Dear Student:

Thank you for your willingness to participate in the NCAA’s study of Growth, Opportunities, Aspirations, and Learning of Students in college (GOALS). This is the most comprehensive study ever conducted on the experiences of student-athletes, and your participation is greatly appreciated. By completing and returning this questionnaire, you are agreeing to volunteer for this study. Your participation in the study is completely voluntary. You may choose not to answer specific questions and you can discontinue your participation at any time without penalty.

The information you provide is completely confidential. That means nobody, including the NCAA researchers, will report your responses as coming from you, your team, or your school. All reported results will be in terms of sport trends or national averages; an individual’s response will never be reported in isolation.

If you are under 18 years of age, or below the age of legal consent to participate in your state, you are excused from further participation in this research study.

If you have questions regarding the study, the survey instrument, or the survey procedures please contact the survey administrator, Michael Miranda, at 317/917-6304 or mmiranda@ncaa.org.

1: COLLEGE ATHLETICS EXPERIENCE

1. Are you playing on men's or women's team(s)?
   - Men's
   - Women's

2. NCAA sport(s) you are playing: (Select all that apply)
   - Baseball
   - Basketball
   - Bowling
   - Cross Country
   - Fencing
   - Field Hockey
   - Football
   - Golf
   - Gymnastics
   - Ice Hockey
   - Lacrosse
   - Rifle
   - Rowing
   - Skiing
   - Soccer
   - Softball
   - Swimming/Diving
   - Tennis
   - Track (Indoor or Outdoor)
   - Volleyball
   - Water Polo
   - Wrestling

3. How do you describe yourself? (Select all that apply)
   - American Indian or Alaskan Native
   - Asian
   - Black or African American
   - Hispanic or Latino
   - Native Hawaiian or Pacific Islander
   - White
   - Other

4. Based on your roster spot or frequency of competition, how would you classify your current status in your main sport?
   - First team (for example, you start in a team sport or compete in your preferred events in individual sports)
   - Second team (e.g., regular substitute in a team sport, often compete in some event in individual sports)
   - Third team (e.g., participate in practice but compete infrequently)
   - Practicing or training but not competing
5. This year, did you receive an athletics scholarship of any kind in your sport?
   - No
   - Yes, partial athletics scholarship
   - Yes, full athletics scholarship

6. 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

7. How much do you agree or disagree with each of the following statements?
   a. I consider myself a dedicated athlete
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   b. I consider myself a dedicated student
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   c. I have many personal goals related to my sport
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   d. I have many personal goals related to my academics
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   e. I need to excel in athletic pursuits to feel good about myself
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   f. I need to excel in academic pursuits to feel good about myself
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   g. My sports experiences are an important part of my overall college experience
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   h. My academic experiences are an important part of my overall college experience
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   i. I would have gone to a 4-year college somewhere even if I hadn’t been an athlete
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   j. My athletics participation is important in preparing me for life after graduation
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   k. Winning is more important to me than good sportsmanship
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree
   l. I am able to find an appropriate balance between academics and extracurricular activities (including athletics participation)
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

8. How important are each of these aspects of your college athletics experience?
   a. That I get to play/compete a lot (e.g., I start on my team or compete in preferred events)
   - Not at all important
   - Somewhat important
   - Very important
   - Very important
   - Very important
   - Very important
   b. That my team is successful
   - Not at all important
   - Somewhat important
   - Very important
   - Very important
   - Very important
   - Very important
   c. That I personally put up good stats
   - Not at all important
   - Somewhat important
   - Very important
   - Very important
   - Very important
   - Very important
   d. That I am viewed as a team leader
   - Not at all important
   - Somewhat important
   - Very important
   - Very important
   - Very important
   - Very important

9. Based on what you know about the intercollegiate athletics experience in your NCAA division (Division I, II or III), would you recommend your current division to a high school student-athlete?
   - Yes, I definitely would
   - Yes, I probably would
   - I’m not sure
   - No, I probably would not
   - No, I definitely would not

**PART 2: COLLEGE ACADEMIC EXPERIENCE**

10. What is your current academic standing?
    - Freshman
    - Sophomore
    - Junior
    - Senior
    - Graduate Student

11. Did you transfer into your current school?
    - No
    - Yes, from a 2-year college
    - Yes, from a 4-year college

12. If you have transferred, what were your reasons for doing so? (Select all that apply)
    - I did not transfer
    - Academic
    - Athletic
    - Medical
    - Financial
    - Family / Personal

SERIAL #
13. What is your major area of study? (Fill in only one circle)
   - Biological sciences (Zoology, Physiology, etc.)
   - Business (Accounting, Marketing, Personnel, etc.)
   - Communications (Journalism, Public Relations, etc.)
   - Education (Elementary, Special, etc.)
   - Engineering, Computer / Information Sciences
   - Exercise, Sports, Kinesiology
   - Humanities and Fine Arts (Music, Religion, English, etc.)
   - Physical Sciences and Mathematics (Chemistry, etc.)
   - Professional Studies (Nursing, Occupational Therapy, etc.)
   - Social Sciences (Psychology, History, Economics, etc.)
   - Other academic field
   - I have not yet chosen a major area of study. (Skip Questions 14-15 and go to Question 16)

14. If you weren't a college athlete, would you still choose your current major?
   - I definitely would choose this major again
   - I probably would choose this major again
   - I might choose this major again
   - I probably would not choose this major again
   - I definitely would not choose this major again

15. Has athletics participation prevented you from majoring in what you really want?
   - No
   - Yes, but I currently do not have regrets about my choice of major
   - Yes, and I currently do have regrets about my choice of major

16. Thinking about your classes this year, how much do you agree or disagree with the following statements?
   a. The classes I'm taking are relevant to my future…………………... Strongly Agree
   b. My classes are interesting………………….. Strongly Agree
   c. My classes are easy…………………. Strongly Agree
   d. It was fully my decision to take these particular classes……………… Strongly Agree
   e. I took these classes primarily to stay academically eligible to compete……… Strongly Agree
   f. I took these classes because they fit with my athletic schedule……………… Strongly Agree
   g. There are a lot of student-athletes in my classes…………………… Strongly Agree

17. Has your athletics participation prevented you from taking classes that you wanted to take?
   - No
   - Yes, but I currently do not have regrets about those course choices
   - Yes, and I currently do have regrets about those course choices

18. Have your coaches or others in the athletics department (e.g., academic advisors) discouraged you from choosing certain classes?
   - Never
   - Once or twice
   - Often

19. In how many classes do you typically receive at least some tutoring?
   - All
   - Most
   - Few
   - None of them

20. How do you feel about...
   - The efforts you've made in your college classes?.......................... Somewhat Positive
   - Your ability to keep up with your classes while your sport is in-season?.......................... Somewhat Negative
   - Your likelihood of graduating from college?.......................... Somewhat Positive
   - Your overall college academic experience to this point?............... Somewhat Negative
21. How much do you agree or disagree with these statements about your contact and interactions with faculty at your college?

   a. Since coming to this institution, I have developed a close, personal relationship with at least one faculty member. ..............................................
   b. I am satisfied with the access I have to faculty members to discuss my classes and other academic issues. ......................................................
   c. I am satisfied with the opportunities to meet and interact informally with faculty members ..............................................

Questions 22-24 are related to non-traditional courses. Non-traditional courses are those that do not require regular in-person meetings in a typical classroom setting or lecture hall. They may include online, independent study or directed reading courses.

22. So far during college, have you: (Select all that apply in each row)

   a. Taken an online course through your college? ..............................................
   b. Taken an online course through an outside college (one that you weren't attending)? ..............................................
   c. Taken an independent study or directed reading course? .................

23. Why have you taken these non-traditional courses? (Select all that apply)

   ○ I haven't taken any
   ○ To get ahead academically
   ○ They were more convenient to my academic schedule
   ○ They were more convenient to my athletic schedule
   ○ To stay eligible or regain eligibility
   ○ I prefer the format of these courses
   ○ They were required courses
   ○ They were only offered in this format
   ○ They were cheaper

24. Please rate the extent to which you agree/disagree with the following...

   a. Non-traditional courses are generally easier than traditional in-person courses..............................................
   b. If given the option I would take more of my coursework in a non-traditional format (e.g., online or independent study)..............................................
   c. I am more likely to take a non-traditional course in-season than out-of-season ..............................................
   d. It is easier to cheat in non-traditional courses than traditional in-person courses ..............................................
   e. Taking traditional in-person classes on campus is an important part of the student-athlete experience ..............................................

25. Which letter grade best describes your current overall GPA (Mark one)?

   ○ A
   ○ B
   ○ C
   ○ D or below
   ○ No grades given or don't know

26. Have you been involved or do you plan to be involved in a study abroad program during college? (Fill in only one circle)

   ○ Yes, I have or will study abroad
   ○ I would like to but can't because of my athletics participation
   ○ I would like to but can't because of other reasons (e.g., finances, availability)
   ○ No, I have no interest
   ○ I don't know at this time
27. Have you been involved or do you plan to be involved in an internship program during college? (Fill in only one circle)
   ○ Yes, I have or will take part in an internship
   ○ I would like to but can’t because of my athletics participation
   ○ I would like to but can’t because of other reasons (e.g., finances, availability)
   ○ No, I have no interest
   ○ I don’t know at this time

28. When you began college, how long did you think it would take to earn your bachelor’s degree?
   ○ Less than 4 years
   ○ 4 years
   ○ More than 4 years
   ○ I did not expect to earn a degree

29. Compared to what you thought entering college, your actual degree completion is likely to be...
   (Select all that apply):
   ○ On time or quicker than expected
   ○ Longer than expected due to athletic eligibility reasons (e.g., redshirted as a freshman, delaying in order to complete my NCAA eligibility)
   ○ Longer than expected due to academic reasons (e.g., failed classes, changed majors, credits didn’t transfer)
   ○ Longer than expected due to medical issues (e.g., medical redshirt)
   ○ Longer than expected due to financial reasons
   ○ Longer than expected due to family or personal reasons
   ○ It’s unlikely I’ll earn my degree

30. In your first year after leaving college, what do you intend to be doing? (Fill in only one circle)
   ○ Working at a job related to my major
   ○ Working at a job, but not necessarily one that is related to my major
   ○ Attending graduate school
   ○ Serving in the military
   ○ Devoting myself to my sport (e.g., training, playing professional sports, etc.)
   ○ Taking some transition time before embarking upon a career
   ○ Staying at home / serving as a caregiver
   ○ I don’t yet have any post-graduate plans or goals

31. Do you expect that your job after college will involve sports?
   ○ Very likely
   ○ Somewhat likely
   ○ Not sure
   ○ Somewhat unlikely
   ○ Very unlikely

32. How likely is it that you will go to graduate school or obtain an advanced professional degree (for example, law degree, medical degree, master’s degree, doctorate) at some point after college?
   ○ Very likely
   ○ Somewhat likely
   ○ Not sure
   ○ Somewhat unlikely
   ○ Very unlikely

33. How much do you agree or disagree with the following statements?
   a. I have a sense of belonging at this college ......................
   b. Being an athlete has helped me fit in socially at this college........
   c. I frequently socialize with non-athletes at this college ...........

34. How many of your closest friends at this college are on your sports team?
   ○ All of my closest college friends are teammates
   ○ Many of my closest college friends are teammates
   ○ Some of my closest college friends are teammates
   ○ Few of my closest college friends are teammates
   ○ None of my closest college friends are teammates
35. On average over the past year, how much time have you spent taking part in service projects or volunteer activities of any type? (Fill in only one circle)
   - One or more hours per day
   - A few hours per week
   - A few hours per month
   - A few hours during the year
   - Did not participate in service or volunteerism in the past year

36. Are you required to take part in service projects or volunteer activities as part of your athletics participation? (Fill in only one circle)
   - Yes, my coach/team requires it frequently
   - Yes, my coach/team requires it occasionally
   - My coach/team suggests we take part in these types of activities, but it is not required
   - No, we don’t take part in such activities as a team

37. Have your coaches or others in the athletics department ever discouraged you from participating in an extracurricular activity that interested you?
   - No
   - Yes, but I currently do not have regrets about being unable to participate
   - Yes, and I currently do have regrets about being unable to participate

38. Please indicate your level of agreement with each of the following statements about the atmosphere or climate on your team:
   a. My coaches have created an inclusive environment for all members of the team
   b. My coaches and teammates are accepting of differing viewpoints and cultures
   c. My coaches and teammates are always respectful of persons from other racial/ethnic groups

39. Please indicate your level of agreement with the following statements.
   My head coach:
   a. Sets an example of how to do things the “right way” in terms of ethics
   b. Defines success not just by winning, but by winning fairly
   c. Has team members’ best interests in mind
   d. Can be trusted
   e. Listens to what members of this team have to say
   f. Treats all members of the team equally

40. Please indicate your level of agreement with the following statements.
   My head coach:
   a. Puts me down in front of others
   b. Ridicules me
   c. Makes negative comments about me to others
41. How confident are you that you can be successful at the following:
   a. Leading others ........................................  
   b. Working with a team on a group project .........................

42. Please indicate the type of effect that your college athletic experience has on each of the following skills or qualities in yourself:
   a. Leadership skills ........................................
   b. Teamwork ........................................
   c. Commitment to volunteerism ......................
   d. Understanding of people of other races and backgrounds .........
   e. Study skills ........................................
   f. Time management ......................................
   g. Work ethic ........................................
   h. Ability to take responsibility for yourself ....................
   i. Self-confidence ........................................
   j. Personal values and ethics .................................

43. How often do you typically communicate with your parents/guardians (talk, text, use social media)? (Fill in only one circle)
   ○ Multiple times daily
   ○ Once a day
   ○ A few times a week
   ○ Once a week
   ○ Less than weekly

44. Where did you attend high school?
   ○ In the United States
   ○ In Canada
   ○ In another country

45. How much do you agree or disagree that each of the following reasons contributed to your decision to attend your current college?
   a. Academic offerings, academic reputation, etc. ................
   b. Athletics participation ................................
   c. Proximity to home, family, friends ...
   d. Social scene at this school or have friends attending ........
   e. Expectations (of parents, teachers, community, etc.) .......
   f. Presence of a particular coach .....          
   g. The quality of the athletic facilities ..................

46. Based on what you know now and what others (e.g., friends, coaches, alumni) told you to expect, how accurate were your initial expectations of ....
   a. The athletics experience at this college? ................
   b. The academic experience at this college? ................
   c. The social experience at this college? ................
   d. The time demands of being a student-athlete at this college? ....

SERIAL #
47. How much do you agree or disagree with the following statements:

- a. I am glad that I made the choice to be at this school ................................
- b. I would have attended this college even if a different coach was here ................................
- c. If my current coach left this school I would consider transferring ................................

48. Prior to enrolling in your current college, did you visit the campus (either on an official or unofficial visit)?

- Yes
- No

49. Were you recruited to play sports at your current college?

- Yes, a coach or others contacted me prior to when I enrolled in this school
- Yes, but not until I had already enrolled in this school
- No, I walked onto the team without being recruited

50. Prior to coming to this college, approximately how many schools personally contacted you about playing sports for their school? (NOTE: Do not include form letters that may have been sent to many recruits at once.)

- None
- 1-9
- 10-20
- More than 20

51. How important was the advice of each of the following people in terms of your decision to attend your current college?

- a. Parents or relatives ................................
- b. Friends / teammates .................................
- c. Teachers / guidance counselor .................
- d. High school coach ...................................
- e. Other coach (e.g., summer league or AAU coach) .................

52. How old were you when you started competing in your main sport?

- 6 years old or younger
- 7-9 years old
- 10-12 years old
- 13-15 years old
- 16 years old+

53. How old were you when you started specializing in your main sport (competing only in that one)?

- 6 years old or younger
- 7-9 years old
- 10-12 years old
- 13-15 years old
- 16-18 years old
- Competed in multiple sports through the end of high school (or into college)

54. During high school did you compete in your main sport... (please respond to each item)

- a. On a high school team? .........................
- b. On a club team (includes AAU, national, academy or other elite teams not affiliated with your school)? ..............................
55. How much do you agree or disagree with each of the following statements regarding high school and youth athletics?

a. Competing on my high school team played a big role in my development as an athlete.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

b. Competing on my club team played a big role in my development as an athlete.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

c. I enjoyed my experiences on the high school team.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

d. I enjoyed my experiences on my club team.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

e. Youth in my main sport play in too many games/competitions before entering college.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

f. I wish I had spent more time participating in other sports growing up.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

g. I compete less often in college than I did while in high school.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree
   - Not Applicable

56. Since I was young, my family expected that I would...

a. Be a college athlete.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree

b. Be a professional or Olympic athlete.
   - Strongly Agree
   - Somewhat Agree
   - Agree
   - Disagree
   - Strongly Disagree

57. During the last 30 days, on how many days did you have the following problems or symptoms?

a. Headache
   - None
   - 1-3 Days
   - 4-7 Days
   - 8 or more days

b. Had a cold, flu or similar illness
   - None
   - 1-3 Days
   - 4-7 Days
   - 8 or more days

c. Trouble sleeping
   - None
   - 1-3 Days
   - 4-7 Days
   - 8 or more days

58. How many times have you been diagnosed with a concussion by a medical professional?

a. During college
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8 or more

b. Before you entered college
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8 or more

59. How many times have you sustained a blow to the head that was NOT diagnosed as a concussion, but was followed by one or more of the symptoms listed above?

a. During college
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8 or more

b. Before you entered college
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8 or more

A blow to the head may result in a concussion if any of the following symptoms are present for any amount of time: Blurred/double vision, seeing stars, light/noise sensitivity, headache, dizziness, balance problems, nausea, vomiting, trouble sleeping, fatigue, confusion, difficulty remembering/concentrating, or loss of consciousness. This may also be referred to as a “ding” or “getting your bell rung.”

The items in the box below are symptoms that some athletes experience after a concussion. Use this list to answer question 59.
60. Have you ever sustained an injury in your sport(s) that required surgery, hospitalization or more than one month of time off from training or competition?
   - Yes
   - No
   a. During college
   b. Before you entered college

61. Please indicate how strongly you agree or disagree with the following statements:
   - Somewhat Agree
   - Strongly Agree
   - Strongly Disagree
   - Somewhat Disagree
   - Very Disagree
   - Unsure
   a. My coaches care about my physical well-being
   b. My coaches care about my mental well-being
   c. I would feel comfortable talking with my coaches about physical health issues
   d. I would feel comfortable talking with my coaches about mental health issues

62. How satisfied are you with the care you have received from team or college medical personnel when you have had...
   - Very unsatisfied
   - Somewhat unsatisfied
   - Neither satisfied nor dissatisfied
   - Somewhat satisfied
   - Very satisfied
   - I have not required care
   a. Physical health issues
   b. Mental health issues

63. The questions in this scale ask you about your feelings and thoughts during the last month. For each, please indicate how often you felt or thought a certain way.
   - Almost Never
   - Very Often
   a. In the last month, how often have you felt that you were unable to control the important things in your life?
   b. In the last month, how often have you felt confident about your ability to handle your personal problems?
   c. In the last month, how often have you felt that things were going your way?
   d. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

64. Please indicate how strongly you agree or disagree with the following statements:
   a. I am accomplishing many worthwhile things in my sport
   b. I feel so tired from the physical demands of my sport that I struggle to find energy to do other things
   c. The effort I spend in my sport would be better spent doing other things
   d. I am exhausted by the mental demands of my sport
   e. I am performing up to my ability in my sport
   f. I care about my sport as much or more than I ever have
65. How do you describe your weight?
   - Very underweight for my sport
   - Slightly underweight for my sport
   - About the right weight for my sport
   - Slightly overweight for my sport
   - Very overweight for my sport

66. Which of the following are you trying to do about your weight?
   - Gain weight
   - Lose weight
   - Stay the same weight
   - I am not trying to do anything about my weight

67. On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning?
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days
   - 6 days
   - 7 days

68. All things considered, how happy are you today?
   - Very happy
   - Somewhat happy
   - Somewhat unhappy
   - Not happy at all

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**PART 6: TIME COMMITMENTS**

For questions 69-70, think about the current (or most recent) season in which you played your sport:

69. While school was in session during the season, picture the weekday (Monday to Friday) that most felt like your “typical” day on campus. On that day, how many HOURS did you spend on each of the following activities?

   a. Attending class, lab, discussion groups, etc. .............. 0 1 2 3 4 5 6 7 8+
   b. Studying or academic work outside of class ................. 0 1 2 3 4 5 6 7 8+
   c. Sport commitments:
      i. **Athletic Activities**
         (Practicing, training, competing, training room, etc.) .............. 0 1 2 3 4 5 6 7 8+
      ii. **Non-Athletic Activities**
          (Meetings with coaches, team functions, film study, etc.) .............. 0 1 2 3 4 5 6 7 8+
   d. Other extracurricular activities .................................. 0 1 2 3 4 5 6 7 8+
   e. A job (for pay) ......................................................... 0 1 2 3 4 5 6 7 8+
   f. Socializing, relaxing, family ........................................ 0 1 2 3 4 5 6 7 8+
   g. Sleeping ................................................................. 0 1 2 3 4 5 6 7 8+
70. While school was in session during your season, picture what your weekends were like.

In total (that is, adding up your commitments for Saturday and Sunday), how many hours did you spend on each of the following activities during a typical weekend on campus?

a. Attending class, lab, discussion groups, etc. ......................

b. Studying or academic work outside of class ......................

c. Sport commitments:
   i. Athletic Activities
      (Practicing, training, competing, training room, etc.) ..............
   ii. Non-Athletic Activities
       (Meetings with coaches, team functions, film study, etc.) ..........

d. Other extracurricular activities .....................................

e. A job (for pay) ............................................................

f. Socializing, relaxing, family .... .................................

g. Sleeping .................................................................

71. During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?

- No time spent away / Didn't travel
- One-half day or less away per week
- 1 day away per week
- 2 days away per week
- 3 days away per week
- 4 or more days away per week

72. During periods in the school year when your sports team is not competing, do you spend more or less time on the following?

a. Attending class, lab, discussion groups, etc. ......................

b. Studying or academic work outside of class ......................

c. Sport commitments:
   i. Athletic Activities
      (Practicing, training, competing, training room, etc.) ..............
   ii. Non-Athletic Activities
       (Meetings with coaches, team functions, film study, etc.) ..........

d. Other extracurricular activities .....................................

73. If you could, would you prefer to spend more or less time in each of these areas while in college?

a. My classwork or other educational opportunities ..............

b. Athletics training, competition, etc. ............................

c. One or more extracurricular activities ..........................

d. Visiting home/family .................................................

e. Traveling to away competitions .................................

f. Working at a job .......................................................  

g. Socializing with friends ............................................

h. Relaxing by myself ...................................................

i. Sleeping .................................................................

j. Taking part in organized off-season workouts ..................
74. How do you feel about the number of games / competitions scheduled for your team during the course of the year?
   - I am satisfied with the number of games / competitions that we have
   - I wish we had more games / competitions
   - I wish we had fewer games / competitions

75. How many hours per week do you spend working at a job for pay (including work-study)?
   - 0 hours
   - 1-5 hours
   - 6-10 hours
   - 11-15 hours
   - 16-20 hours
   - More than 20 hours

76. If you had one extra hour each day during the school year that you could use any way that you wanted, on what one activity (other than sleeping) would you most want to spend it? (Fill in only one circle)
   - My classwork or other educational opportunities
   - Sport / exercise
   - An extracurricular activity
   - Spending time with family
   - A job
   - Socializing with friends
   - Relaxing by myself

77. During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?
   - None
   - 1 class
   - 2 classes
   - 3 classes
   - 4 classes
   - 5 classes
   - 6+ classes

78. How comfortable would you feel talking with the following individuals at your college about an issue or problem on your team or in your athletics department?

79. How much do you agree or disagree with the following statements?

   a. The president or chancellor of my school supports student-athletes and their teams
   - Strongly Agree
   - Agree
   - Somewhat Agree
   - Somewhat Disagree
   - Disagree
   - Strongly Disagree

   b. Faculty at my school support student-athletes and their teams...

   c. The student body on my campus supports student-athletes and their teams...

   d. Members of the community outside of my campus support student-athletes and their teams...
80. How much do you agree or disagree with the following statements?

- My athletics director cares about whether I earn my degree
- My head coach cares about whether I earn my degree
- My assistant coaches care about whether I earn my degree

82. How satisfied or dissatisfied are you with these academic support services offered through your athletics department or college? (Fill in only one circle per row)

- Academic advisors who assist with course selection and/or monitor degree progress
- Study Hall
- Tutoring
- Priority registration
- Career counseling

81. I wish the coaches or athletics administrators at our school talked more with student-athletes about the following topics: (Select all that apply)

- Conducting ourselves appropriately on campus / in the community
- Responsible use of social networking
- The importance of academic success and graduation
- Appropriate treatment of members of the opposite sex
- Speaking up when you see things around you that aren’t right
- Academic integrity
- Proper nutrition for peak athletic performance
- Getting good sleep
- How to better manage our time demands
- Hazing or bullying
- Drinking / substance use
- The importance of getting medical attention if we think we’ve sustained a concussion
- Keeping sports participation in perspective
- Preparing for a career after college

83. Do you rely on the following to help pay for college? (Please respond to each item)

- Family contribution
- Personal contribution / Job
- Pell Grant
- Need-based financial aid (including state or institutional grants)
- Academic scholarship
- Athletics scholarship
- Loans

84. When choosing your current institution, was the total cost to you and your family of attending this college an important factor in making your decision?

- Very important
- Important
- Somewhat important
- Somewhat unimportant
- Unimportant
- Not at all important
85. Are you concerned that financial considerations may affect your ability to complete your degree?
- Yes, I'm very concerned
- Yes, I'm somewhat concerned
- No, I'm not concerned

86. Please indicate how strongly you agree or disagree with the following statements:

a. Quitting my sport would make staying at this college a problem financially.

b. If I did not have an athletic scholarship I would not compete on this team.

87. Indicate the extent to which you agree or disagree with the following statement: I usually have enough money to buy things I need (e.g., groceries).
- Agree
- Somewhat agree
- Somewhat disagree
- Disagree

88. What is the highest level of education that your parent(s) have completed? (Mark one circle per column)

- Did not finish high school
- Graduated from high school
- Attended college but did not complete degree
- Completed an associate's degree (A.A., A.S., etc.)
- Completed a bachelor's degree (B.A., B.S., etc.)
- Completed a master's degree (M.A., M.S., etc.)
- Completed a doctoral degree (Ph.D., J.D., M.D., etc.)
- Don't know

89. Birth year:

90. Birth month:
- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

91. ZIP (postal) code where you lived during your senior year in high school (if lived in USA):

92. If you didn't live in the USA during high school, where did you live?
PART 9: OPPORTUNITY FOR ADDITIONAL FEEDBACK & COMMENTS

93. What has been the best part of your student-athlete experience so far?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

94. If you could change one thing about your student-athlete experience, what would it be?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Thank you for your participation in GOALS!

The survey you just completed is part of the largest study on student-athletes the NCAA has ever undertaken. Your responses will help us to better understand how participation in athletics impacts a student’s college experience.

As part of our research on the student-athlete experience, we would like to link the results of this survey to other NCAA data on your academic performance. This will be accomplished through a combination of variables that may include sport, ZIP code and birth month/year. If you prefer not to have your data linked, please indicate below.

Neither your identity nor your school’s identity will ever be connected to your survey response in any publicly accessible data file, analysis, or write-up of these data.

☐ I prefer that my survey data not be linked to other NCAA individual-level data

Thank you again and best wishes