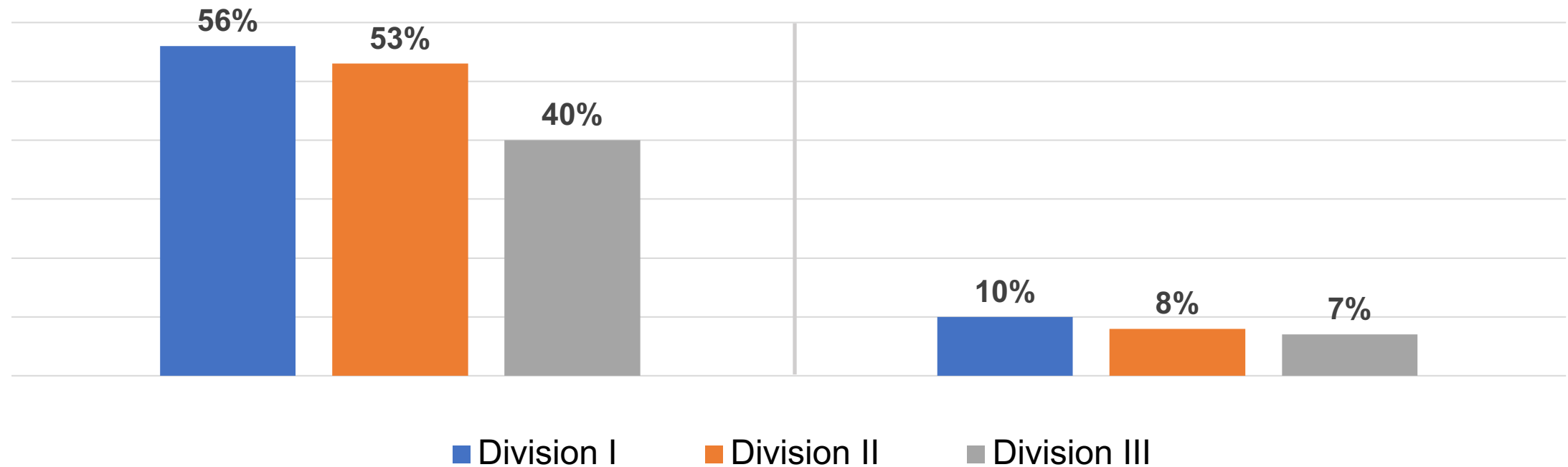
Note: Participants living away from campus in another town excluded. The survey asked, “Since the start of the term, have you had to isolate or quarantine due to COVID-19 (e.g., due to COVID-related symptoms, exposure or campus outbreak?” Those that reported living on or near campus in their college town represented 90% (N=8,335) of the DI sample, 87% (N=7,643) of the DII sample and 86% (N=5,211) of the DIII sample. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(By Division)

Had close friends or family test positive for COVID-19

Had someone close to them hospitalized or die due to COVID-19



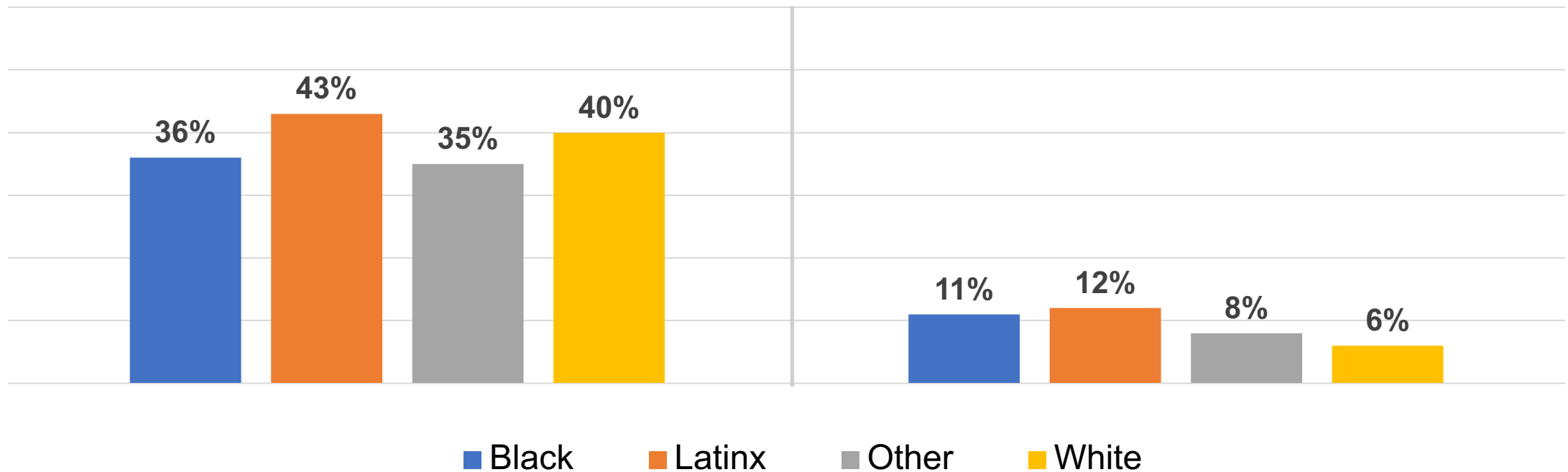
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Family and Friends

(Division III Participants by Race/Ethnicity)

Had close friends or family test positive for COVID-19

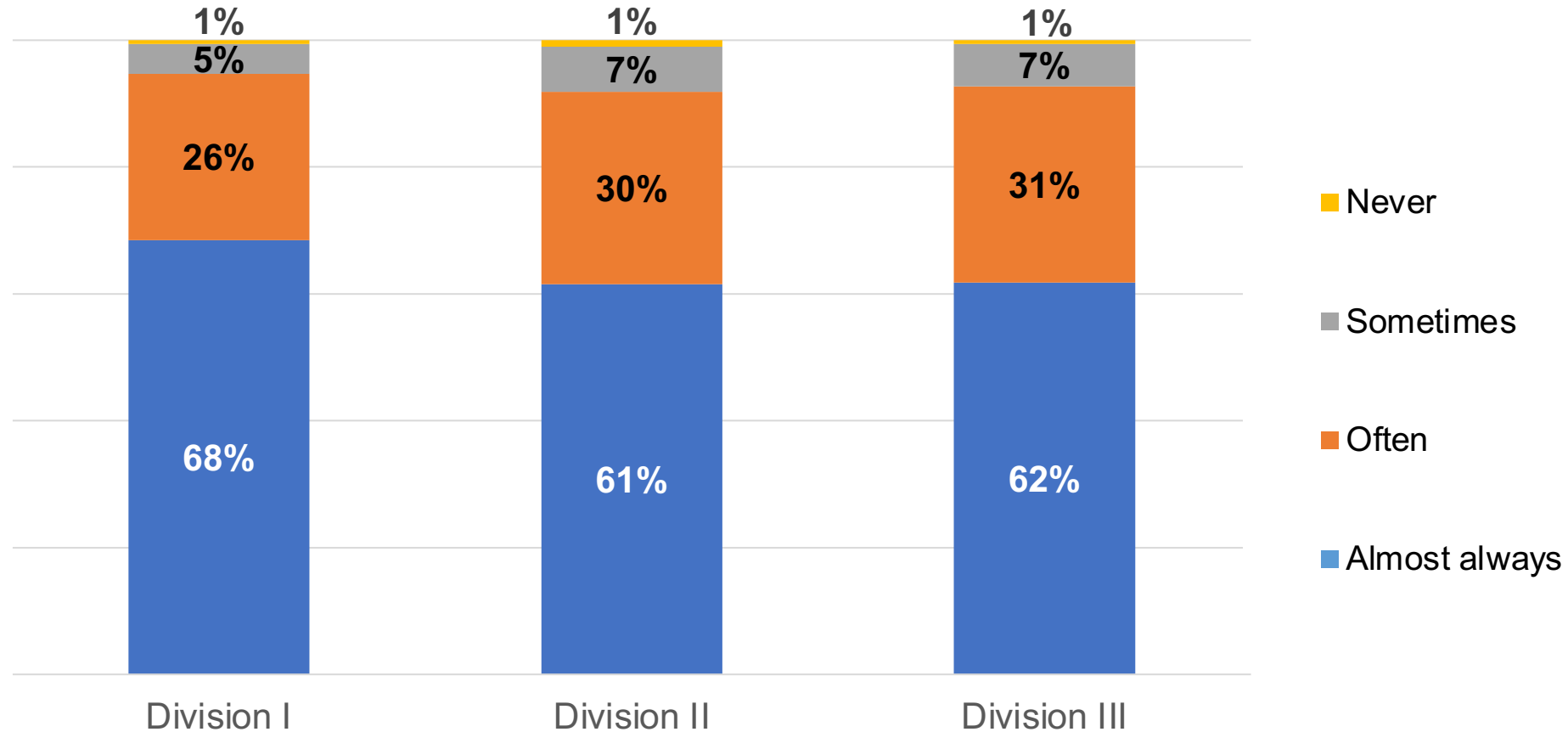
Had someone close to them hospitalized or die due to COVID-19



Note: "Other" includes those who selected American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, other, and multiple racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How often are you following social distancing guidelines for COVID-19?

(By Division)



Note: The survey asked, “How often are you following social distancing guidelines for COVID-19 (e.g., masking, maintaining physical distance from those outside your household, avoiding large gatherings, etc.)?” The sum of percentages in each bar may not equal 100% due to rounding.

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Race/Ethnicity)

	Division I	Division II	Division III
BIPOC	59%	57%	60%
White	57%	52%	58%

Note: BIPOC refers to Black, Indigenous and people of color. Top 2 points on a 6-point scale.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How seriously do you feel your friends are taking social distancing guidelines for COVID-19?

(Percent of Participants Who Endorsed “Seriously” or “Very Seriously” by Living Location)

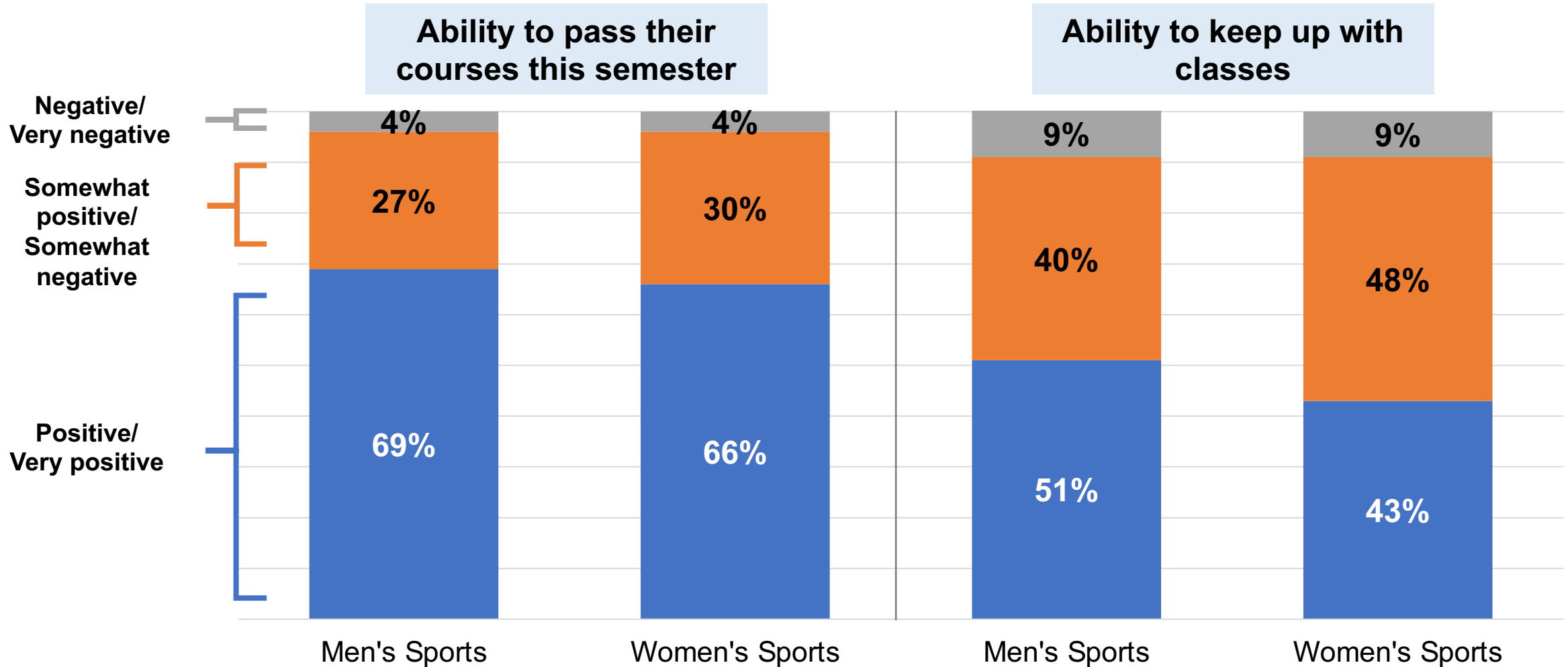
	Division I	Division II	Division III
On campus	62%	57%	62%
Off campus in college town	54%	47%	54%
In another town	50%	51%	52%

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of COVID-19 on Academics, Graduation and Career Planning

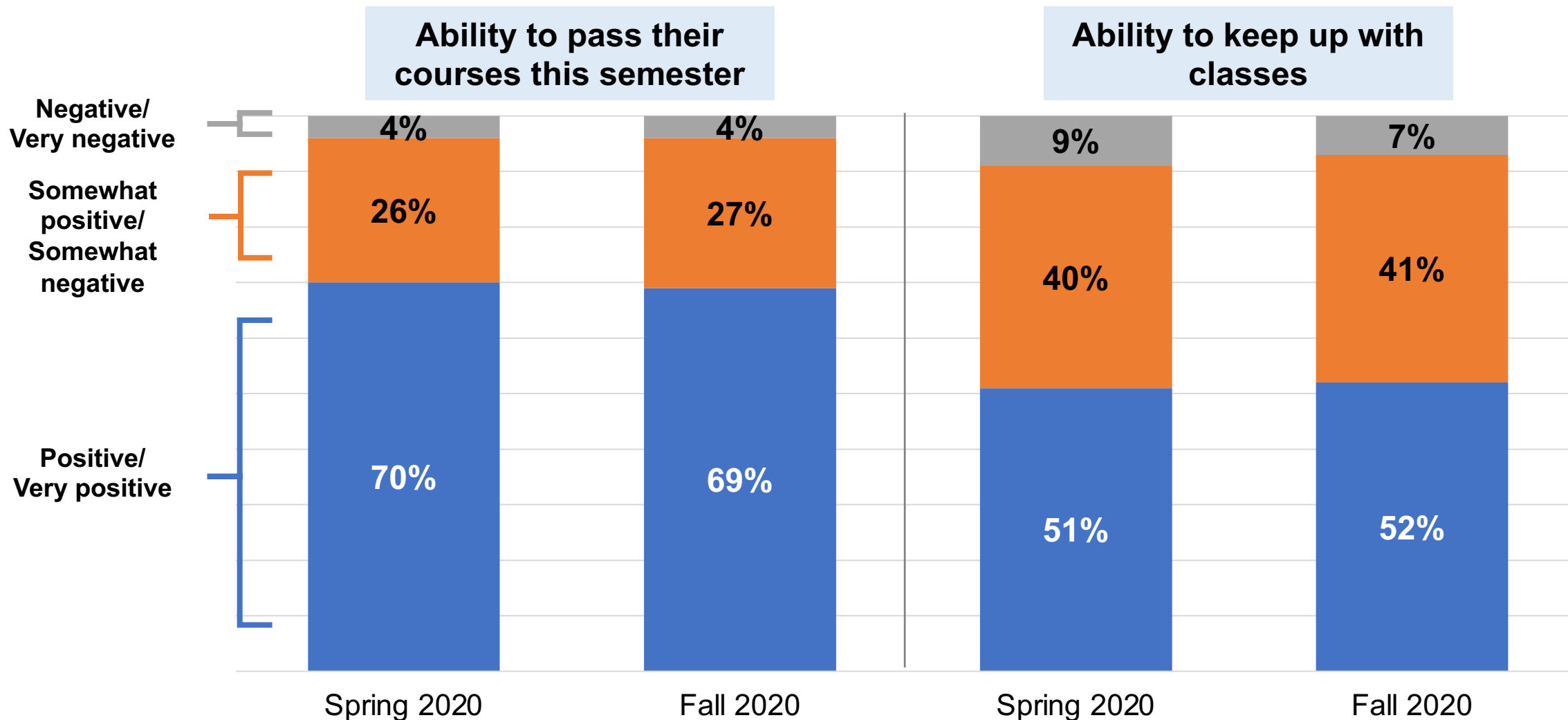
Division III

Feelings about ... (Division III Participants)



Note: DIII participants not enrolled in fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

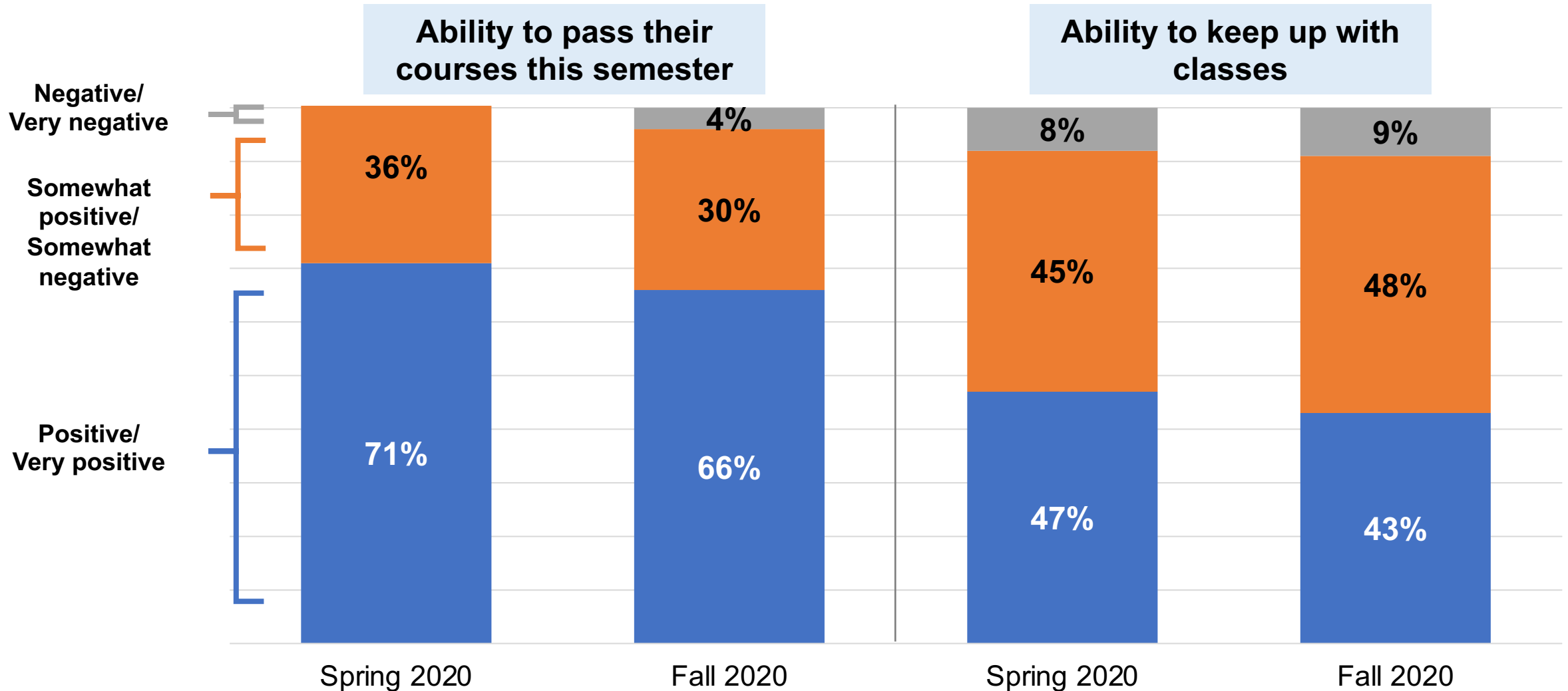
Feelings about ... (Division III Men's Sports Participants)



Note: DIII men's sports participants not enrolled in spring or fall classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

Feelings about ...

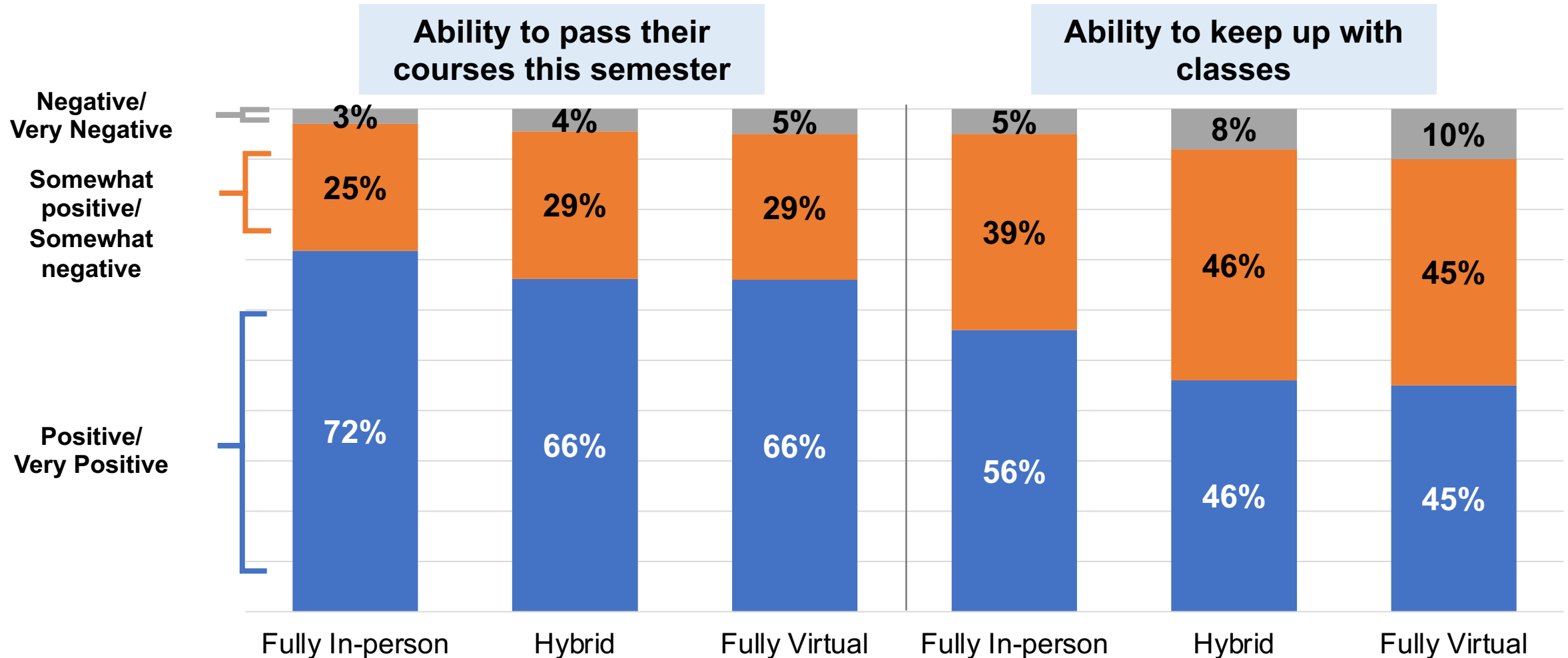
(Division III Women's Sports Participants)



Note: DIII women's sports participants not enrolled in spring or fall classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (Spring and Fall 2020).

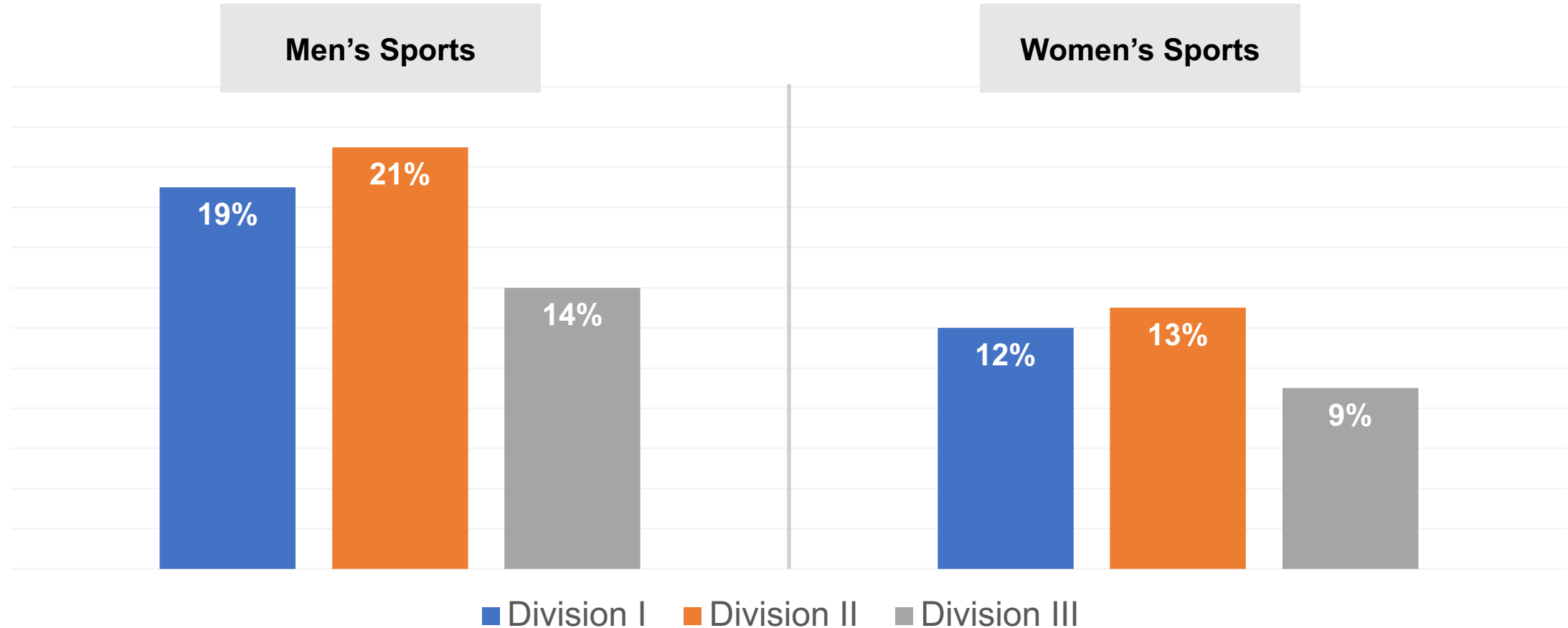
Feelings about ...

(Division III Participants by Learning Environment)



Note: Participants not enrolled in fall 2020 classes excluded. Those who reported attending fully virtual classes represented 24% of the DIII sample (N=1,467). Those attending fully in-person classes represented 11% of the DIII sample (N=675). Those attending a blend of virtual and in-person classes represented 64% of the DIII sample (N=3,901). The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Delay in Expected Time of Graduation Due to the Pandemic (Senior Participants)



Note: The Fall Well-Being Survey asked, "Due to COVID-19, has your expected timing for college graduation changed?" Participants responding with "Yes, I expect to graduate later than previously thought" included. The survey was in the field Oct. 6-Nov. 2, 2020. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Reasons for Delay in Expected Time of Graduation Due to the Pandemic

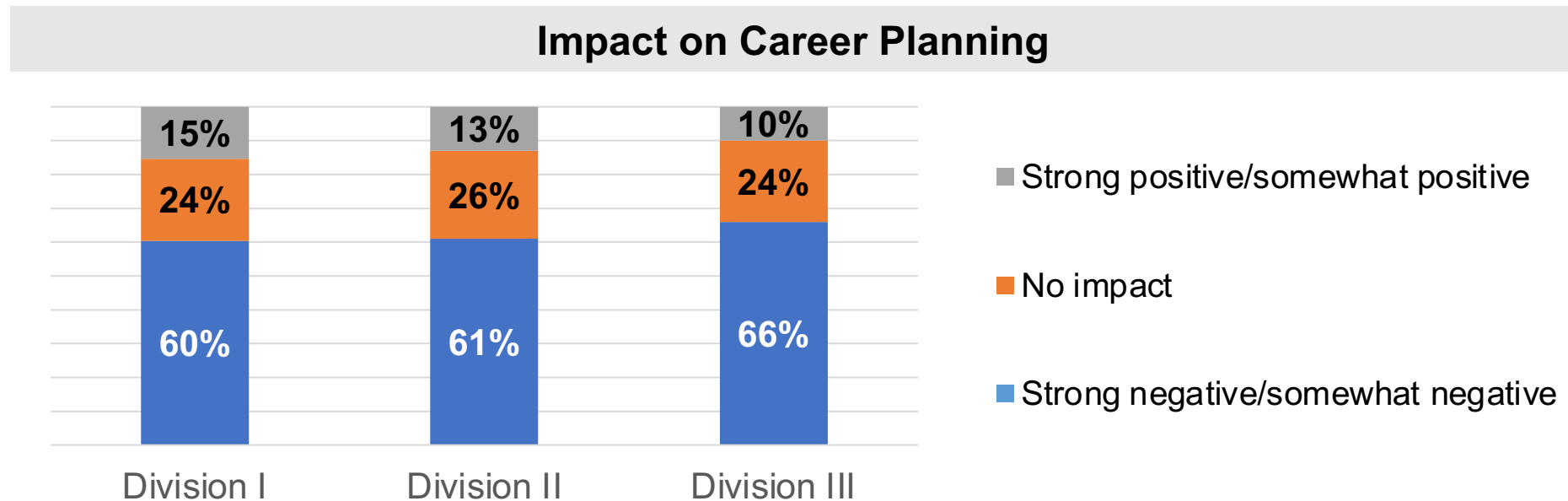
(Senior Participants)

	Division I	Division II	Division III
Athletics reasons	70%	72%	59%
Academic reasons	54%	56%	63%
Financial reasons	15%	19%	15%
Other reasons	10%	8%	8%

Note: Includes participants responding that they expect to graduate later than previously thought to the question, "Due to COVID-19, has your expected timing for college graduation changed?" Participants selected all that applied. Other reasons for changes in expected graduation time included transfer, health and well-being, campus closures, COVID-related issues (waiver, opt-out, health, etc.), career planning (adjusting major or extending enrollment due to the lack of career opportunities), family or personal reasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Impact of the COVID-19 Pandemic on Career Plans (Senior Participants)

	Division I	Division II	Division III
Lost or opted out of a job or internship	44%	44%	54%



Note: The sum of percentages in each bar may not equal 100% due to rounding.
Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

Desired Resources

Division III

Desired Educational Resources from the NCAA

(Percent of Division III Participants Who Responded “Very Interested” in Receiving Resource)

	DIII Men's Sports	DIII Women's Sports
Preparing for life after sport	42%	44%
Sports to career transferable skills	42%	39%
Leadership skills training	34%	37%
Career planning	27%	25%
Personal branding	27%	21%
Financial awareness/literacy	26%	24%
Health and safety information related to COVID-19	16%	23%
Diversity and Inclusion	16%	25%

Source: NCAA Student-Athlete Well-Being Study (Fall 2020).

How athletics staff or coaches can support athlete well-being (Division III)

▶ **Attend to physical health when reacclimating to sport**

- ▶ [Offer] more resources that fit social distancing guidelines that still allow athletes to stay in shape and also connect with others safely.” –Division III women’s softball

▶ **Continue to provide workouts for those not actively competing/practicing**

- ▶ “Just sending us drills or workouts would help boost my physical well-being.” – Division III women’s basketball
- ▶ “Stay positive and keep supporting the athletes with at home workout schedules.” – Division III men’s track and field

▶ **Establish or maintain regular coach-athlete team/individual check-ins and peer support**

- ▶ “Check in with us student athletes. Not everything is about sports and I think sometimes our coaches or staff forget that. Or forget to demonstrate that they know that.” – Division III men’s basketball
- ▶ “Maybe make a buddy system [for athletes] to always check in on each other.” – Division III women’s lacrosse
- ▶ “Check in with players. So many players right now are struggling and we feel ignored.” – Division III softball

How athletics staff or coaches can support athlete well-being

(Division III)

► **Make modifications that reflect the impact of COVID-19 on individual and team well-being**

- ▶ “A lot of athletes were unable to get the full training they could during the pandemic...gyms were closed and even courts or fields to train on as well. Going right into it like we normally would any other year physically could lead to more injuries and also made athletes feel anxious or even depressed because they feel like they’re not where they were last year.” – Division III women’s basketball
- ▶ “Realize that this semester is harder than ever and if our performance is not as high on the field, that it may be due to issues other than 'being out of shape.' Understand that some of us have lost hope.” –Division III women’s soccer
- ▶ “Don't force us to work our asses off for the next 5 weeks, then send us home for 2 months with no place to train, and expect us to come back in the spring the same athlete we were in the 2019/2020 season. It's a different year, let us focus on working out, getting the work in but let us FOCUS on our grades and mental health.” –Division III men’s swimming

► **Prioritize student-athlete mental health**

- ▶ Take into account the student-athletes struggling to balance their sport, academics, social life, and others during this time of the pandemic. It should be totally okay to take time away to take care of your mental health. – Division III football
- ▶ “Reaching out to us more and asking about mental health. Most people are too scared to ask for help, I believe, and just someone reaching out to you I feel like would make all the difference.” – Division III men’s soccer

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