



**NCAA** Division I



**NCAA** Research

# Five Themes from the NCAA GOALS Study of the Student-Athlete Experience

**NCAA** Convention

#NCAAConv

Division I

## NCAA Research Partnership with FARs

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

## 2019 GOALS Study

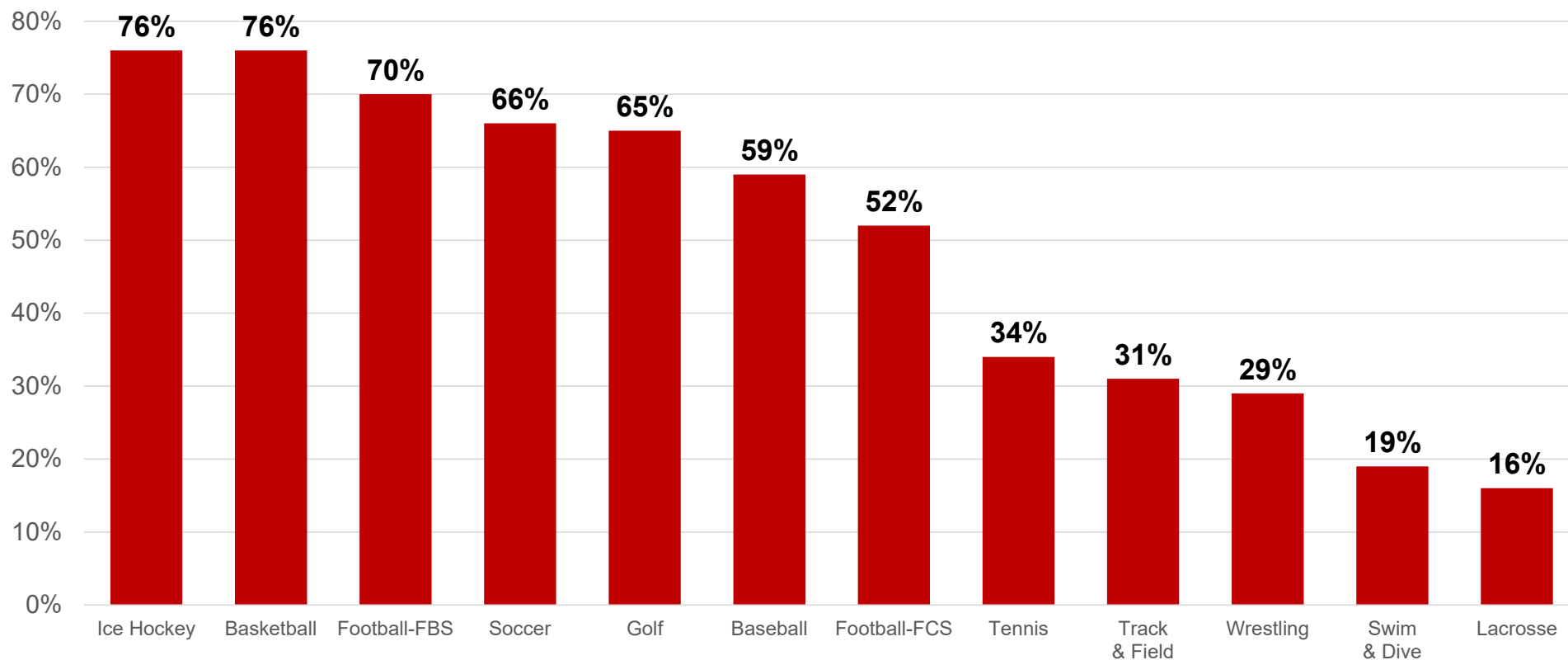
- Fourth iteration of this study (2006, 2010, 2015).
- 560 FARs assisted us in collecting data from more than 22,000 current student-athletes.
- Concluded data collection in June. The analyses shown today are preliminary examinations into some of the survey topics.

## 2019 GOALS Topics

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

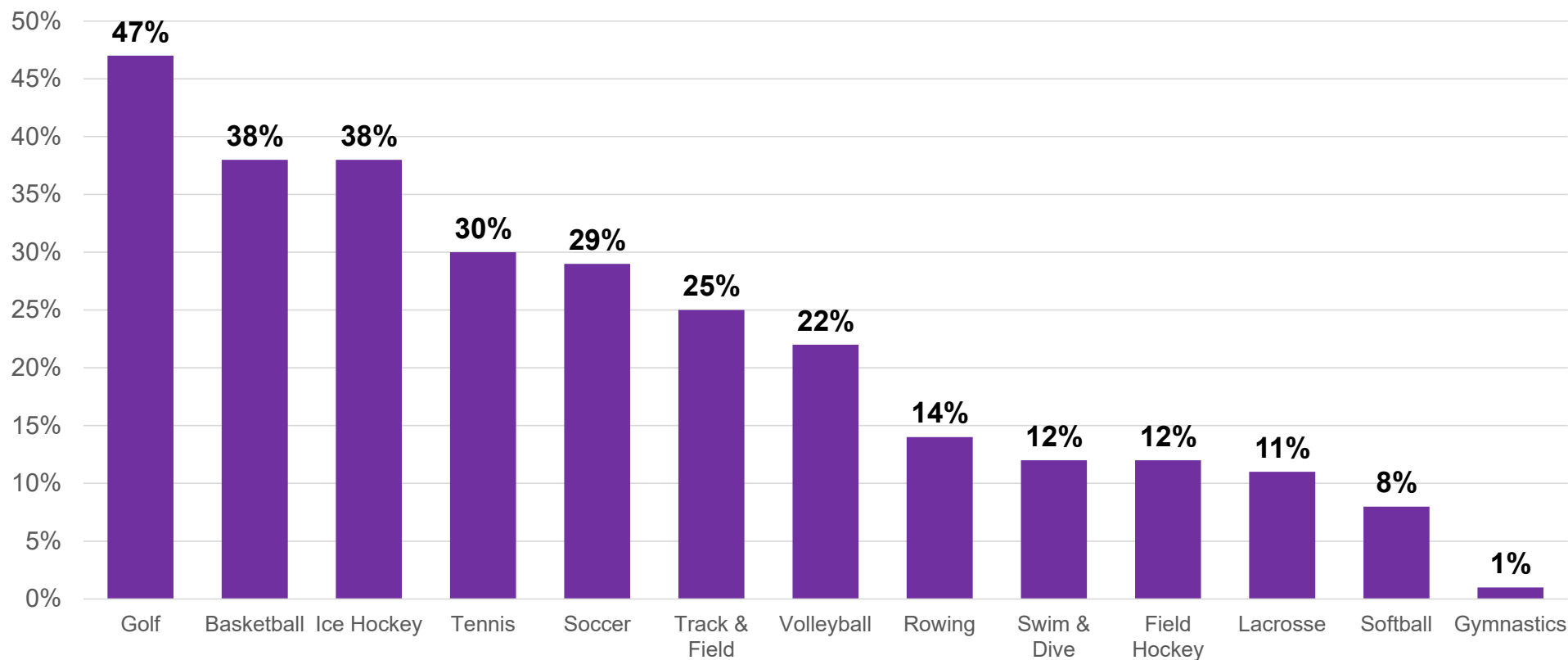
**Pre-college experiences are key to understanding what drives college outcomes**

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



Source: NCAA GOALS Study.

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



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 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%).


Note: Endorsement of top two scale points on a 6-point scale. Non-recruited athletes removed from analyses.  
Source: NCAA GOALS Study.

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

## 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


**Division I – Median Hours Spent Per Week on  
Athletic Activities In-Season  
(2019 SA Self-Report)**


Men's Sports	Hours / Week
Baseball	42
Football (FBS)	40
Golf	38
Football (FCS)	37
Ice Hockey	34
Lacrosse	34
Basketball	32
Tennis	31
Wrestling	30
Swimming/Diving	29
Soccer	27
Track and Field	27

Women's Sports	Hours / Week
Softball	38
Basketball	35
Field Hockey	34
Volleyball	34
Lacrosse	33
Golf	33
Rowing	32
Ice Hockey	32
Tennis	32
Soccer	30
Swimming/Diving	30
Gymnastics	28
Track and Field	27

## 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

## Summary – Relaxation and Socialization

- High percentages of study participants expressed a desire to have more time for socialization and relaxation. This was especially true among those student-athletes with high levels of academic and athletic time commitments (e.g., women, Division I student-athletes). These percentages are up from 2015.
- The median self-reported weekly time spent socializing/relaxing during the athletic season was 15.5 hours in 2019, down from 17.1 hours in 2015 and 19.5 hours in 2010.



# “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.



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



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**


## 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)

Baseball	Men's Basketball	Football (FBS / FCS)		Men's Other	Women's Basketball	Women's Other
Division I						
21%	24%	33%	31%	22%	29%	28%
Division II						
20%	26%	27%	25%	27%	31%	
Division III						
26%	26%	25%	22%	25%	27%	

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

## 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.



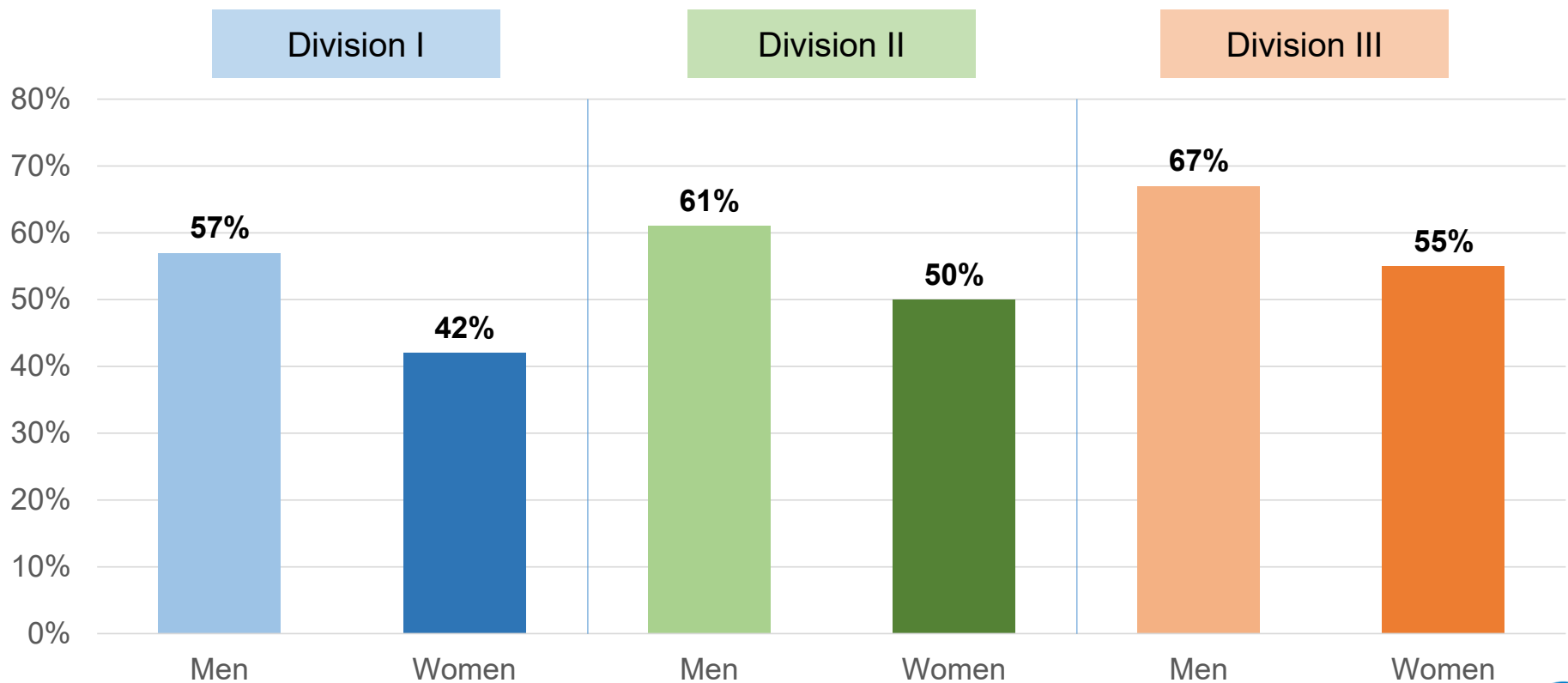
Yellow indicates an increase of 5 percentage points or more from 2015



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.

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





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

(% Responding Agree or Strongly Agree)

Baseball	Men's Basketball	Football (FBS / FCS)		Men's Other	Women's Basketball	Women's Other
Division I						
74%	76%	72%	76%	73%	60%	65%
Division II						
75%	79%	71%	75%	67%	71%	
Division III						
80%	75%	84%	80%	71%	75%	

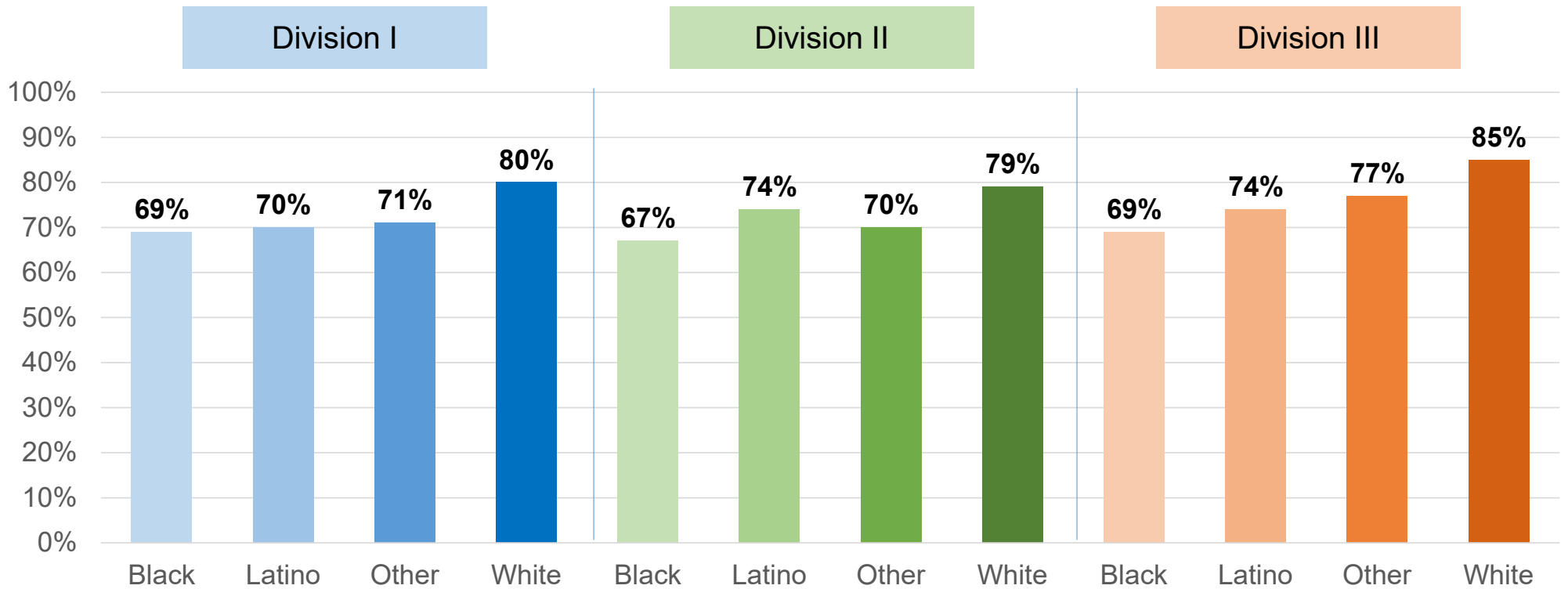
Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study.

 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 have a sense of belonging at this college”

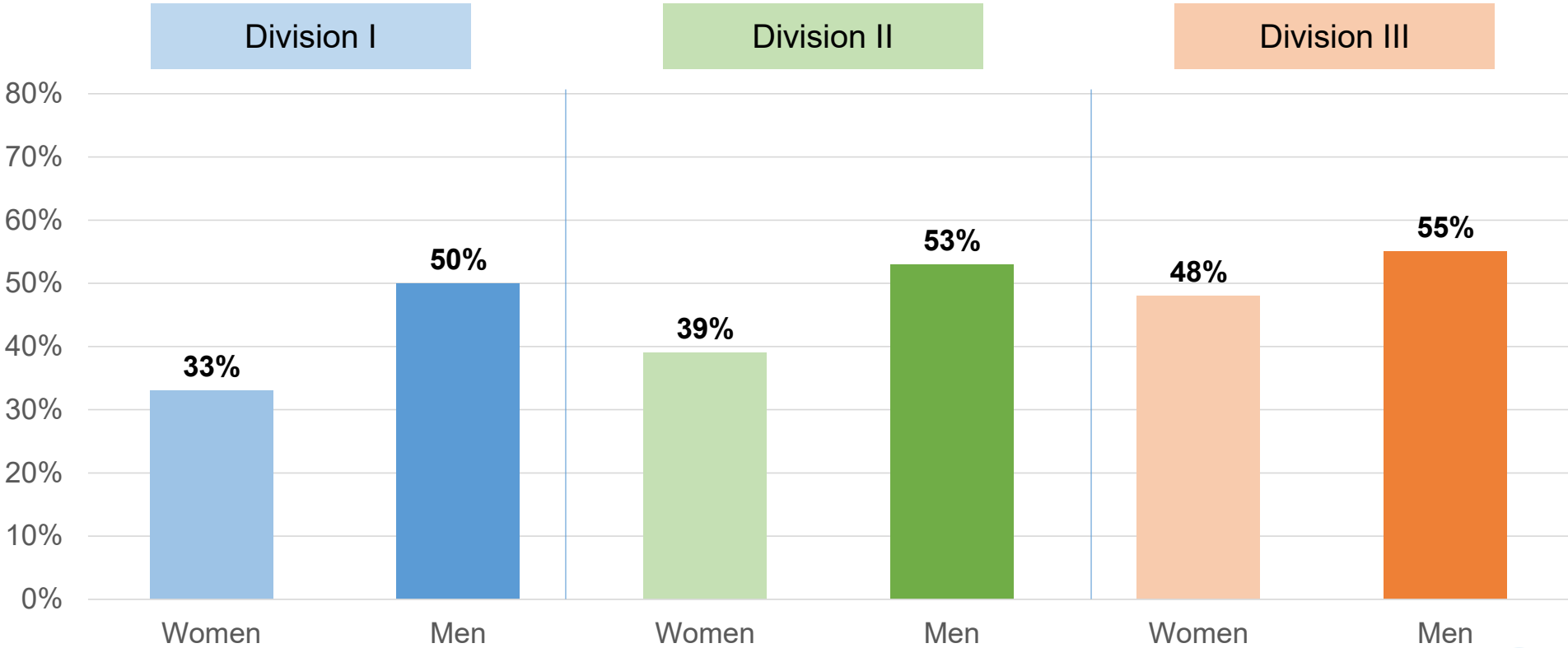
(% Responding Agree or Strongly Agree)



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.



**“I usually have enough money to buy the things I need (e.g., groceries)”**  
 (% Responding Agree or Somewhat Agree)

Baseball	Men's Basketball	Football (FBS / FCS)		Men's Other	Women's Basketball	Women's Other
Division I						
79%	67%	67%	62%	80%	75%	86%
Division II						
76%	67%	66%		76%	80%	82%
Division III						
78%	73%	73%		81%	84%	86%

Note: Endorsement of top two scale points on a 4-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

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

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

(Division I Student-Athletes)

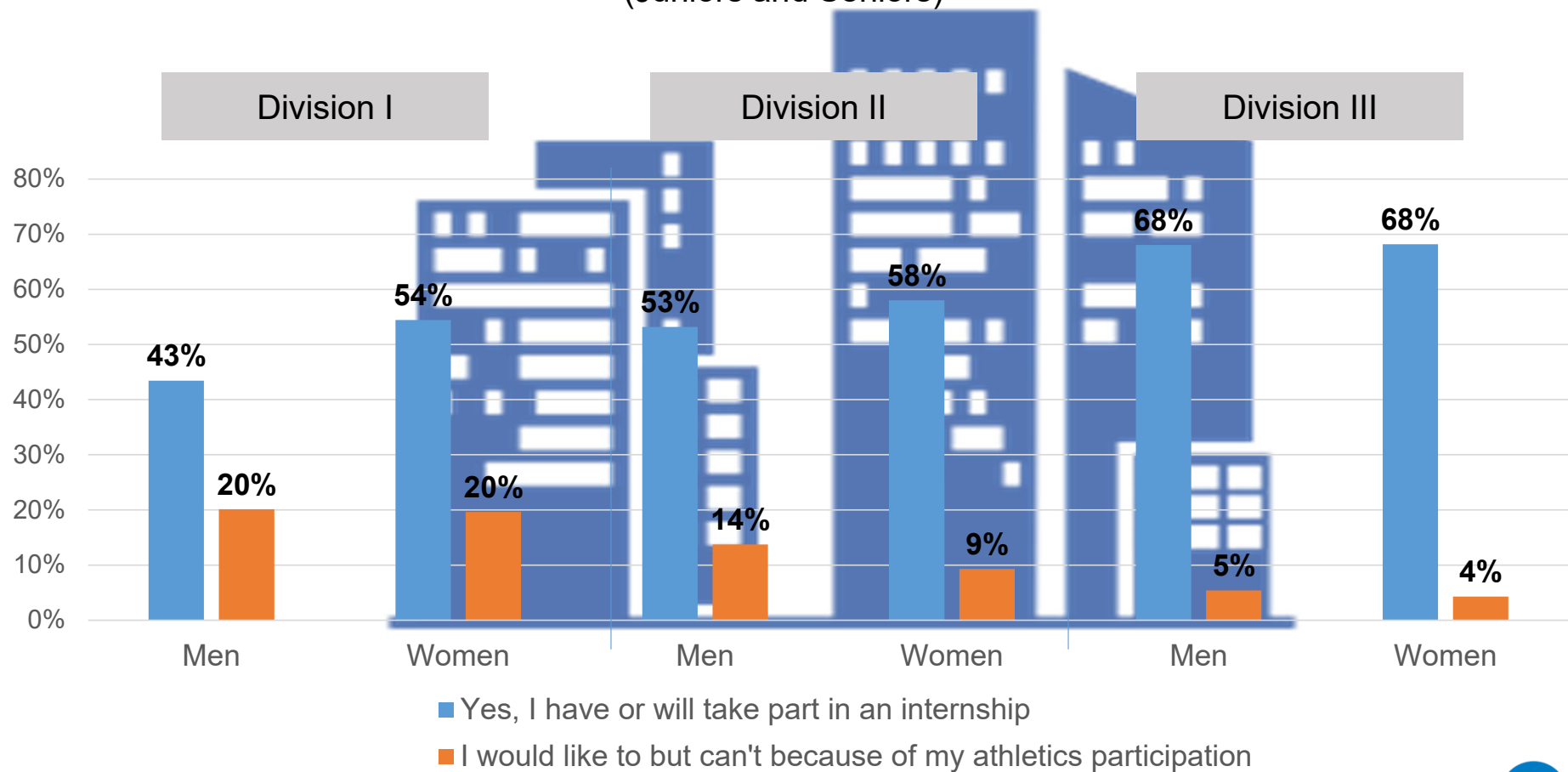
	Men
Preparing for a career after college	41%
Proper nutrition	40%
Budgeting/financial management	36%
Getting good sleep	27%
Time management	27%
Mental wellness	24%
Study habits	21%

	Women
Preparing for a career after college	61%
Proper nutrition	51%
Mental wellness	48%
Budgeting/financial management	45%
Getting good sleep	38%
Time management	31%
Study habits	27%
Academic resources	23%

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.



## Reported Internship Opportunities (Juniors and Seniors)



Source: NCAA GOALS Study.

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

(% Responding Positive or Very Positive)

	Division I Student-Athletes
Work ethic	93%
Personal responsibility	93%
Teamwork	91%
Goal setting	90%
Attention to detail	89%
Dealing with change	88%
Leadership skills	87%
Time management	86%
Understanding different races/backgrounds	82%
Self-confidence	75%
Commitment to community service	62%

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





[NCAA.org/research](https://www.ncaa.org/research)



@NCAAResearch

NCAA is a trademark of the National Collegiate Athletic Association. All other licenses or trademarks are property of their respective holders.

