





**NCAA** Research

# GOALS Study: Understanding the Student-Athlete Experience

**NCAA** Convention

#NCAAConv

## NCAA Research Partnership with FARs

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

## 2019 GOALS Study

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

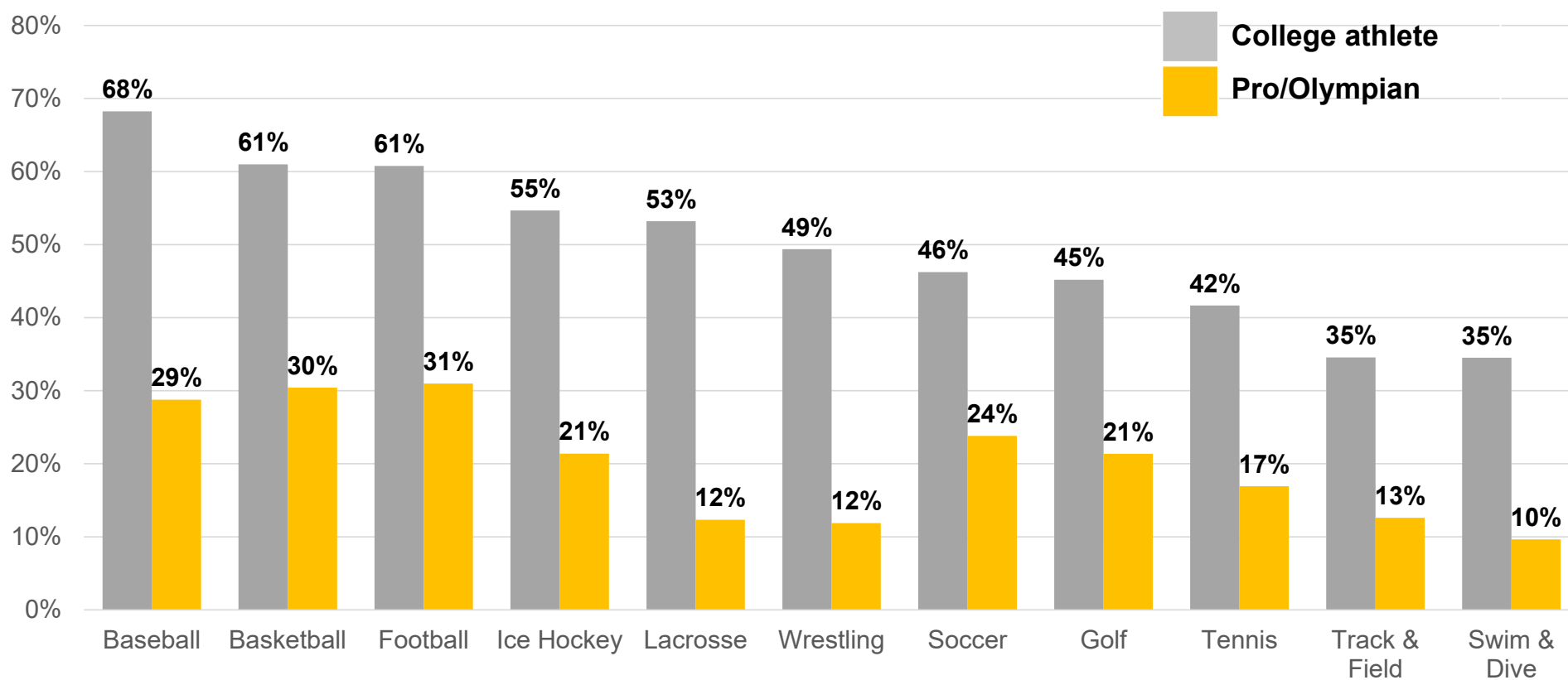
## 2019 GOALS Topics

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

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

# Since I was young, my family expected I would be...

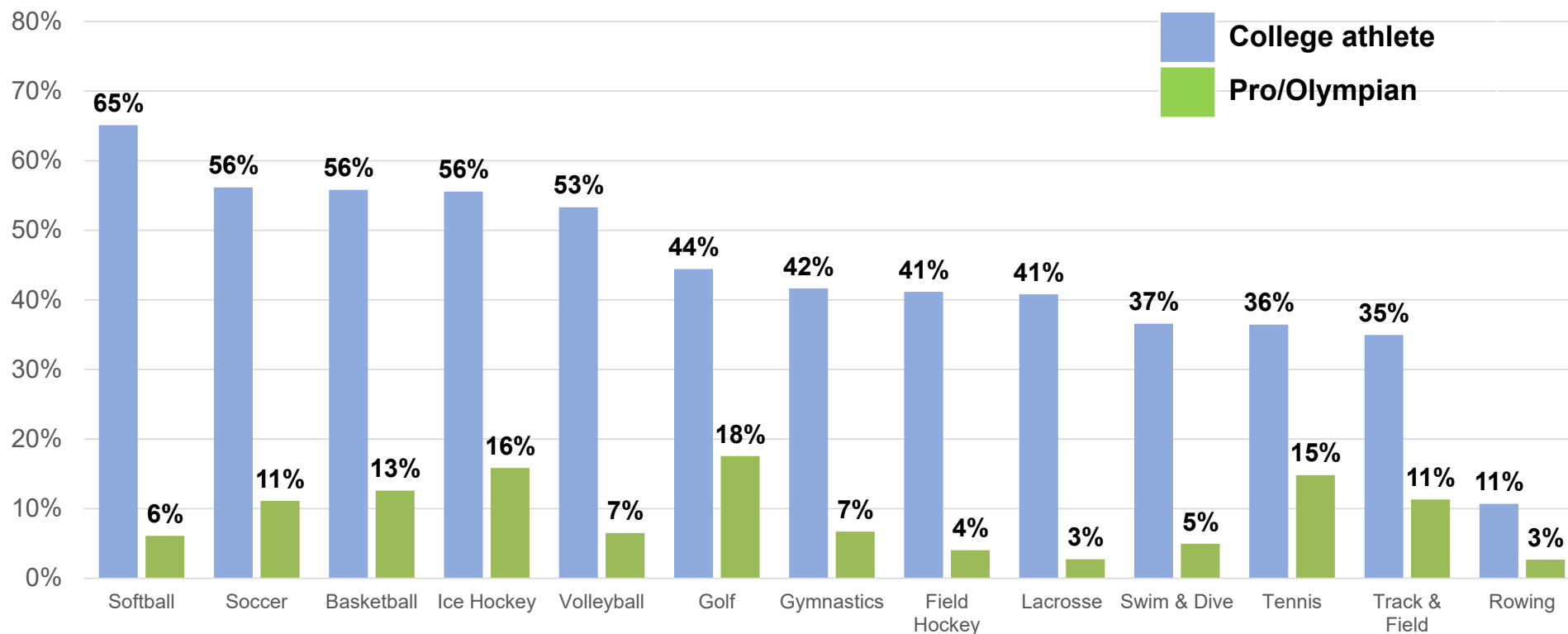
(% Responding Agree or Strongly Agree, Men's Sports)



Source: NCAA GOALS Study.

## Since I was young, my family expected I would be...

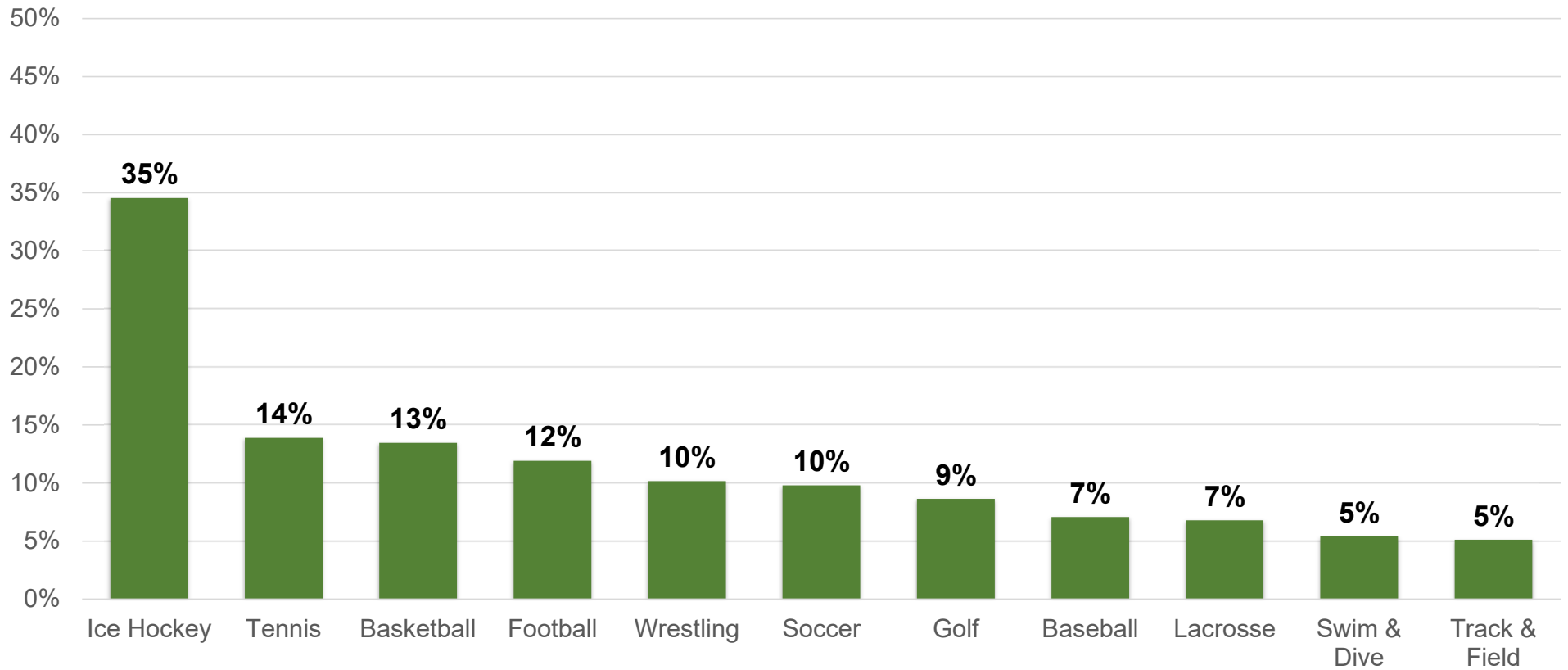
(% Responding Agree or Strongly Agree, Women's Sports)



Source: NCAA GOALS Study.

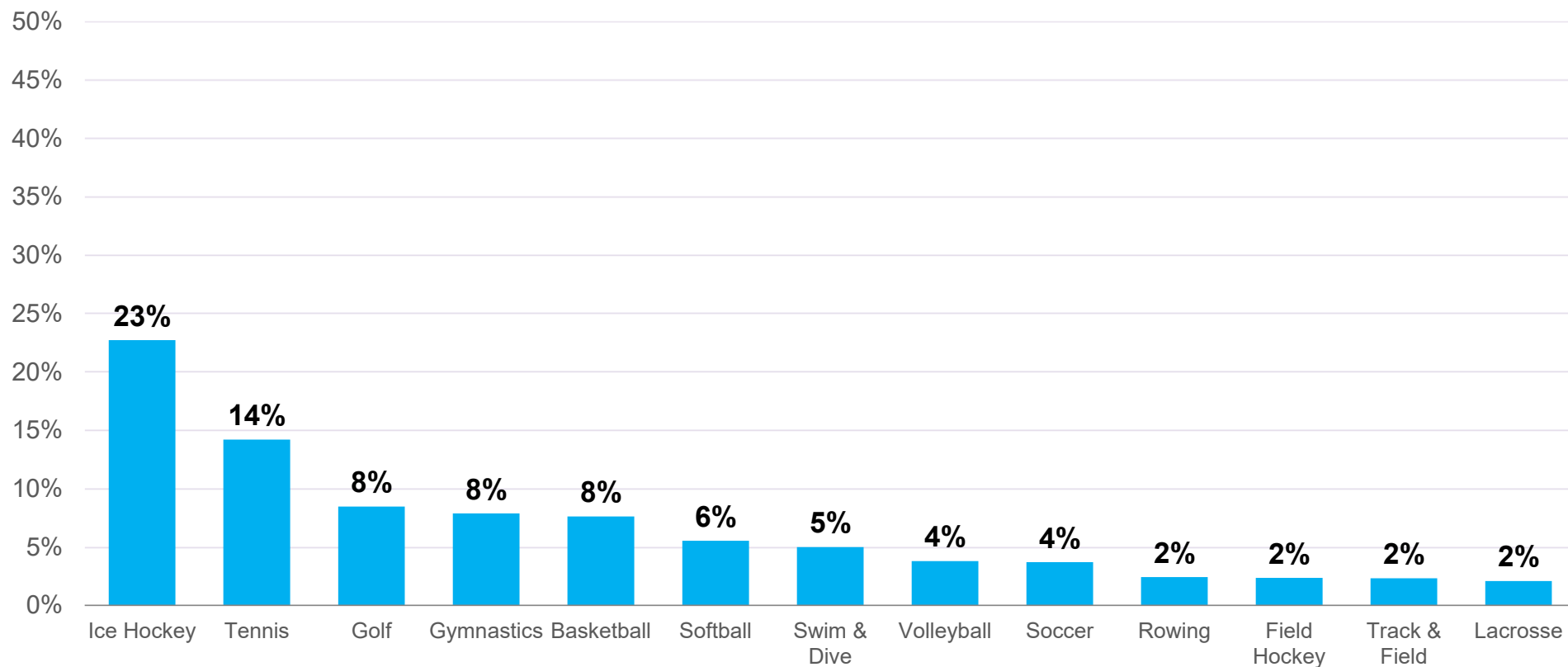


## Percent of Men Whose Family Moved Pre-College For Their Athletics Pursuits



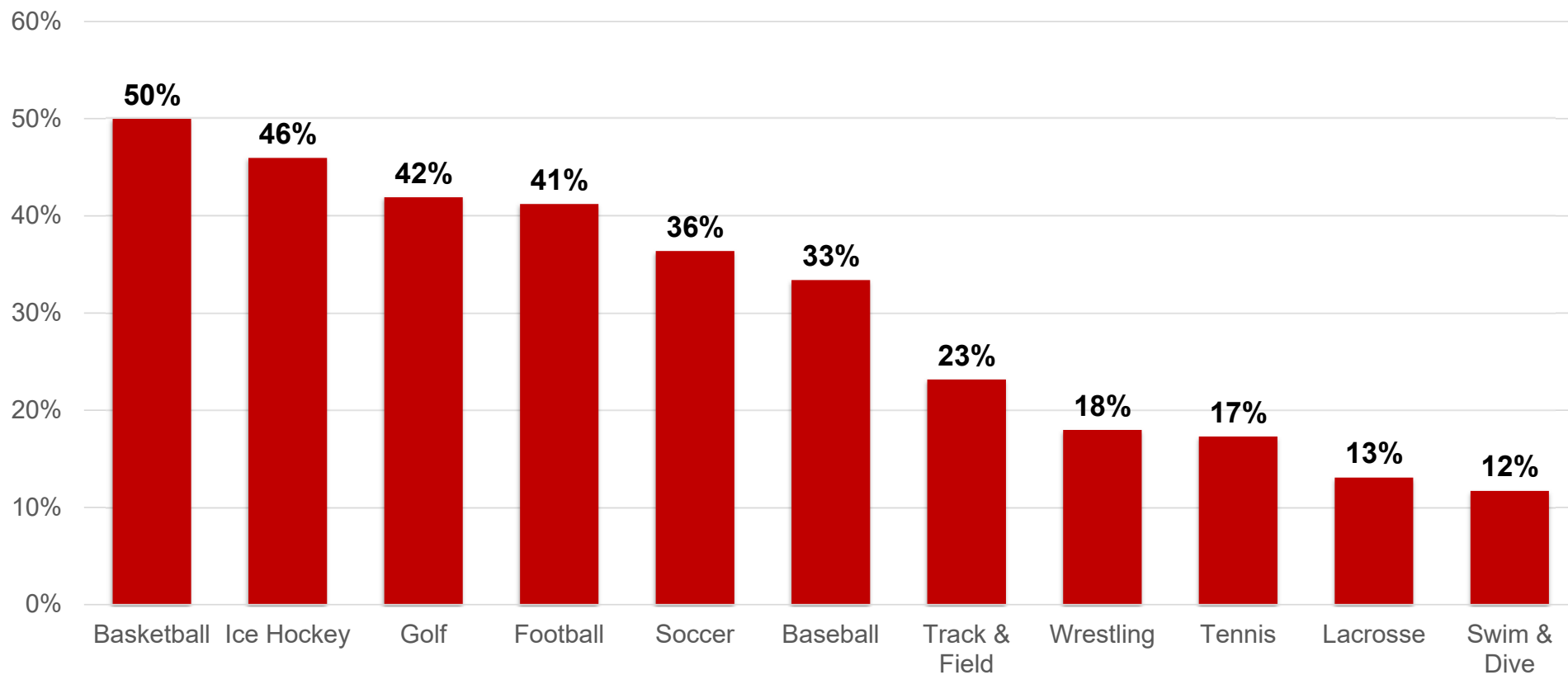
Source: NCAA GOALS Study.

## Percent of Women Whose Family Moved Pre-College For Their Athletics Pursuits



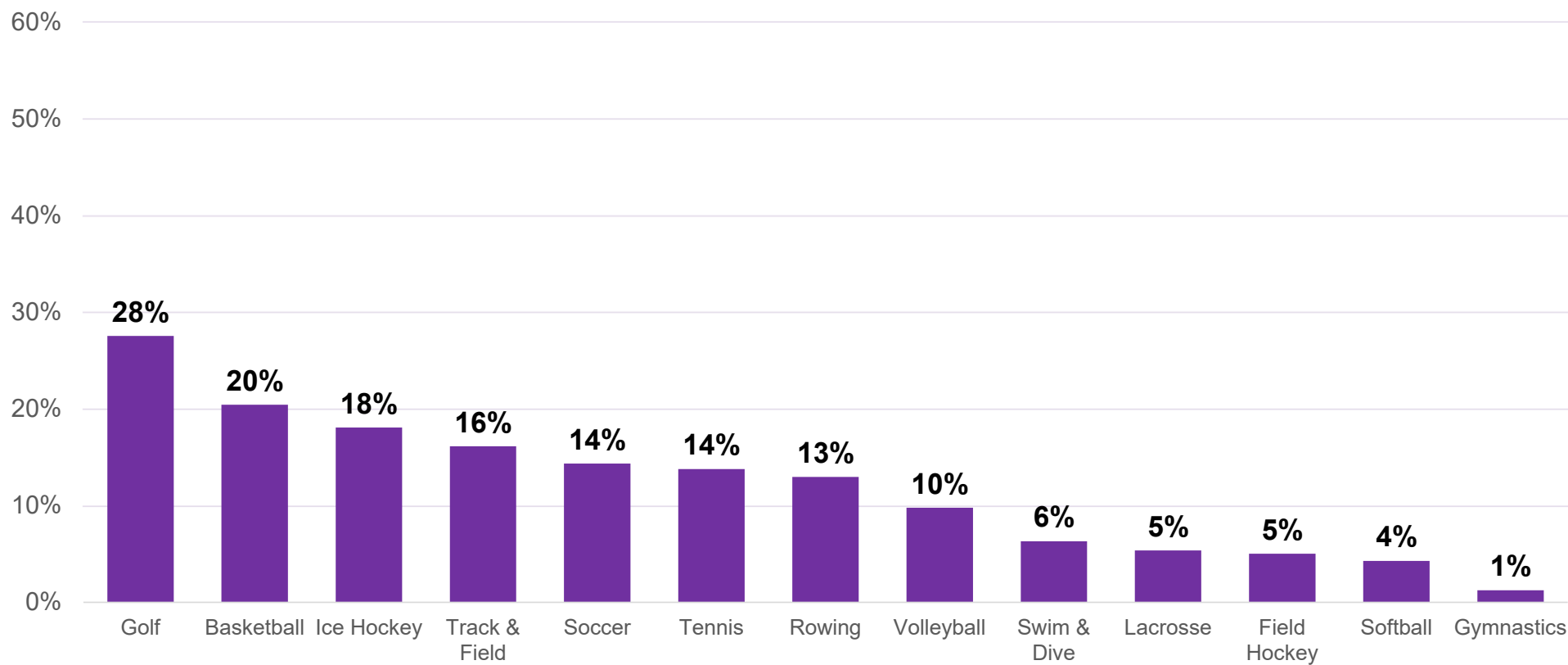
Source: NCAA GOALS Study.

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



Source: NCAA GOALS Study.

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



Source: NCAA GOALS Study.

## College Choice Factors (Men's Sports)

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

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

## College Choice Factors (Women's Sports)

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

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

## What I was told during my recruitment about my academic options has turned out to be accurate

(% Responding Agree or Strongly Agree)

	2019	
	Men	Women
<b>Division I</b>	72%	74%
<b>Division II</b>	71%	76%
<b>Division III</b>	78%	80%

Outliers:

- Sports where 85% or more of participants said what they were told during their recruitment about academic options turned out to be accurate: DI gymnastics (86%), DIII women's golf (89%), DIII men's swim & dive (85%)
- At least two-thirds of participants in every sport feel that what they were told during their recruitment about academic options has turned out to be accurate.
- Source: NCAA GOALS Study.

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

(% Responding Agree or Strongly Agree)

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

### Outliers:

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




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


## Summary – Time Spent on Athletics

- Current college student-athletes are generally reporting slightly less time devoted to athletics pursuits vs. what was reported in 2015.
- Change in median time spent on athletics:
  - Division I: 34 hours/week in-season in 2015, 33 hours/week in 2019.
  - Division II: 32 hours/week in 2015, 31 hours/week in 2019.
  - Division III: 28.5 hours/week in 2015, 28 hours/week in 2019.
- Division I baseball reported the highest weekly in-season time commitments (median=42 hours/week, up from 40 hours/week in 2015). Among women's sports, Division I softball reported the highest figures (38 hours/week).
- Division I men's basketball players continue to report a decrease in athletic time commitments (median of 36 hours/week in 2010, 34 in 2015, and 32 in 2019). FBS and FCS football each showed decreases in the new data.

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

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

 Yellow indicates median up by 2 or more hours from 2015


 Green indicates median down by 2 or more hours from 2015


## Summary – Time Spent on Academics

- Across sport and NCAA division, the typical college student-athlete is also reporting slightly less time spent on academics. We do not currently have data on whether this is also true in the general student body.
- Change in median time devoted to academics:
  - Division I: 38.5 hours/week in-season in 2015, 35.5 hours/week in 2019.
  - Division II: 38.5 hours/week in 2015, 37 hours/week in 2019.
  - Division III: 40.5 hours/week in 2015, 40 hours/week in 2019.
- Whereas NCAA men and women generally report spending similar amounts of time on athletics, women in each division report spending several more hours per week on academic pursuits than men.

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

Division I							
	Baseball	Men's Basketball	Football (FBS/FCS)		All Other Men's Sports	Women's Basketball	All Other Women's Sports
Academic Hours	29	34	35	34	34	38	39
Division II							
Academic Hours	32	33	35		36	37	41
Division III							
Academic Hours	34	38	37		37	41	43

 Yellow indicates median up by 2 or more hours from 2015

 Green indicates median down by 2 or more hours from 2015

## Average Days Away from Campus for Athletic Competition (2019 Self-Report – GOALS Study)

Division I							
	Baseball	Men's Basketball	Football (FBS/FCS)		All Other Men's Sports	Women's Basketball	All Other Women's Sports
Ave. # Days Away	2.6	2.1	1.2	1.1	1.5	2.4	2.0
3+ Days Away	58%	35%	6%	6%	13%	48%	29%
Division II							
Ave. # Days Away	1.9	1.4	1.1		1.4	1.8	1.8
3+ Days Away	34%	15%	6%		12%	26%	26%
Division III							
Ave. # Days Away	1.7	1.3	0.8		1.2	1.6	1.5
3+ Days Away	22%	9%	3%		7%	11%	13%



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



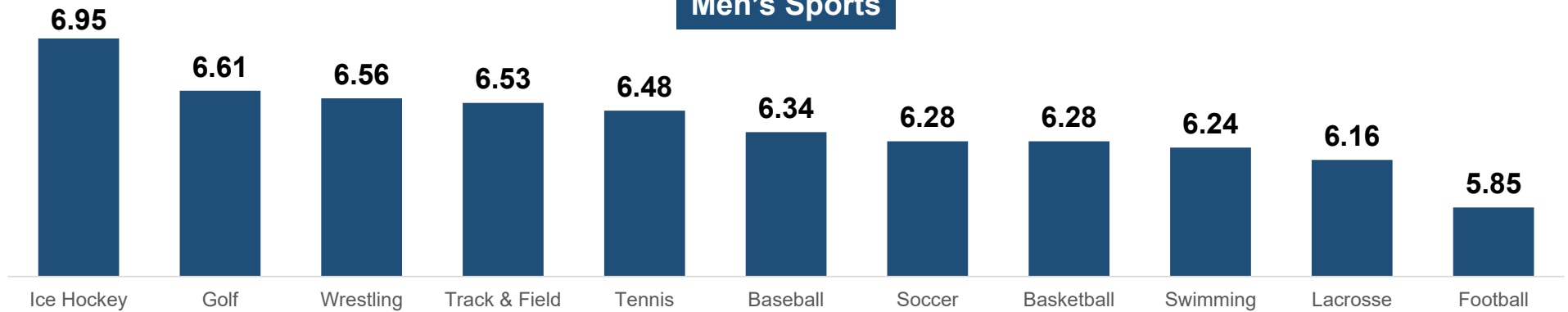
Green indicates a decrease of 5 percentage points or more from 2015

## Summary – Sleep

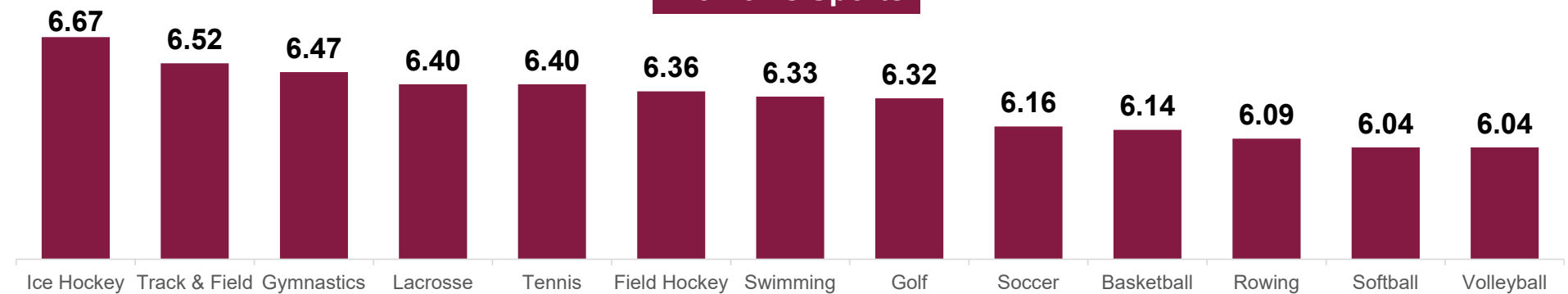
- Student-athletes in the 2019 GOALS study reported sleeping an average of 6 hours and 15 minutes on a typical in-season weeknight. That is down 14 minutes from what student-athletes reported in 2010 (6 hours and 29 minutes).
- As seen in previous iterations of the survey, football student-athletes reported the lowest average weekday hours of sleep.

## Average Weekday Hours of Sleep In-Season (All Divisions – 2019 SA Self-Report)

### Men's Sports



### Women's Sports







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

(% Responding Agree or Strongly Agree)

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

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

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


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


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

(% Responding Positive or Very Positive)

Baseball	Men's Basketball	Football	Men's Other	Women's Basketball	Women's Other
Division I					
60%	57%	60%	62%	65%	64%
Division II					
63%	67%	63%	69%	67%	70%
Division III					
69%	70%	67%	74%	74%	73%

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

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

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

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

Source: NCAA GOALS Study.

### Outliers

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

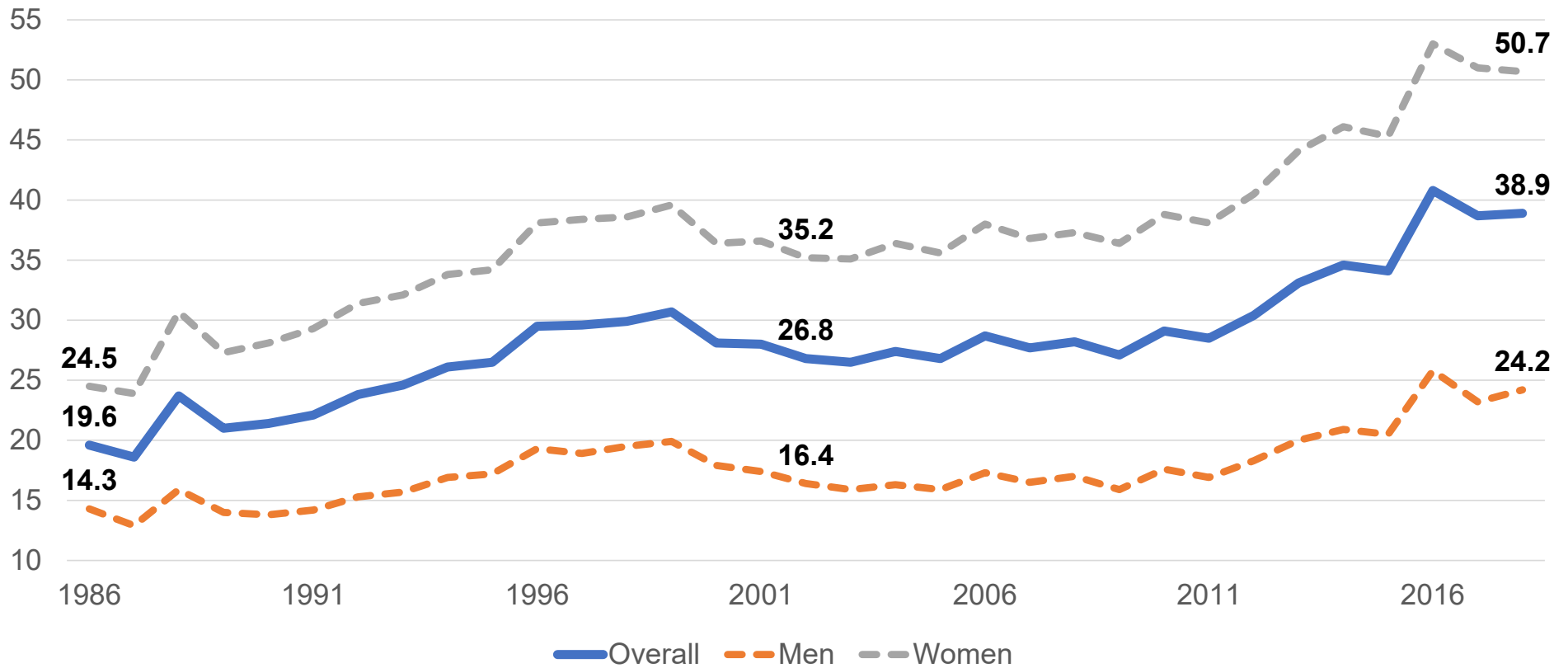
Division II: Men's Golf (20%) and Softball (20%) were divisional outliers, in addition to Baseball and M/W Basketball.

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

## Mental Health

- Students are coming into college already feeling overwhelmed by all they have to do, especially female students.
- Nearly 30% of female student-athletes compared to one-quarter of male student-athletes have felt difficulties piling up so high that they could not overcome them in the month prior to taking the survey.
- Male student-athletes are reporting more concern from coaches about their mental well-being and lower reported difficulties than in 2015, while female-student athletes are not showing the same rates of improvement.
- Over 62% of male student-athletes compared to less than half (49%) of female student-athletes feel comfortable talking with coaches about mental health issues.
- 46% of male student-athletes compared to 37% of female student-athletes are very satisfied with the mental health care received from team or college medical personnel.

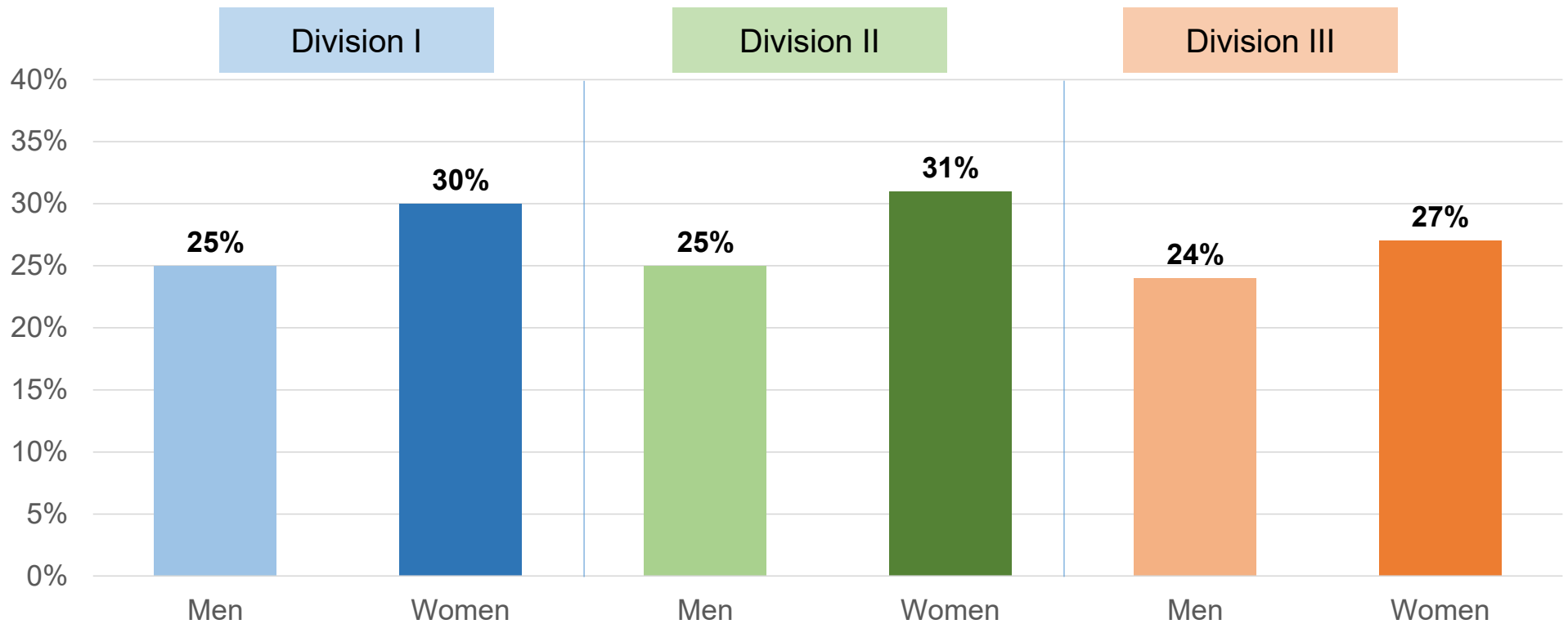
# Percent of incoming first-years indicating that they were “frequently overwhelmed” by all they had to do in the past year, 1985-2018



Data sources: CIRP Freshman Survey.  
Higher Education Research Institute, [www.heri.ucla.edu](http://www.heri.ucla.edu)

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

(% Responding Very Often or Fairly Often)



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

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

(% Responding Agree or Strongly Agree)

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

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



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

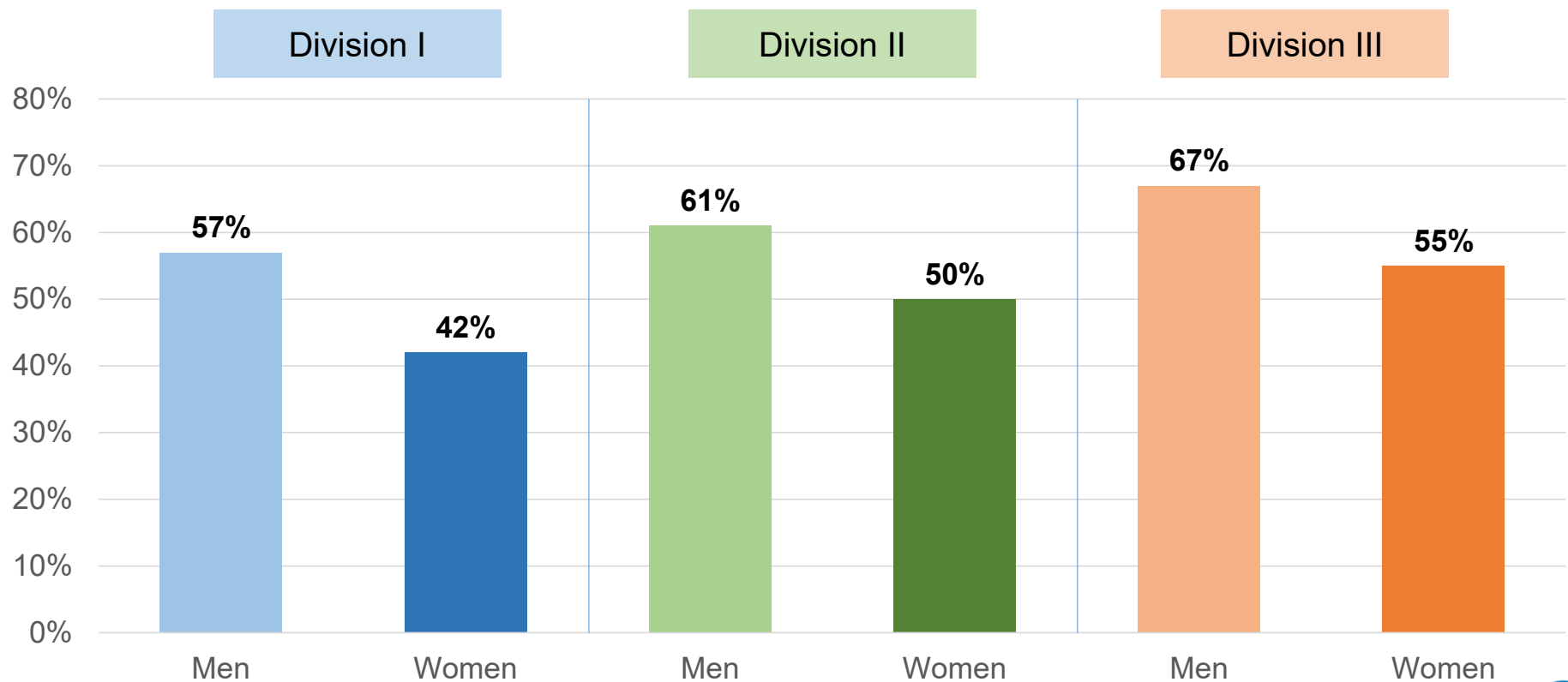


Green indicates a decrease of 5 percentage points or more from 2015



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

(% Responding Agree or Strongly Agree)



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

## Very satisfied with the care received from team or college medical personnel for mental health issues

(% Responding Very Satisfied)

	2015	2019
Division I		
Men	42%	45%
Women	35%	36%
Division II		
Men	42%	44%
Women	40%	37%
Division III		
Men	47%	48%
Women	41%	39%

Note: Endorsement of top two scale points on a 6-point scale. This only includes respondents who reported receiving care for mental health issues. Source: NCAA GOALS Study.

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


## Social Experiences


- Most student-athletes report that their coaches and teammates have created an inclusive environment for all members of the team, but differences are seen by race/ethnicity and gender.
- Slightly more than two-thirds (68%) of Black student-athletes feel a sense of belonging at their college compared to 82% of white student-athletes.
- While student-athletes engage more frequently with faculty than their non-athlete peers, the percentage that have developed a close, personal relationship with at least one faculty member has decreased since 2015 (68% vs. 64% in 2019).
- Over half (53%) of student-athletes playing for men's teams compared to 41% playing for women's teams feel that students on their campus show support for their team.
- While student-athletes engage more frequently with other students than their non-athlete peers, the percentage that socialize with non-athletes at their college has decreased slightly since 2015 (61% vs. 58% in 2019).
- Most student-athletes said their expectations of the social experience at their college was accurate (up slightly to 74% in 2019).

**“I have a sense of belonging at this college”**  
 (% Responding Agree or Strongly Agree)

		2015	2019
Men	Black	68%	70%
	Latino	72%	74%
	Other	70%	71%
	White	79%	81%
Women	Black	64%	65%
	Latina	79%	71%
	Other	72%	76%
	White	82%	83%

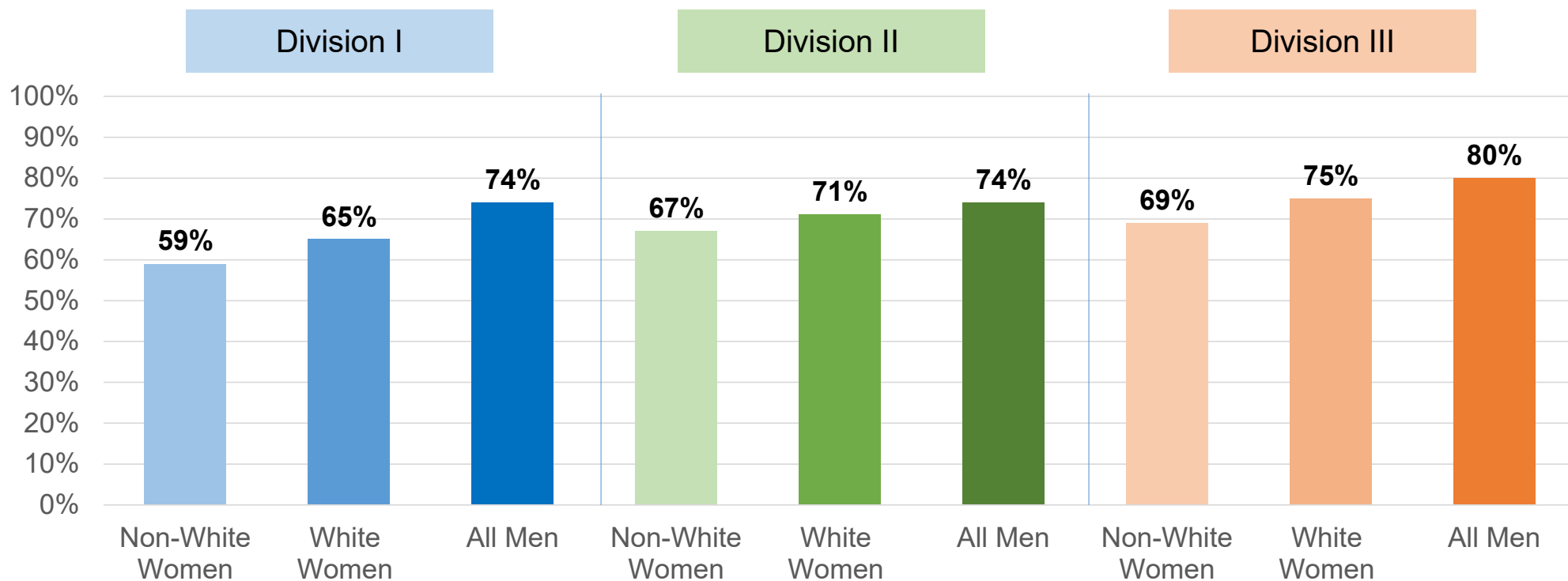
Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.

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

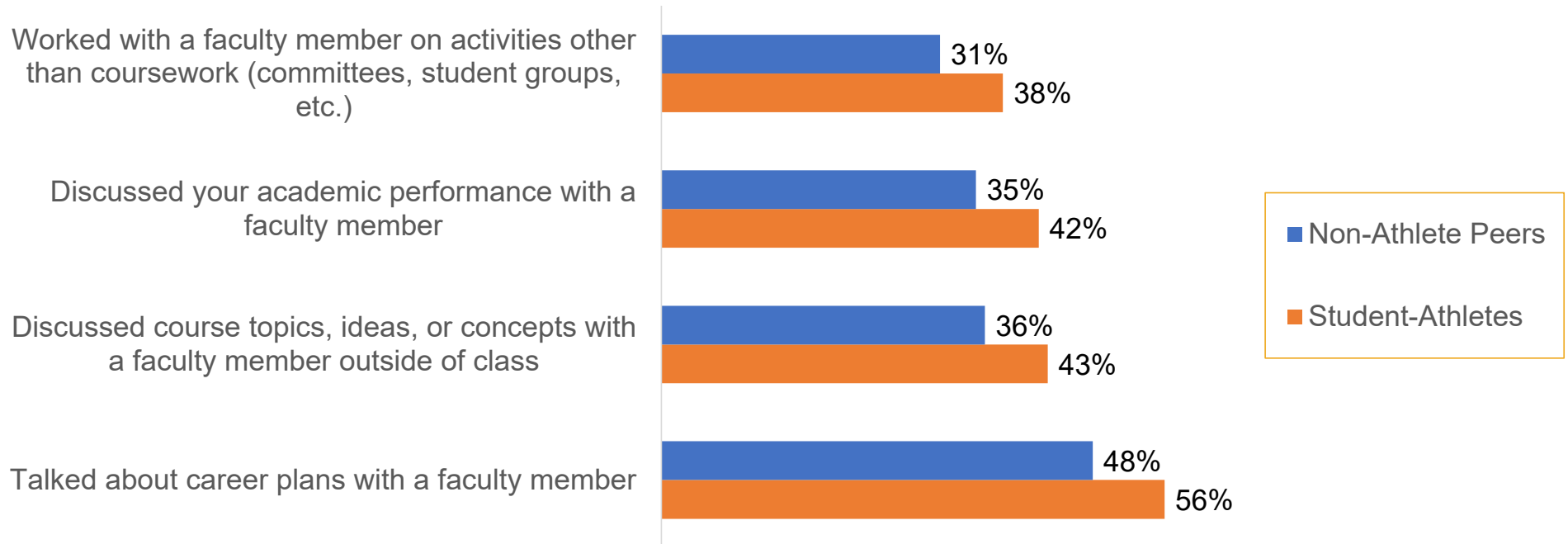
(% Responding Agree or Strongly Agree)



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

# Faculty Interactions

## Percentage of Seniors Who *Frequently* Engage with Faculty by Athletic Status



Note: Combined response options 'Often' and 'Very Often' represents *frequently*. Restricted to full-time students only. NSSE Report Builder (2017 & 2018).

## Have Developed a Close, Personal Relationship With At Least One Faculty Member

(% Agree or Strongly Agree)

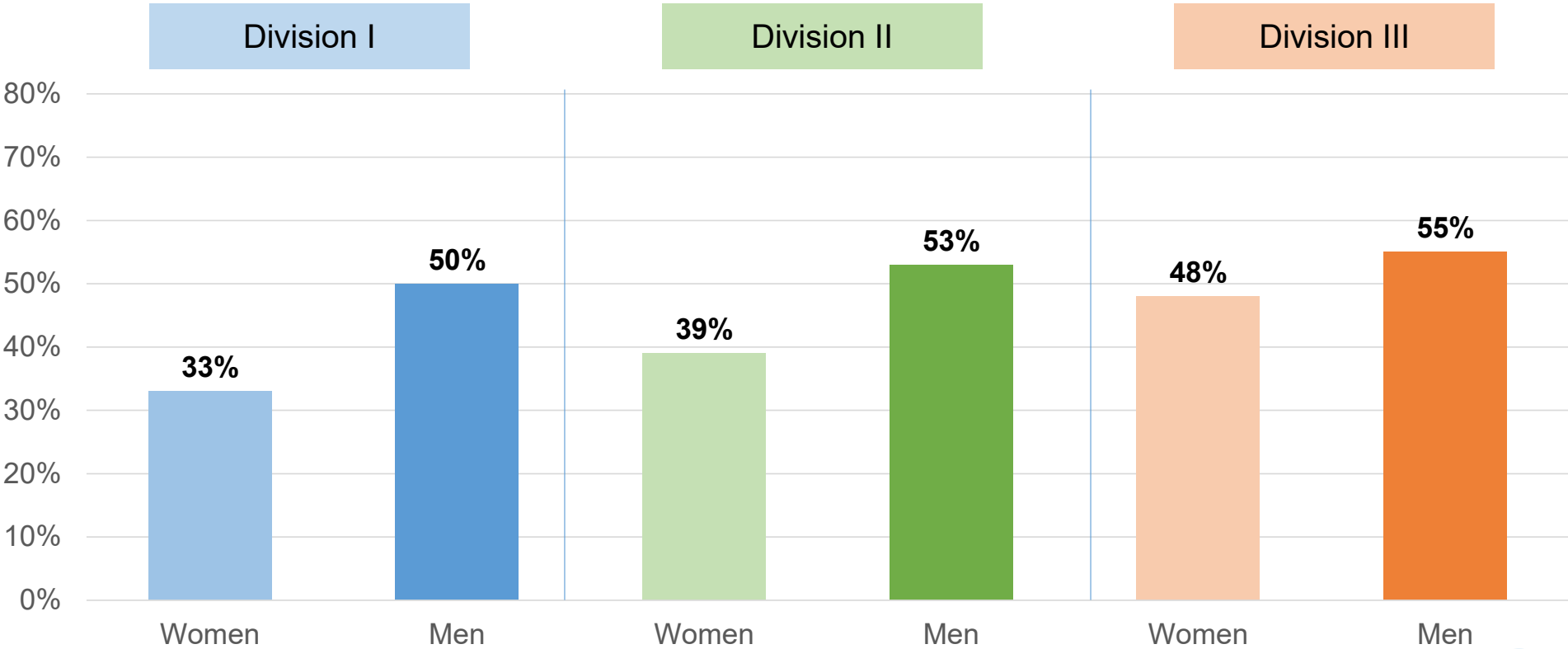
	Men	Women
Division I	58%	60%
Division II	61%	66%
Division III	67%	70%

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



# “Students on my campus show support for my team”

(% Responding Agree or Strongly Agree)

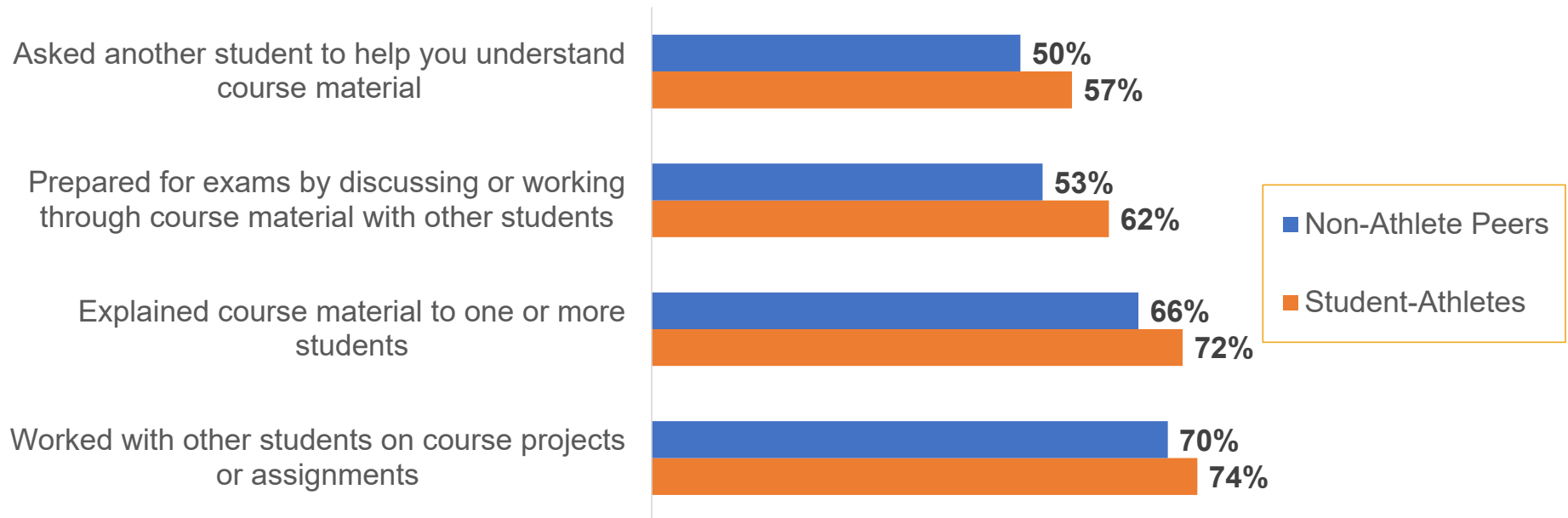


Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.



## Peer Interactions (NSSE Data)

### Percentage of Seniors Who *Frequently* Engage with Other Students by Athletic Status



Note: Combined response options 'Often' and 'Very Often' represents *frequently*. Restricted to full-time students only. NSSE Report Builder (2017 & 2018).

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

(% Responding Agree or Strongly Agree)

	2015	2019
Division I		
Men	60%	57%
Women	45%	43%
Division II		
Men	63%	59%
Women	54%	50%
Division III		
Men	70%	67%
Women	64%	65%

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

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

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

	Men
Proper nutrition	42%
Preparing for a career after college	41%
Budgeting/financial management	34%
Time management	29%
Getting good sleep	28%
Study habits	24%
Mental wellness	23%

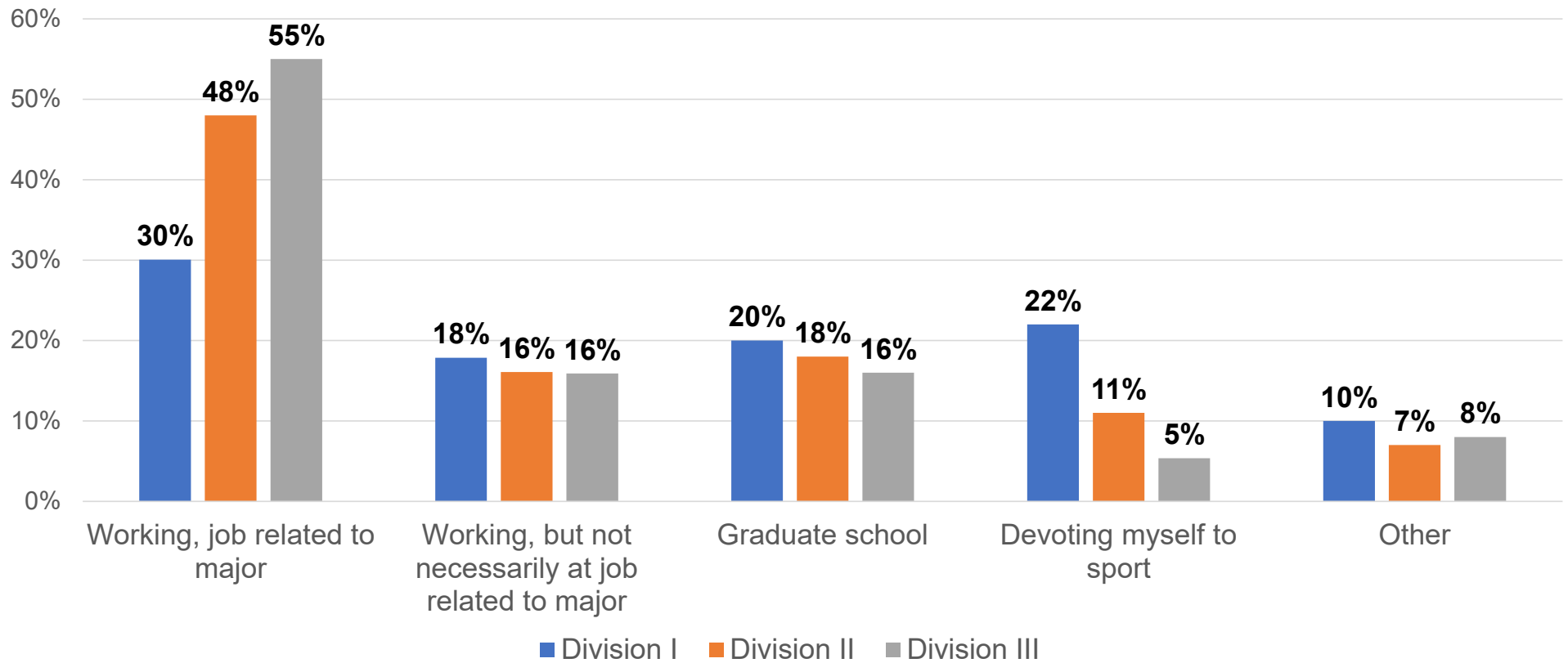
	Women
Preparing for a career after college	58%
Proper nutrition	55%
Mental wellness	46%
Budgeting/financial management	41%
Getting good sleep	38%
Time management	34%
Study habits	31%
Academic resources	25%

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



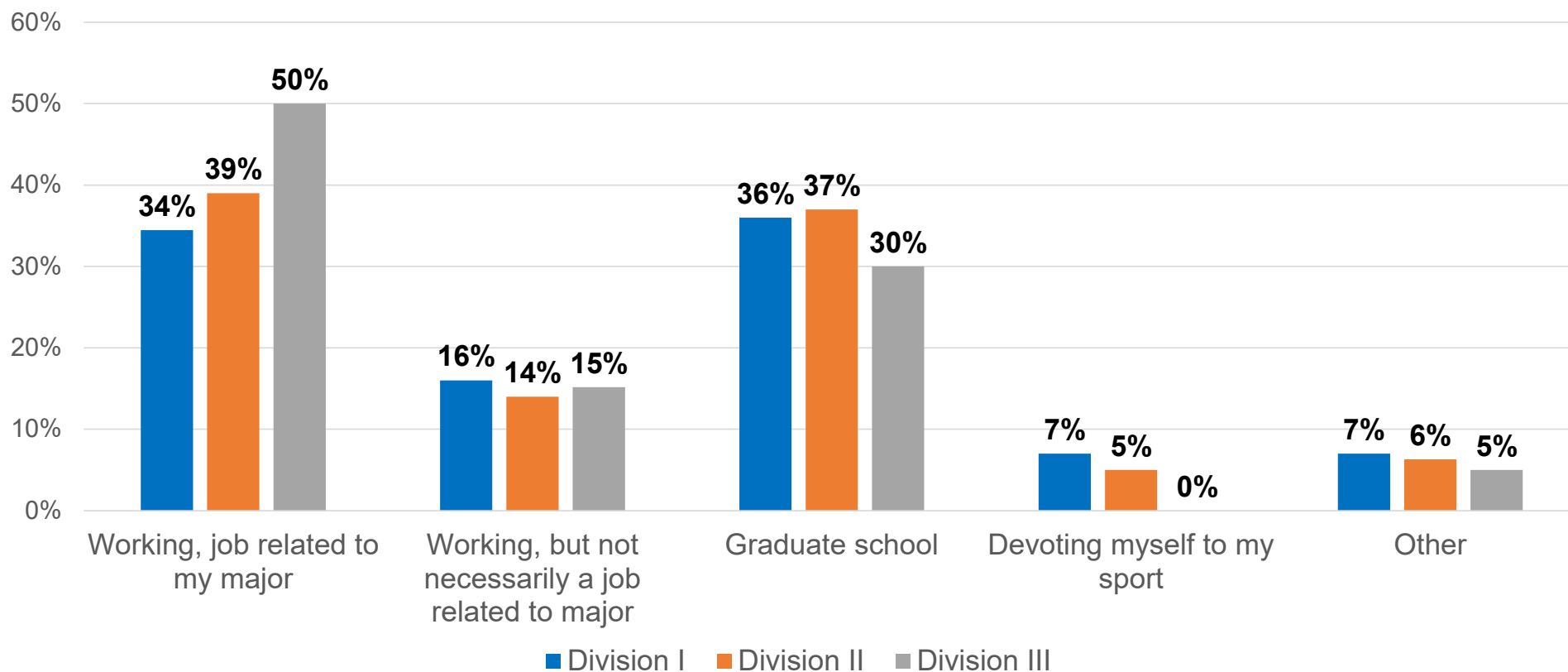
# First-Year Post College Plans

(Men in their Senior or Postgraduate Year)



Source: NCAA GOALS Study.

## First-Year Post College Plans (Women in their Senior or Postgraduate Year)



Source: NCAA GOALS Study.

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

(% Responding Somewhat Likely or Very Likely)

Baseball	Men's Basketball	Football (FBS / FCS)	Men's Other	Women's Basketball	Women's Other
Division I					
62%	72%	65%	50%	48%	38%
Division II					
54%	66%	55%	44%	53%	38%
Division III					
44%	47%	41%	34%	44%	29%

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



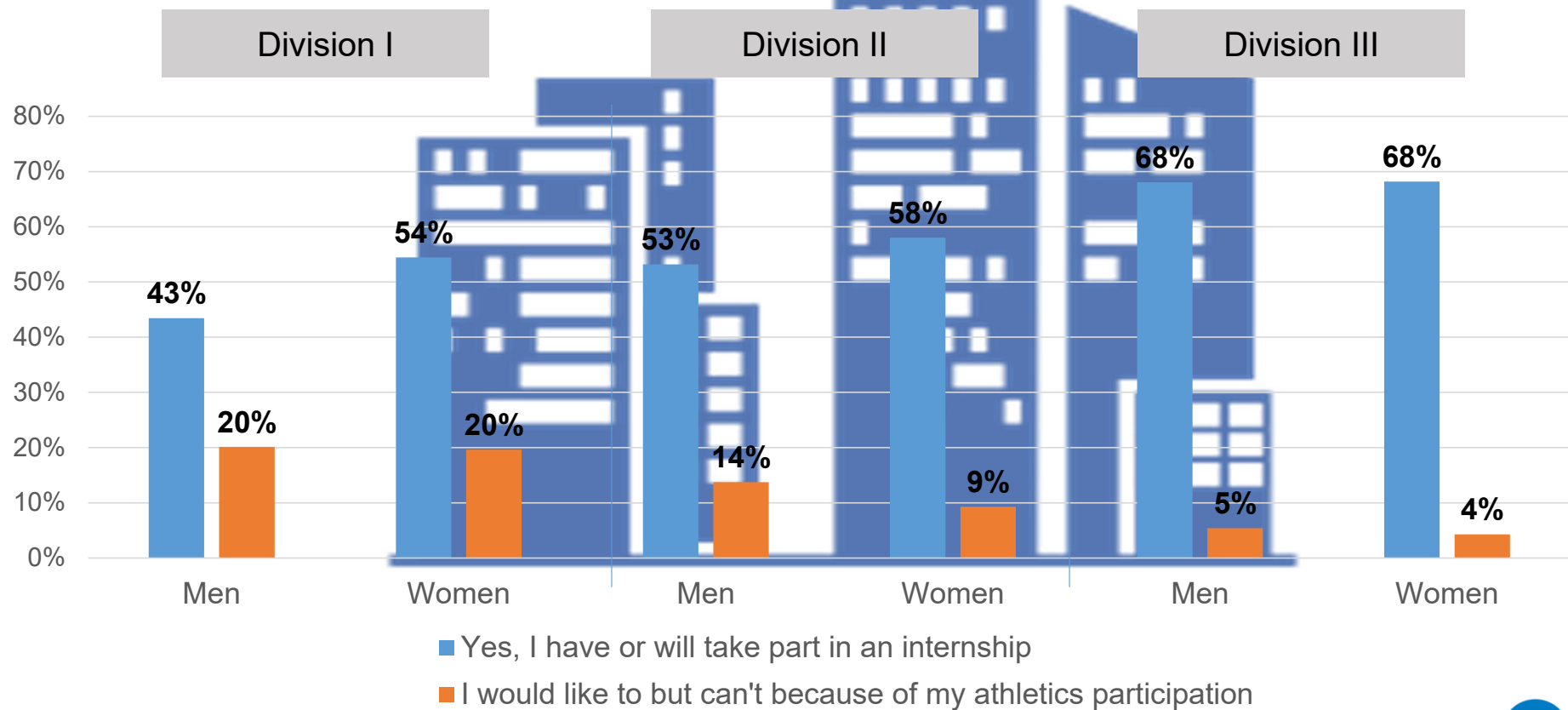
Yellow indicates an increase of 5 percentage points or more from 2015



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



## Reported Internship Opportunities (Juniors and Seniors)




Source: NCAA GOALS Study.


# Community Service Engagement

	Men			Women		
	Division I	Division II	Division III	Division I	Division II	Division III
A few hours during the year or more	87%	88%	85%	90%	93%	88%
A few hours each month or more	48%	50%	46%	49%	57%	49%

➤ In 2010, 50% of student-athletes reported being required to participate in service hours by their coach or team, the number rose to 58% in 2015, and is now 60%.

Source: NCAA GOALS Study.

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

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



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

(% Responding Positive or Very Positive)

	All Student-Athletes
Personal responsibility	93%
Work ethic	93%
Teamwork	91%
Goal setting	90%
Attention to detail	88%
Leadership skills	87%
Dealing with change	87%
Time management	87%
Understanding different races/backgrounds	81%
Self-confidence	78%
Commitment to community service	61%

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





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