

NCAA SNAP Study, April 2026 Survey

The NCAA research team invites you to take this 3-minute survey about your summer and post-college plans. There is also an item designed to increase your awareness of the new Ghost Transfer Rule. Your name will not be collected. Your answers will be kept confidential, as results will be grouped together and reported in aggregate form (e.g., by sport, sub-division, gender). The findings will be made available to NCAA staff, committees, participating schools and posted on ncaa.org within two weeks of the survey's close.

You may skip any questions you choose not to answer and can discontinue your participation at any time.

Will you participate?

- Yes
- No [Survey ends]

1. Do you play on a men's or women's team?

- Men's team
- Women's team

2. What is your primary sport? [dropdown of NCAA sports, including emerging]

3. What is your current academic standing?

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

4. Which of the following best describes your current major?

- Undeclared/Undecided
- Business
- Health Professions
- Humanities, Liberal Arts or General Studies
- Fitness, Parks, Recreation and Leisure
- STEM (Sciences, Tech and Engineering)

- Social Sciences (e.g., psychology, sociology)
- Other

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Summer/Post-College Plans and Transitions

5. How do you feel about your future career prospects in today's evolving economy?

- Very positive
- Positive
- Somewhat positive
- Somewhat negative
- Negative
- Very negative

6. Who do you talk to about your plans for the future? (Select all that apply)

- Family
- Friends and/or teammates
- Coaches
- Athletics academic advisor
- Major academic advisor
- Student development / career advisors within athletics
- Career counselors outside of athletics
- Mental health counselor
- Former student-athletes
- Sports agent
- I have not talked to any of the above about my plans for the future

7. How likely do you think it is that you will become a professional and/or Olympic athlete in your sport?

- Very likely
- Likely
- Somewhat likely
- Somewhat unlikely
- Unlikely
- Very unlikely

8. Have you done any of the following to prepare for your career post-athletics? (Select all that apply)

- Resume prep
- Mock interviews
- Created a LinkedIn profile
- Job shadowing
- Informational interview with employers
- Internship
- Met with a career counselor
- Attended a career services session
- Enrolled in a career prep course at my college
- Connected with a mentor
- Participated in a professional networking event
- Taken / studied for the GMAT, GRE, LSAT, MCAT, or similar
- Applied to graduate school
- Obtained / working toward professional certification
- I have not done any of the above

9. How satisfied or dissatisfied are you with the career counseling support services offered through your athletics department or college?

- Satisfied
- Somewhat satisfied
- Somewhat dissatisfied
- Dissatisfied
- I did not use
- Service not available at my school

10. Please indicate your level of agreement with the following statement: I feel prepared to make the transition out of my college sport.

- Strongly agree
- Agree
- Somewhat agree
- Somewhat disagree
- Disagree
- Strongly disagree

**11. What are your biggest concerns when thinking about the transition out of sport?
(Select all that apply)**

- Finding career opportunities
- Getting into grad school
- Finances / cost of living
- Figuring out housing / living situation
- Losing NIL opportunities
- Maintaining relationships with friends and/or teammates
- Building new relationships
- Managing my time
- Staying fit / managing weight / eating healthy
- Navigating healthcare needs and medical insurance
- Accessing mental health support
- Finding my identity outside of my sport
- I'm not concerned about any of the above

12. Are you aware of the post-eligibility health insurance available to NCAA student-athletes?

- Yes
- No

13. What are your plans for this summer? (Select all that apply)

- Job or internship related to current major/degree
- Job or internship not related to current major/degree
- Preparing for grad school
- NIL engagements
- Focusing on my sport (e.g., summer league participation, seeking pro-opportunities, training, etc.)
- Serving as a full-time caregiver for family
- Taking summer courses
- Traveling for fun
- Studying abroad
- I don't have summer plans at this time

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Travel and Competition

14. Will you participate in an international trip with your college team this summer?

- Yes
- No
- I don't know

15. This year, while your team was in-season, what was your most common mode of team travel to competition sites?

- Bus/Van
- Charter flight (i.e., entire aircraft is exclusive to your team/athletics department for the flight)
- Commercial flight (i.e., scheduled and operated by an airline that includes any passengers who purchased tickets)

16. On average, how many hours do you spend on your sport during a typical day of competition (including required pre-competition activities, competition and post-competition responsibilities) [numerical entry]

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Ghost Transfer Rule

On April 1, the Division I Cabinet adopted a proposal that penalizes programs that sign a transfer student-athlete, add a transfer student-athlete to a roster, or allow a transfer student-athlete to participate in athletically related activities before the student-athlete is entered into the NCAA Transfer Portal. This rule change is commonly being referred to as the "Ghost Transfer Rule."

The rule change has been adopted for all sports in Division I, is effective immediately and applies to all transfers on or after Feb. 25, 2026.

17. Please acknowledge that you have reviewed the above information:

- Yes
- No

[Post Script] Thank you for completing the survey, your responses have been recorded. To learn more about the post-eligibility insurance program, Ghost Transfer Rule, transitioning out of sport, or for US-based resources for mental health support, please visit this link [URL]