



NCAA Student-Athlete Well-Being Study (Fall 2021)

Survey Results - May 2022



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Methods

- ▶ Online survey examined student-athlete experiences and well-being, as a follow-up to the spring and fall 2020 well-being [studies](#). Designed and distributed 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).
- ▶ Ten-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 November 17, 2021 and closed December 13, 2021.



Response Rates

- ▶ 9,808 student-athletes took the survey, representing nearly all conferences across divisions.
 - ▶ 3,054 Division I student-athletes
 - ▶ 3,978 Division II student-athletes
 - ▶ 2,731 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.



Participant Demographics

Number of Responses by Sport Participation

| Men's Sports | N |
|-----------------|-----|
| Baseball | 591 |
| Basketball | 199 |
| Cross Country | 274 |
| Football | 459 |
| Golf | 191 |
| Ice Hockey | 81 |
| Lacrosse | 245 |
| Soccer | 335 |
| Swim and Dive | 219 |
| Tennis | 117 |
| Track and Field | 466 |
| Volleyball | 79 |
| Water Polo | 10 |
| Wrestling | 88 |
| Co-ed Fencing | 19 |
| Co-ed Rifle | <10 |
| Co-ed Skiing | <10 |

| Women's Sports | N |
|-------------------------|------|
| Acrobatics and Tumbling | 66 |
| Basketball | 668 |
| Beach Volleyball | 54 |
| Bowling | 29 |
| Cross Country | 494 |
| Equestrian | 57 |
| Field Hockey | 281 |
| Golf | 267 |
| Gymnastics | 114 |
| Ice Hockey | 113 |
| Lacrosse | 472 |
| Rowing | 143 |
| Rugby | 28 |
| Soccer | 882 |
| Softball | 1063 |
| Swimming and Diving | 552 |
| Tennis | 282 |
| Track and Field | 909 |
| Triathlon | 11 |
| Volleyball | 666 |
| Water Polo | 50 |

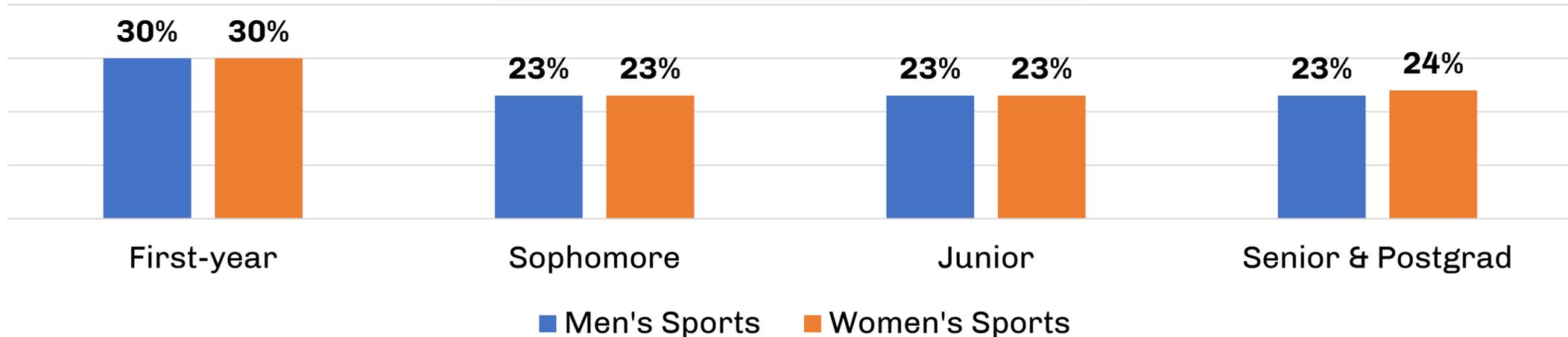
Note: Multisport athletes counted in each sport. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Representativeness of Sample, All Participants

Racial Demographics

| | Men's Sports | | Women's Sports | |
|-------|------------------|-------------------|------------------|-------------------|
| | Fall 2021 Survey | Demographics Data | Fall 2021 Survey | Demographics Data |
| White | 74% | 60% | 78% | 68% |
| Black | 13% | 20% | 8% | 11% |
| Other | 13% | 20% | 13% | 21% |

Academic Status



Notes: 3,137 men's sports and 6,663 women's sports participants in the full sample. An additional eight did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2021), [NCAA Demographics Database](#) (2021).



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Mental Health and Well-Being

Mental Health and Well-Being

- ▶ Student-athletes continue to report elevated levels of mental health concerns. They reported lower levels of hopelessness in fall 2021 as compared to the onset of the pandemic. However, elevated rates of mental exhaustion, anxiety and feelings of being depressed have seen little change since 2020.
- ▶ Mental health concerns remained highest among demographic subgroups commonly displaying higher rates of mental distress (e.g., women, student-athletes of color, those identifying on the queer-spectrum and those reporting family economic hardship).
- ▶ 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 prior to 2020.
- ▶ Student-athletes noted academic worries (44%), planning for the future (37%) and financial worries (26%) as the top factors negatively impacting their mental health. COVID health concerns, personal experiences of racism or racial trauma and political disagreements with family or friends were reported at lower rates compared to fall 2020.



Mental Health and Well-Being

- ▶ Two-thirds of student-athletes indicated knowing where to go on campus for mental health concerns, and a majority (56%) reported knowing how to help a teammate experiencing a mental health issue. However, fewer than half (47%) felt they would be comfortable personally seeking support from a mental health provider on campus.
- ▶ Sixty-three percent of student-athletes felt their teammates take mental health concerns of fellow teammates seriously, and a slightly lower percentage (53%) reported that coaches take mental health concerns of their student-athletes seriously.
- ▶ Half of student-athletes believe that mental health is a priority to their athletics department.



Mental Health Concerns During COVID-19 Pandemic

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

| | Men’s Sports | | | Women’s Sports | | |
|--|--------------|-----------|-----------|----------------|-----------|-----------|
| | Spring 2020 | Fall 2020 | Fall 2021 | Spring 2020 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 31% | 27% | 25% | 50% | 51% | 47% |
| Experienced sleep difficulties | 31% | 18% | 19% | 42% | 28% | 28% |
| Felt mentally exhausted | 26% | 21% | 22% | 39% | 39% | 38% |
| Felt very lonely | 22% | 12% | 11% | 33% | 21% | 16% |
| Felt a sense of loss | 21% | 8% | 8% | 31% | 13% | 11% |
| Felt sad | 17% | 11% | 11% | 31% | 22% | 19% |
| Felt overwhelming anxiety | 14% | 11% | 12% | 27% | 29% | 29% |
| Felt things were hopeless | 11% | 10% | 6% | 16% | 16% | 10% |
| Felt overwhelming anger | 11% | 6% | 6% | 11% | 8% | 8% |
| Felt so depressed it was difficult to function | 7% | 5% | 6% | 9% | 9% | 9% |

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

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Mental Health Concerns During COVID-19 Pandemic

(Comparing men's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 51% | 79% | 78% | 78% |
| Felt mentally exhausted | 49% | 70% | 66% | 71% |
| Felt sad | 29% | 66% | 57% | 57% |
| Felt very lonely | 27% | 61% | 48% | 43% |
| Felt things were hopeless | 19% | 53% | 47% | 38% |
| Felt overwhelming anxiety | 22% | 47% | 44% | 45% |
| Felt overwhelming anger | 17% | 43% | 32% | 31% |
| Felt so depressed that it was difficult to function | 14% | 28% | 24% | 24% |

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

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

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 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 the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N=15,148 men's sports participants; Fall 2020 survey N=8,799 men's sports participants; Fall 2021 survey N = 3,137 men's sports participants; ACHA-NCHA survey N=3,441 NCAA men athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



Mental Health Concerns During COVID-19 Pandemic

(Comparing women's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 73% | 93% | 93% | 94% |
| Felt mentally exhausted | 67% | 86% | 85% | 88% |
| Felt sad | 46% | 87% | 80% | 78% |
| Felt overwhelming anxiety | 41% | 71% | 72% | 72% |
| Felt very lonely | 41% | 77% | 67% | 58% |
| Felt things were hopeless | 29% | 71% | 66% | 52% |
| Felt overwhelming anger | 22% | 50% | 41% | 36% |
| Felt so depressed that it was difficult to function | 20% | 39% | 38% | 36% |

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

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 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 the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N= 22,472 women's sports participants; Fall 2020 survey N= 16,100 women's sports participants; Fall 2021 survey N = 6,663 women's sports participants; ACHA-NCHA survey N=6,433 NCAA women athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



Mental Health Concerns During COVID-19 Pandemic

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

| | BIPOC | | | White | | |
|--|-------------|-----------|-----------|-------------|-----------|-----------|
| | Spring 2020 | Fall 2020 | Fall 2021 | Spring 2020 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 36% | 29% | 26% | 29% | 26% | 24% |
| Experienced sleep difficulties | 38% | 19% | 21% | 28% | 17% | 18% |
| Felt mentally exhausted | 30% | 24% | 24% | 24% | 20% | 21% |
| Felt very lonely | 23% | 14% | 15% | 22% | 11% | 9% |
| Felt a sense of loss | 22% | 10% | 10% | 21% | 8% | 7% |
| Felt sad | 17% | 12% | 11% | 17% | 10% | 10% |
| Felt overwhelming anxiety | 16% | 12% | 11% | 13% | 11% | 12% |
| Felt overwhelming anger | 14% | 8% | 9% | 10% | 6% | 6% |
| Felt things were hopeless | 15% | 13% | 8% | 9% | 9% | 5% |
| Felt so depressed it was difficult to function | 10% | 7% | 8% | 5% | 5% | 5% |

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

Note: BIPOC refers to Black, Indigenous and people of color. 826 participants (26%) identified as BIPOC and 2,304 (74%) identified as white in the men's sports sample. Of BIPOC men's sports participants, 408 identified as Black (49%), 206 identified as Latinx (25%) and 211 identified as another race or ethnicity (26%). Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Mental Health Concerns During COVID-19 Pandemic

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

| | BIPOC | | | White | | |
|--|-------------|-----------|-----------|-------------|-----------|-----------|
| | Spring 2020 | Fall 2020 | Fall 2021 | Spring 2020 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 53% | 52% | 46% | 50% | 51% | 47% |
| Experienced sleep difficulties | 48% | 31% | 33% | 40% | 27% | 27% |
| Felt mentally exhausted | 42% | 42% | 42% | 38% | 38% | 37% |
| Felt very lonely | 33% | 23% | 21% | 33% | 20% | 15% |
| Felt a sense of loss | 28% | 14% | 14% | 31% | 13% | 10% |
| Felt sad | 30% | 22% | 23% | 32% | 22% | 18% |
| Felt overwhelming anxiety | 29% | 30% | 29% | 27% | 29% | 29% |
| Felt overwhelming anger | 13% | 10% | 10% | 11% | 7% | 7% |
| Felt things were hopeless | 18% | 19% | 14% | 15% | 15% | 9% |
| Felt so depressed it was difficult to function | 12% | 12% | 13% | 8% | 8% | 8% |

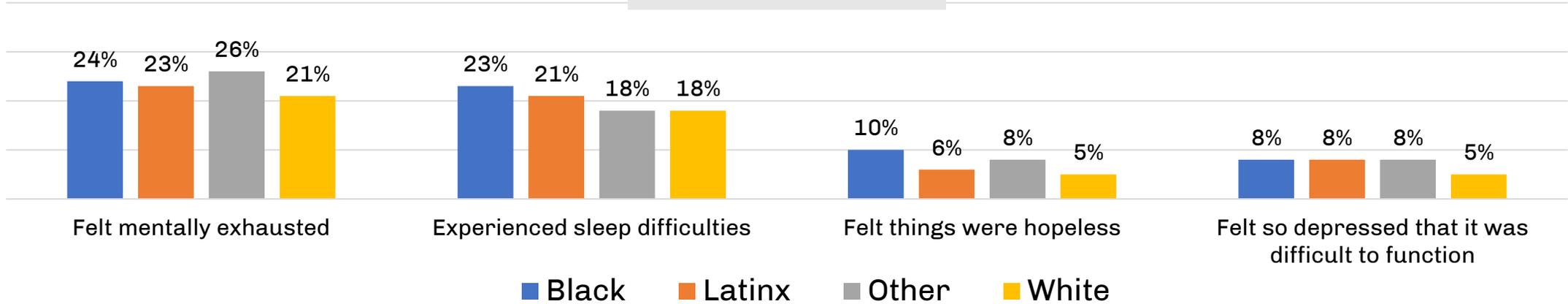
Green indicates a decrease of 5 percentage points or more from Fall 2020

Note: BIPOC refers to Black, Indigenous and people of color. 1,441 participants (22%) identified as BIPOC and 5,213 (78%) identified as white in the women's sports sample. Of BIPOC women's sports participants, 551 identified as Black (38%), 401 identified as Latinx (28%) and 489 identified as another race or ethnicity (34%). Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

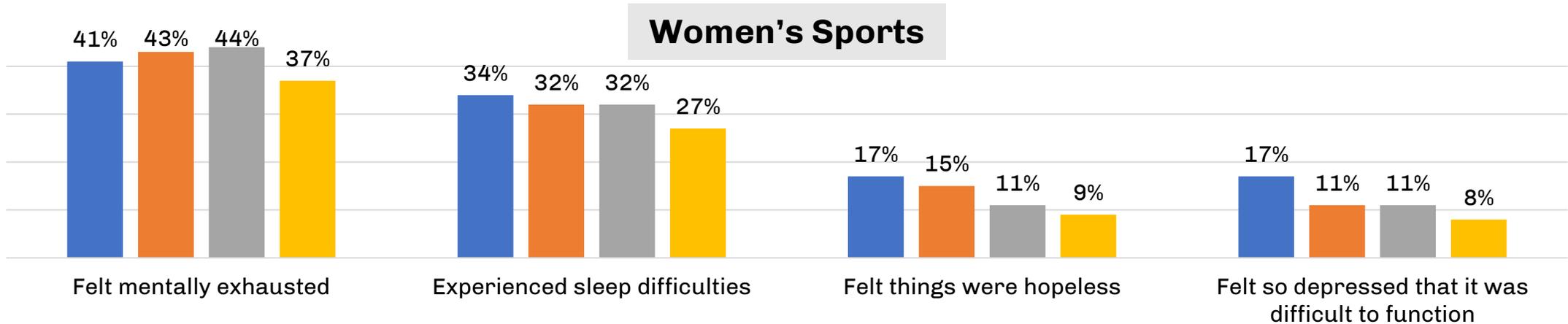
Fall 2021 Mental Health Concerns

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

Men’s Sports



Women’s Sports

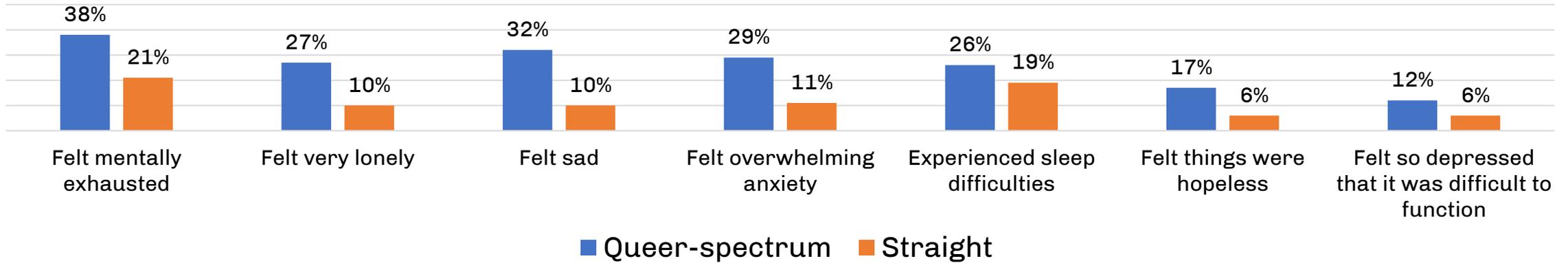


Note: “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

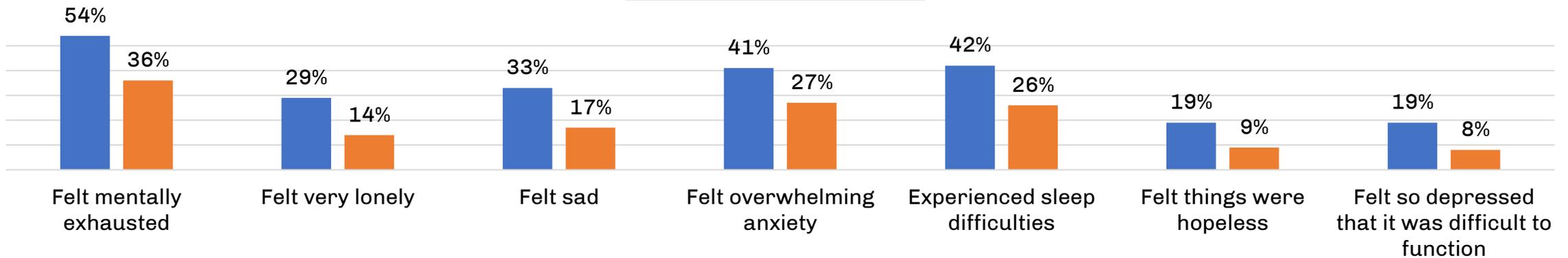
Fall 2021 Mental Health Concerns

(Percentage 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=67) and queer-spectrum women’s sports participants represented 12% of the women’s sample (N=776). Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Mental Health Concerns

(Comparing men's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | Queer-Spectrum Men | | |
|---|--------------------|-----------|-----------|
| | NCHA 2019 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 59% | 95% | 91% |
| Felt mentally exhausted | 59% | 87% | 85% |
| Felt sad | 47% | 83% | 73% |
| Felt very lonely | 46% | 80% | 74% |
| Felt things were hopeless | 27% | 77% | 55% |
| Felt overwhelming anxiety | 33% | 75% | 68% |
| Felt overwhelming anger | 23% | 53% | 35% |
| Felt so depressed that it was difficult to function | 27% | 55% | 44% |

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

Note: The NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Fall 2020 survey N=135 queer-spectrum men's sports participants; Fall 2021 N=67 queer-spectrum men's sports participants; ACHA-NCHA survey N=178 NCAA queer-spectrum men athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).

Mental Health Concerns

(Comparing women's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | Queer-Spectrum Women | | |
|---|----------------------|-----------|-----------|
| | NCHA 2019 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 76% | 95% | 95% |
| Felt mentally exhausted | 73% | 90% | 92% |
| Felt sad | 57% | 88% | 89% |
| Felt very lonely | 54% | 77% | 72% |
| Felt things were hopeless | 37% | 77% | 71% |
| Felt overwhelming anxiety | 52% | 82% | 82% |
| Felt overwhelming anger | 30% | 52% | 49% |
| Felt so depressed that it was difficult to function | 34% | 58% | 58% |

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

Note: The NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Fall 2020 survey N= 1,610 queer-spectrum women's sports participants; Fall 2021 survey N=776 queer-spectrum women's sports participants; ACHA-NCHA survey N=804 NCAA queer-spectrum women athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).

Mental Health Concerns During COVID-19 Pandemic

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

| | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 40% | 37% | 32% |
| Experienced sleep difficulties | 35% | 25% | 25% |
| Felt mentally exhausted | 34% | 32% | 33% |
| Felt very lonely | 28% | 21% | 17% |
| Felt a sense of loss | 26% | 13% | 12% |
| Felt sad | 26% | 20% | 19% |
| Felt overwhelming anxiety | 20% | 19% | 19% |
| Felt things were hopeless | 17% | 19% | 11% |
| Felt overwhelming anger | 12% | 9% | 8% |
| Felt so depressed that it was difficult to function | 11% | 11% | 10% |

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

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Fall 2021 Mental Health Concerns

(Percentage of Participants Who Endorsed “Constantly” or “Most Every Day” by Pell Grant Eligibility)

| | Eligible | Not Eligible |
|---|----------|--------------|
| Felt overwhelmed by all you had to do | 42% | 39% |
| Felt exhausted (not from physical activity) | 36% | 32% |
| Experienced sleep difficulties | 28% | 25% |
| Felt overwhelming anxiety | 25% | 22% |
| Felt very lonely | 17% | 14% |
| Felt sad | 19% | 17% |
| Felt things were hopeless | 11% | 9% |
| Felt a sense of loss | 11% | 10% |
| Felt so depressed that it was difficult to function | 11% | 8% |
| Felt overwhelming anger | 9% | 7% |

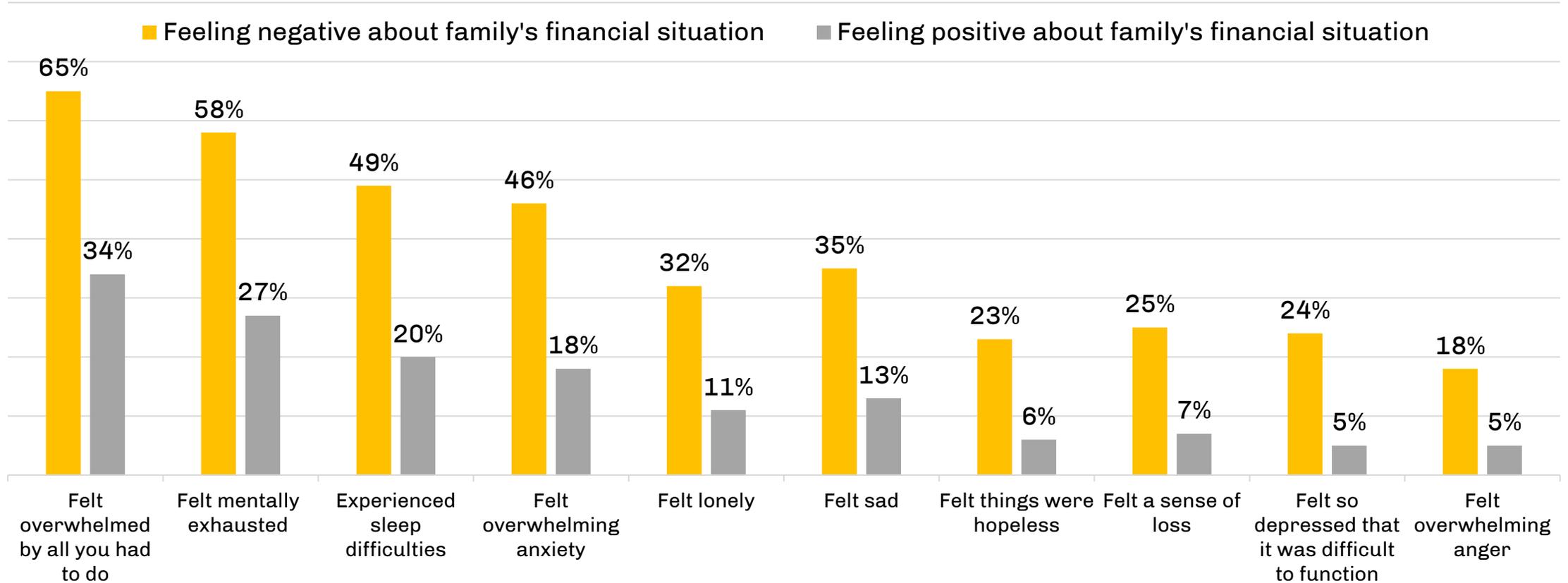
Note: Participants not sure of Pell Grant eligibility status excluded (N=5,816, 59% of sample). Those who reported being Pell Grant eligible represented 12% of the sample (N=1,217). Those who reported not being eligible for a Pell Grant represented 28% of the sample (N=2,761). Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Fall 2021 Mental Health Concerns by Feelings About Family's Current Financial Situation

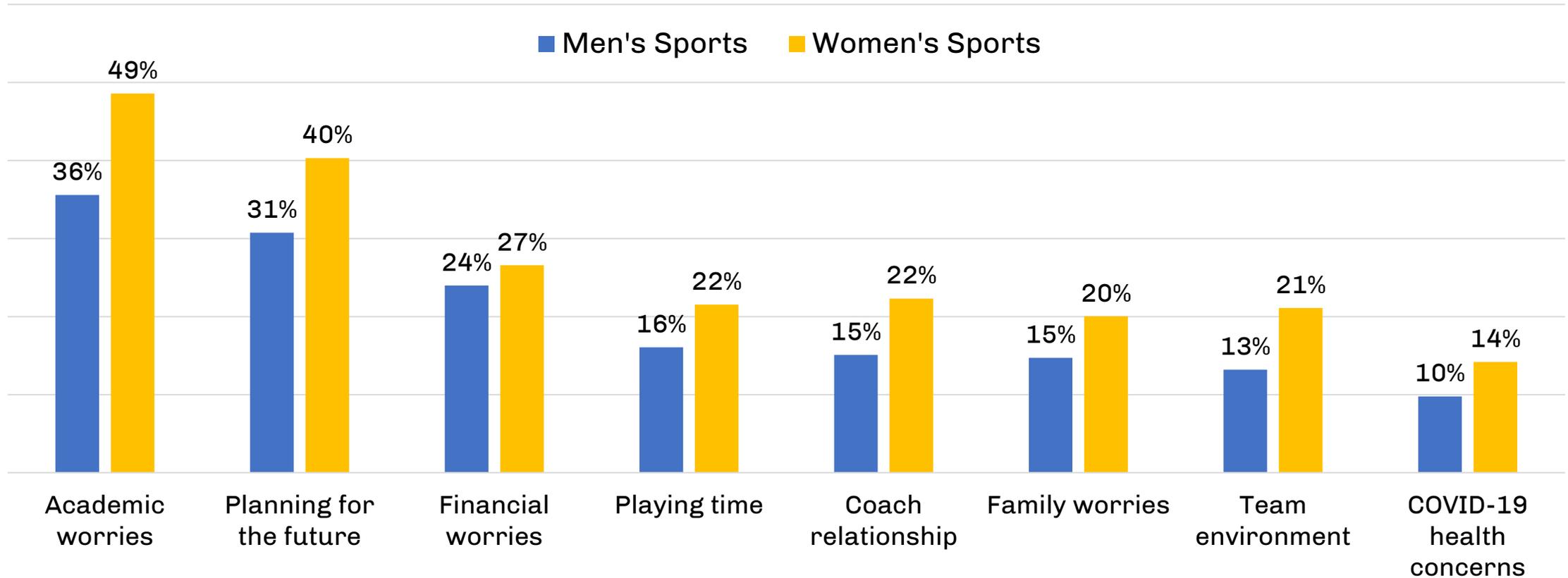
(Percentage of Participants Who Endorsed "Constantly" or "Most Every Day")



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 7% of the sample (N=645). Those feeling positive or very positive represented 59% of the sample (N=5,657). Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

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

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



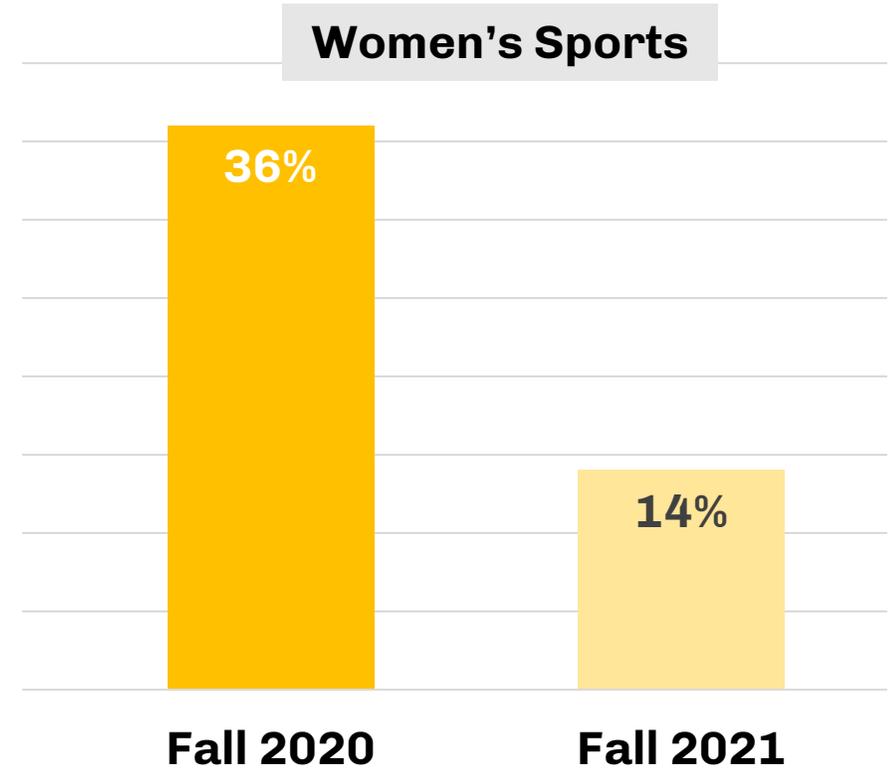
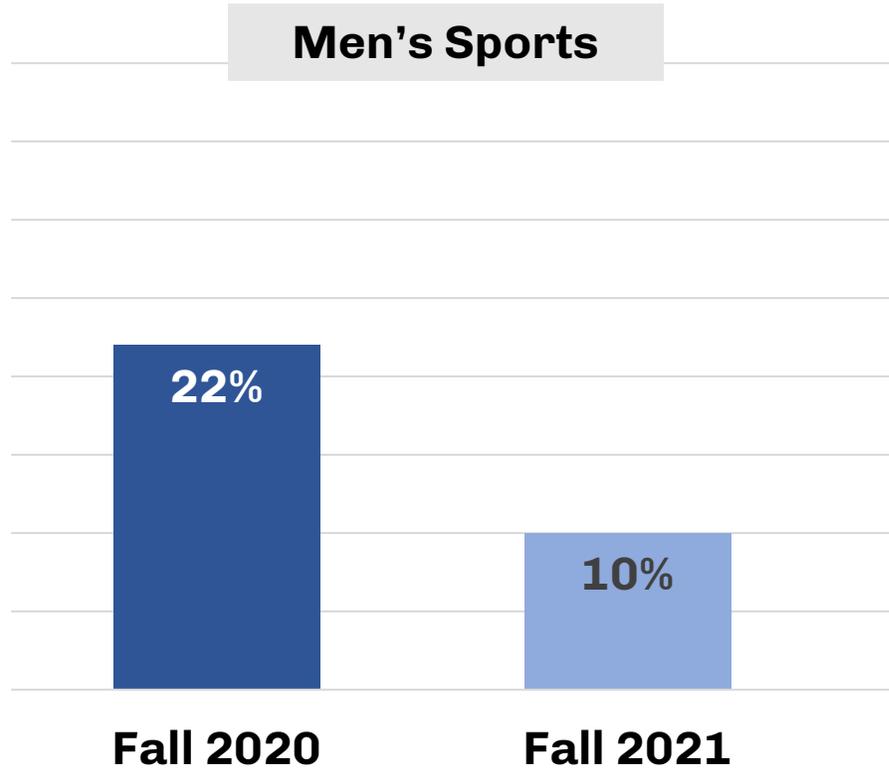
Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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COVID-19 Health Concerns Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

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



Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

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

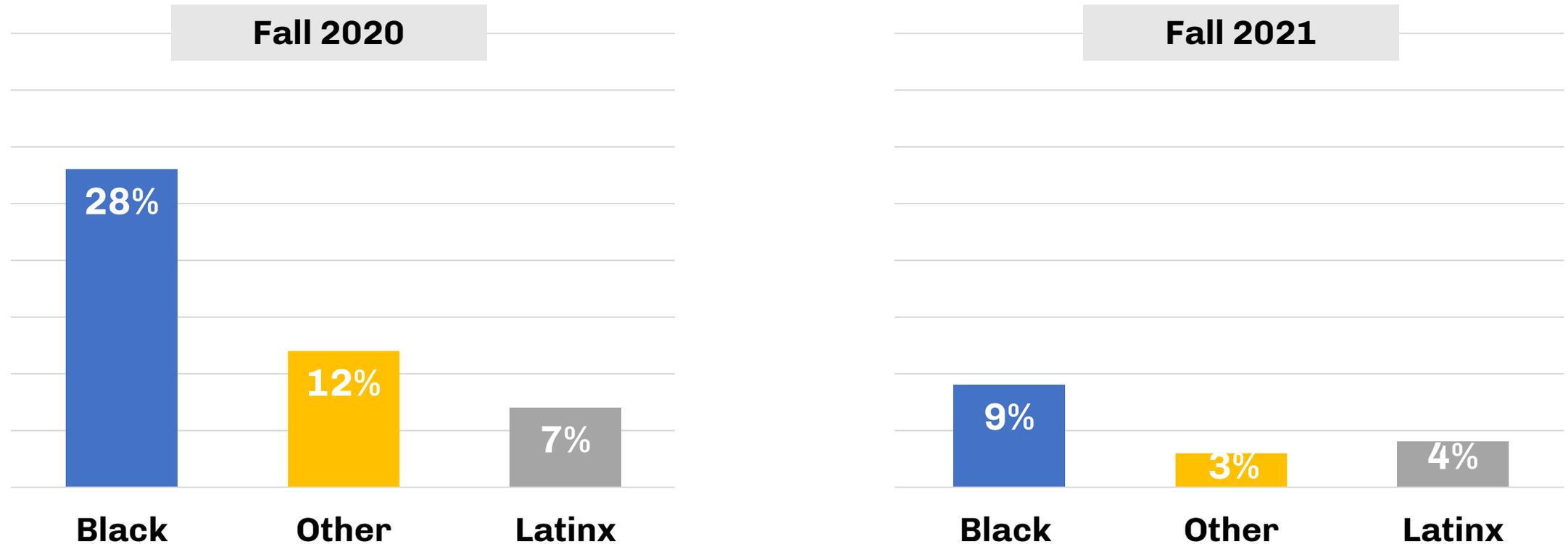
(Percentage of Men's Sports Participants Who Responded "Agree" or "Strongly Agree" by Race/Ethnicity)

| | Black | Latinx | Other | White |
|---|-------|--------|-------|-------|
| Academic worries | 31% | 38% | 40% | 36% |
| Planning for the future | 35% | 38% | 35% | 29% |
| Financial worries | 38% | 31% | 25% | 21% |
| Coach relationship | 20% | 15% | 14% | 14% |
| Playing time | 19% | 19% | 19% | 15% |
| Team environment | 19% | 14% | 14% | 12% |
| Family worries | 24% | 24% | 19% | 12% |
| COVID-19 health concerns | 12% | 16% | 9% | 9% |
| Personal experiences of racism or racial trauma | 9% | 4% | 3% | 1% |
| Political disagreements with family/friends | 5% | 3% | 2% | 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 Nov. 17-Dec. 13, 2021. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

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

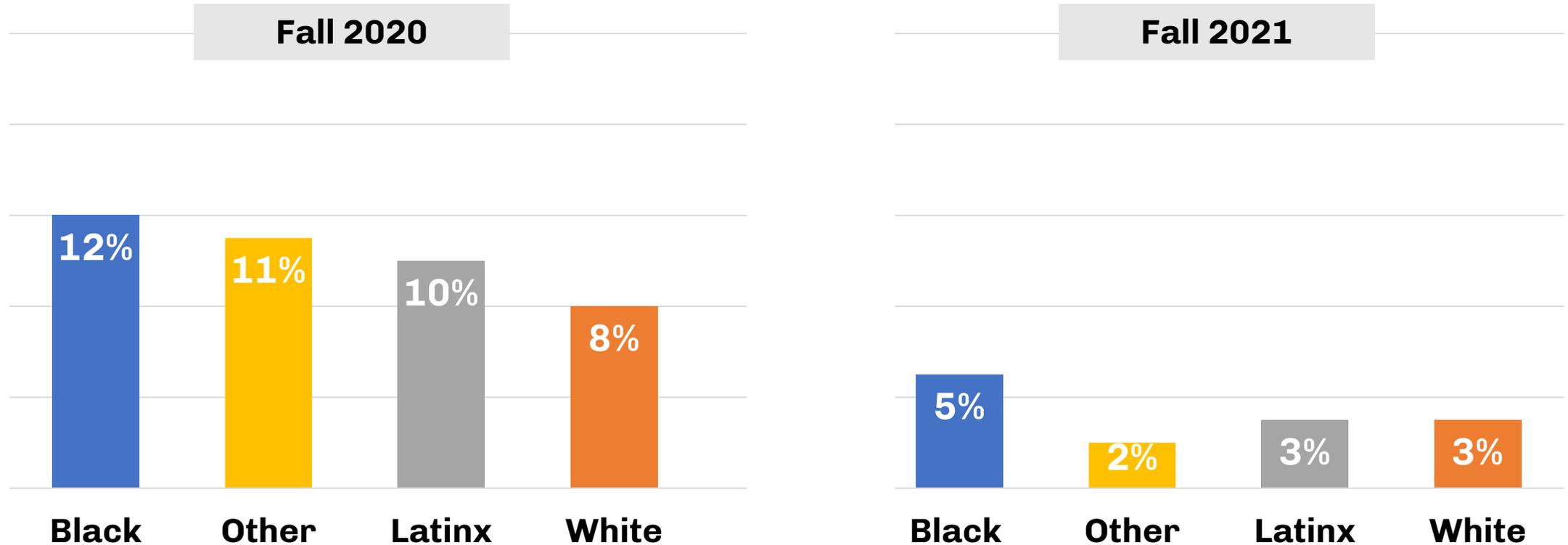
(Percentage of BIPOC Men's Sports Participants Who Responded "Agree" or "Strongly Agree")



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?" BIPOC refers to Black, Indigenous and people of color. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Political Disagreements with Family or Friends Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percentage of Men's Sports 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?" BIPOC refers to Black, Indigenous and people of color. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

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

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

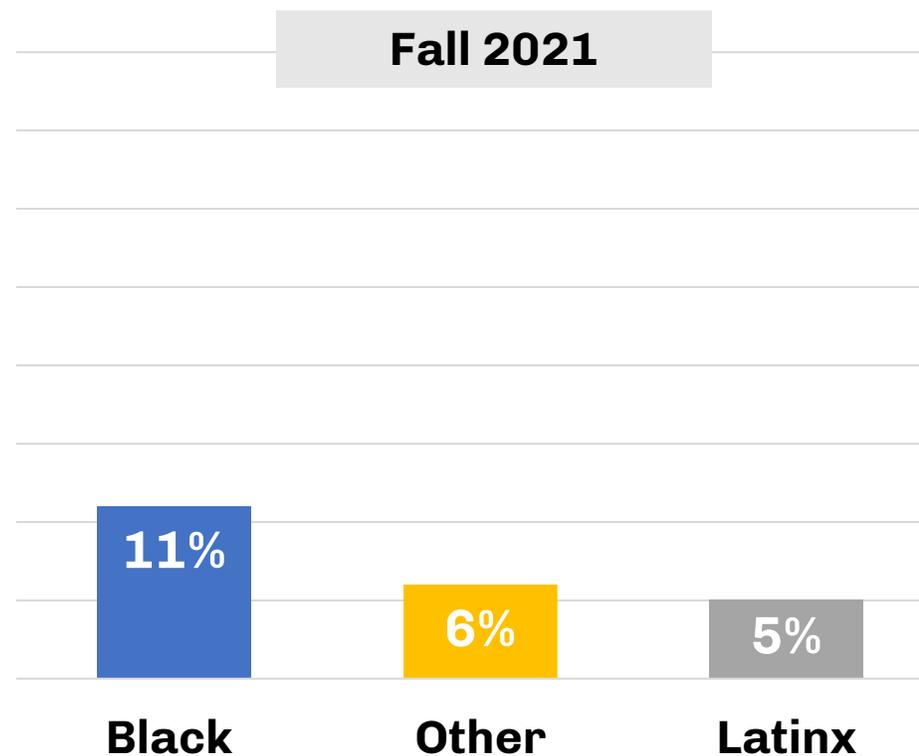
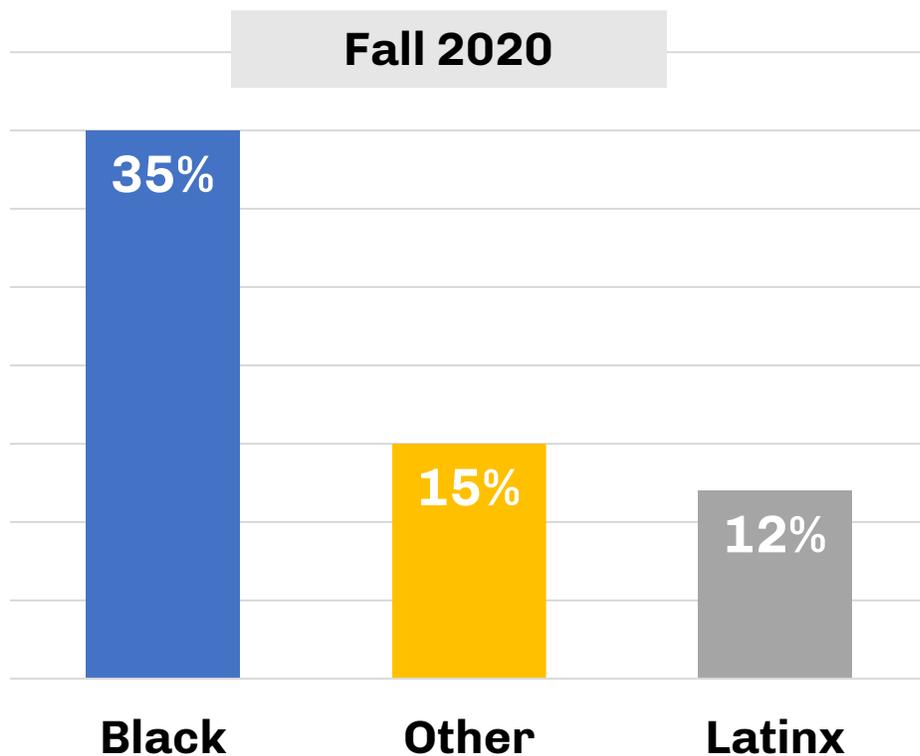
| | Black | Latinx | Other | White |
|---|-------|--------|-------|-------|
| Academic worries | 46% | 49% | 50% | 49% |
| Planning for the future | 45% | 46% | 48% | 39% |
| Financial worries | 38% | 38% | 30% | 24% |
| Coach relationship | 25% | 22% | 20% | 22% |
| Playing time | 23% | 23% | 23% | 21% |
| Team environment | 26% | 24% | 19% | 20% |
| Family worries | 26% | 29% | 25% | 18% |
| COVID-19 health concerns | 17% | 18% | 13% | 14% |
| Personal experiences of racism or racial trauma | 11% | 5% | 6% | 1% |
| Political disagreements with family/friends | 5% | 5% | 6% | 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 Nov. 17-Dec. 13, 2021.

"Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

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

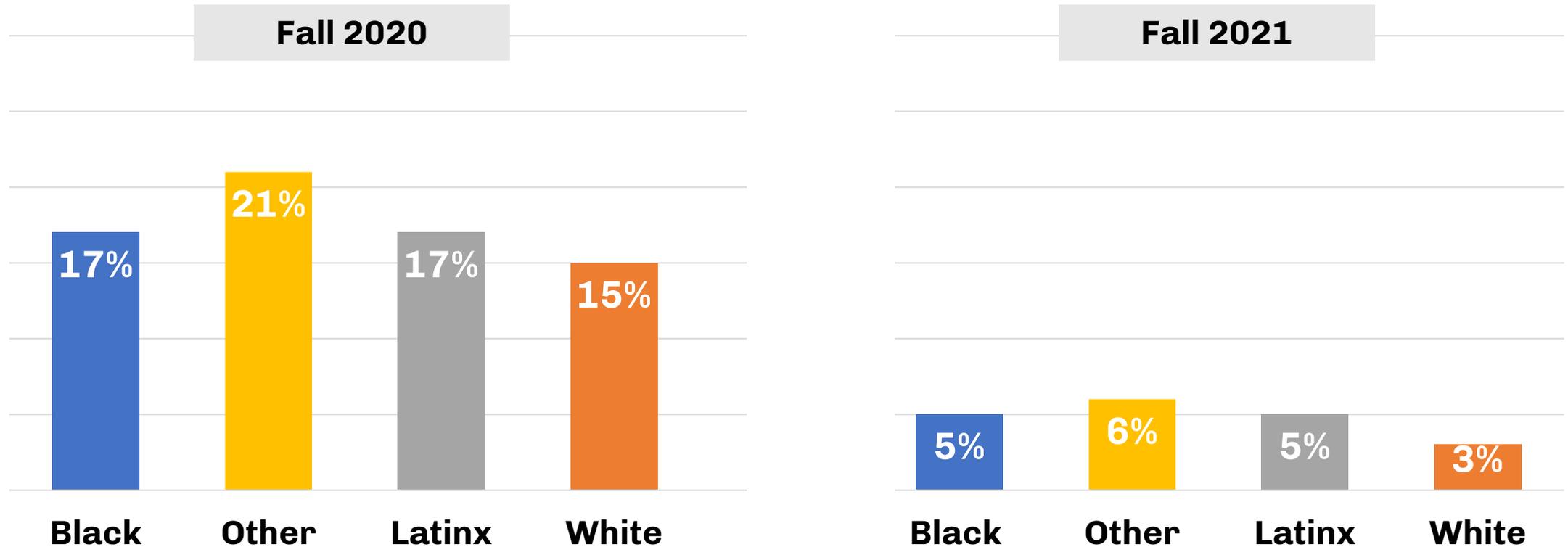
(Percentage of BIPOC Women's Sports Participants Who Responded "Agree" or "Strongly Agree")



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?" BIPOC refers to Black, Indigenous and people of color. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Political Disagreements with Family or Friends Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

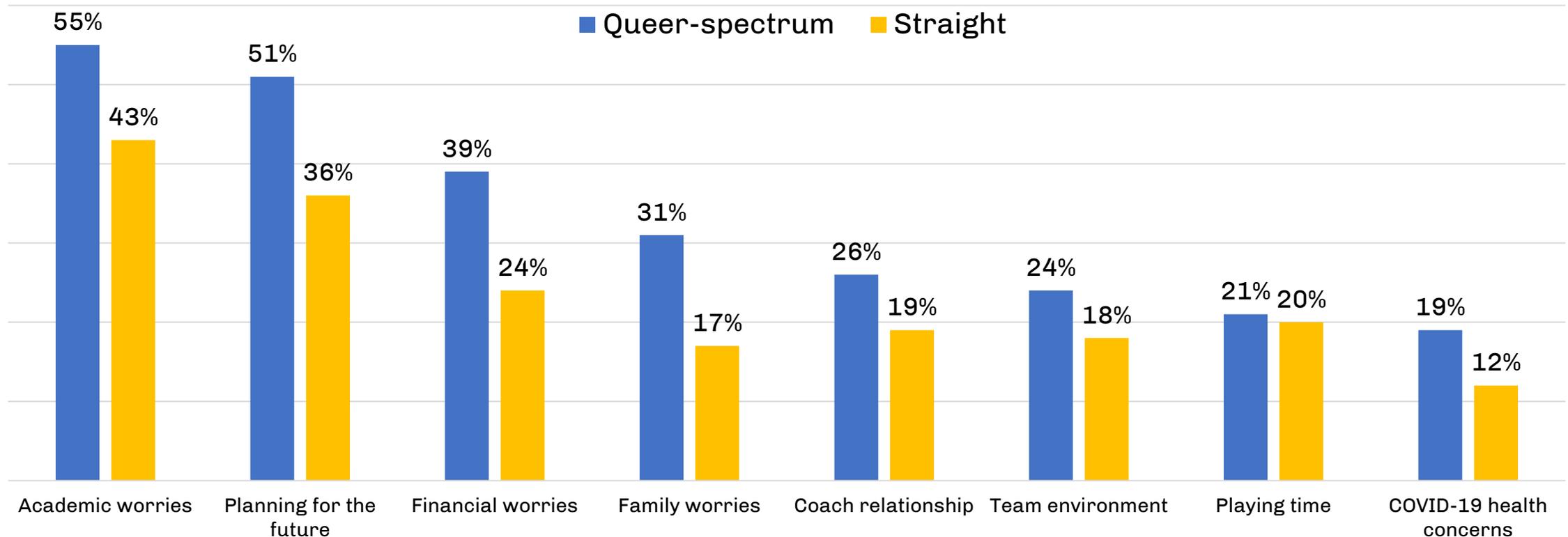
(Percentage of Women's Sports Participants Who Responded "Agree" or "Strongly Agree")



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?" BIPOC refers to Black, Indigenous and people of color. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

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

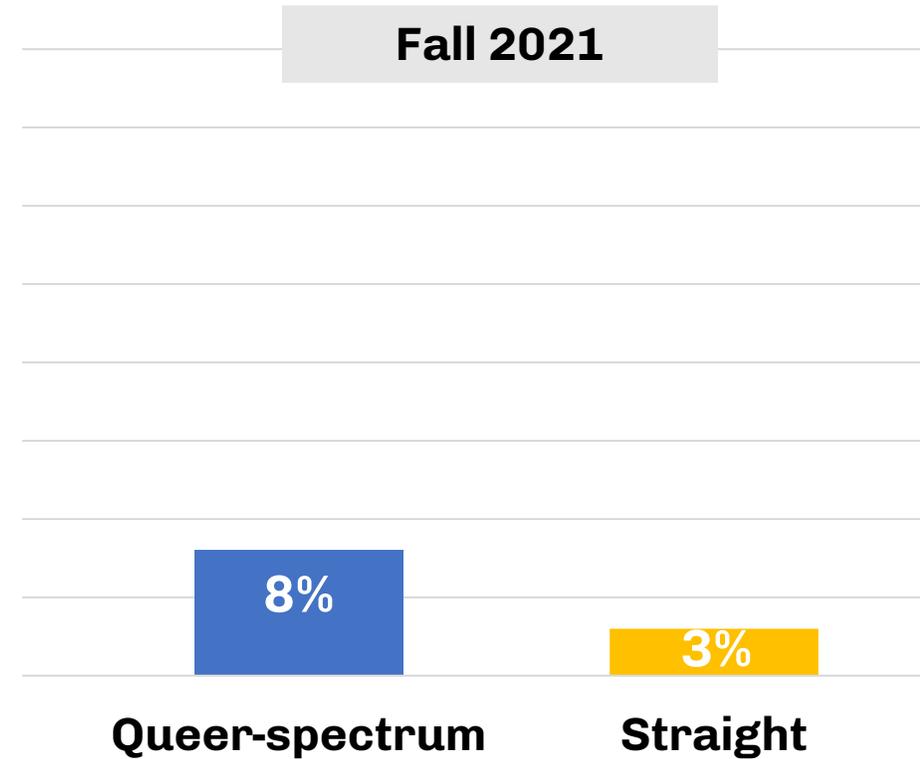
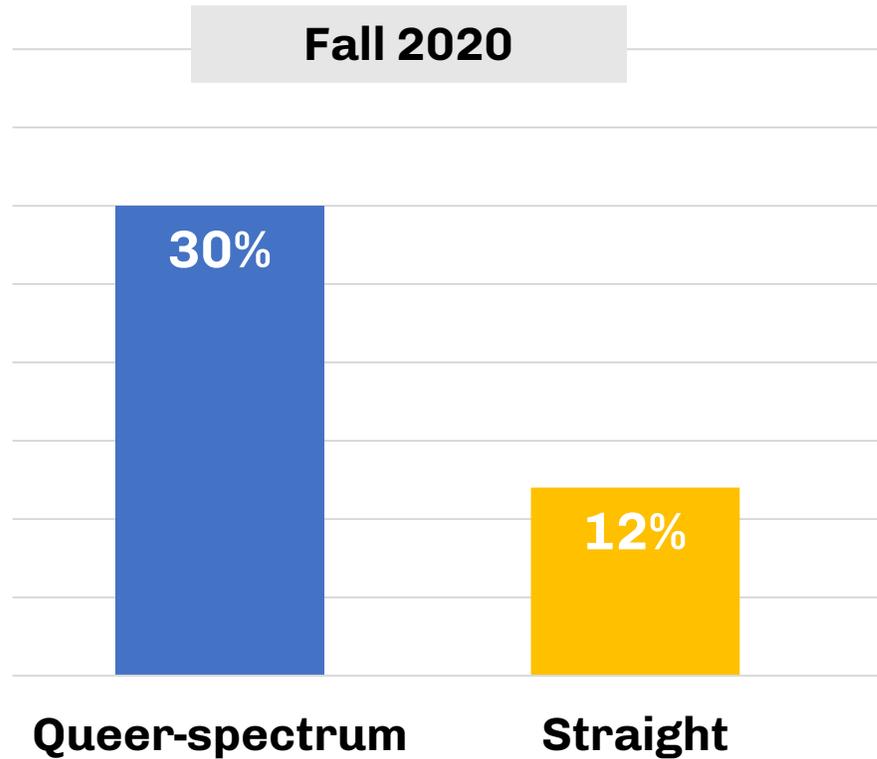
(Percentage of Participants Who Responded “Agree” or “Strongly Agree” by Sexual Orientation)



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 Nov. 17-Dec. 13, 2021. Queer-spectrum includes those self-reporting their sexual identity as gay, lesbian, bisexual, pansexual, questioning or unsure. Queer-spectrum participants represented 9% of the sample (N=844). Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Political Disagreements with Family or Friends Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

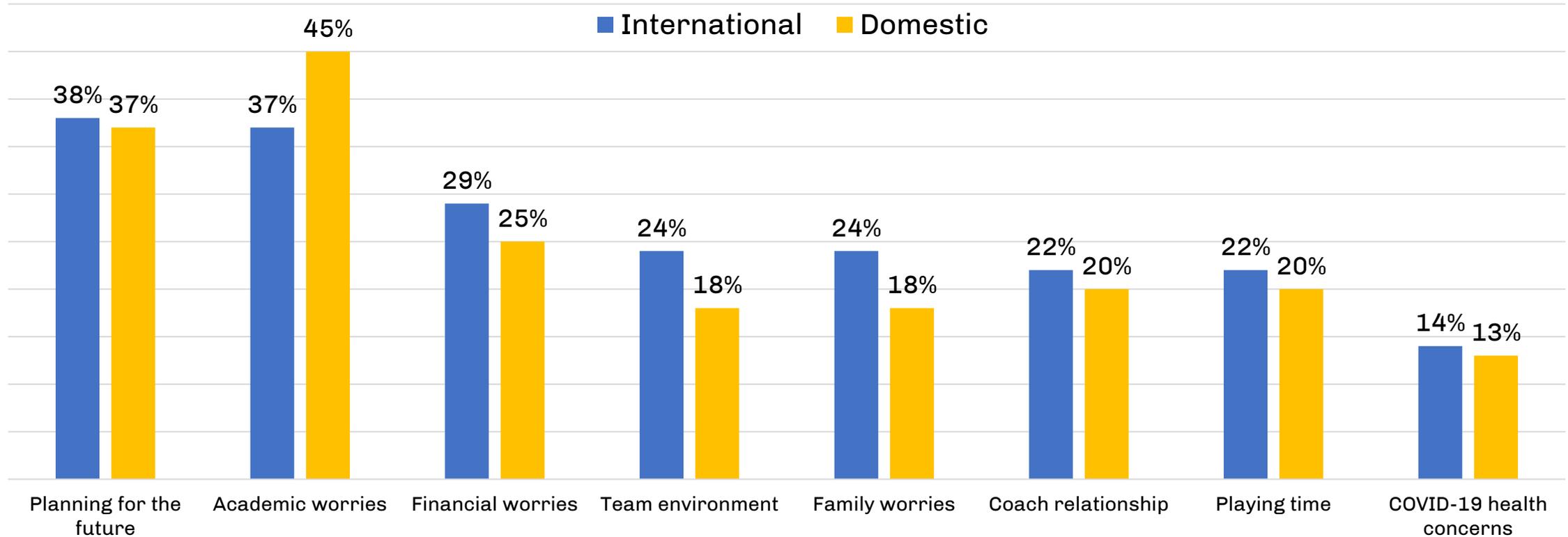
(Percentage of Participants Who Responded “Agree” or “Strongly Agree”)



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 Nov. 17-Dec. 13, 2021. Queer-spectrum includes those self-reporting their sexual identity as gay, lesbian, bisexual, pansexual, questioning or unsure. Queer-spectrum participants represented 9% of the sample (N=844). Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

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

(Percentage of Participants Who Responded “Agree” or “Strongly Agree” by International Status)



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 Nov. 17-Dec. 13, 2021. International participants represented 9% of the sample (N=879). Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

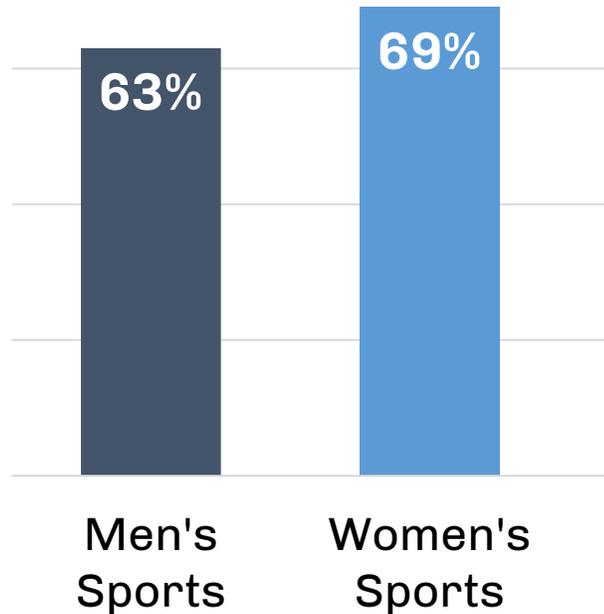


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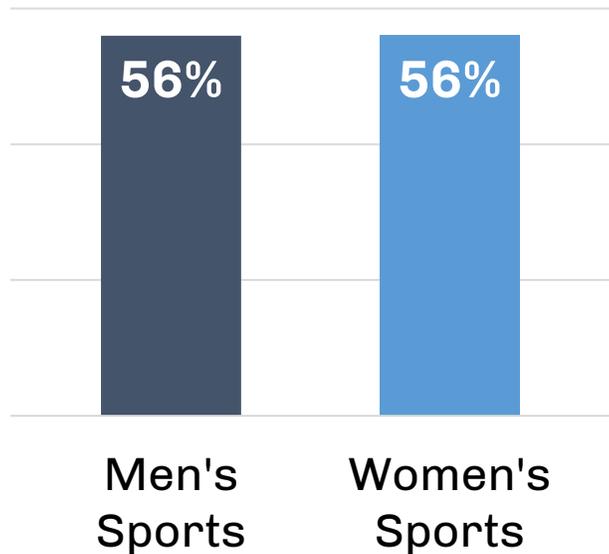
Mental Health Support

(Percentage of Participants Who Endorsed "Agree" or "Strongly Agree")

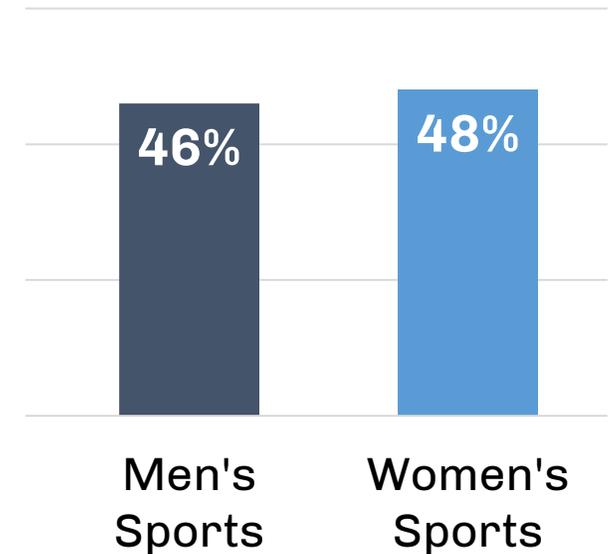
I know where to go on campus if I have mental health concerns.



I know how to help a teammate who is experiencing a mental health issue.



I would feel comfortable seeking support from a mental health provider on this campus.



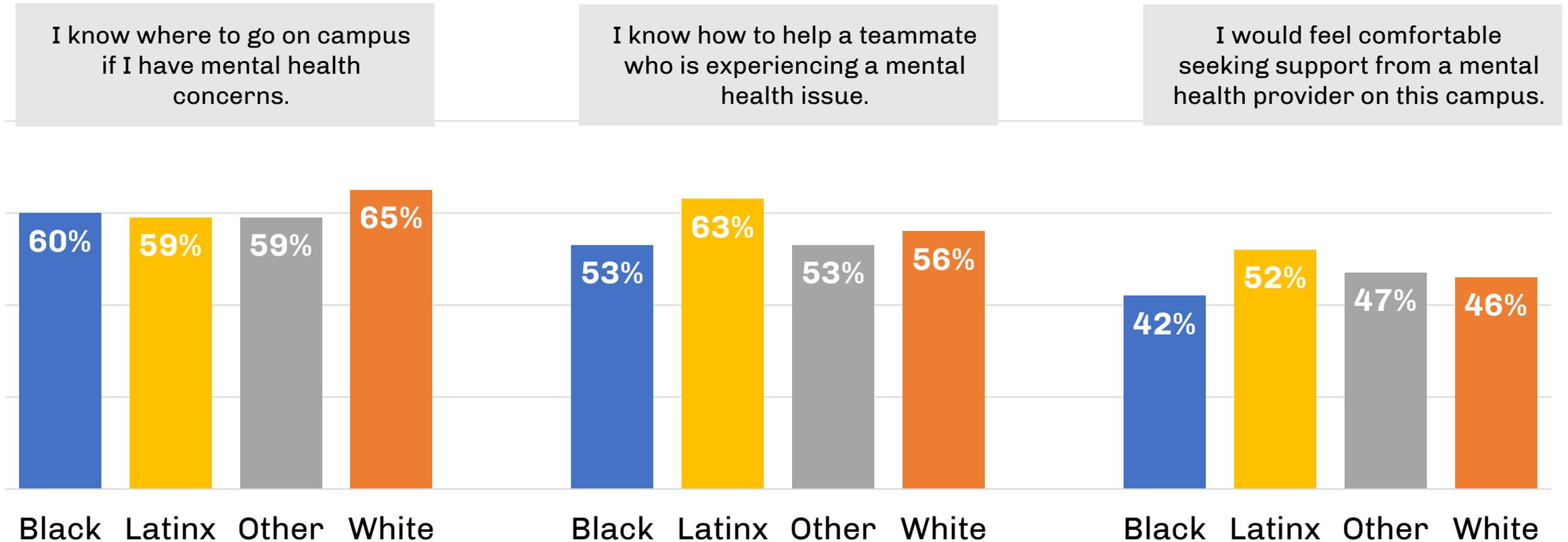
Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Mental Health Support

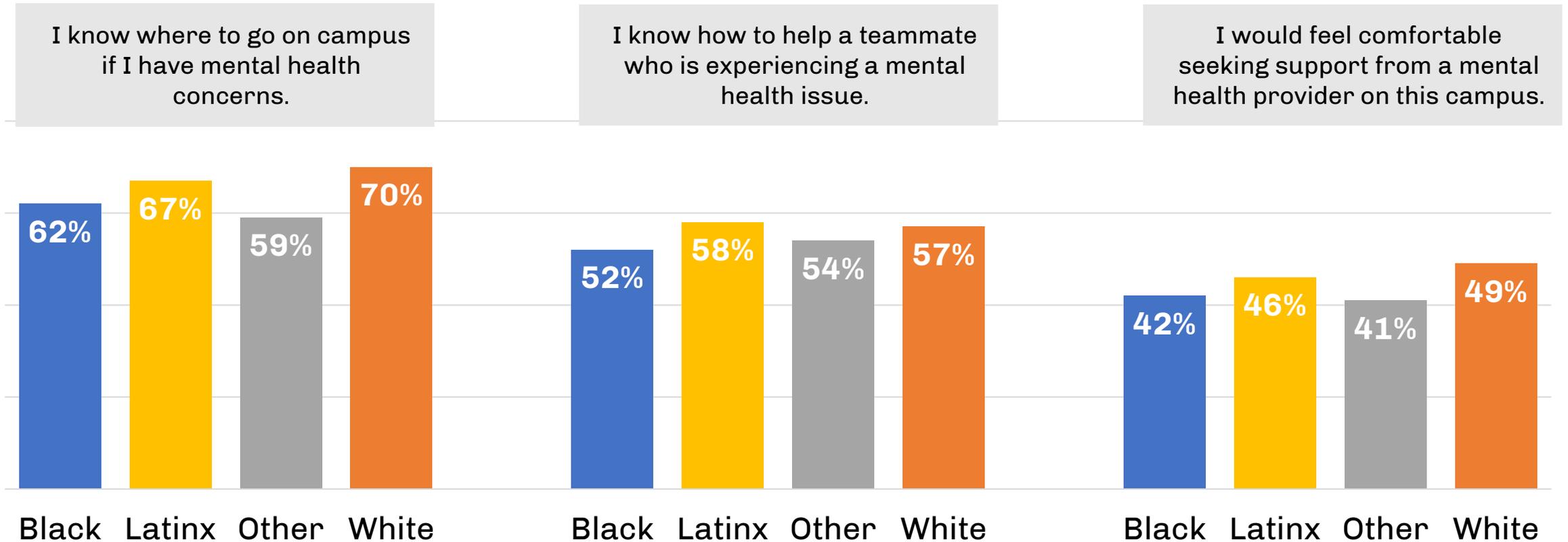
(Percentage of Men's Sports Participants Who Endorsed "Agree" or "Strongly Agree" by Race/Ethnicity)



Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Mental Health Support

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



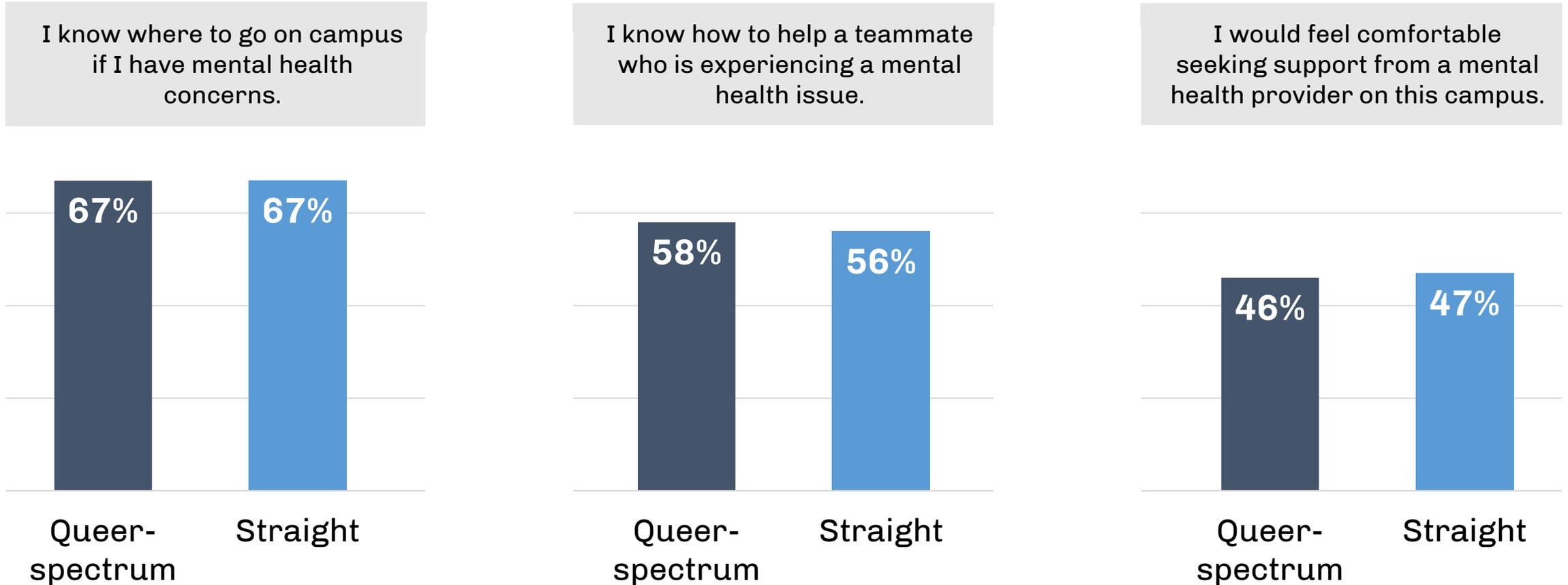
Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Mental Health Support

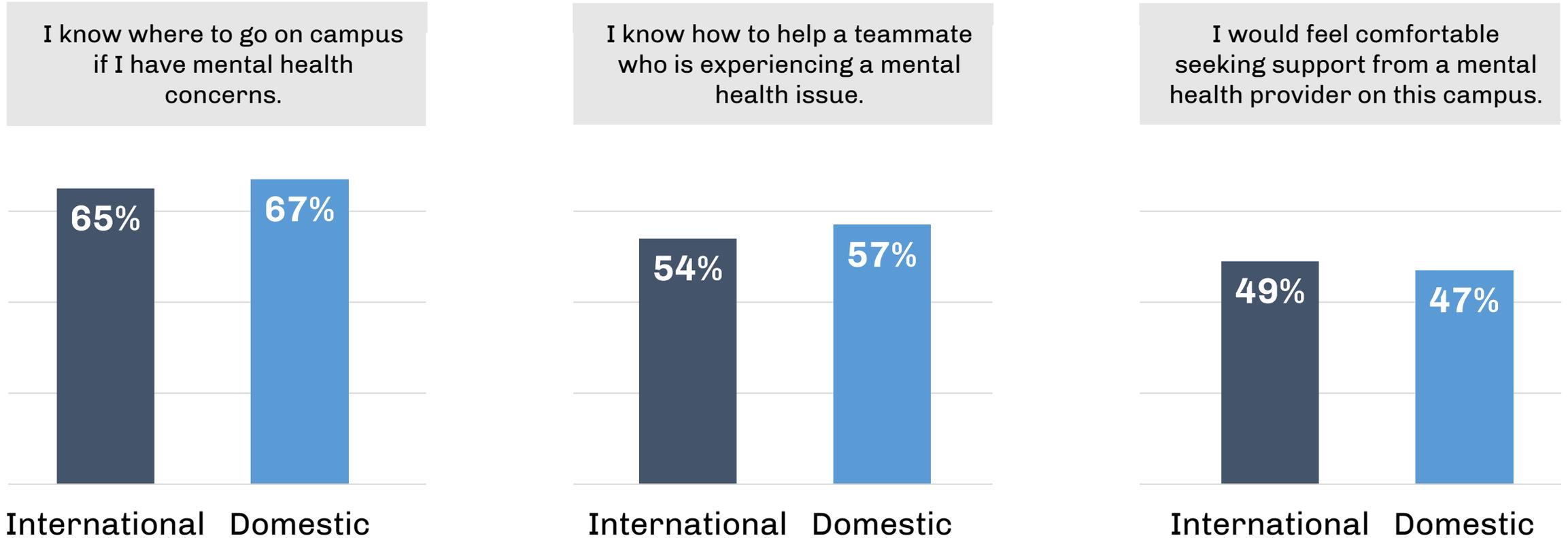
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree” by Sexual Orientation)



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Mental Health Support

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree” by International Status)

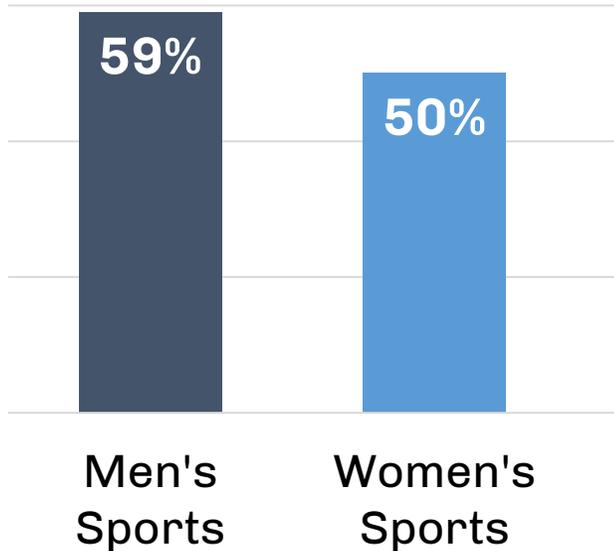


Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

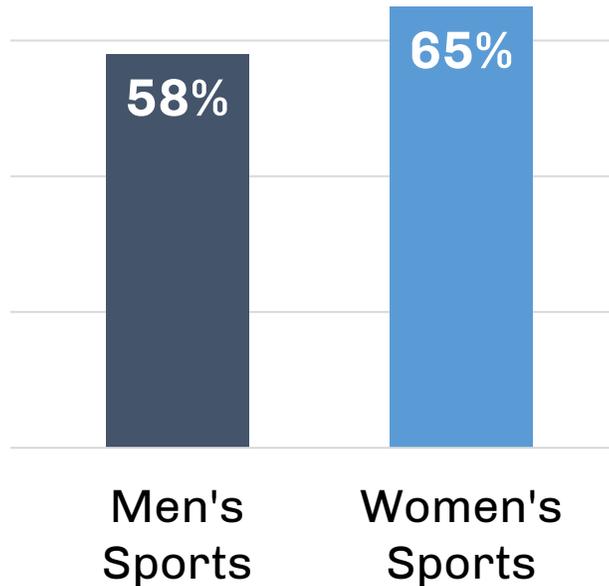
Mental Health Support

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

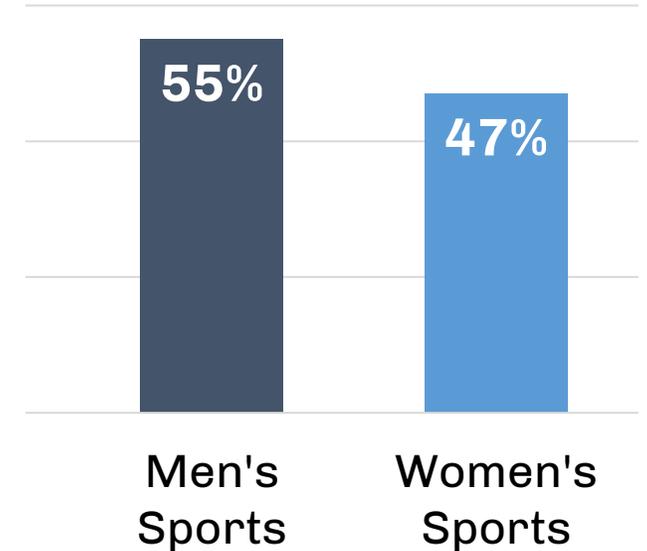
My coaches take mental health concerns of their student-athletes seriously.



My teammates take mental health concerns of fellow teammates seriously.



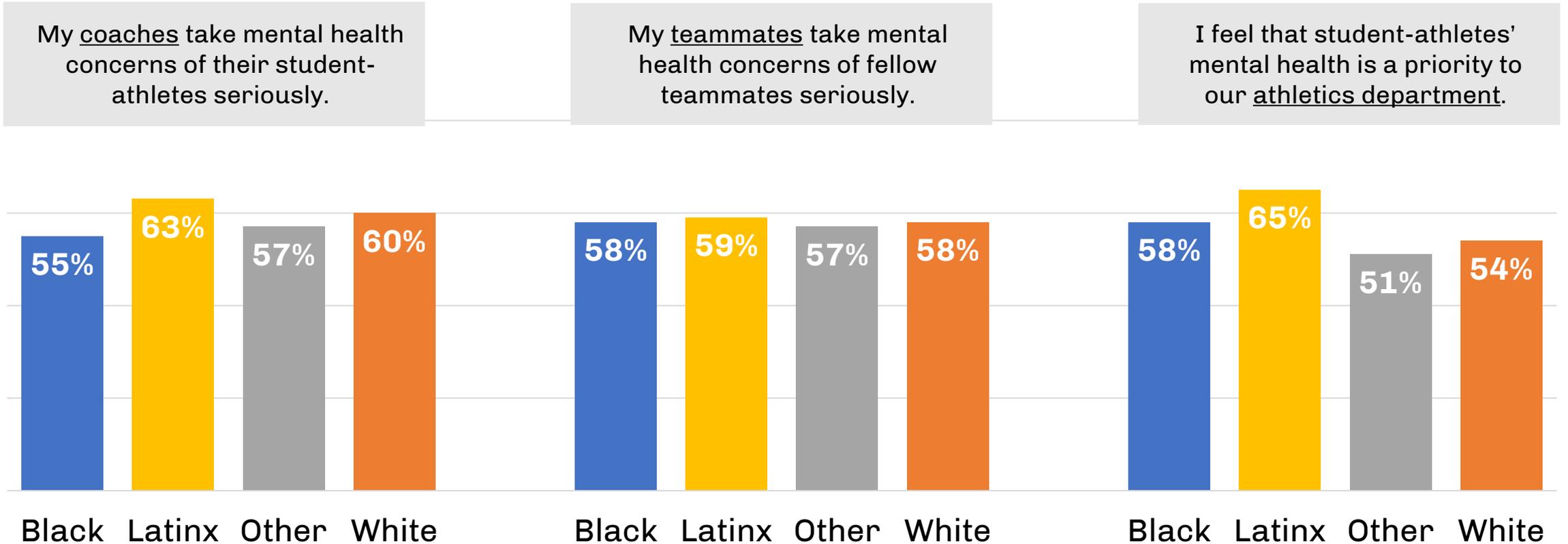
I feel that student-athletes' mental health is a priority to our athletics department.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Mental Health Support

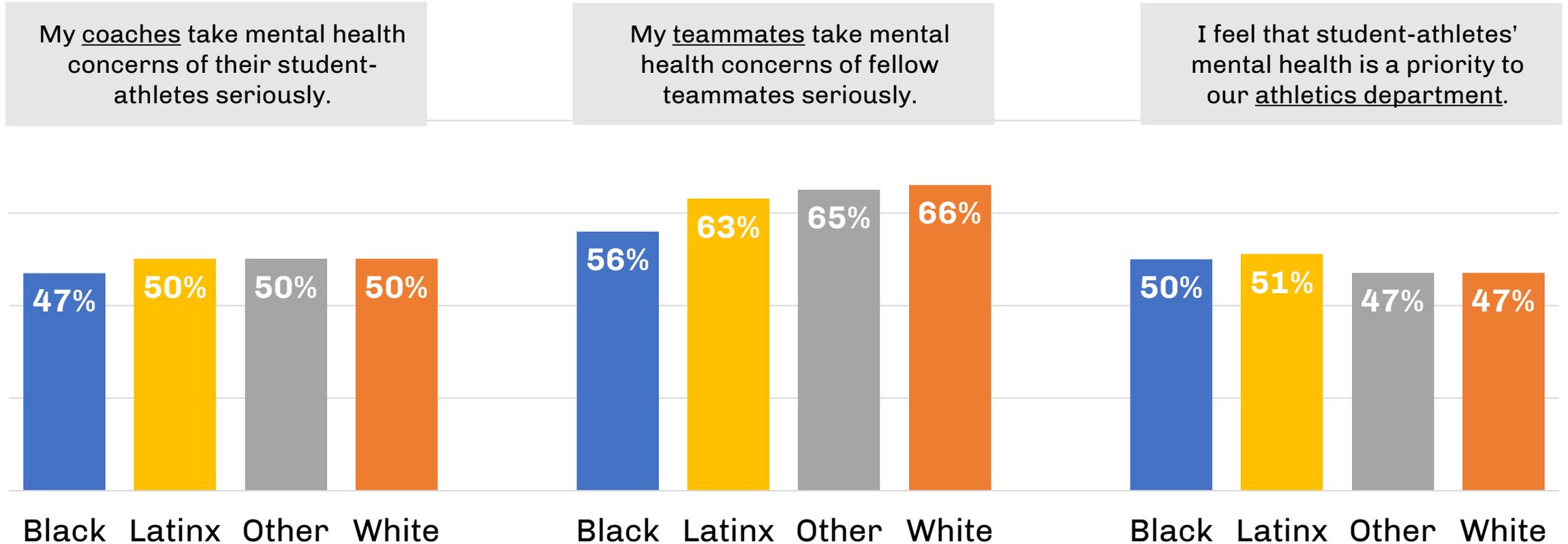
(Percentage of Men's Sports Participants Who Endorsed "Agree" or "Strongly Agree" by Race/Ethnicity)



Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Mental Health Support

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

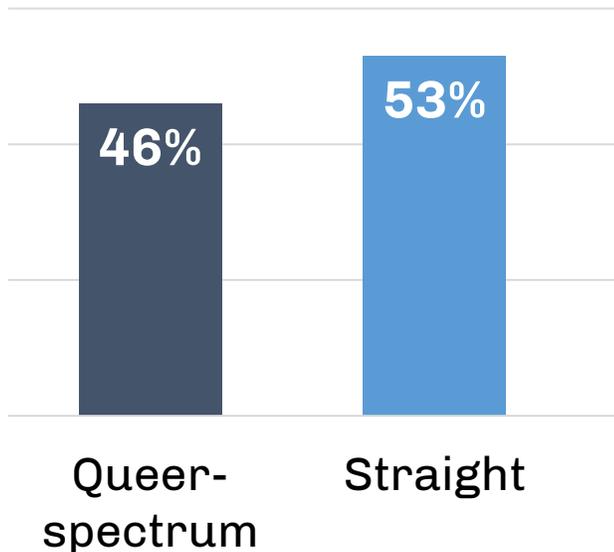


Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

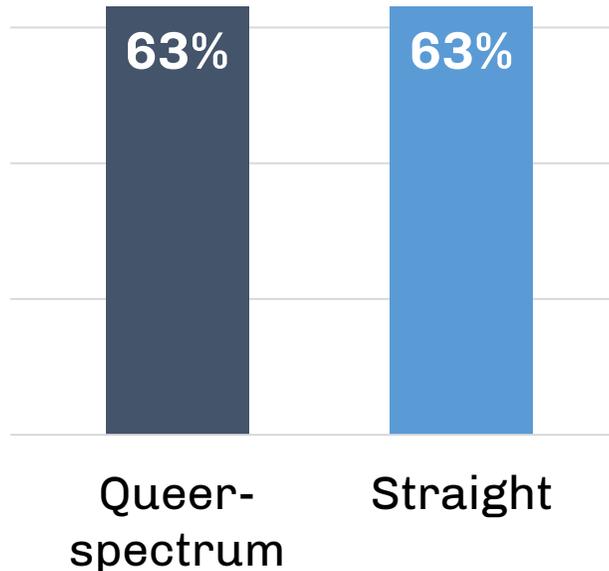
Mental Health Support

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree” by Sexual Orientation)

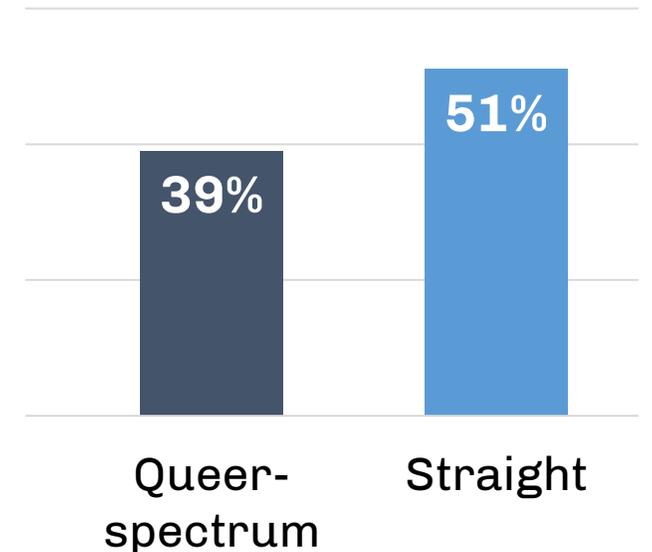
My coaches take mental health concerns of their student-athletes seriously.



My teammates take mental health concerns of fellow teammates seriously.



I feel that student-athletes' mental health is a priority to our athletics department.

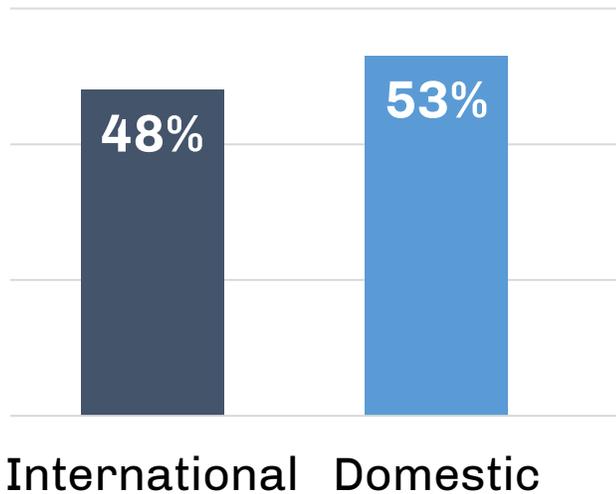


Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

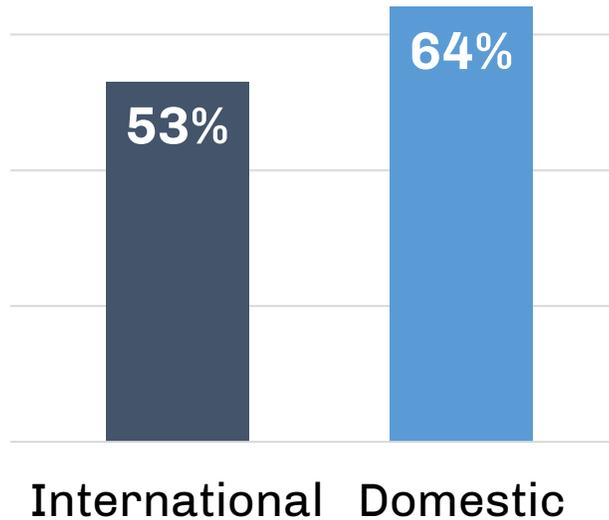
Mental Health Support

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree” by International Status)

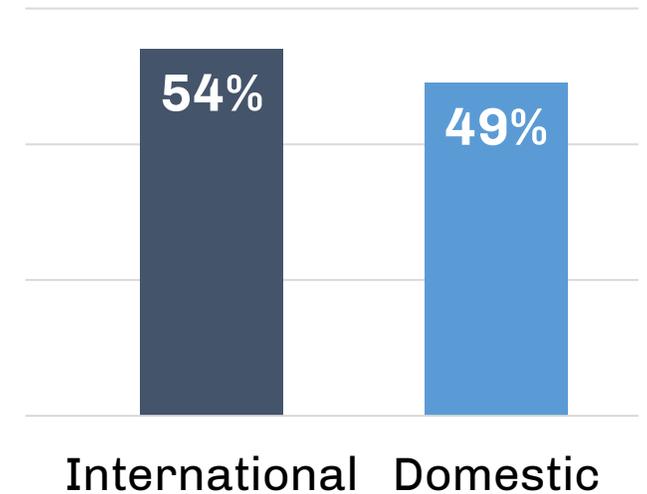
My coaches take mental health concerns of their student-athletes seriously.



My teammates take mental health concerns of fellow teammates seriously.



I feel that student-athletes' mental health is a priority to our athletics department.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

COVID-19 Precautions and Impact

COVID-19 Precautions and Impact

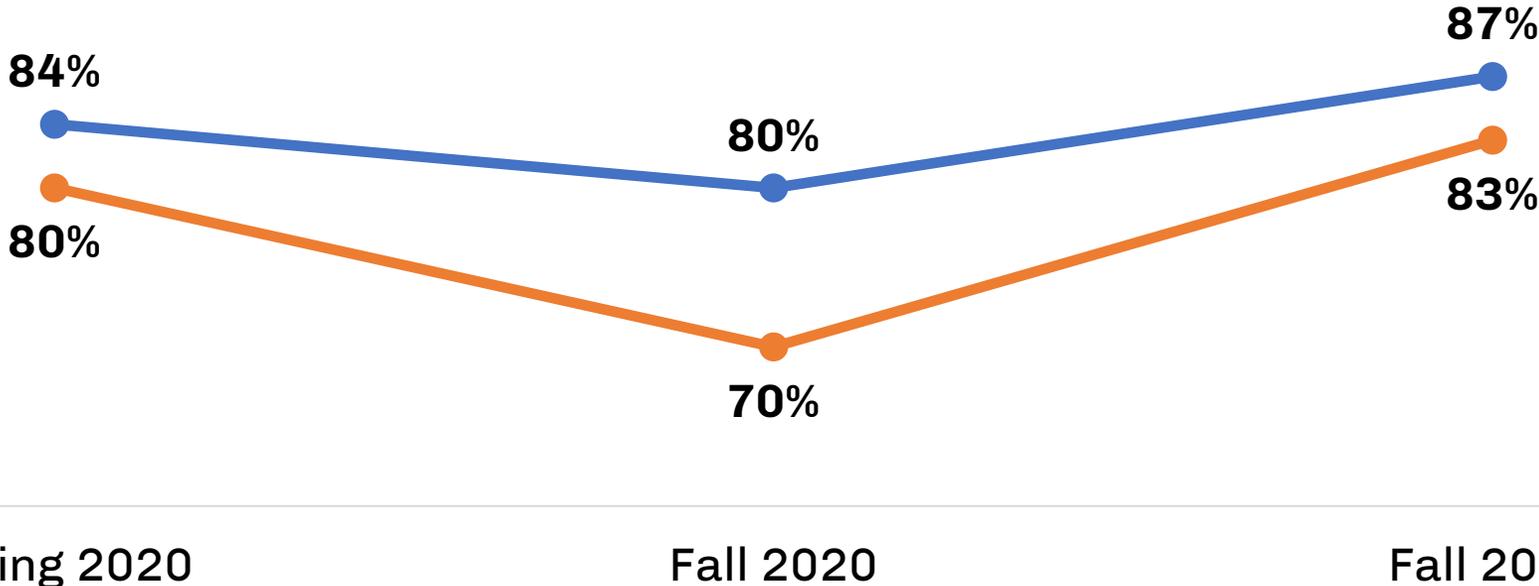
- ▶ Confidence in managing exposure to COVID-19 increased among men's (87% up from 80%) and women's sports participants (83% up from 70%) in fall 2021.
- ▶ More than 80% of student-athletes indicated that adequate protections were in place on their campuses at the time of survey to reduce COVID-19 exposure risk. Endorsement was lowest among Black student-athletes (73%) and highest among Division III student-athletes (86%).
- ▶ 22% of survey respondents reported having someone close to them hospitalized or die as a result of contracting the virus (up from 9% in fall 2020). Similar to previous findings, Black and Latinx student-athletes were most likely to report someone close to them being hospitalized or dying due to COVID-19.
- ▶ Despite the additional eligibility afforded to student-athletes due to the impact of COVID-19 (e.g., opt out or blanket waiver), expectations around playing time for most respondents remained the same for the 2021-22 season. First-year student-athletes were most likely to expect less playing time.
- ▶ 42% of fall 2021 seniors felt the pandemic negatively impacted their career planning in fall 2021. This was down from 62% among seniors in fall 2020.



I feel confident in my ability to manage my exposure to COVID-19

(Percentage of Participants Who Endorsed "Agree" or "Strongly Agree")

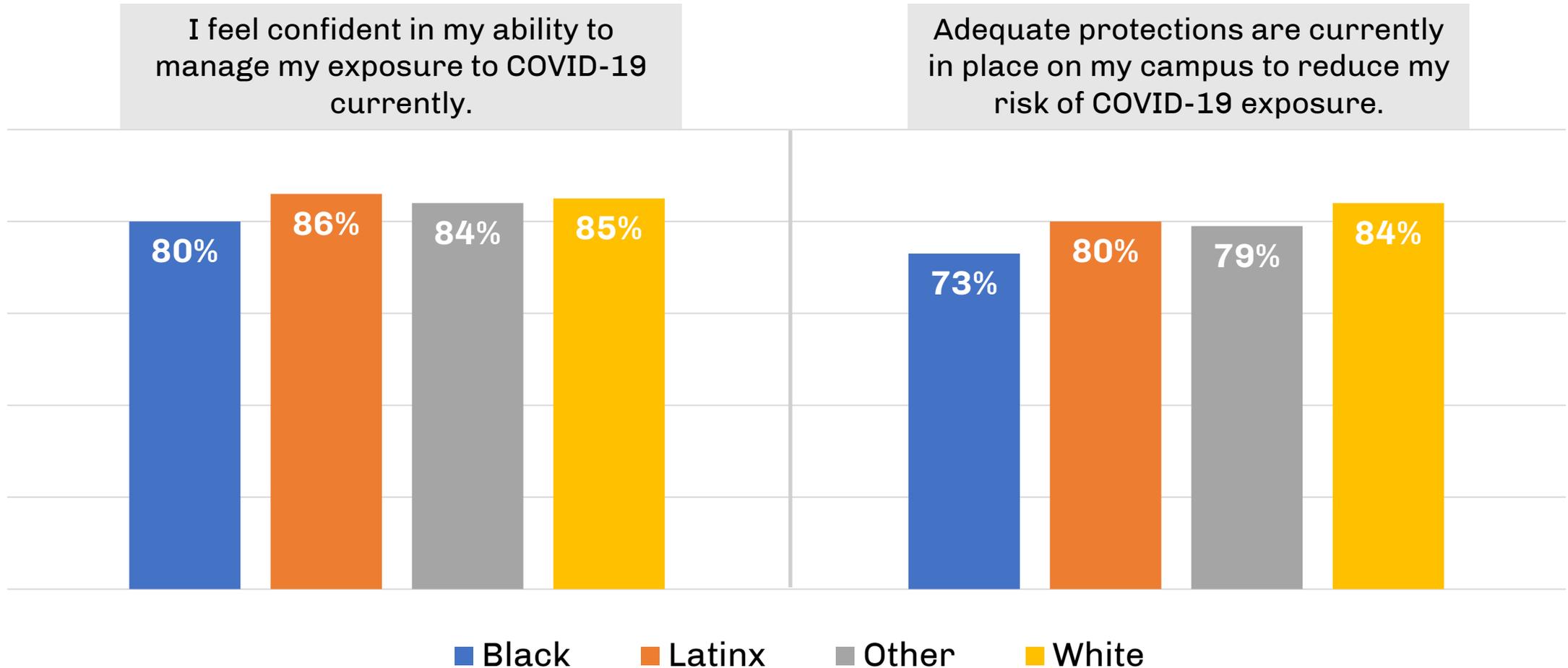
Men's Sports Women's Sports



Source: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Fall 2021 COVID-19 Exposure and Campus Precautions

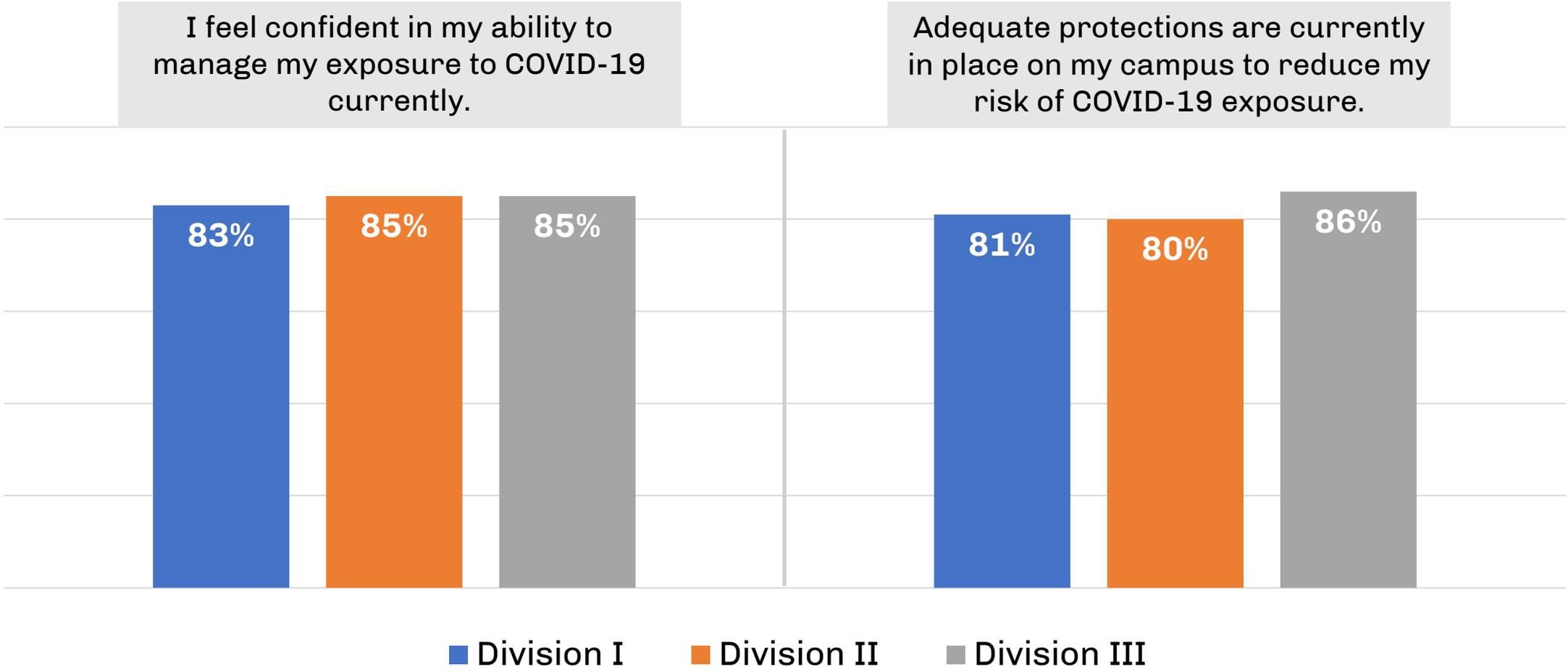
(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree” by Race/Ethnicity)



Note: “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

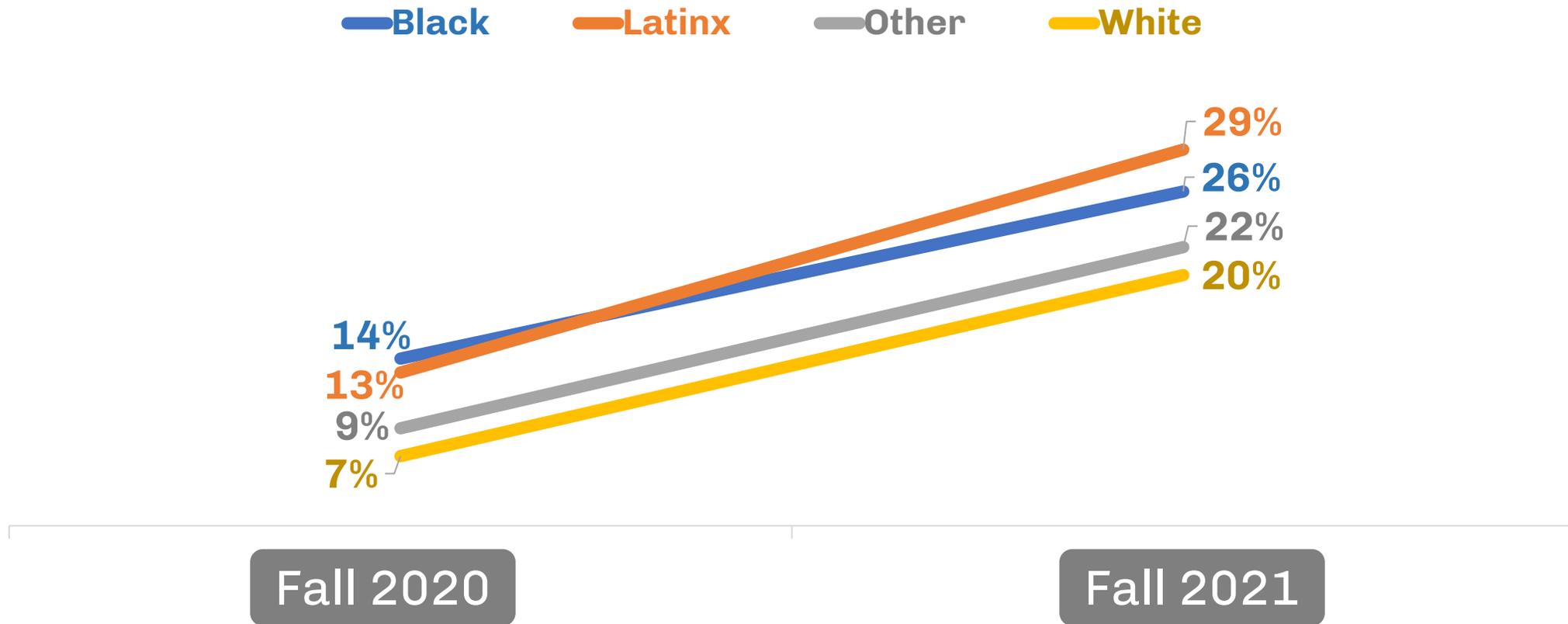
Fall 2021 COVID-19 Exposure and Campus Precautions

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



Note: The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19 (By Race/Ethnicity)



Note: "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19 (By Division)



Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

COVID-19 Impact on Competition and Extended Eligibility (Sophomores and Above)

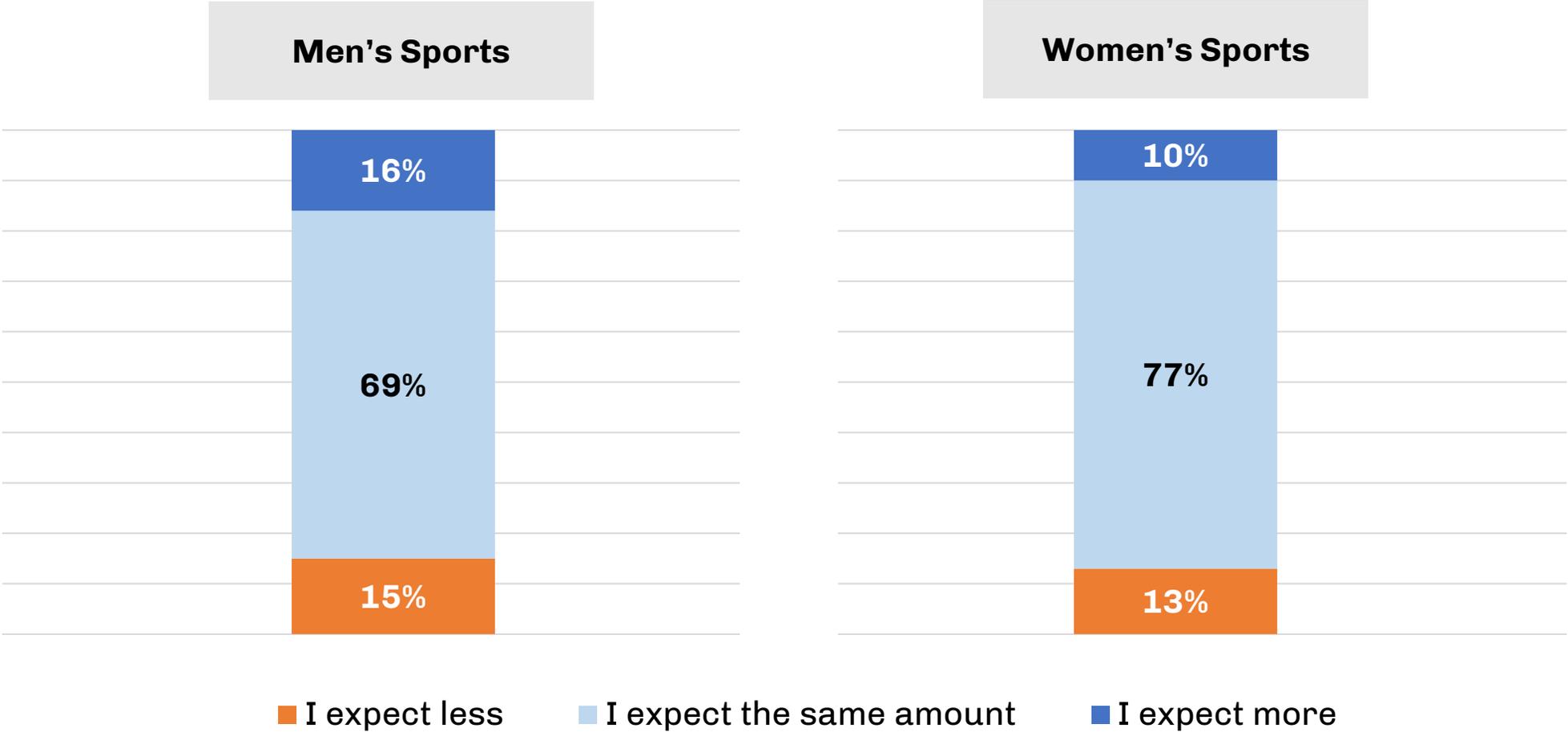
| | Division I | Division II | Division III |
|--|------------|-------------|--------------|
| Team did not compete during the 2020-2021 academic year | 13% | 20% | 27% |
| Granted additional year of eligibility due to the impact of COVID-19 (e.g., opt out or blanket waiver) | 84% | 83% | 86% |

Note: First-year survey participants excluded. Additional years of eligibility could be granted due to the impact of COVID-19 on the 2019-20 or 2020-21 seasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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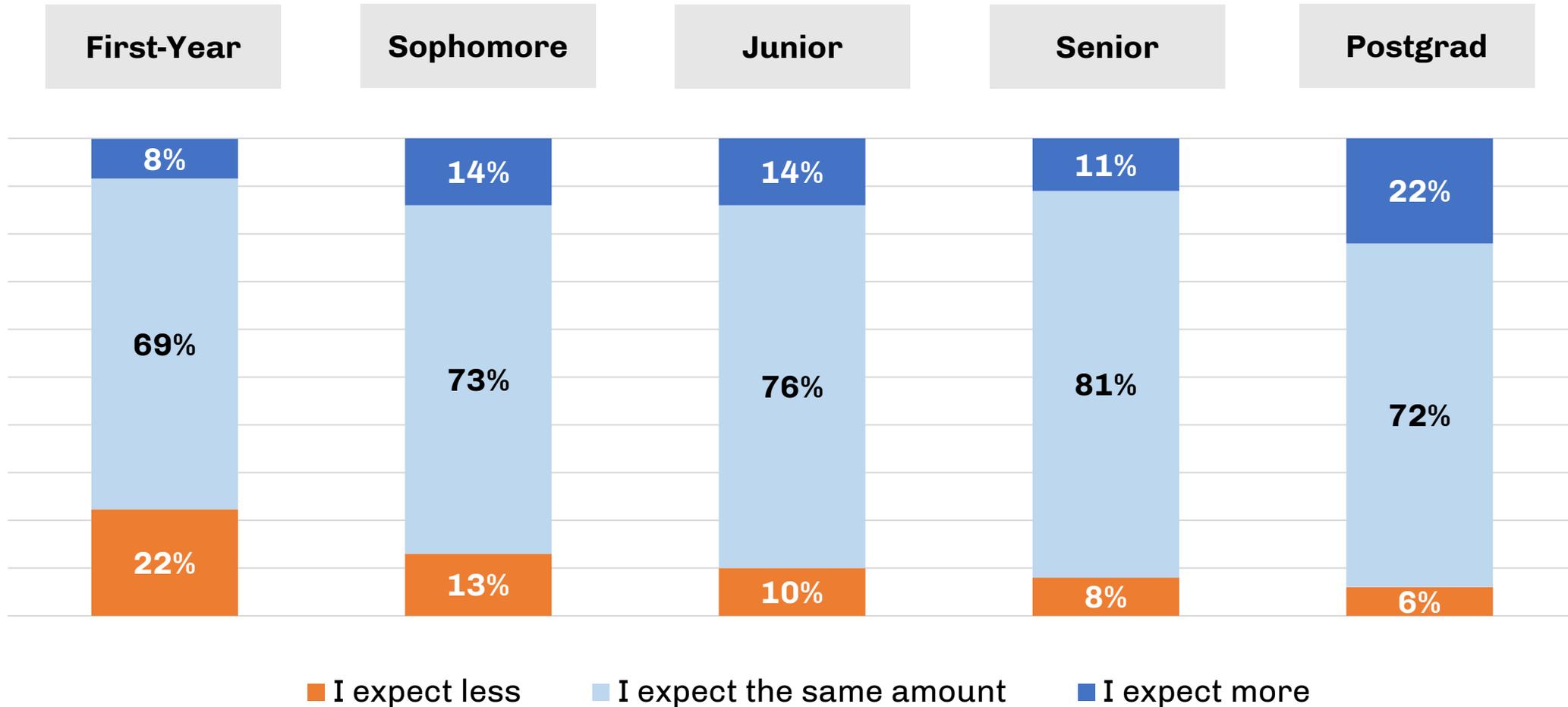
Given the additional year of eligibility afforded to some student-athletes due to COVID-19, have your expectations about playing time this year changed?



Note: The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

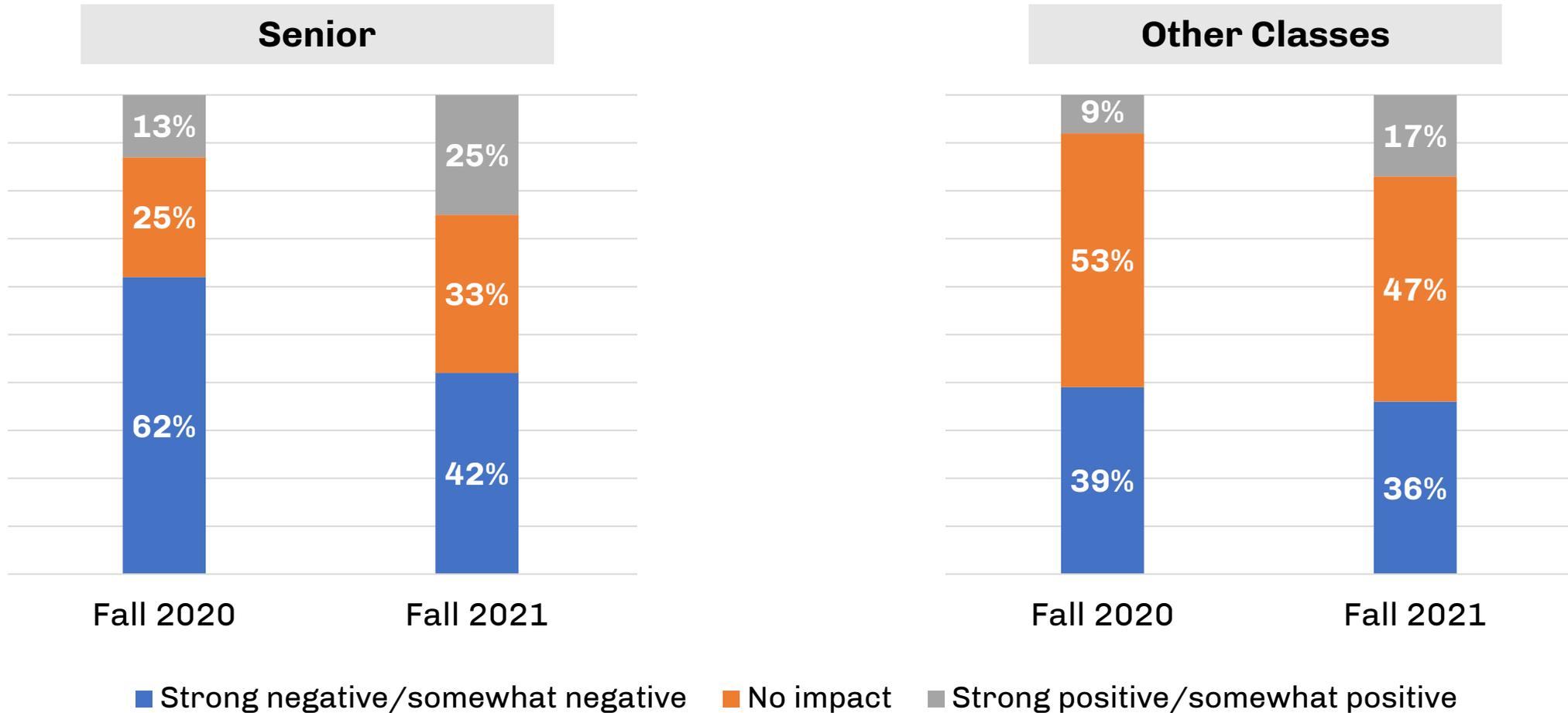


Given the additional year of eligibility afforded to some student-athletes due to COVID-19, have your expectations about playing time this year changed? (By Academic Status)



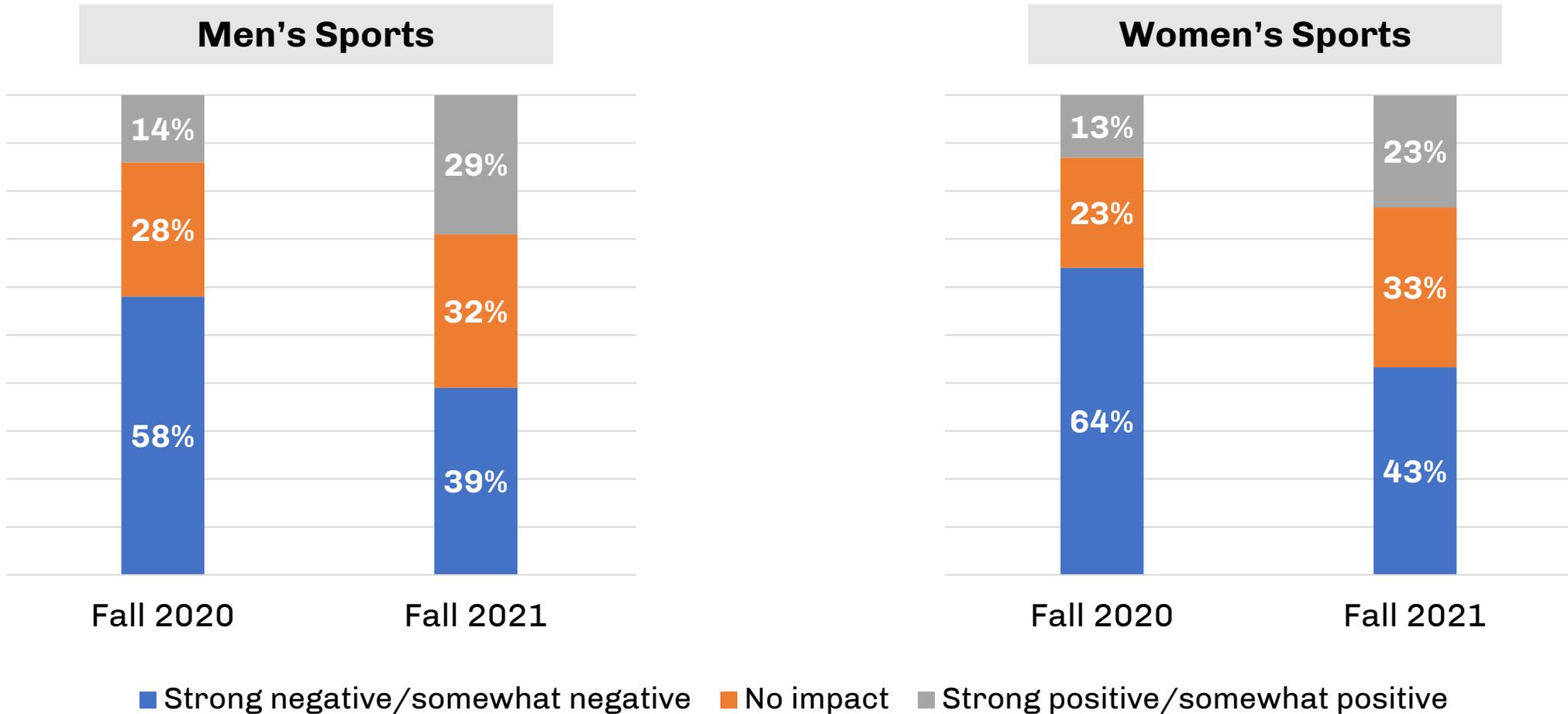
Note: The sum of percentages in each bar may not equal 100% due to rounding. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Impact of the COVID-19 Pandemic on Career Plans



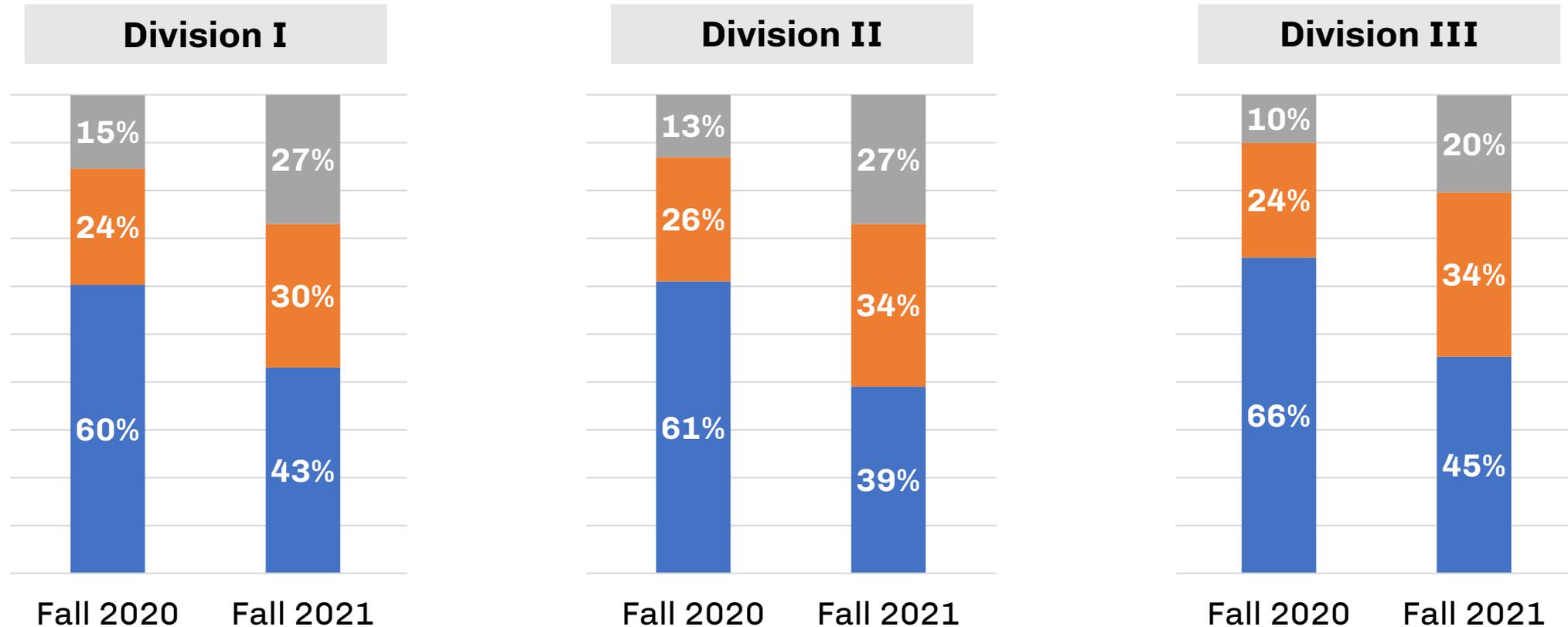
Note: Postgrad survey participants excluded. "Other Classes" includes first-year, sophomore and junior survey participants. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

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



Note: The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

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



■ Strong negative/somewhat negative ■ No impact ■ Strong positive/somewhat positive

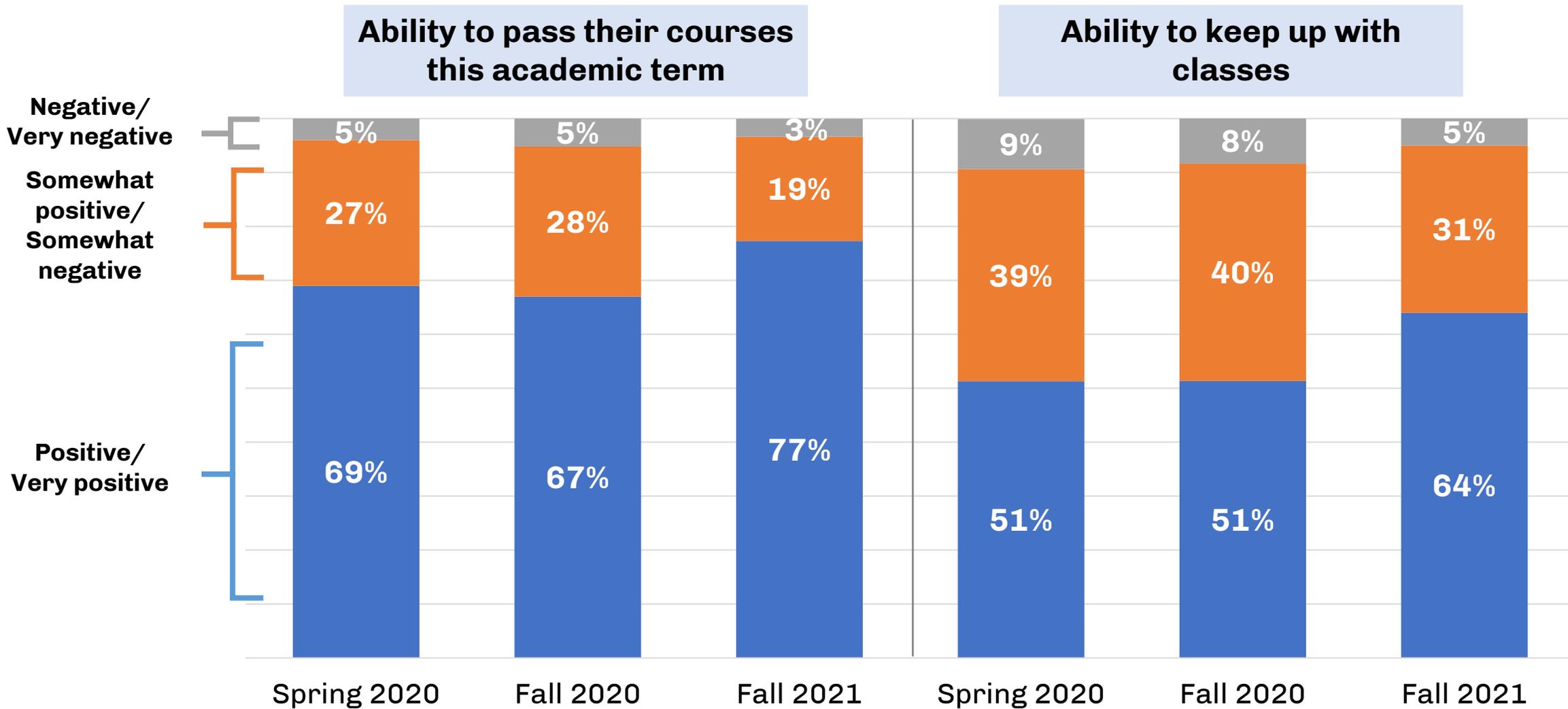
Note: The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Academic Experiences

Academic Experiences

- ▶ Student-athletes expressed more positivity about their ability to keep up with and pass their fall 2021 courses as compared with spring and fall 2020.
- ▶ Half of student-athletes were pleased about their ability to find balance between academics and extracurriculars, including athletics. Self-reported balance was higher among men's sports athletes (56%) as compared to women's sports athletes (47%), and higher in Divisions II and III.

Feelings about ... (Men's Sports)

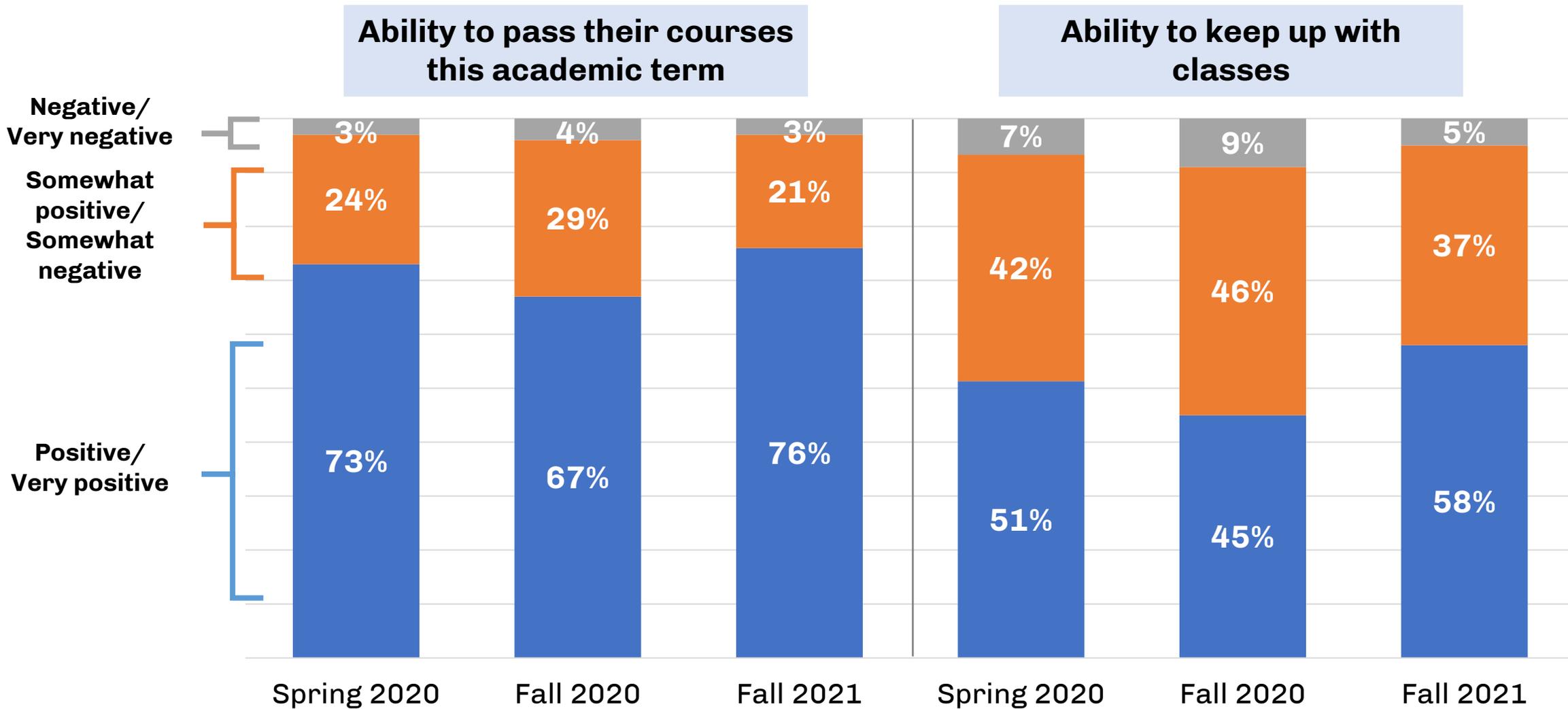


Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



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Feelings about ... (Women's Sports)

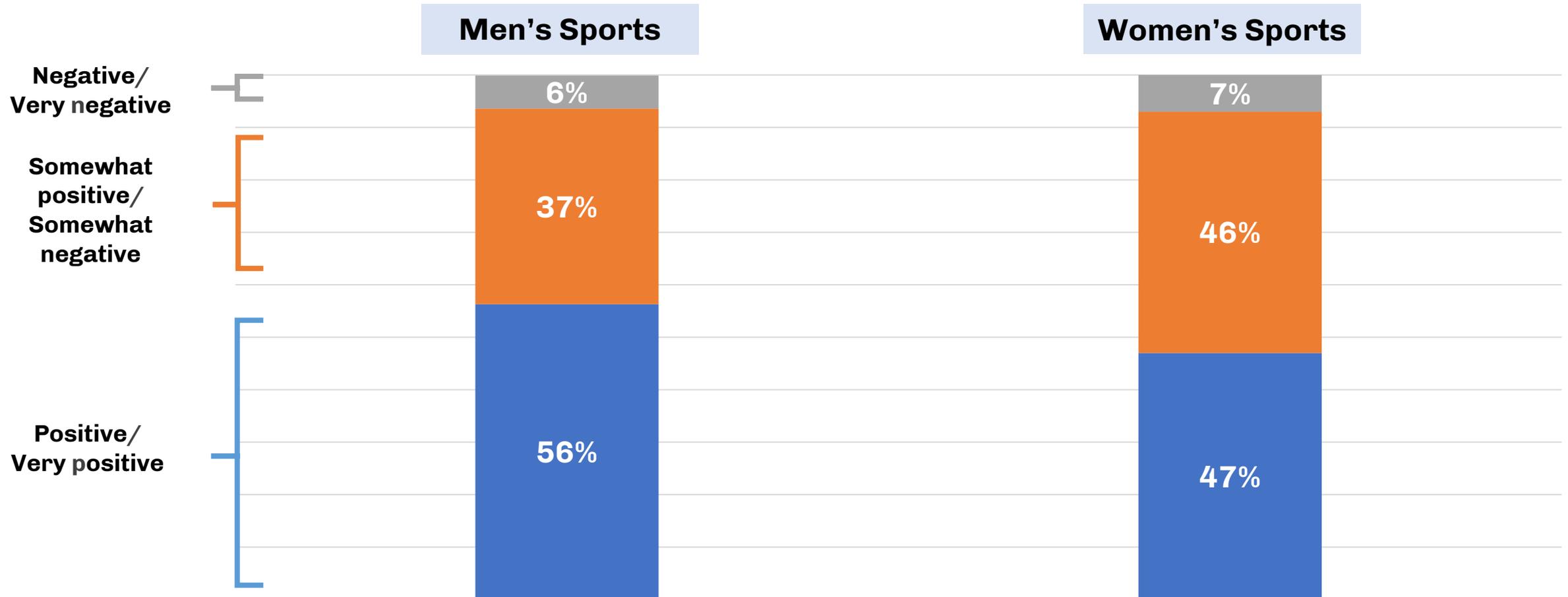


Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



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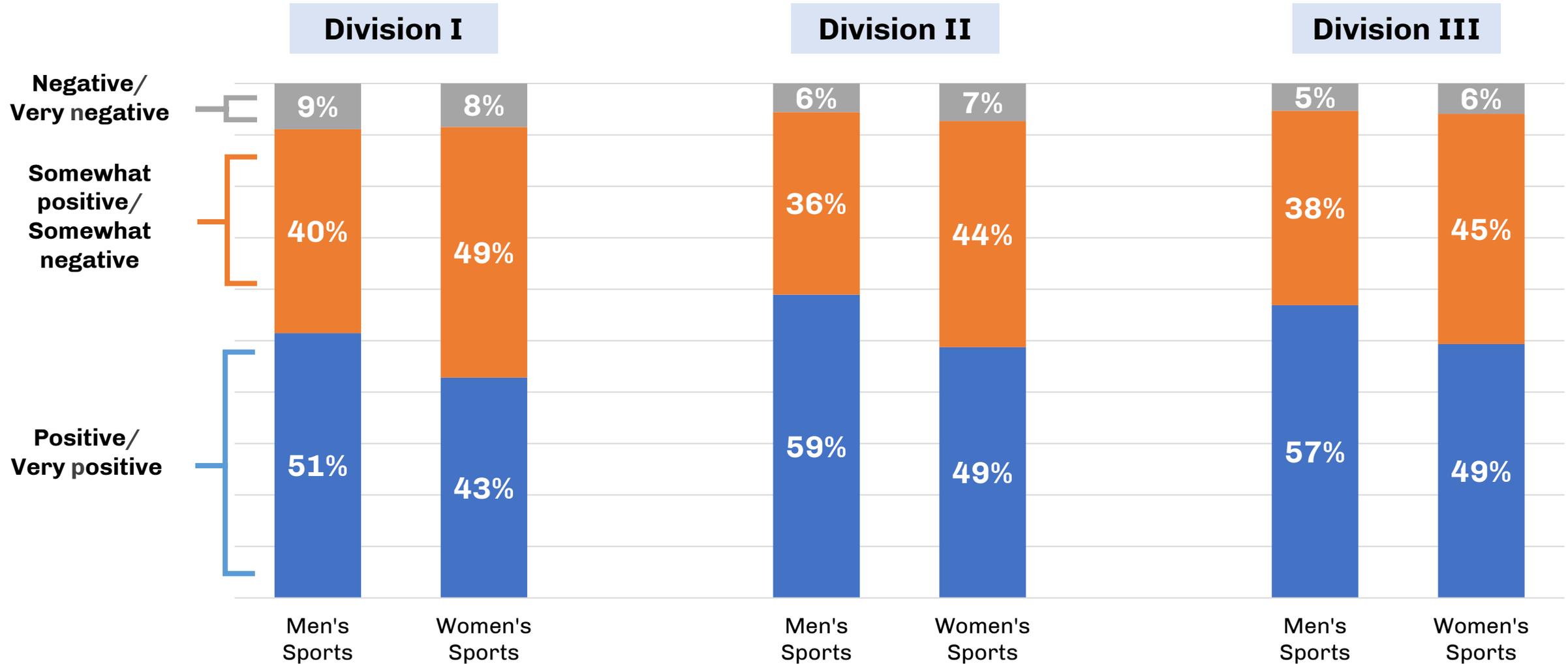
Ability to Find Appropriate Balance between Academics and Extracurriculars (Including Athletics) in Fall 2021



Note: The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (2021).

Ability to Find Appropriate Balance between Academics and Extracurriculars (Including Athletics) in Fall 2021

(By Division)



Note: The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (2021).

Transfer

Transfer

- ▶ Among those surveyed, nearly one in five student-athletes on men's sports teams and one in ten on women's sports teams had previously transferred.
- ▶ 8% of student-athletes surveyed indicated that it was likely they would transfer at some point during the 2021-22 academic year.
- ▶ The most cited reasons among those who previously transferred or were considering transfer varied for participants in men's and women's sports and by division. Overall, academics, mental health, conflict with coach or teammates and playing time were the most cited reasons for prior transfer. Division III participants cited academics at a higher rate than their Division I and II peers. Women's sports participants, especially those who were considering transfer, endorsed mental health and conflict with coach or teammates at higher rates than men's sports participants.



Transferred Previously

(By Division)

| | Men's Sports | Women's Sports |
|--------------|--------------|----------------|
| Division I | 18% | 13% |
| Division II | 27% | 17% |
| Division III | 11% | 8% |

Note: First-year participants excluded. Includes those responding “yes” to, “Are you a transfer student?” and represents both 2-4 and 4-4 transfer pathways. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Transferred Previously (By Race/Ethnicity)

| | Men's Sports | Women's Sports |
|--------|--------------|----------------|
| Black | 29% | 18% |
| Latinx | 33% | 20% |
| Other | 18% | 13% |
| White | 16% | 12% |

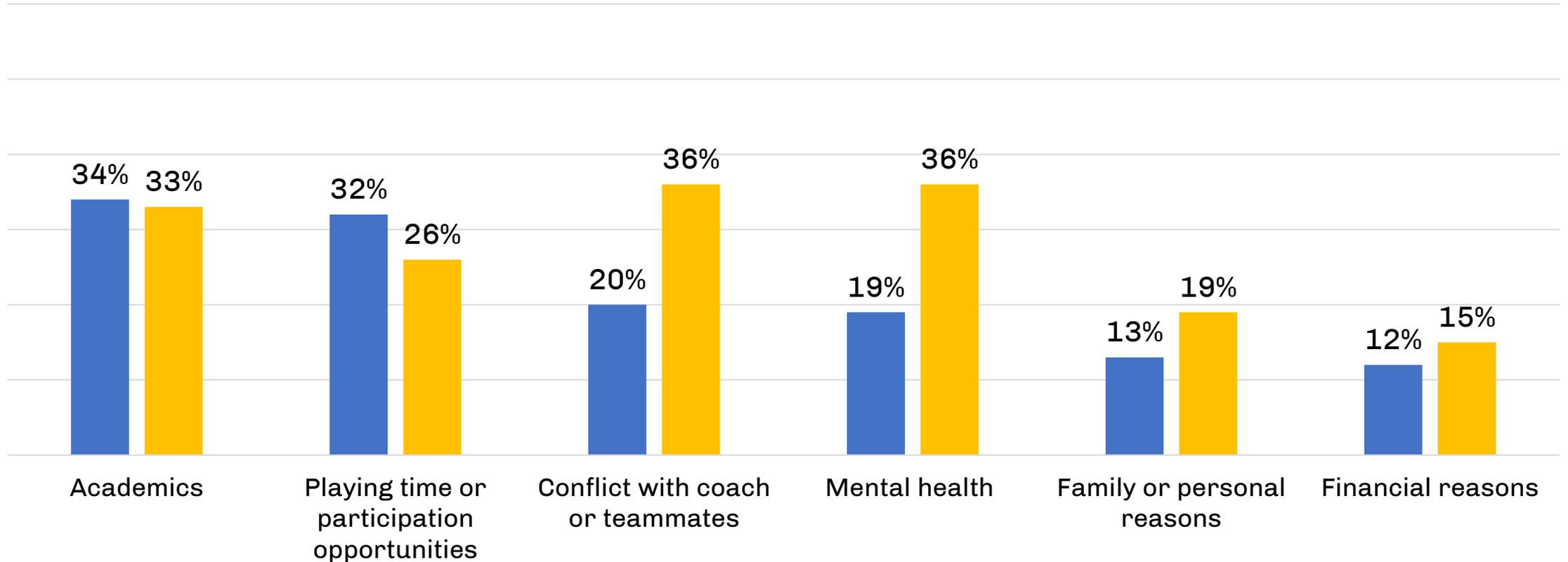
Note: First-year participants excluded. Includes those responding “yes” to, “Are you a transfer student?” and represents both 2-4 and 4-4 transfer pathways. “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/ Pacific Islander, and other racial identities. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Reasons for Prior Transfer

■ Men's Sports ■ Women's Sports



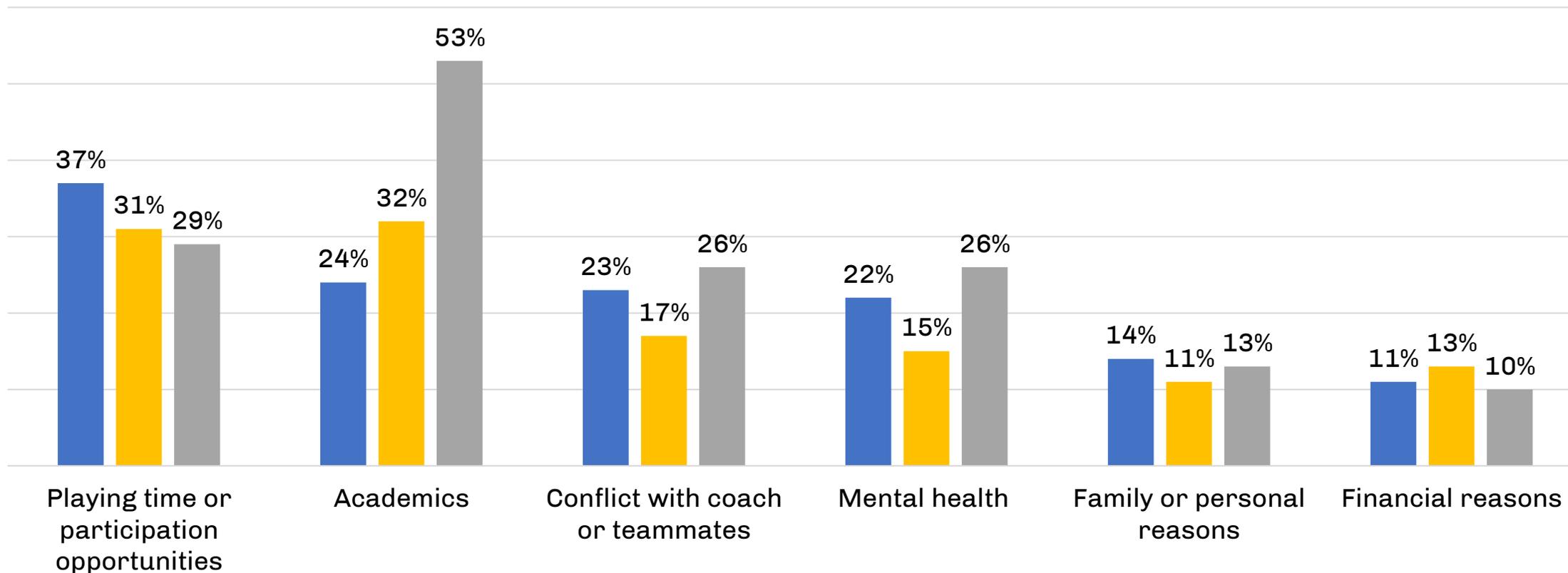
Note: First-year participants excluded. Participants could select multiple reasons for transfer. 412 men's sports participants (19%) and 625 women's sports participants (13%) reported transferring previously. Of those who previously transferred, 191 men's sport participants (35%) and 146 women's sport participants (31%) cited "other" reasons for doing so, including transfer from a two-year institution. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Reasons for Prior Transfer (Men's Sports Participants by Division)

■ Division I ■ Division II ■ Division III



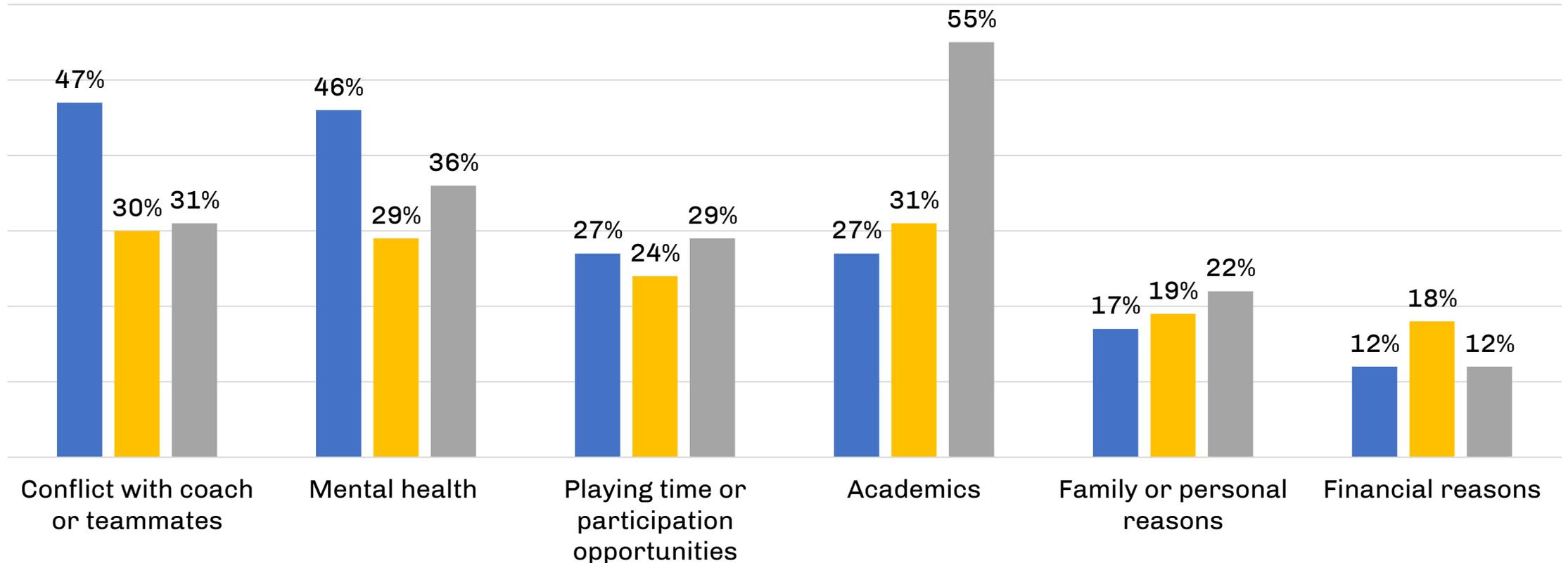
Note: First-year participants excluded. Participants could select multiple reasons for transfer. 103 men's sports participants in Division I (18%), 229 in Division II (27%) and 78 in Division III (11%) reported transferring previously. Of those who previously transferred, 39% in Division I, 39% in Division II and 22% in Division III cited "other" reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Reasons for Prior Transfer (Women's Sports Participants by Division)

■ Division I ■ Division II ■ Division III

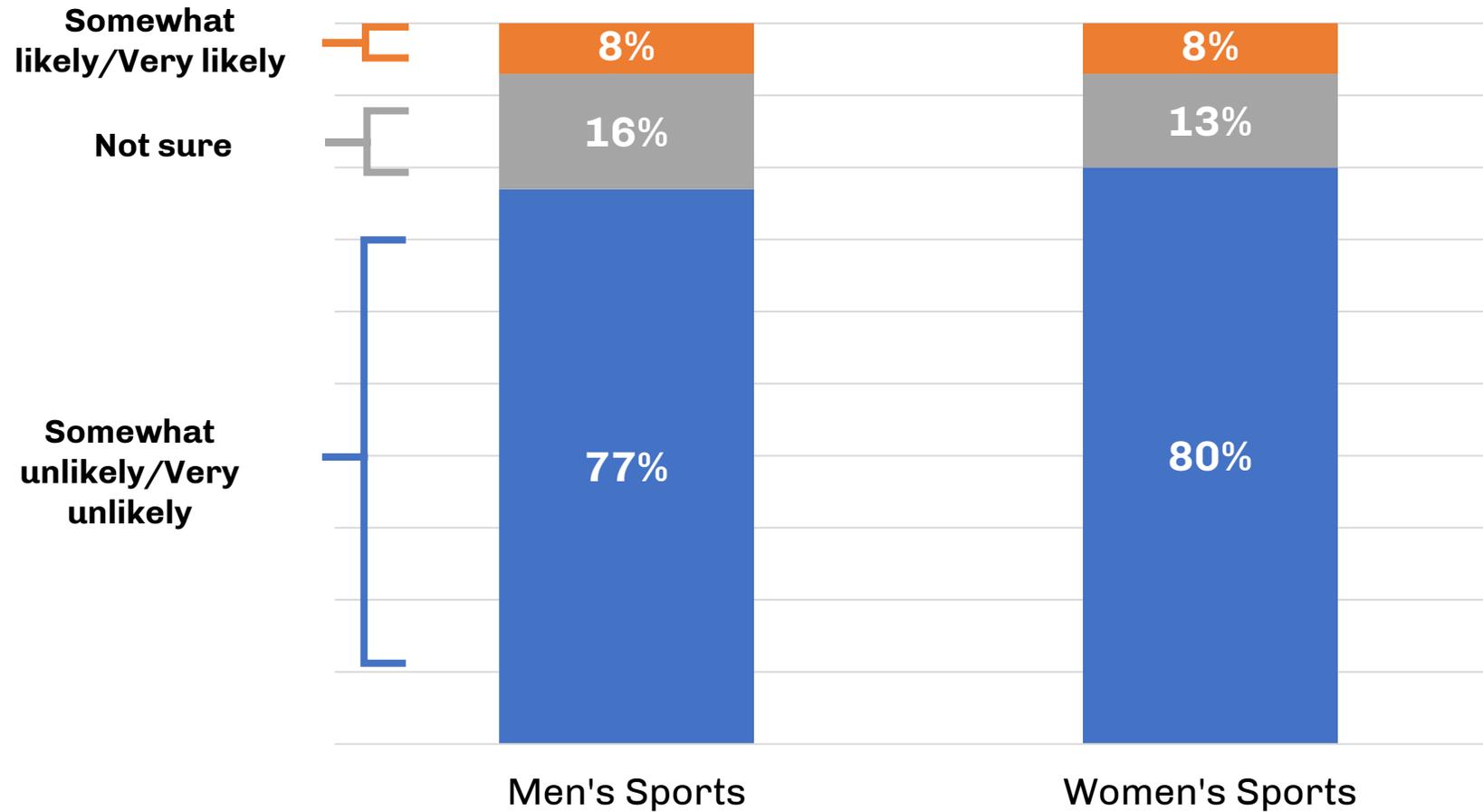


Note: First-year participants excluded. Participants could select multiple reasons for transfer. 211 women's sports participants in Division I (13%), 314 in Division II (17%) and 94 in Division III (8%) reported transferring previously. Of those who previously transferred, 27% in Division I, 35% in Division II and 22% in Division III cited "other" reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Likelihood of Transferring at Some Point This Year (All Participants)



Note: Participants were asked, "How likely is it you will transfer from your current school at some point this year?" The sum of percentages in each bar may not equal 100% due to rounding. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Likely to Transfer at Some Point This Year

(Percentage of Participants Who Endorsed “Somewhat Likely” or “Very Likely” by Division)

| | Men's Sports | Women's Sports |
|--------------|--------------|----------------|
| Division I | 8% | 10% |
| Division II | 9% | 8% |
| Division III | 5% | 4% |

Note: Top 2 points on a 6-point scale. Participants were asked, “How likely is it you will transfer from your current school at some point this year?” The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Likely to Transfer at Some Point This Year

(Percentage of Participants Who Endorsed “Somewhat Likely” or “Very Likely” by Race/Ethnicity)

| | Men's Sports | Women's Sports |
|--------|--------------|----------------|
| Black | 14% | 14% |
| Latinx | 8% | 7% |
| Other | 7% | 9% |
| White | 7% | 7% |

Note: Top 2 points on a 6-point scale. Participants were asked, “How likely is it you will transfer from your current school at some point this year?” “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

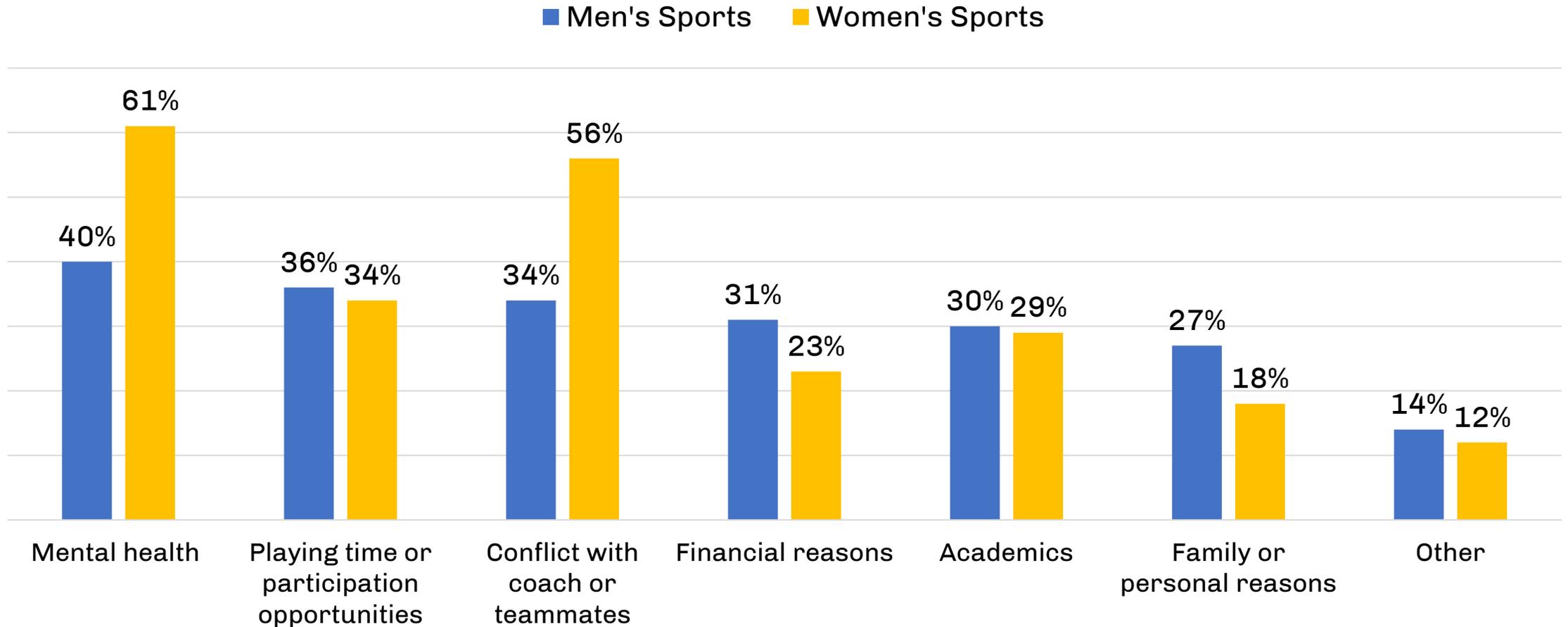
Likely to Transfer at Some Point This Year

(Percentage of Participants Who Endorsed “Somewhat Likely” or “Very Likely” by Academic Status)

| | Men's Sports | Women's Sports |
|------------|--------------|----------------|
| First Year | 8% | 9% |
| Sophomore | 10% | 10% |
| Junior | 7% | 7% |
| Senior | 5% | 4% |

Note: Top 2 points on a 6-point scale. Participants were asked, “How likely is it you will transfer from your current school at some point this year?” Postgrad participants excluded. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Reasons for Considering Transfer at Some Point This Year

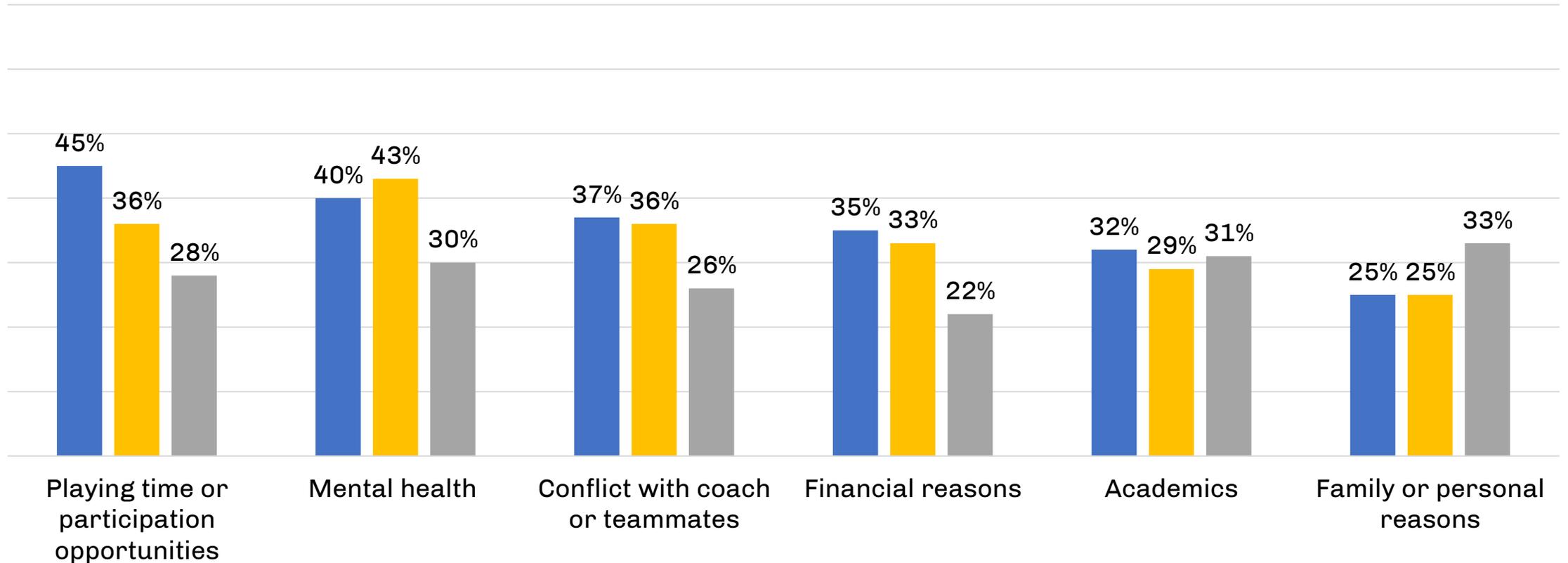


Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat likely” or “very likely” to transfer at some point this year. 502 women's sports participants (8%) and 237 men's sports participants (8%) endorsed being likely to transfer this year. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Reasons for Considering Transfer at Some Point This Year

(Men's Sports Participants by Division)

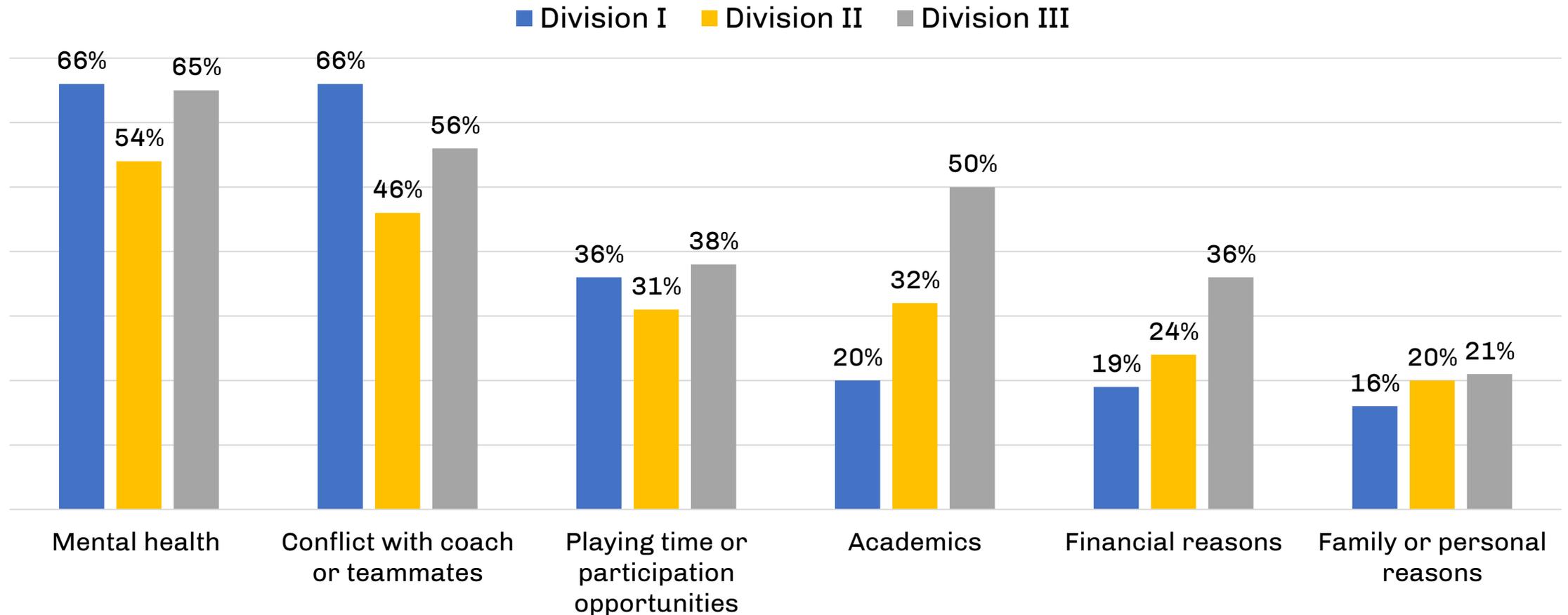
■ Division I ■ Division II ■ Division III



Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat likely” or “very likely” to transfer at some point this year. 60 men's sports participants in Division I (8%), 121 in Division II (9%) and 54 in Division III (5%) endorsed being likely to transfer this year. Of those who indicated being likely to transfer, 15% in Division I, 13% in Division II and 15% in Division III cited “other” reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Reasons for Considering Transfer at Some Point This Year

(Women's Sports Participants by Division)



Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat likely” or “very likely” to transfer at some point this year. 214 women's sports participants in Division I (10%), 220 in Division II (8%) and 66 in Division III (4%) endorsed being likely to transfer this year. Of those who indicated being likely to transfer, 12% in Division I, 14% in Division II and 9% in Division III cited “other” reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Social Activism and Student-Athlete Voice



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Civic and Racial Justice Engagement

- ▶ In fall 2021, student-athletes continued to take part in civic and racial justice engagement activities. However, rates of self-reported engagement and perceptions of athletics support for these activities were lower as compared to fall 2020.
- ▶ 82% of student-athletes reported performing volunteer work, two-thirds reported discussing politics, and one in five reported having demonstrated for a cause in the last year.
- ▶ Nearly 80% of student-athletes indicated that they had made an effort to learn more about race and racial justice on their own in the prior six months.
- ▶ More than 60% of all participants indicated having conversations with their teammates about race and racial justice and 35% indicated having conversations with their coaches in the prior six months.
- ▶ Similar to fall 2020, student-athletes of color reported the highest levels of racial justice engagement.



Gender Equity Engagement and Student-Athlete Voice

- ▶ 67% of student-athletes indicated that they had made an effort to learn more about gender equity on their own in the prior six months.
- ▶ More than half of participants indicated having conversations with their teammates about gender equity and 30% indicated having conversations with their coaches in the prior six months.
- ▶ Women's sports student-athletes and student-athletes of color reported the highest levels of gender equity engagement.
- ▶ Nearly two-thirds of student-athletes believed that their coaches take the student-athlete voice into account when making important decisions.



Participation in Social and Civic Engagement Activities

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

| | Men’s Sports | | Women’s Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 54% | 38% | 50% | 33% |
| I would be comfortable taking a public stance on a social issue | 44% | 33% | 43% | 30% |

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

Note: Top 2 points on a 6-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities

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

| | Black | | Latinx | | Other | | White | |
|---|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 54% | 32% | 48% | 32% | 53% | 34% | 51% | 35% |
| I would be comfortable taking a public stance on a social issue | 60% | 41% | 49% | 33% | 49% | 35% | 41% | 29% |

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

Note: Top 2 points on a 6-point scale. “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities

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

| | Black | | Latinx | | Other | | White | |
|---|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 51% | 30% | 45% | 30% | 51% | 39% | 55% | 40% |
| I would be comfortable taking a public stance on a social issue | 59% | 39% | 47% | 30% | 48% | 34% | 41% | 33% |

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

Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities

(Percentage of Women’s Sports Participants Who Endorsed “Agree” or “Strongly Agree” by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|---|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 56% | 33% | 49% | 33% | 54% | 32% | 49% | 33% |
| I would be comfortable taking a public stance on a social issue | 60% | 43% | 50% | 35% | 49% | 35% | 41% | 28% |

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

Note: Top 2 points on a 6-point scale. “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year

(Percentage of Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men’s Sports | | Women’s Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 84% | 67% | 84% | 67% |
| Performed volunteer work | 78% | 78% | 83% | 84% |
| Publicly communicated my opinion about a cause (e.g., social media post, email, petition) | 53% | 42% | 65% | 52% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 29% | 17% | 37% | 24% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year

(Percentage of Participants Who Endorsed “Occasionally” or “Frequently” by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|--|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 79% | 60% | 74% | 59% | 82% | 66% | 86% | 69% |
| Performed volunteer work | 78% | 78% | 77% | 79% | 79% | 78% | 82% | 83% |
| Publicly communicated my opinion about a cause (e.g., social media post) | 77% | 61% | 64% | 55% | 69% | 54% | 57% | 46% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 53% | 34% | 39% | 26% | 44% | 29% | 30% | 19% |

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

Note: Top 2 points on a 3-point scale. “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year

(Percentage of Men's Sports Participants Who Endorsed "Occasionally" or "Frequently" by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|--|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 76% | 52% | 72% | 56% | 82% | 66% | 87% | 71% |
| Performed volunteer work | 77% | 75% | 74% | 77% | 74% | 73% | 79% | 80% |
| Publicly communicated my opinion about a cause (e.g., social media post) | 72% | 49% | 55% | 47% | 59% | 41% | 49% | 40% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 53% | 26% | 34% | 21% | 37% | 21% | 23% | 14% |

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

Note: Top 2 points on a 3-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year (Percentage of Women's Sports Participants Who Endorsed "Occasionally" or "Frequently" by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|--|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 81% | 67% | 76% | 61% | 83% | 65% | 85% | 68% |
| Performed volunteer work | 79% | 80% | 79% | 80% | 81% | 81% | 84% | 85% |
| Publicly communicated my opinion about a cause (e.g., social media post) | 82% | 70% | 72% | 59% | 73% | 59% | 62% | 49% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 54% | 40% | 43% | 29% | 48% | 32% | 33% | 21% |

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

Note: Top 2 points on a 3-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Racial Justice Engagement in the Last 6 Months

(Percentage of Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men’s Sports | | Women’s Sports | |
|--|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 76% | 73% | 84% | 81% |
| Had conversations with teammates focused on race or racial justice | -- | 61% | -- | 62% |
| Had conversations with coaches focused on race or racial justice | 52% | 38% | 53% | 33% |
| Posted or shared content on social networking sites about race or racial justice | 46% | 33% | 62% | 45% |
| Served on a campus committee addressing racial justice or inclusion | -- | 16% | -- | 16% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Racial Justice Engagement in the Last 6 Months

(Percentage of Participants Who Endorsed “Occasionally” or “Frequently” by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|--|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 89% | 87% | 83% | 82% | 86% | 82% | 80% | 77% |
| Had conversations with teammates focused on race or racial justice | -- | 67% | -- | 68% | -- | 68% | -- | 60% |
| Had conversations with coaches focused on race or racial justice | 67% | 41% | 49% | 39% | 56% | 39% | 51% | 41% |
| Posted or shared content on social networking sites about race or racial justice | 83% | 68% | 67% | 54% | 68% | 51% | 51% | 36% |
| Served on a campus committee addressing racial justice or inclusion | -- | 25% | -- | 21% | -- | 23% | -- | 14% |

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

Note: Top 2 points on a 3-point scale. “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).



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Racial Justice Engagement in the Last 6 Months

(Percentage of Men's Sports Participants Who Endorsed "Occasionally" or "Frequently" by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|--|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 86% | 85% | 76% | 82% | 79% | 73% | 73% | 71% |
| Had conversations with teammates focused on race or racial justice | -- | 65% | -- | 69% | -- | 69% | -- | 59% |
| Had conversations with coaches focused on race or racial justice | 67% | 47% | 47% | 45% | 56% | 41% | 50% | 36% |
| Posted or shared content on social networking sites about race or racial justice | 80% | 62% | 54% | 46% | 56% | 37% | 38% | 27% |
| Served on a campus committee addressing racial justice or inclusion | -- | 24% | -- | 21% | -- | 20% | -- | 14% |

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

Note: Top 2 points on a 3-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).



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Racial Justice Engagement in the Last 6 Months

(Percentage of Women's Sports Participants Who Endorsed "Occasionally" or "Frequently" by Race/Ethnicity)

| | Black | | Latinx | | Other | | White | |
|--|-------|------|--------|------|-------|------|-------|------|
| | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 91% | 89% | 88% | 83% | 90% | 86% | 83% | 80% |
| Had conversations with teammates focused on race or racial justice | -- | 68% | -- | 68% | -- | 67% | -- | 60% |
| Had conversations with coaches focused on race or racial justice | 67% | 37% | 51% | 36% | 57% | 37% | 52% | 32% |
| Posted or shared content on social networking sites about race or racial justice | 87% | 73% | 76% | 58% | 73% | 57% | 57% | 40% |
| Served on a campus committee addressing racial justice or inclusion | -- | 26% | -- | 21% | -- | 25% | -- | 14% |

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

Note: Top 2 points on a 3-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Gender Equity Engagement in the Last 6 Months

(Percentage of Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | Women's Sports |
|---|--------------|----------------|
| Made an effort to learn more about gender equity on my own | 56% | 72% |
| Had conversations with teammates focused on gender equity | 46% | 58% |
| Had conversations with coaches focused on gender equity | 29% | 31% |
| Posted or shared content on social networking sites about gender equity | 22% | 39% |
| Served on a campus committee addressing gender equity | 14% | 14% |

Note: Top 2 points on a 3-point scale. The survey was in the field Nov. 17-Dec. 13, 2021.
 Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Gender Equity Engagement in the Last 6 Months

(Percentage of Participants Who Endorsed “Occasionally” or “Frequently” by Race/Ethnicity)

| | Black | Latinx | Other | White |
|---|-------|--------|-------|-------|
| Made an effort to learn more about gender equity on my own | 74% | 71% | 73% | 65% |
| Had conversations with teammates focused on gender equity | 53% | 59% | 59% | 53% |
| Had conversations with coaches focused on gender equity | 31% | 33% | 36% | 30% |
| Posted or shared content on social networking sites about gender equity | 47% | 44% | 42% | 30% |
| Served on a campus committee addressing gender equity | 19% | 18% | 19% | 13% |

Note: Top 2 points on a 3-point scale. “Other” includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Gender Equity Engagement in the Last 6 Months

(Percentage of Men's Sports Participants Who Endorsed "Occasionally" or "Frequently" by Race/Ethnicity)

| | Black | Latinx | Other | White |
|---|-------|--------|-------|-------|
| Made an effort to learn more about gender equity on my own | 67% | 51% | 58% | 53% |
| Had conversations with teammates focused on gender equity | 50% | 47% | 56% | 44% |
| Had conversations with coaches focused on gender equity | 32% | 34% | 36% | 28% |
| Posted or shared content on social networking sites about gender equity | 37% | 30% | 29% | 18% |
| Served on a campus committee addressing gender equity | 21% | 16% | 19% | 12% |

Note: Top 2 points on a 3-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Gender Equity Engagement in the Last 6 Months

(Percentage of Women's Sports Participants Who Endorsed "Occasionally" or "Frequently" by Race/Ethnicity)

| | Black | Latinx | Other | White |
|---|-------|--------|-------|-------|
| Made an effort to learn more about gender equity on my own | 79% | 76% | 79% | 70% |
| Had conversations with teammates focused on gender equity | 55% | 65% | 60% | 58% |
| Had conversations with coaches focused on gender equity | 30% | 33% | 36% | 31% |
| Posted or shared content on social networking sites about gender equity | 55% | 52% | 47% | 36% |
| Served on a campus committee addressing gender equity | 18% | 19% | 19% | 13% |

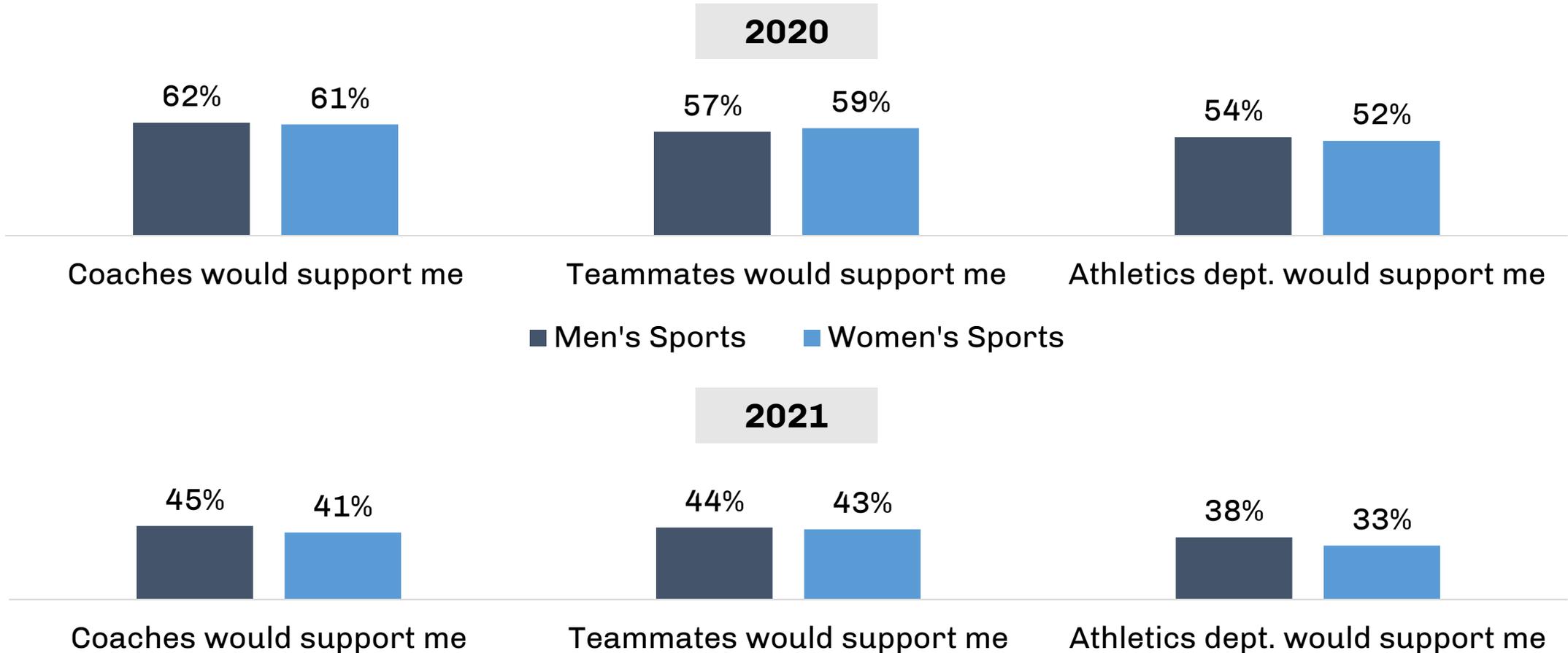
Note: Top 2 points on a 3-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Participants' Perceptions of External Support for Taking a Public Stance on a Social Issue

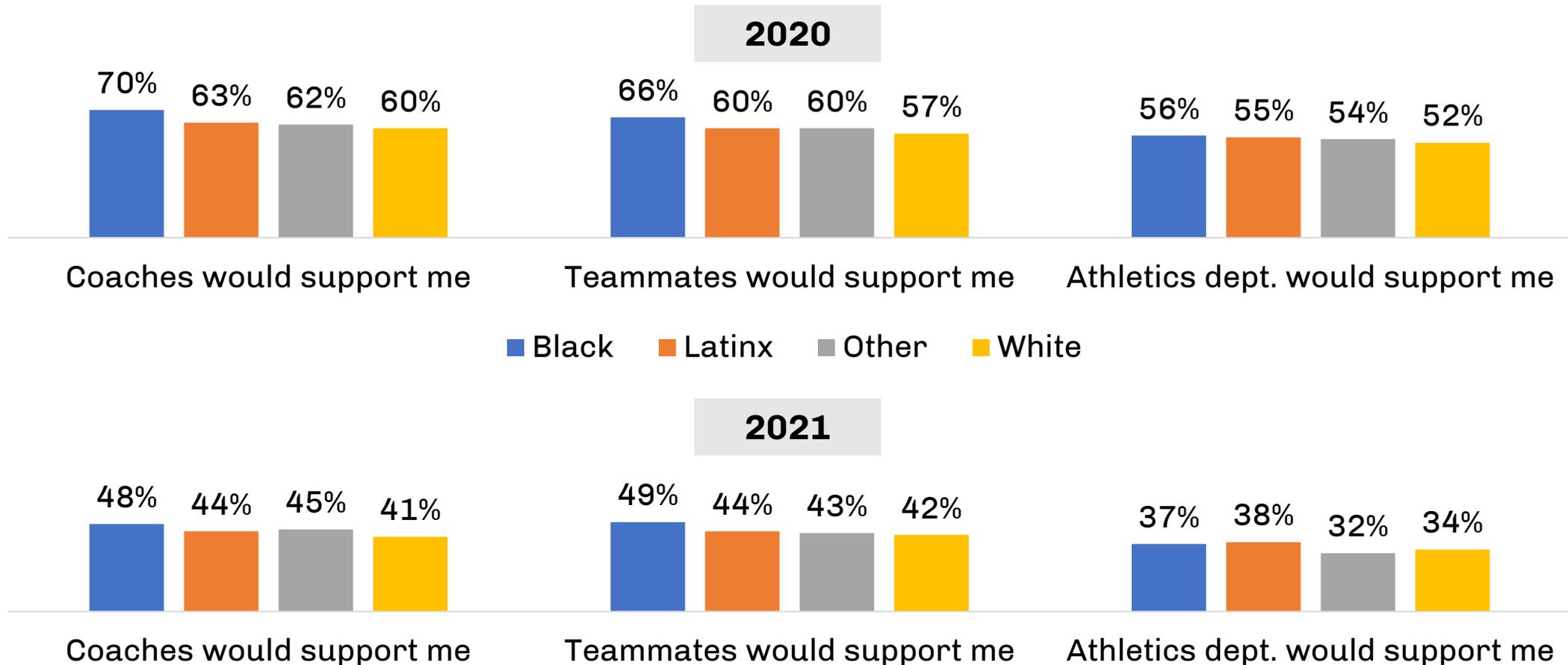
(Percentage of Participants Who Endorsed "Agree" or "Strongly Agree")



Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participants' Perceptions of External Support for Taking a Public Stance on a Social Issue

(Percentage of Participants Who Endorsed "Agree" or "Strongly Agree" by Race Ethnicity)



Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Take Student-Athlete Voice Into Account in Important Decisions that Impact the Lives of Student-Athletes

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

| | Men's Sports | Women's Sports |
|-------------------------|--------------|----------------|
| My coach | 67% | 60% |
| My athletics department | 53% | 49% |
| My school | 51% | 47% |
| My athletics conference | 47% | 43% |
| The NCAA | 44% | 46% |

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Take Student-Athlete Voice Into Account in Important Decisions that Impact the Lives of Student-Athletes

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

| | Black | Latinx | Other | White |
|-------------------------|-------|--------|-------|-------|
| My coach | 67% | 71% | 60% | 67% |
| My athletics department | 55% | 55% | 50% | 53% |
| My school | 52% | 56% | 44% | 51% |
| My athletics conference | 53% | 49% | 43% | 46% |
| The NCAA | 52% | 47% | 37% | 43% |

Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities.
Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Take Student-Athlete Voice Into Account in Important Decisions that Impact the Lives of Student-Athletes

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

| | Black | Latinx | Other | White |
|-------------------------|-------|--------|-------|-------|
| My coach | 53% | 64% | 59% | 60% |
| My athletics department | 44% | 50% | 50% | 50% |
| My school | 42% | 50% | 48% | 47% |
| My athletics conference | 41% | 46% | 44% | 47% |
| The NCAA | 47% | 48% | 43% | 46% |

Note: Top 2 points on a 6-point scale. "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities.
Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Planning for the Future and Athletics Support

Planning for the Future and Athletics Support

- ▶ Student-athletes were most likely to indicate a need for educational resources on tax and financial literacy (49%), career planning (47%), navigating name, image and likeness (NIL) opportunities (40%) and professional opportunities in sport (37%).
- ▶ Survey participants were asked how their athletics staff and coaches could support them at the time of survey. Suggestions fell into five key themes:
 - ▶ Elevate and listen to student-athlete voices.
 - ▶ Equitable support and resources for all student-athletes and teams.
 - ▶ Help student-athletes prepare for life after sport.
 - ▶ Prioritize balance between academics, athletics and overall well-being.
 - ▶ Support student-athlete mental health.



Educational Resources

| | Men's Sports | | | Women's Sports | | |
|-------------------------------------|---------------|---------------|----------------|----------------|---------------|----------------|
| | Need resource | Have resource | Not interested | Need resource | Have resource | Not interested |
| Tax literacy and education | 49% | 26% | 25% | 50% | 22% | 28% |
| Financial awareness/literacy | 43% | 35% | 22% | 46% | 33% | 22% |
| Career planning | 42% | 39% | 18% | 49% | 36% | 15% |
| Navigating NIL opportunities | 42% | 29% | 28% | 39% | 29% | 32% |
| Professional opportunities in sport | 41% | 31% | 28% | 35% | 26% | 38% |
| Managing personal branding | 39% | 28% | 33% | 37% | 27% | 36% |
| Leadership skills training | 36% | 42% | 22% | 39% | 41% | 20% |
| Managing time demands | 33% | 42% | 25% | 34% | 42% | 24% |
| Diversity, equity and inclusion | 17% | 38% | 45% | 25% | 43% | 32% |
| COVID-19 health and safety | 10% | 42% | 49% | 10% | 51% | 39% |

Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

What could your athletics staff or coaches do to support you during this time?

▶ Elevate and listen to student-athlete voices.

- ▶ “Listen to student athletes and hold coaches accountable. Treat athletes like adults and be clear and [transparent] with expectations.” – Division I rowing
- ▶ “Look at what our athletes are saying and make moves accordingly” – Division I men’s basketball
- ▶ “Listen and take into account the lives, opinions, and experiences of their CURRENT student athletes. Many changes are happening, sports getting added, and new facilities being built, but current student athletes often feel skipped over, brushed aside, and unheard.” – Division II women’s track and field
- ▶ “Actually be willing to help and listen to their students and athletes. We have no voice and cannot voice our opinions without backlash.” – Division II men’s track and field
- ▶ “Take time to listen and gain perspectives from the student athletes themselves. We are tired, in pain, and mentally exhausted and I don’t feel as if we are getting the necessary breaks, recovery, or mental health support that we may need here. I love my coaching staff, but I think more can be done” – Division III women’s ice hockey



What could athletics staff or coaches do to support you during this time?

▶ Equitable support and resources for all student-athletes and teams.

- ▶ “Support individuals and minorities within the athletics program. The big-name sports receive a lot of attention while the other sports are being ignored by the administration.” – Division I men’s swimming and diving
- ▶ “Have an even “playing field” for all of the sports on campus and give everyone equal opportunities to each and every sport.” – Division II field hockey
- ▶ “More support from the athletic [department] for my team in general. We are not given the same opportunities or catered for equally compared to other teams, particularly male teams, on campus.” – Division II women’s lacrosse
- ▶ “Support the LGBTQ athletes more and represent them as equals.” – Division III men’s golf
- ▶ “My athletic director could pay more attention to women’s sports and racial minorities in our department.” – Division III softball



What could athletics staff or coaches do to support you during this time?

▶ Help student-athletes prepare for life after sport.

- ▶ “Develop lives after sport, help find calling outside of sport.” – Division I women’s track and field
- ▶ “I believe athletic departments could shine more light on topics and opportunities for when we graduate. I feel like athletics takes away from our academics and only see us as athletes. I think it’s important to share opportunities or have discussions outside of athletics.” – Division II women’s volleyball
- ▶ “Offer a course that seniors can take regarding post-graduation skills such as taxes and life outside of being a student-athlete.” – Division II softball
- ▶ “Have one on one meetings regarding career plans.” – Division III baseball
- ▶ “I really would love to see programming on careers in a college athletic department or provision of related internships to student-athletes.” –Division III men’s track and field



What could athletics staff or coaches do to support you during this time?

- ▶ **Prioritize balance between academics, athletics and overall well-being.**
 - ▶ “Focus on the balance between pushing us everyday in practices/games to be better while also understanding the priority of academics and mental health.” – Division I women’s soccer
 - ▶ “I believe student athletes have exemplified the utmost resilience since the 2020 pandemic... With that being said we are tired. At times I don’t want to be resilient, I want to take a pause... So now we are faced with 3-5 hours of being in a classroom every single day on top of another 3-4 hours of organized sports a day. It’s like we have no time for ourselves anymore... I do wish that athletic departments would do more to advocate mental health days...” – Division II women’s lacrosse
 - ▶ “They can continue to check in on me about my mental health and my giant workload for school. They could also discuss how to deal with the massive amount of work that I get from my classes, too.” – Division III men’s soccer



What could athletics staff or coaches do to support you during this time?

▶ Support student-athlete mental health.

- ▶ “More support for individuals suffering from mental health issues... especially for male athletes that find it difficult to express their emotions and often hide their struggle. If you’re going to commit to being a community willing to help individuals struggling with mental health issues, then actually do so. Actions speak much louder than words.” – Division I men’s lacrosse
- ▶ “Introduce students to the school therapist and mental health resources. I know my school has them, I just do not know who or where they are.” – Division II baseball
- ▶ “The coaching staff needs to recognize the immense pressure we are under. While the athletic department attempts to recognize school and athletic struggles, they often negate social, family, and mental anxieties that will affect our performance. I think departments need to provide better support for mental health issues such as eating disorders, depression, and anxiety.” – Division III women’s tennis
- ▶ “My athletics department could support me better during this time by helping me find off-campus counseling. I know a lot of student athletes across the board need assistance in this way. As a part of SAAC, we are responsible for being the voice for the student athletes but sometimes it’s hard to have our voices heard. I know they are trying their best and I thank them so much but some changes could be made.” – Division III women’s lacrosse



RESULTS BY DIVISION

DIVISION I

Participant Demographics

Division I

Number of Responses by Division I Conference

| Conference | N |
|---------------|-----|
| MWC | 319 |
| Summit League | 308 |
| MAC | 246 |
| Ivy League | 214 |
| Big Sky | 195 |
| Big 12 | 179 |
| Big South | 163 |
| WCC | 117 |
| MVC | 113 |
| ACC | 108 |
| AAC | 94 |
| Horizon | 90 |
| Big East | 89 |
| CAA | 86 |
| SoCon | 81 |
| Southland | 73 |

| Conference | N |
|--------------|-----|
| WAC | 73 |
| Big Ten | 61 |
| C-USA | 56 |
| Big West | 55 |
| OVC | 49 |
| MEAC | 44 |
| Atlantic 10 | 35 |
| MAAC | 28 |
| NEC | 20 |
| SEC | 20 |
| America East | 11 |
| Pac-12 | 11 |
| SWAC | <10 |
| Sun Belt | <10 |
| Patriot | <10 |

Note: Cross country and indoor track removed to avoid double-counting. One Division I conference had no survey responses: ASUN. 101 Division I student-athletes did not list their conference. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Number of Responses by Sport Participation

(Division I Student-Athletes)

| Men's Sports | N |
|---------------------|-----|
| Baseball | 150 |
| Basketball | 34 |
| Cross Country | 94 |
| Football | 122 |
| Golf | 54 |
| Ice Hockey | 14 |
| Lacrosse | 25 |
| Soccer | 58 |
| Swimming and Diving | 81 |
| Tennis | 33 |
| Track and Field | 165 |
| Wrestling | 15 |

| Women's Sports | N |
|---------------------|-----|
| Basketball | 194 |
| Beach Volleyball | 24 |
| Cross Country | 183 |
| Equestrian | 30 |
| Field Hockey | 34 |
| Golf | 121 |
| Gymnastics | 86 |
| Ice Hockey | 39 |
| Lacrosse | 91 |
| Rowing | 84 |
| Soccer | 277 |
| Softball | 268 |
| Swimming and Diving | 249 |
| Tennis | 111 |
| Track and Field | 384 |
| Volleyball | 297 |
| Water Polo | 24 |

Note: 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 2021).



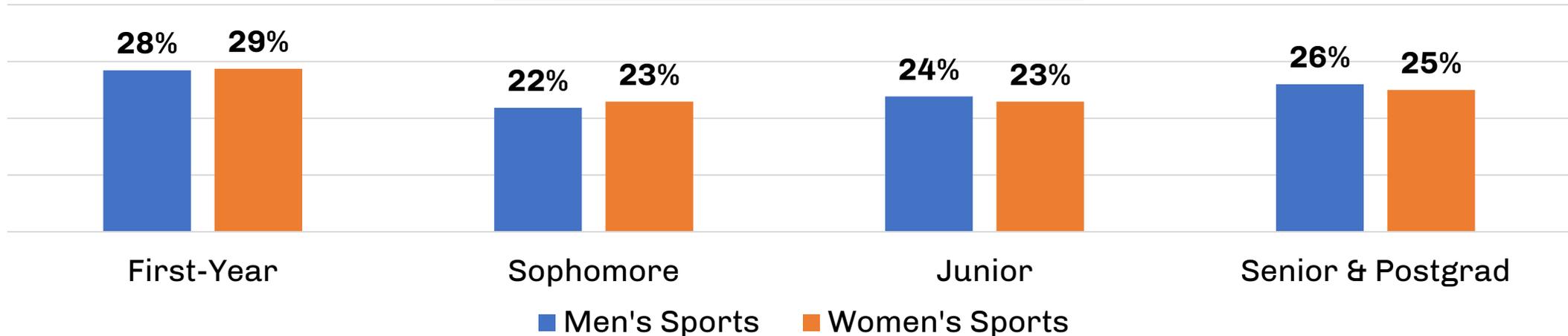
RESEARCH

Representativeness of Sample, Division I Participants

Racial Demographics

| | Men's Sports | | Women's Sports | |
|-------|------------------|-------------------|------------------|-------------------|
| | Fall 2021 Survey | Demographics Data | Fall 2021 Survey | Demographics Data |
| White | 74% | 52% | 75% | 61% |
| Black | 14% | 26% | 10% | 14% |
| Other | 13% | 22% | 16% | 25% |

Academic Status



Notes: 805 men's sports and 2,247 women's sports participants in the Division I sample. An additional 2 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2021), [NCAA Demographics Database](#) (2021).

Mental Health and Well-Being

Division I

Mental Health Concerns During COVID-19 Pandemic

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

| | DI Men’s Sports | | | DI Women’s Sports | | |
|---|-----------------|-----------|-----------|-------------------|-----------|-----------|
| | Spring 2020 | Fall 2020 | Fall 2021 | Spring 2020 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 29% | 27% | 29% | 47% | 50% | 48% |
| Experienced sleep difficulties | 30% | 17% | 22% | 41% | 28% | 28% |
| Felt mentally exhausted | 25% | 21% | 24% | 37% | 38% | 38% |
| Felt very lonely | 23% | 13% | 12% | 32% | 24% | 18% |
| Felt a sense of loss | 21% | 9% | 8% | 31% | 14% | 11% |
| Felt sad | 17% | 11% | 12% | 30% | 23% | 21% |
| Felt overwhelming anxiety | 13% | 11% | 13% | 25% | 29% | 29% |
| Felt things were hopeless | 11% | 11% | 7% | 16% | 17% | 11% |
| Felt overwhelming anger | 10% | 6% | 8% | 10% | 8% | 8% |
| Felt so depressed that it was difficult to function | 7% | 6% | 7% | 9% | 10% | 10% |

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

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

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division I men's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 51% | 77% | 78% | 81% |
| Felt mentally exhausted | 48% | 68% | 66% | 76% |
| Felt sad | 30% | 67% | 58% | 63% |
| Felt very lonely | 28% | 62% | 49% | 49% |
| Felt things were hopeless | 20% | 55% | 46% | 41% |
| Felt overwhelming anxiety | 21% | 46% | 44% | 48% |
| Felt overwhelming anger | 17% | 42% | 32% | 31% |
| Felt so depressed that it was difficult to function | 13% | 28% | 24% | 26% |

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

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

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 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 the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N=5,538 men's sports participants; Fall 2020 survey N=3,040 men's sports participants; Fall 2021 survey N = 808 men's sports participants; ACHA-NCHA survey N=940 Division I men athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



Mental Health Concerns During COVID-19 Pandemic

(Comparing Division I women's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 71% | 92% | 94% | 94% |
| Felt sad | 47% | 87% | 82% | 81% |
| Felt mentally exhausted | 65% | 85% | 85% | 90% |
| Felt very lonely | 42% | 77% | 70% | 63% |
| Felt things were hopeless | 29% | 72% | 69% | 55% |
| Felt overwhelming anxiety | 41% | 70% | 71% | 73% |
| Felt overwhelming anger | 23% | 48% | 42% | 37% |
| Felt so depressed that it was difficult to function | 20% | 38% | 39% | 38% |

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

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

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 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 the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N= 10,597 women's sports participants; Fall 2020 survey N= 6,715 women's sports participants; Fall 2021 survey N = 2,247 women's sports participants; ACHA-NCHA survey N=2,004 Division I women athletes.

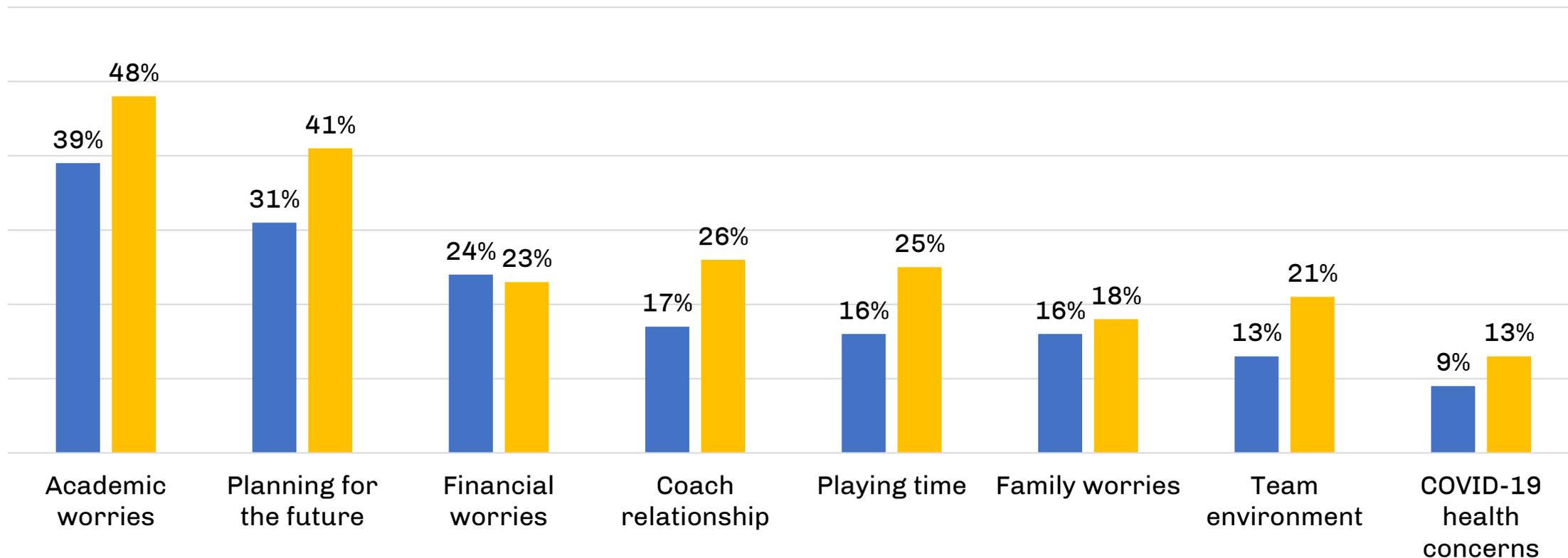
Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



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

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

■ Men's Sports ■ Women's Sports



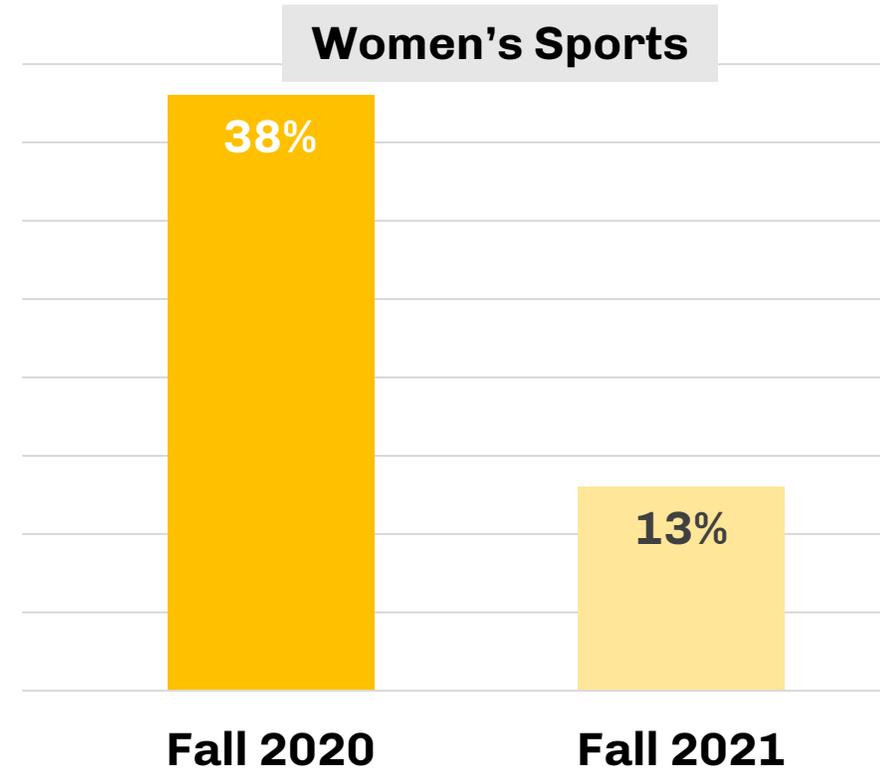
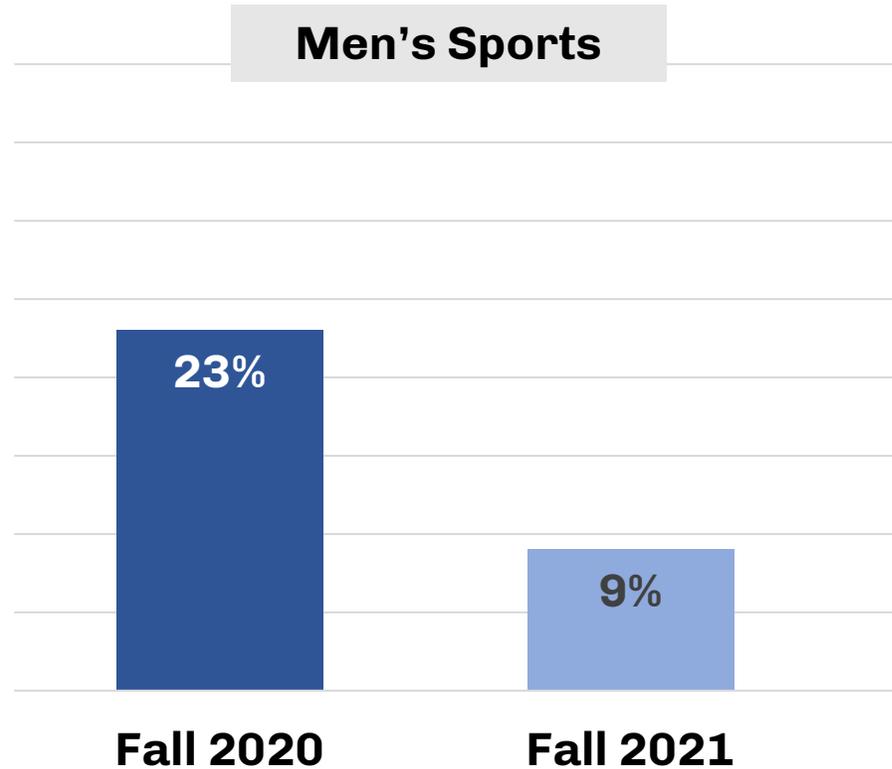
Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

COVID-19 Health Concerns Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

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

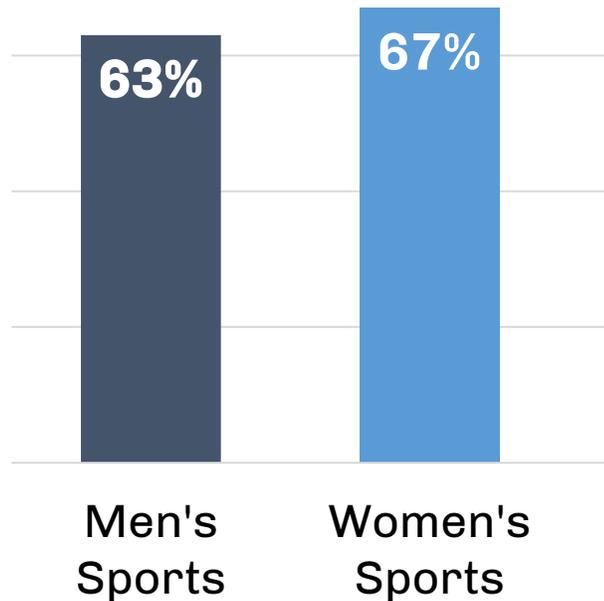


Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

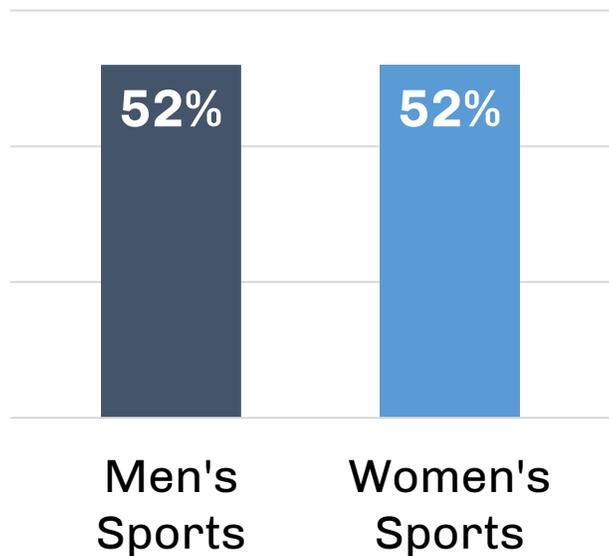
Mental Health Support

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

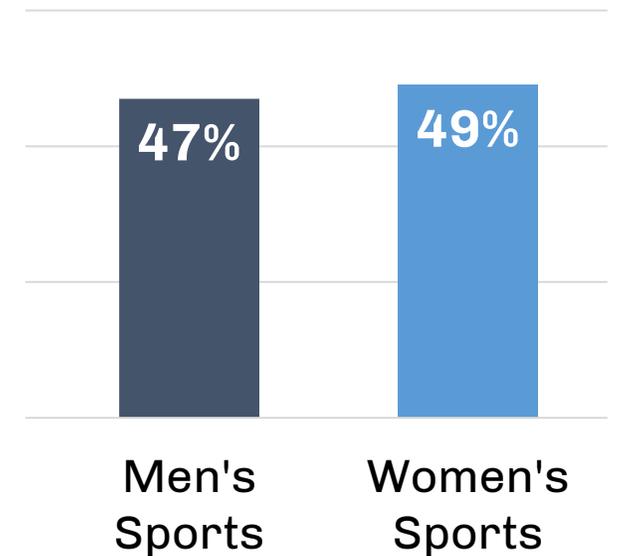
I know where to go on campus if I have mental health concerns.



I know how to help a teammate who is experiencing a mental health issue.



I would feel comfortable seeking support from a mental health provider on this campus.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

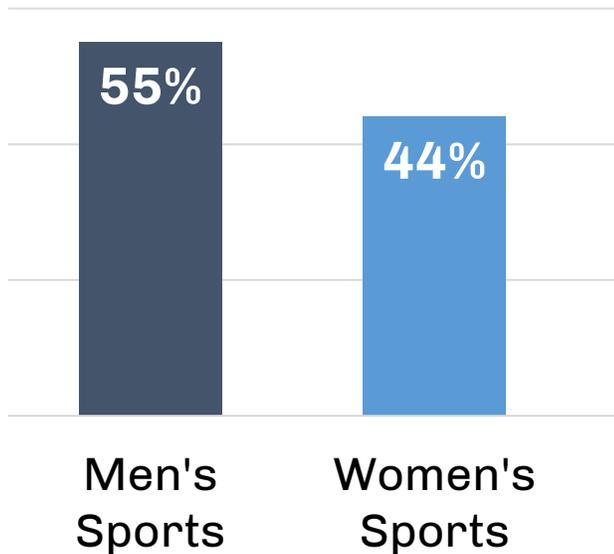


RESEARCH

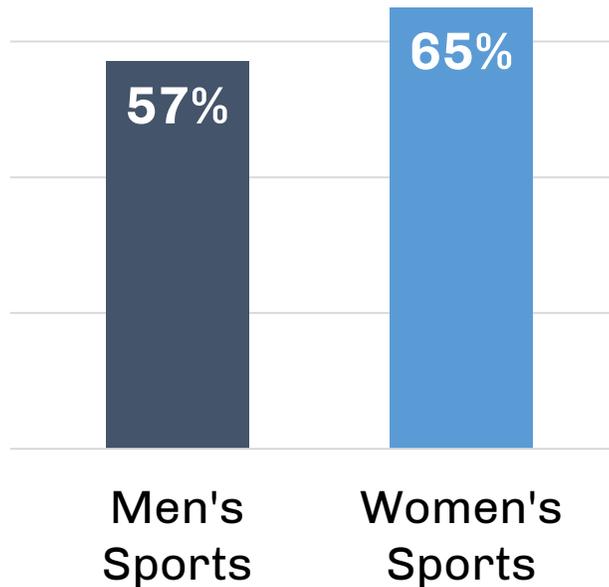
Mental Health Support

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

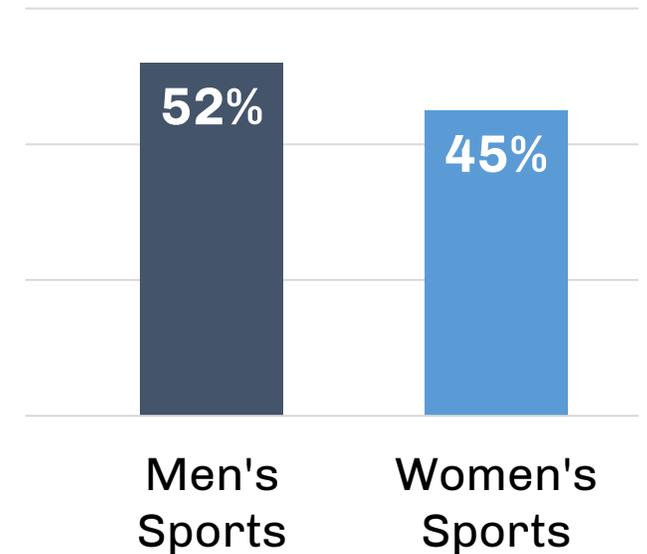
My coaches take mental health concerns of their student-athletes seriously.



My teammates take mental health concerns of fellow teammates seriously.



I feel that student-athletes' mental health is a priority to our athletics department.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

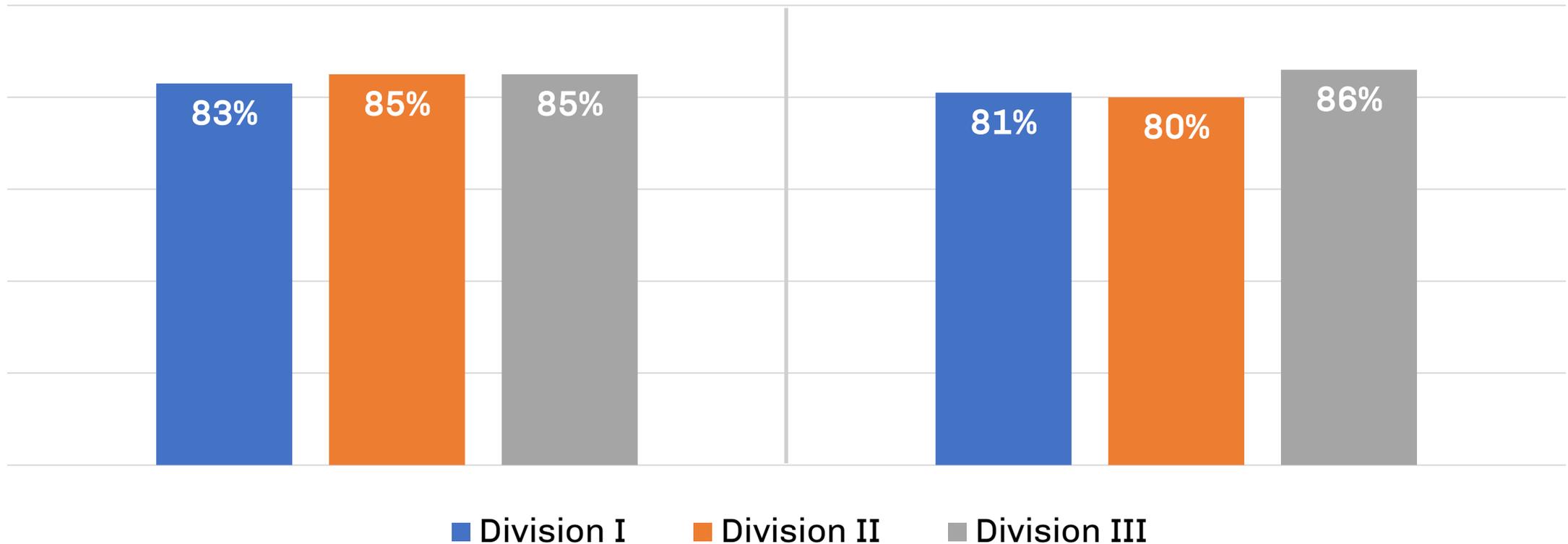
COVID-19 Precautions and Impact

Division I

Fall 2021 COVID-19 Exposure and Campus Precautions (By Division)

I feel confident in my ability to manage my exposure to COVID-19 currently.

Adequate protections are currently in place on my campus to reduce my risk of COVID-19 exposure.

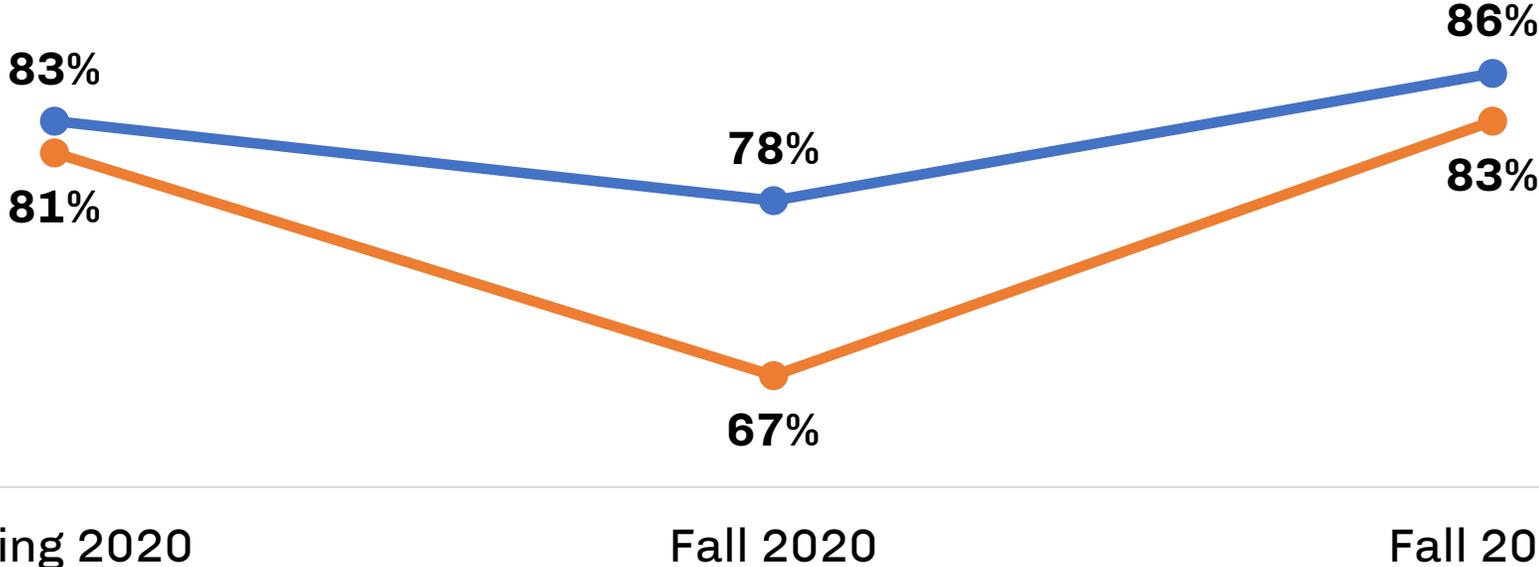


Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

I feel confident in my ability to manage my exposure to COVID-19

(Percentage of Division I Participants Who Endorsed "Agree" or "Strongly Agree")

● Men's Sports ● Women's Sports



Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

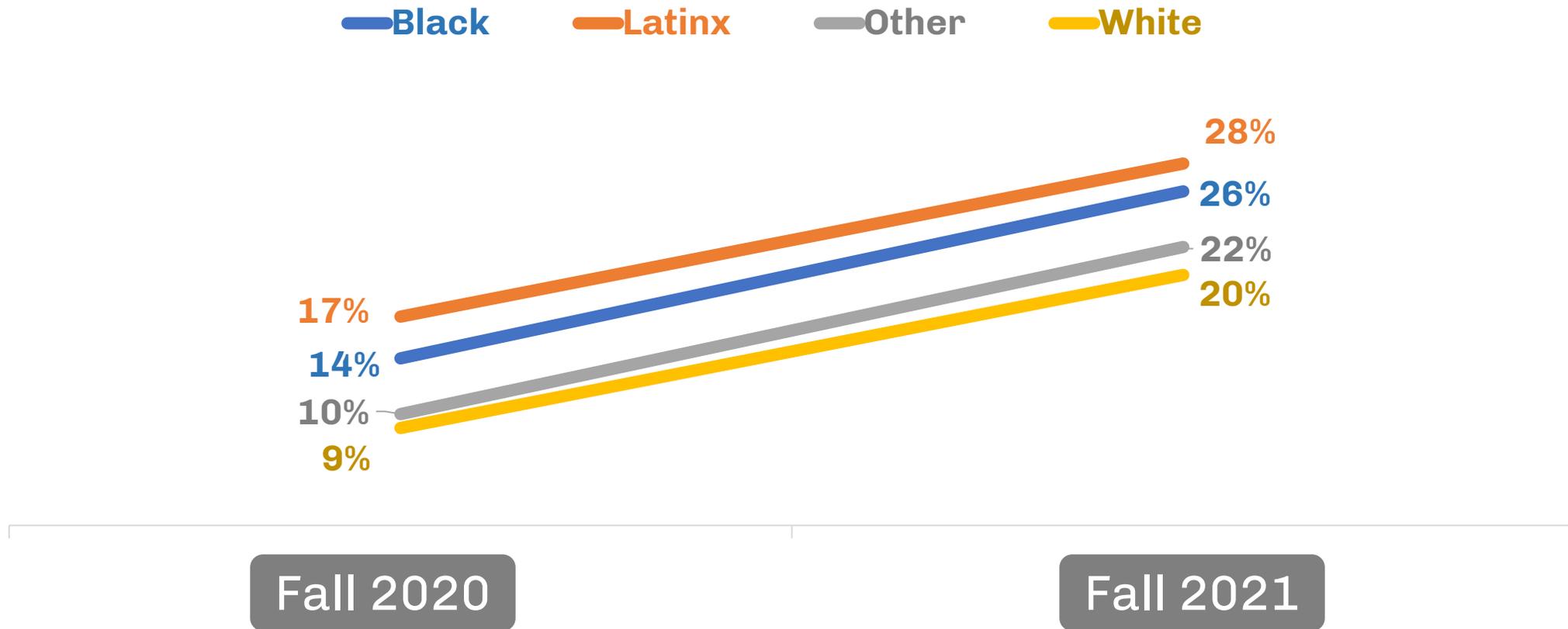
Had Someone Close to them Hospitalized or Die Due to COVID-19 (By Division)



Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19

(Division I Participants By Race/Ethnicity)



Note: "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).



RESEARCH

COVID-19 Impact on Competition and Extended Eligibility (Sophomores and Above)

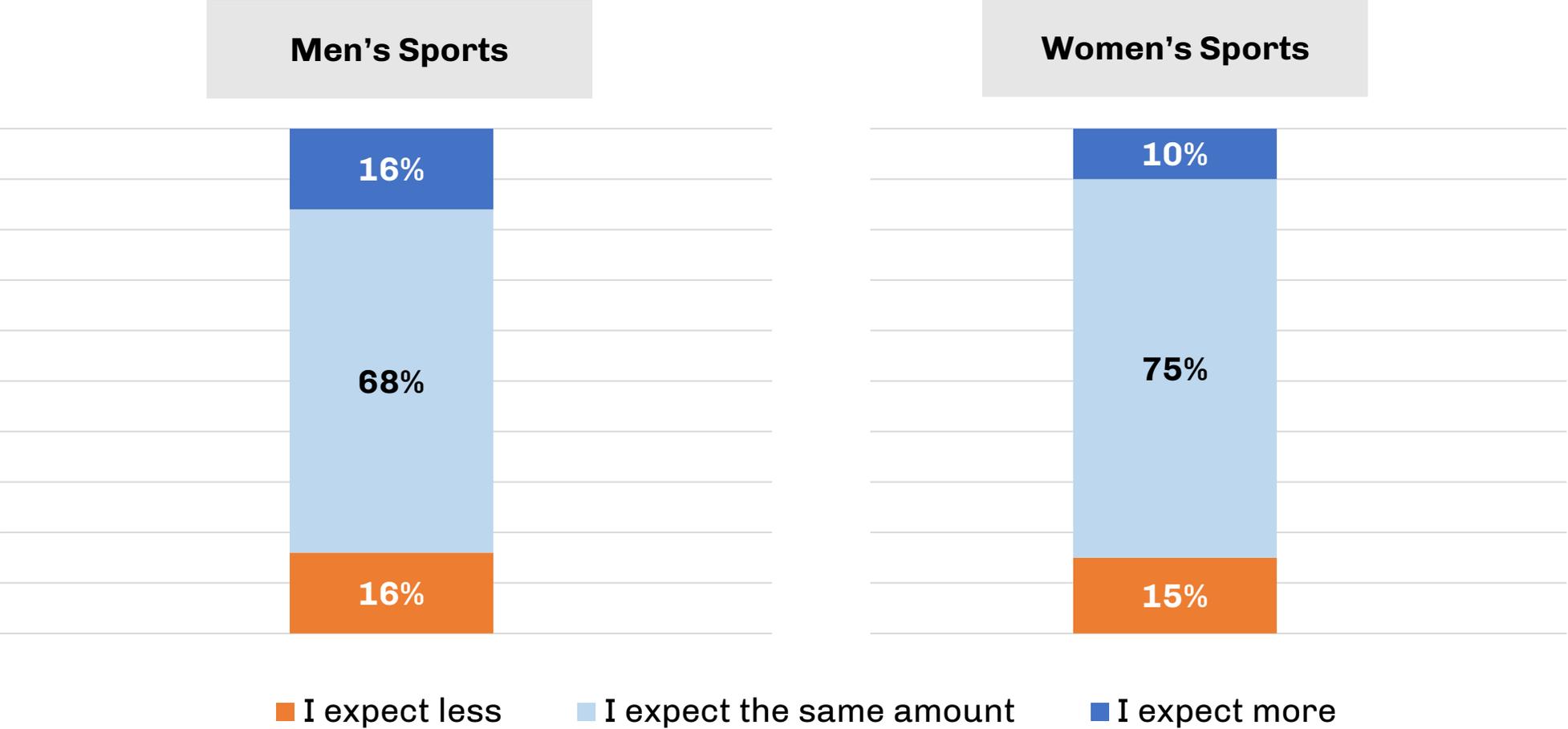
| | Division I | Division II | Division III |
|--|------------|-------------|--------------|
| Team did not compete during the 2020-2021 academic year | 13% | 20% | 27% |
| Granted additional year of eligibility due to the impact of COVID-19 (e.g., opt out or blanket waiver) | 84% | 83% | 86% |

Note: First-year survey participants excluded. Additional years of eligibility could be granted due to the impact of COVID-19 on the 2019-20 or 2020-21 seasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



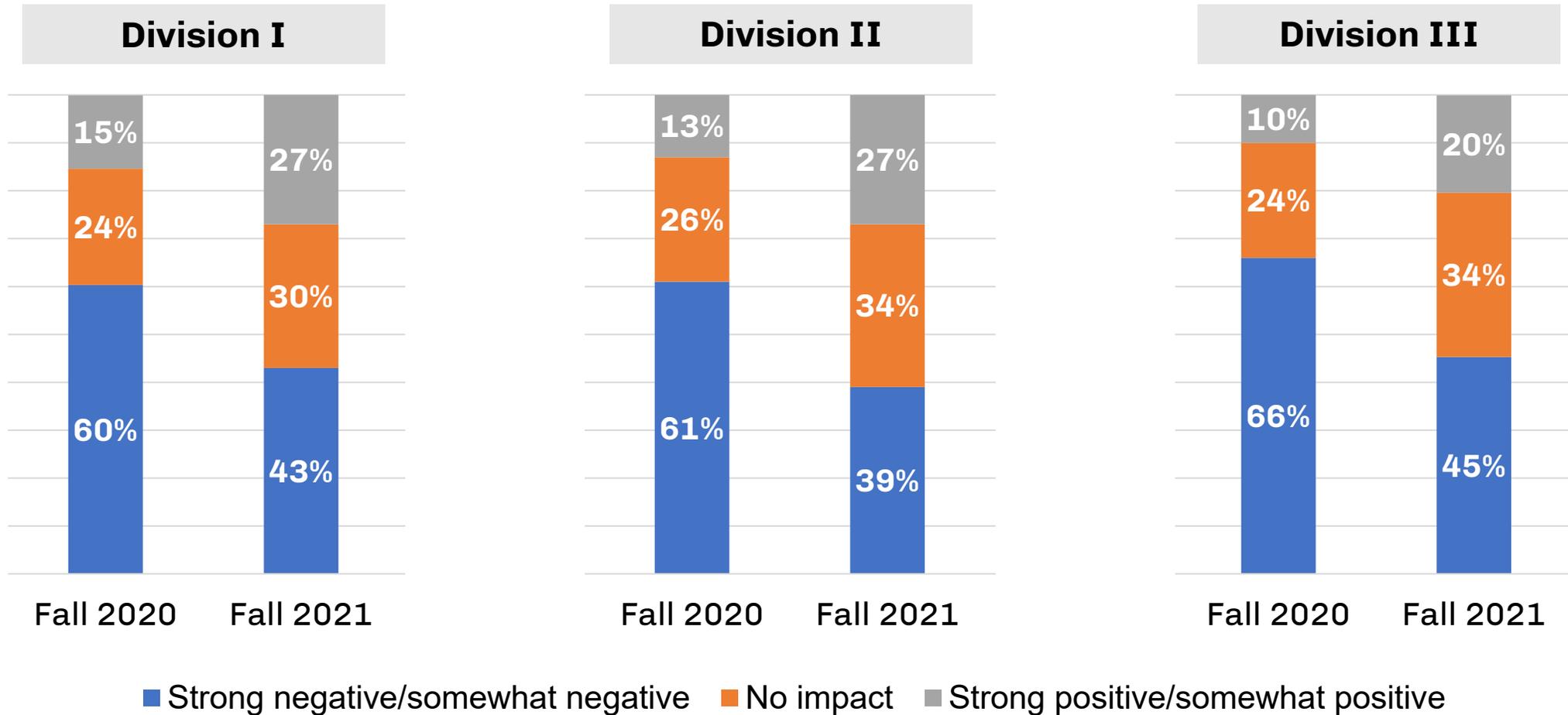
RESEARCH

Given the additional year of eligibility afforded to some student-athletes due to COVID-19, have your expectations about playing time this year changed? (Division I)



Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

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

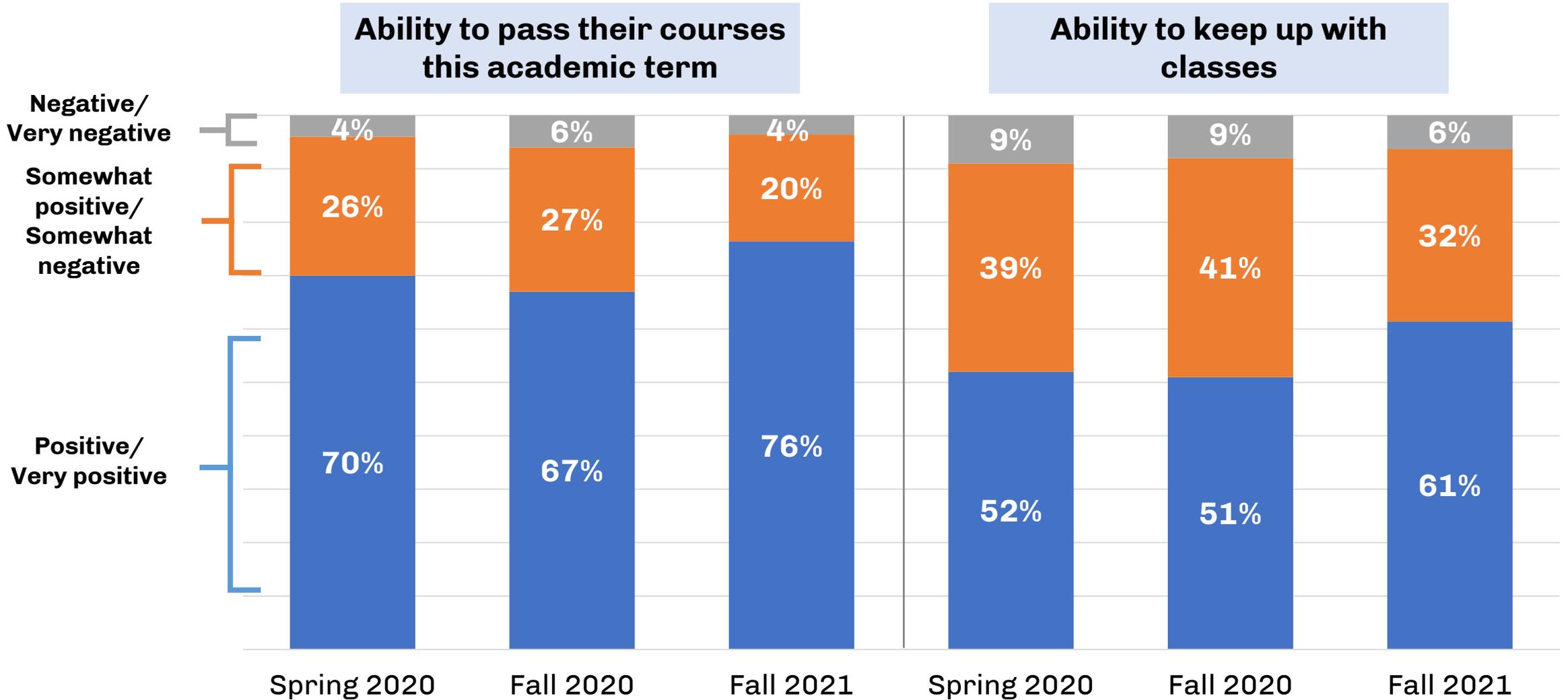


Note: The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Academic Experiences

Division I

Feelings about ... (Division I Men's Sports)

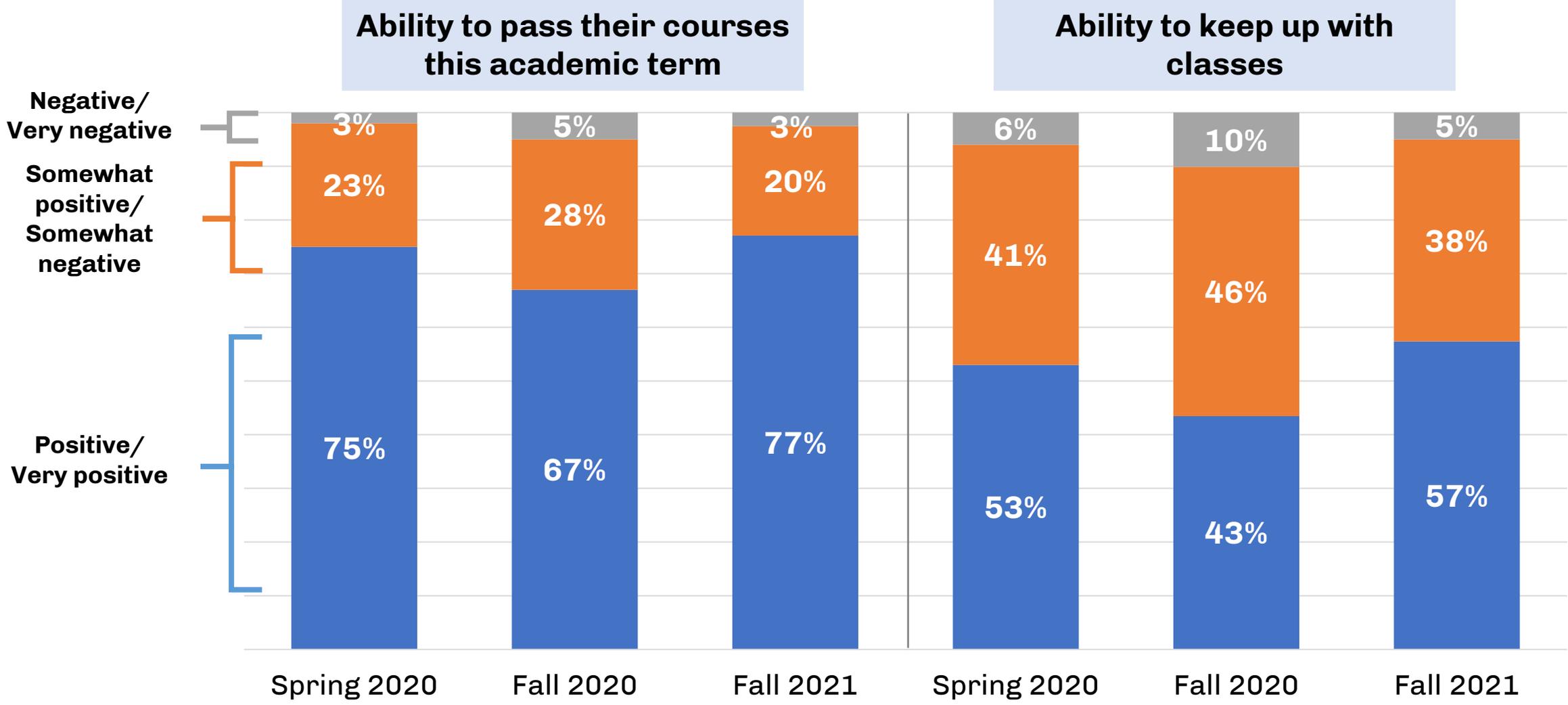


Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



RESEARCH

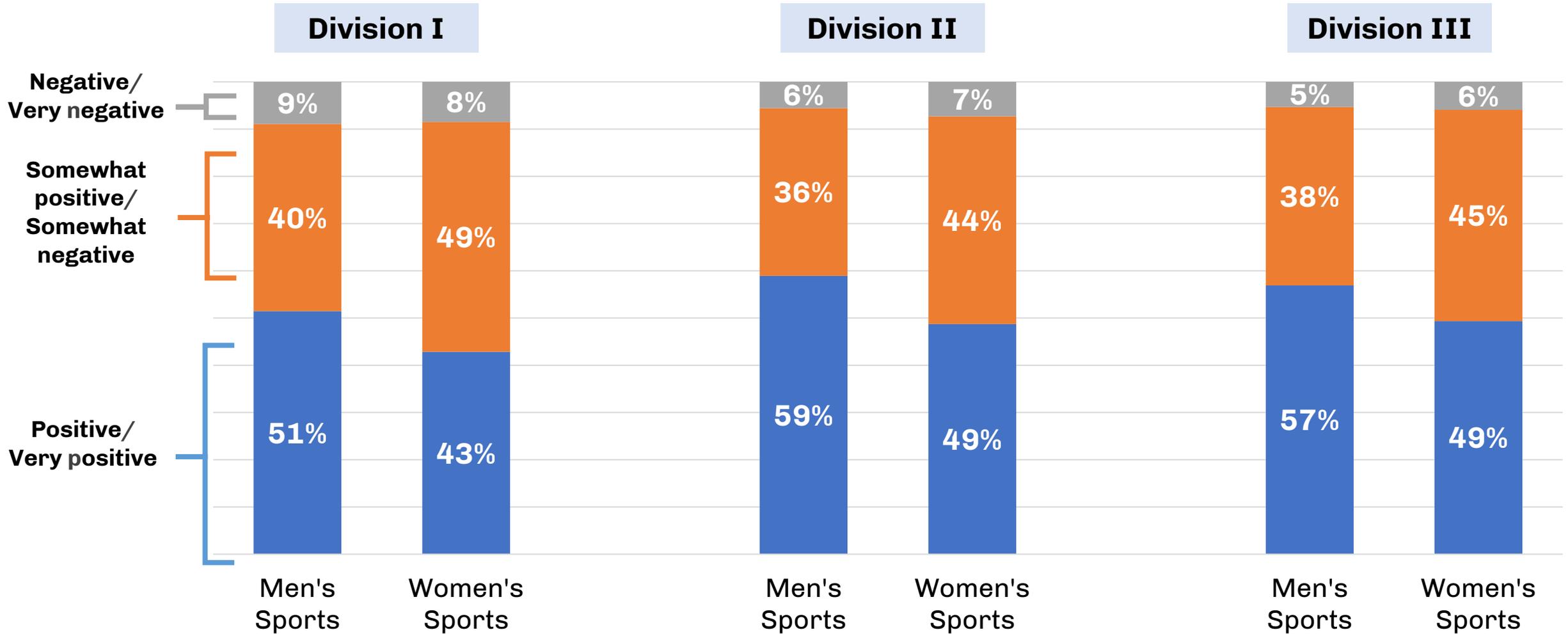
Feelings about ... (Division I Women's Sports)



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 (2020 and 2021).

Ability to Find Appropriate Balance between Academics and Extracurriculars (Including Athletics) in Fall 2021

(By Division)



Note: The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (2021).

Transfer

Division I

Transferred Previously

| | Men's Sports | Women's Sports |
|--------------|--------------|----------------|
| Division I | 18% | 13% |
| Division II | 27% | 17% |
| Division III | 11% | 8% |

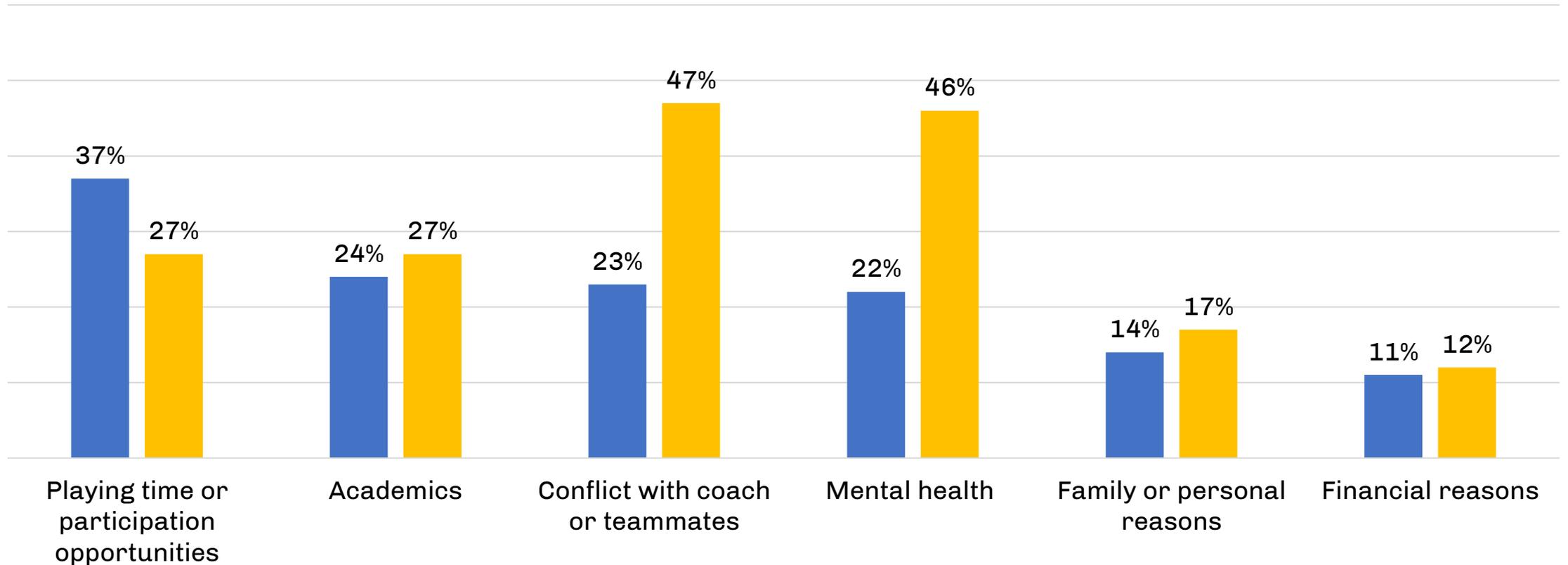
Note: First-year participants excluded. Includes those responding “yes” to, “Are you a transfer student?” and represents both 2-4 and 4-4 transfer pathways. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Reasons for Prior Transfer (Division I)

■ Men's Sports ■ Women's Sports



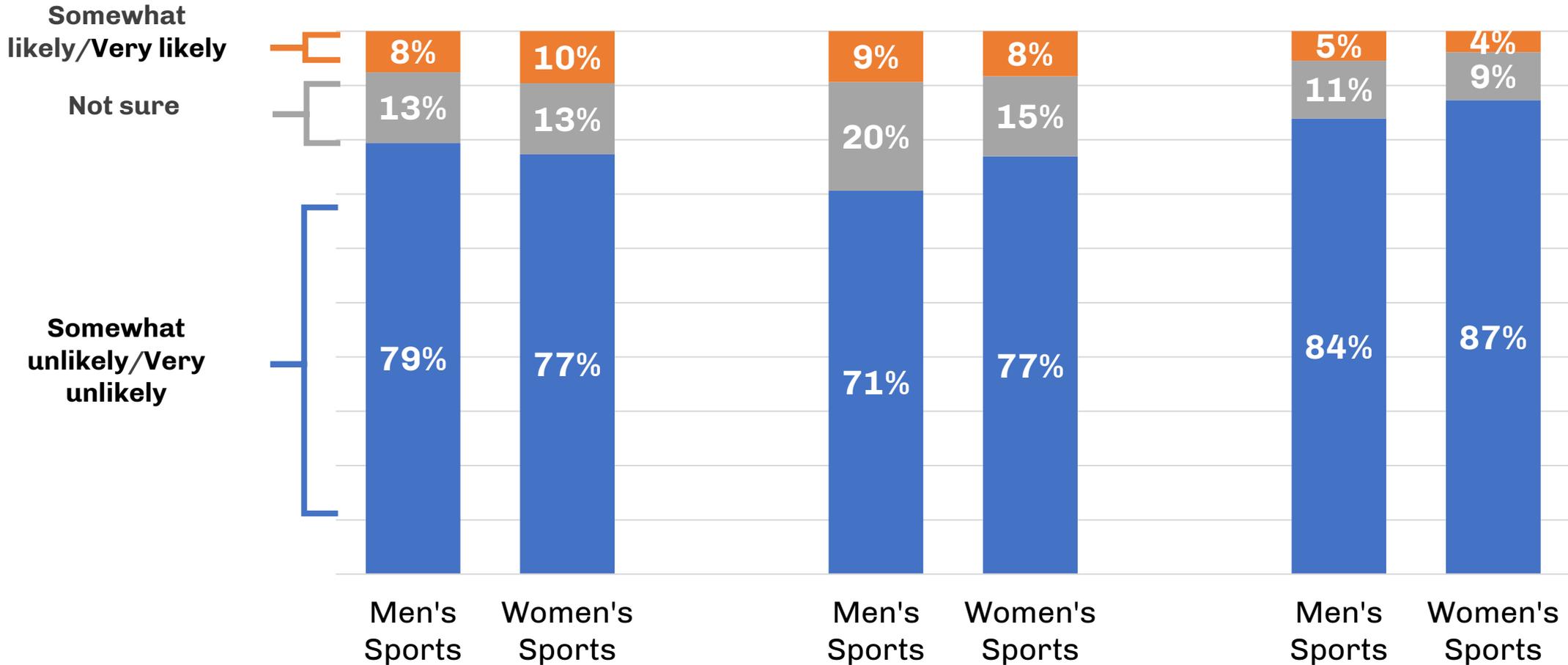
Note: First-year participants excluded. Participants could select multiple reasons for transfer. 103 men's sports participants (18%) and 211 women's sports participants (13%) reported transferring previously. Of those who previously transferred, 39% of men's sports participants and 27% of women's sports participants endorsed "other" reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Likelihood of Transferring at Some Point This Year

(By Division)

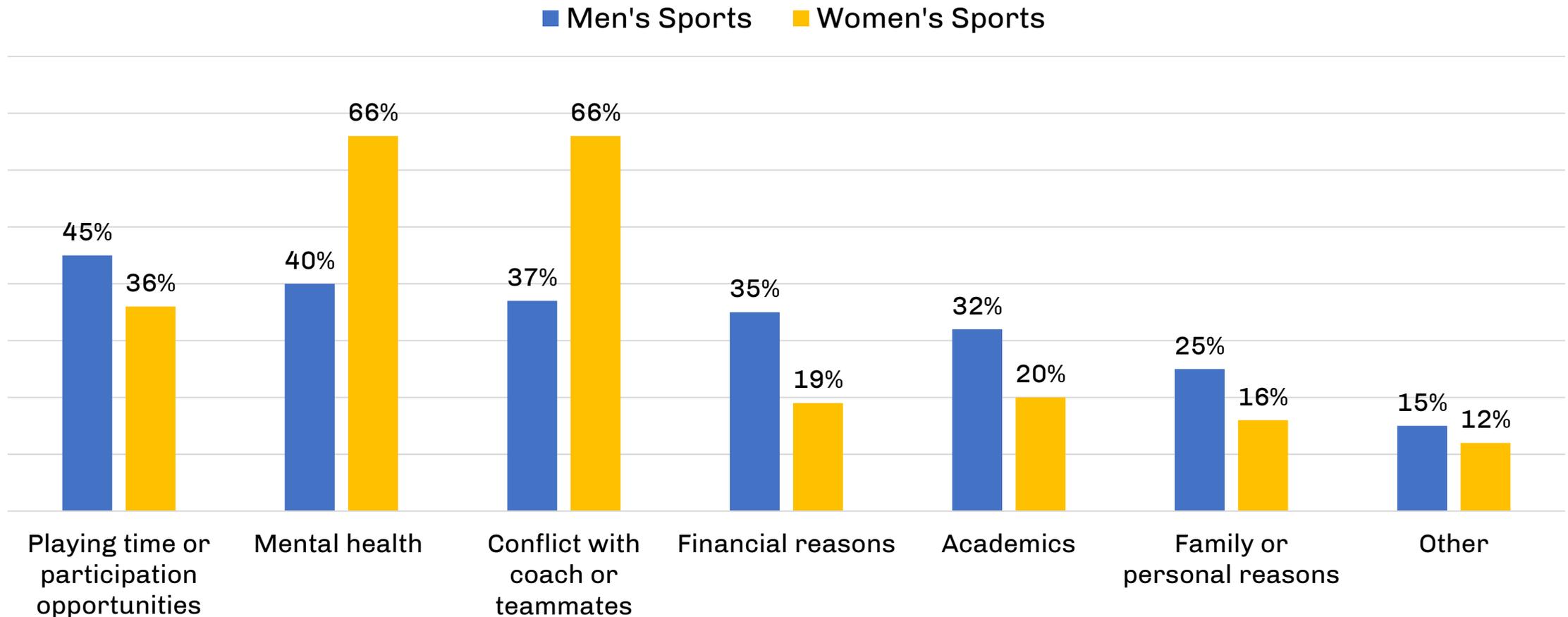


Note: Participants were asked, "How likely is it you will transfer from your current school at some point this year?" The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (2021).



RESEARCH

Reasons for Considering Transfer at Some Point This Year (Division I)



Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat Likely” or “very likely” to transfer at some point this year. 60 men's sports participants (8%) and 214 women's sports participants (10%) endorsed being likely to transfer this year. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Social Activism and Student-Athlete Voice

Division I

Participation in Social and Civic Engagement Activities

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

| | Men’s Sports | | Women’s Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 56% | 40% | 54% | 34% |
| I would be comfortable taking a public stance on a social issue | 43% | 34% | 46% | 30% |

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

Note: Top 2 points on a 6-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year

(Percentage of Division I Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | | Women's Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 86% | 65% | 86% | 68% |
| Performed volunteer work | 79% | 77% | 84% | 82% |
| Publicly communicated my opinion about a cause (e.g., social media post, email, petition) | 54% | 38% | 68% | 53% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 33% | 18% | 40% | 27% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Racial Justice Engagement in the Last 6 Months

(Percentage of Division I Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men’s Sports | | Women’s Sports | |
|--|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 80% | 74% | 88% | 84% |
| Had conversations with teammates focused on race or racial justice | -- | 64% | -- | 71% |
| Had conversations with coaches focused on race or racial justice | 65% | 37% | 66% | 39% |
| Posted or shared content on social networking sites about race or racial justice | 50% | 32% | 66% | 47% |
| Served on a campus committee addressing racial justice or inclusion | -- | 17% | -- | 18% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Gender Equity Engagement in the Last 6 Months

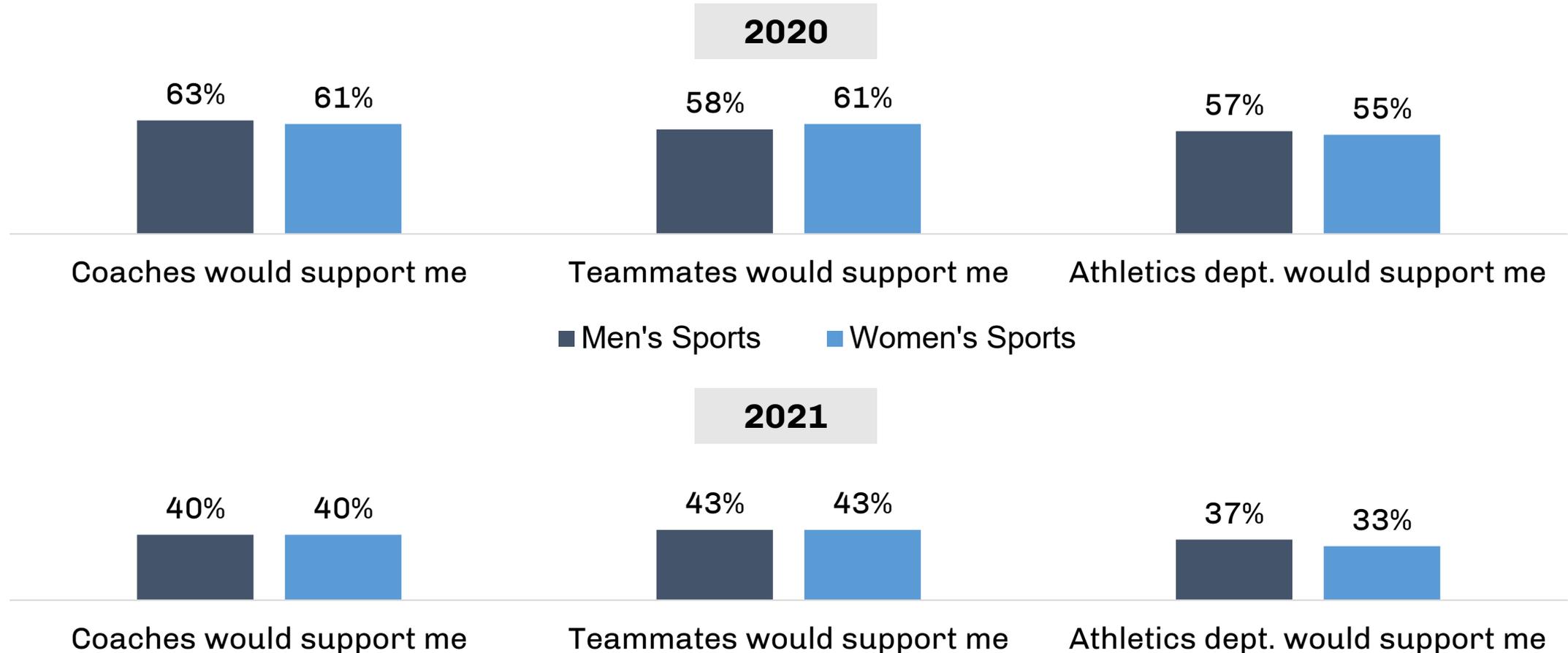
(Percentage of Division I Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | Women's Sports |
|---|--------------|----------------|
| Made an effort to learn more about gender equity on my own | 56% | 74% |
| Had conversations with teammates focused on gender equity | 49% | 65% |
| Had conversations with coaches focused on gender equity | 29% | 34% |
| Posted or shared content on social networking sites about gender equity | 22% | 40% |
| Served on a campus committee addressing gender equity | 15% | 15% |

Note: Top 2 points on a 3-point scale. The survey was in the field Nov. 17-Dec. 13, 2021
Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Participants' Perceptions of External Support for Taking a Public Stance on a Social Issue

(Percentage of Division I Participants Who Endorsed "Agree" or "Strongly Agree")



Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Take Student-Athlete Voice Into Account in Important Decisions that Impact the Lives of Student-Athletes

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

| | Men's Sports | Women's Sports |
|-------------------------|--------------|----------------|
| My coach | 64% | 56% |
| My athletics department | 53% | 49% |
| My school | 52% | 47% |
| My athletics conference | 47% | 46% |
| The NCAA | 42% | 44% |

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Planning for the Future and Athletics Support

Division I

Educational Resources

(Division I)

| | Men's Sports | | | Women's Sports | | |
|-------------------------------------|---------------|---------------|----------------|----------------|---------------|----------------|
| | Need resource | Have resource | Not interested | Need resource | Have resource | Not interested |
| Tax literacy and education | 53% | 26% | 20% | 55% | 21% | 23% |
| Managing personal branding | 48% | 29% | 23% | 45% | 27% | 29% |
| Navigating NIL opportunities | 47% | 31% | 21% | 47% | 29% | 24% |
| Career planning | 43% | 42% | 15% | 52% | 35% | 13% |
| Financial awareness/literacy | 43% | 38% | 19% | 48% | 33% | 19% |
| Professional opportunities in sport | 41% | 35% | 24% | 40% | 27% | 34% |
| Leadership skills training | 37% | 44% | 19% | 40% | 40% | 20% |
| Managing time demands | 33% | 45% | 22% | 34% | 44% | 22% |
| Diversity, equity and inclusion | 16% | 41% | 42% | 26% | 45% | 29% |
| COVID-19 health and safety | 8% | 45% | 46% | 10% | 52% | 37% |

Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

What could athletics staff or coaches do to support you during this time? (Division I)

▶ Elevate and listen to student-athlete voices.

- ▶ “Listen to student athletes and hold coaches accountable. Treat athletes like adults and be clear and transparent with expectations.” – Division I rowing
- ▶ “Reach out to student athletes to see if they have problems they need assistance with. Oftentimes student athletes are in a hard-working mindset where they feel uncomfortable asking for help.” – Division I women’s tennis
- ▶ “I think they could communicate more with the athletes and take more surveys. They could speak to us more about the resources our school has like the therapists, trainers, tutors, etc. They should also be more equal in exposure of each sport in media or announcements about competitions.” – Division I women’s swimming and diving
- ▶ “Actually listen to student athletes rather than focusing only on image, much of what athletics does to support student athletes feels artificial.” – Division I women’s tennis
- ▶ “Look at what our athletes are saying and make moves accordingly.” – Division I men’s basketball

What could athletics staff or coaches do to support you during this time? (Division I)

- ▶ **Equitable support and resources for all student-athletes and teams.**
 - ▶ “Support individuals and minorities within the athletics program. The big-name sports receive a lot of attention while the other sports are being ignored by the administration.” – Division I men’s swimming and diving
 - ▶ “I think there is a huge gap in the treatment of priority and non-priority sports.” – Division I softball
 - ▶ “Provide equality between the men’s and women’s sports. Allow student athletes to voice their opinions and stances through their sports (gender equality/inclusion).” – Division I women’s basketball

What could athletics staff or coaches do to support you during this time? (Division I)

▶ **Help student-athletes prepare for life after sport.**

- ▶ “Teach how to find our purpose beyond sports.” – Division I men’s wrestling
- ▶ “Helping me prepare for after I graduate. I have so much going on and am stressed and worried, but I am also coming off of an injury, so I need some extra support trying to get back to myself. This is my last year, and I want it to be great.” – Division I women’s track and field
- ▶ “More ways to leverage my college athletic participation for future career.” – Division I women’s track and field
- ▶ “More help with guiding student-athletes with internships. I feel that I am an outstanding performer in the classroom, and I had so much stress trying to navigate the summer internship process essentially on my own. My coaches offer little help here and my athletics department is not much better in this regard. I believe the pandemic effected my experience with this, but I challenge my athletics department to do better here; most student athletes will not become pro athletes and need a lot of help in this area, as we often devote a lot of our spare time to practice, travel, training, meetings, etc.” – Division I men’s soccer



What could athletics staff or coaches do to support you during this time? (Division I)

▶ **Prioritize balance between academics, athletics and overall well-being.**

- ▶ “Focus on the balance between pushing us everyday in practices/games to be better while also understanding the priority of academics and mental health.” – Division I women’s soccer
- ▶ “Recognize that we are students as well and incredibly overwhelmed. While sports might be a big part of our lives, the majority of us are not going to be professionals and are simply trying our hardest. I came to college for a good education, not just athletics. I cannot be expected to sacrifice my grades and mental health for something so temporary.” – Division I women’s swimming and diving
- ▶ “Be wary of time demands on student athletes.” – Division I men’s track and field
- ▶ “Be more understanding of the hardships of being a student athlete. Our athletic department unfortunately has to jump through a lot of hoops set by the administration which prohibits athletes from getting the support and care that is necessary for us to succeed in our already stressful environment.” – Division I women’s swimming and diving



What could athletics staff or coaches do to support you during this time? (Division I)

▶ Support student-athlete mental health.

- ▶ “Provide more info on mental health resources and educate us all on mental health post pandemic.” – Division I women’s golf
- ▶ “Our lives are completely wrapped up in both sport and academics and it is impossible to separate or compartmentalize. Mental health is important, and having a healthy mental state is key to playing well for many of us. Nearly as important as physical health.” – Division I field hockey
- ▶ “Coaches could learn more about mental health and non abusive coaching practices...” – Division I women’s swimming and diving
- ▶ “More support for individuals suffering from mental health issues... especially for male athletes that find it difficult to express their emotions and often hide their struggle. If you’re going to commit to being a community willing to help individuals struggling with mental health issues, then actually do so. Actions speak much louder than words.” – Division I men’s lacrosse



DIVISION II

Participant Demographics

Division II

Number of Responses by Division II Conference

| Conference | N |
|---------------------------|-----|
| PSAC | 502 |
| SAC | 311 |
| Sunshine State Conference | 266 |
| GLVC | 252 |
| RMAC | 237 |
| CACC | 229 |
| G-MAC | 200 |
| MIAA | 193 |
| NSIC | 188 |
| GAC | 180 |
| ECC | 177 |
| Gulf South | 160 |

| Conference | N |
|----------------------|-----|
| SIAC | 146 |
| NE10 | 123 |
| Lone Star | 108 |
| CCAA | 103 |
| Great Northwest | 98 |
| MEC | 68 |
| Conference Carolinas | 66 |
| PacWest | 66 |
| GLIAC | 59 |
| CIAA | 38 |
| Peach Belt | 27 |
| Independent | 10 |

Note: Cross country and indoor track removed to avoid double-counting. All Division II conferences had responses. 171 Division II student-athletes did not list their conference. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Number of Responses by Sport Participation

(Division II Student-Athletes)

| Men's Sports | N |
|---------------------|-----|
| Baseball | 245 |
| Basketball | 102 |
| Cross Country | 109 |
| Football | 257 |
| Golf | 70 |
| Lacrosse | 101 |
| Soccer | 144 |
| Swimming and Diving | 60 |
| Tennis | 42 |
| Track and Field | 195 |
| Volleyball | 24 |
| Wrestling | 54 |

| Women's Sports | N |
|-------------------------|-----|
| Acrobatics and Tumbling | 64 |
| Basketball | 278 |
| Beach Volleyball | 29 |
| Bowling | 14 |
| Cross Country | 209 |
| Equestrian | 12 |
| Field Hockey | 72 |
| Golf | 99 |
| Gymnastics | 18 |
| Lacrosse | 167 |
| Rowing | 22 |
| Rugby | 16 |
| Soccer | 395 |
| Softball | 492 |
| Swimming and Diving | 155 |
| Tennis | 99 |
| Track and Field | 364 |
| Volleyball | 318 |
| Water Polo | 20 |
| Wrestling | 11 |

Note: 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 2021).



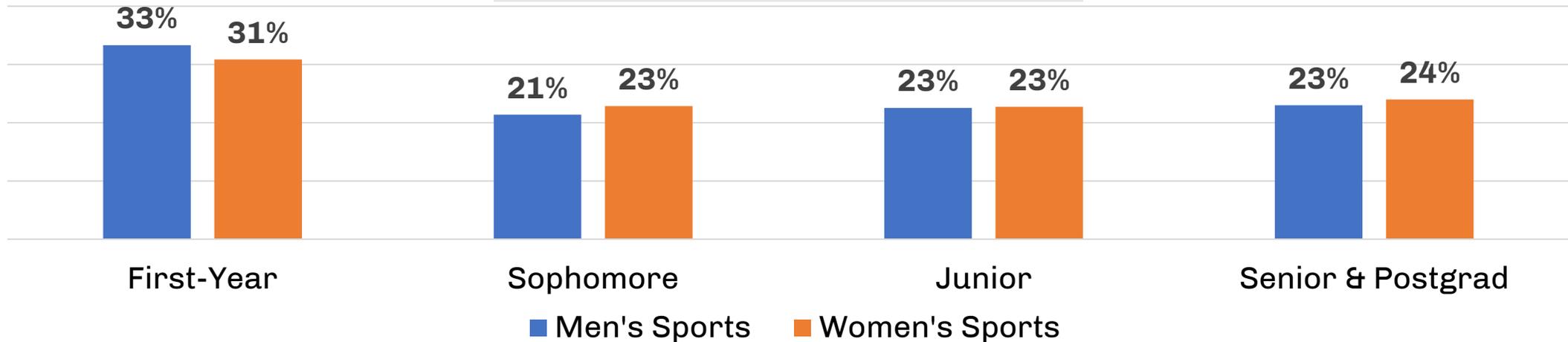
RESEARCH

Representativeness of Sample, Division II Participants

Racial Demographics

| | Men's Sports | | Women's Sports | |
|-------|------------------|-------------------|------------------|-------------------|
| | Fall 2021 Survey | Demographics Data | Fall 2021 Survey | Demographics Data |
| White | 67% | 53% | 76% | 64% |
| Black | 19% | 24% | 10% | 13% |
| Other | 14% | 23% | 14% | 23% |

Academic Status



Notes: 1,311 men's sports and 2,663 women's sports participants in the Division II sample. An additional 4 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2021), [NCAA Demographics Database](#) (2021).

Mental Health and Well-Being

Division II

Mental Health Concerns During COVID-19 Pandemic

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

| | DII Men’s Sports | | | DII Women’s Sports | | |
|---|------------------|-----------|-----------|--------------------|-----------|-----------|
| | Spring 2020 | Fall 2020 | Fall 2021 | Spring 2020 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 32% | 28% | 23% | 51% | 50% | 45% |
| Experienced sleep difficulties | 32% | 19% | 20% | 42% | 28% | 28% |
| Felt mentally exhausted | 26% | 22% | 20% | 38% | 38% | 37% |
| Felt very lonely | 21% | 12% | 11% | 32% | 19% | 16% |
| Felt a sense of loss | 20% | 8% | 8% | 28% | 12% | 11% |
| Felt sad | 16% | 11% | 10% | 30% | 20% | 19% |
| Felt overwhelming anxiety | 14% | 11% | 11% | 28% | 29% | 27% |
| Felt overwhelming anger | 12% | 7% | 6% | 12% | 7% | 8% |
| Felt things were hopeless | 11% | 11% | 6% | 14% | 15% | 10% |
| Felt so depressed that it was difficult to function | 7% | 5% | 6% | 10% | 8% | 9% |

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

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

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division II men's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 47% | 78% | 77% | 75% |
| Felt mentally exhausted | 43% | 68% | 65% | 68% |
| Felt sad | 23% | 63% | 55% | 54% |
| Felt very lonely | 21% | 58% | 46% | 41% |
| Felt things were hopeless | 17% | 52% | 48% | 37% |
| Felt overwhelming anxiety | 19% | 47% | 43% | 41% |
| Felt overwhelming anger | 17% | 43% | 34% | 32% |
| Felt so depressed that it was difficult to function | 13% | 28% | 25% | 23% |

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

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

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 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 the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N=5,031 men's sports participants; Fall 2020 survey N=3,302 men's sports participants; Fall 2021 survey N = 1,311 men's sports participants; ACHA-NCHA survey N=714 Division II men athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



Mental Health Concerns During COVID-19 Pandemic

(Comparing Division II women’s sports participants responding “yes, within the last month” between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 72% | 93% | 92% | 93% |
| Felt sad | 44% | 85% | 78% | 76% |
| Felt mentally exhausted | 65% | 84% | 84% | 86% |
| Felt very lonely | 37% | 75% | 63% | 56% |
| Felt overwhelming anxiety | 38% | 71% | 70% | 70% |
| Felt things were hopeless | 29% | 67% | 63% | 52% |
| Felt overwhelming anger | 24% | 49% | 39% | 38% |
| Felt so depressed that it was difficult to function | 21% | 38% | 37% | 36% |

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

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

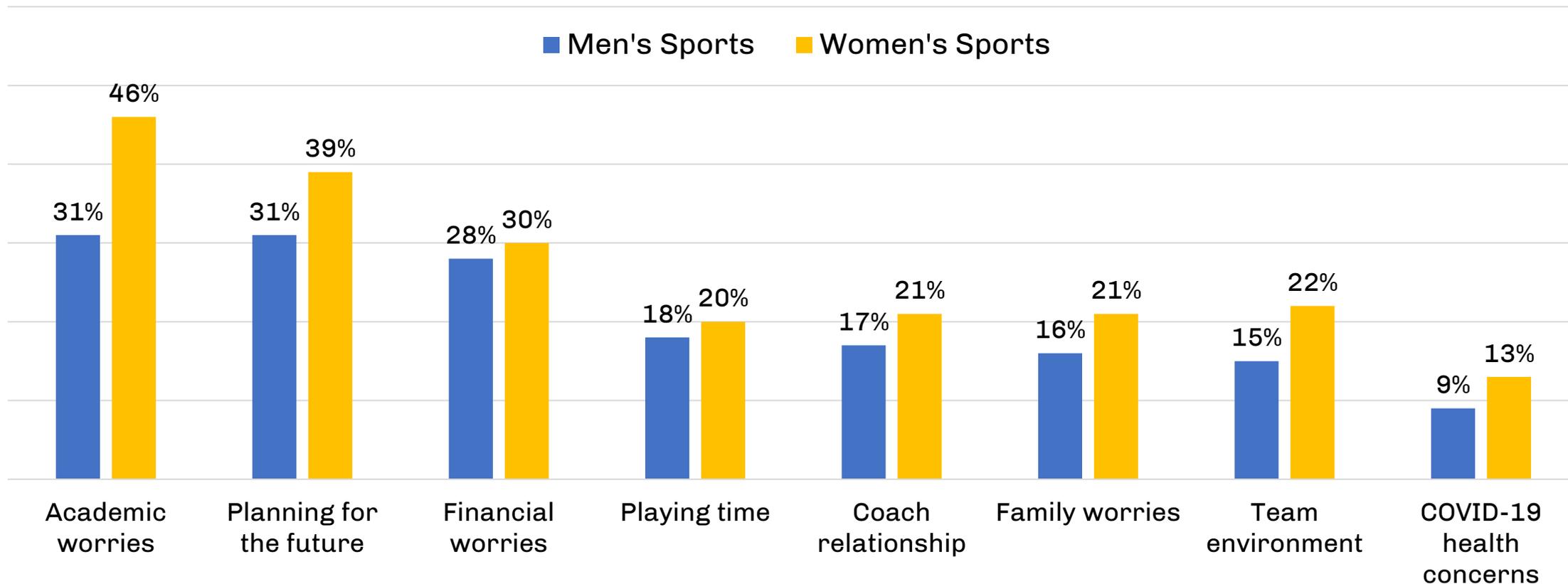
Note: The spring NCAA survey asked, “As a result of the COVID-19 pandemic, have you...” The 2020 spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, “Within the last month, have you...” The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N= 5,801 women’s sports participants; Fall 2020 survey N= 5,845 women’s sports participants; Fall 2021 survey N = 2,663 women’s sports participants; ACHA-NCHA survey N=1,393 Division II women athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



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

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



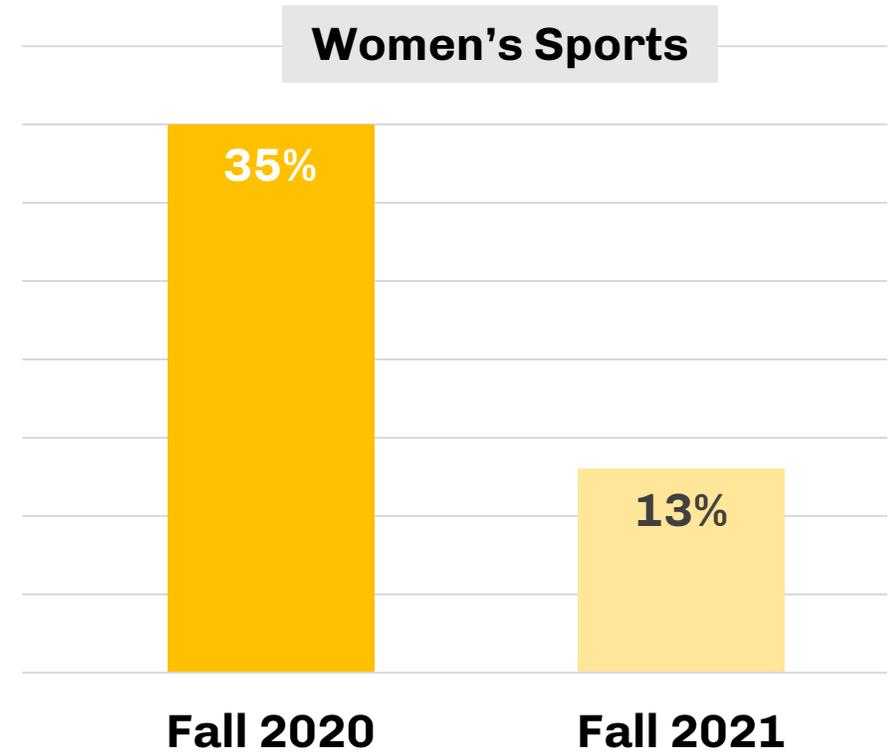
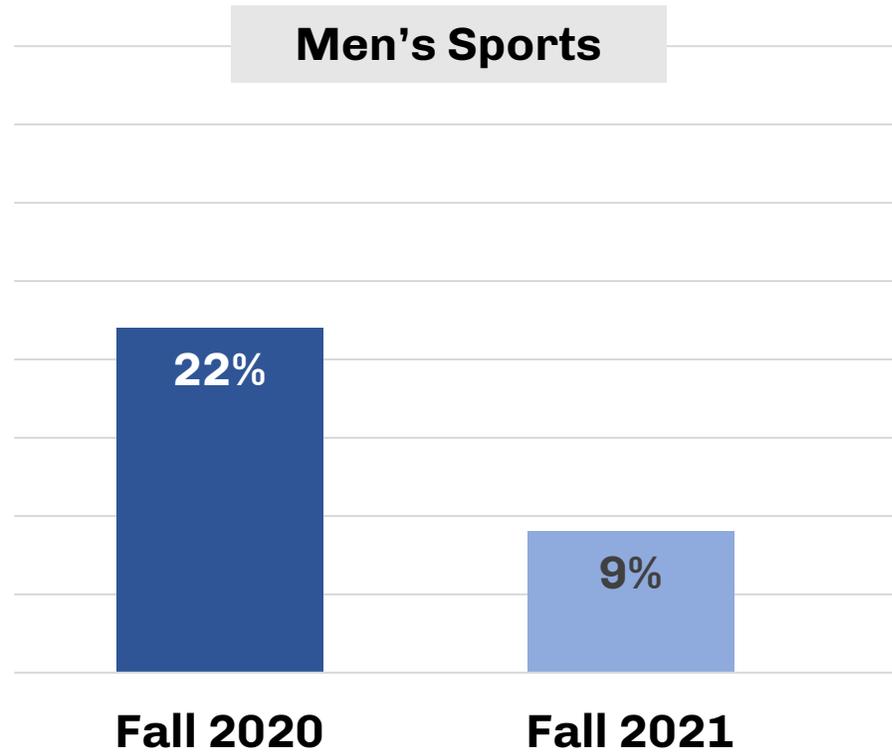
Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

COVID-19 Health Concerns Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

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



Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

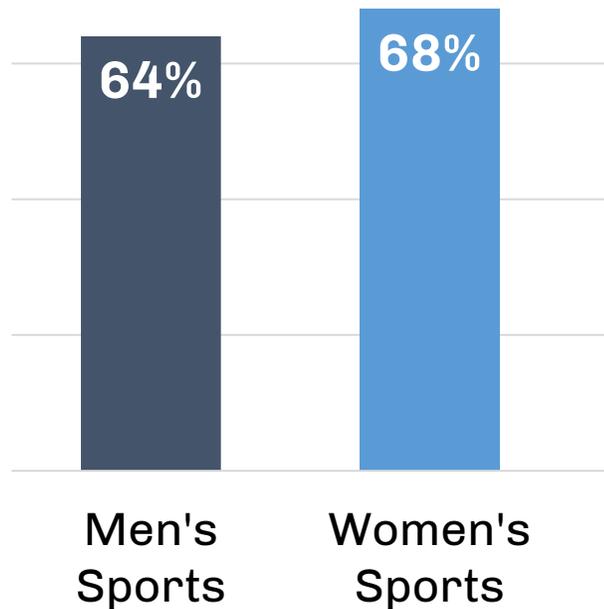


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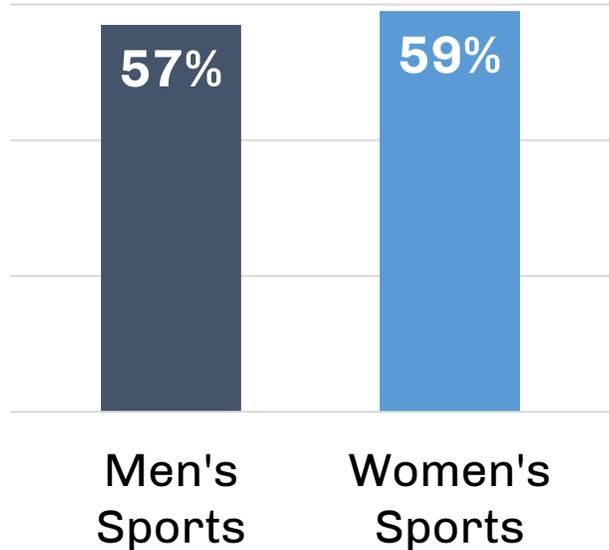
Mental Health Support

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

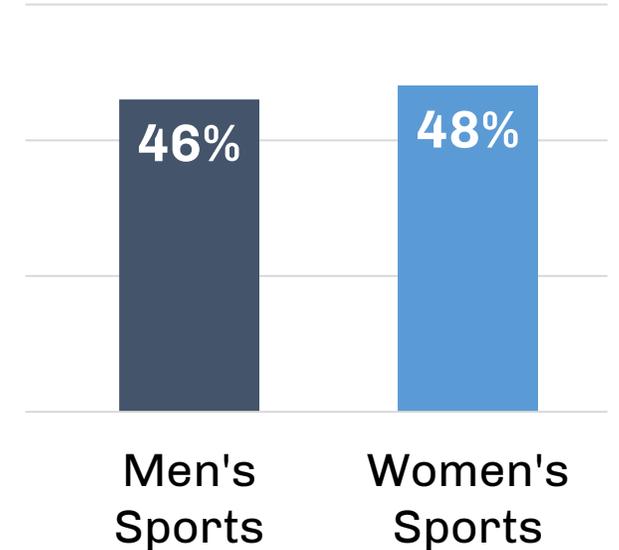
I know where to go on campus if I have mental health concerns.



I know how to help a teammate who is experiencing a mental health issue.



I would feel comfortable seeking support from a mental health provider on this campus.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

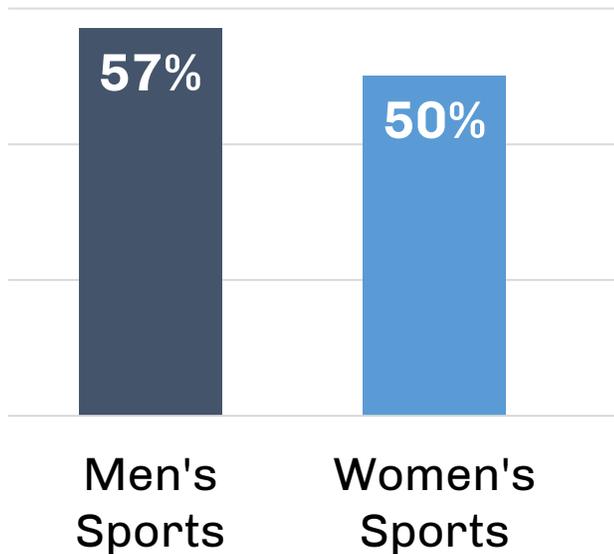


RESEARCH

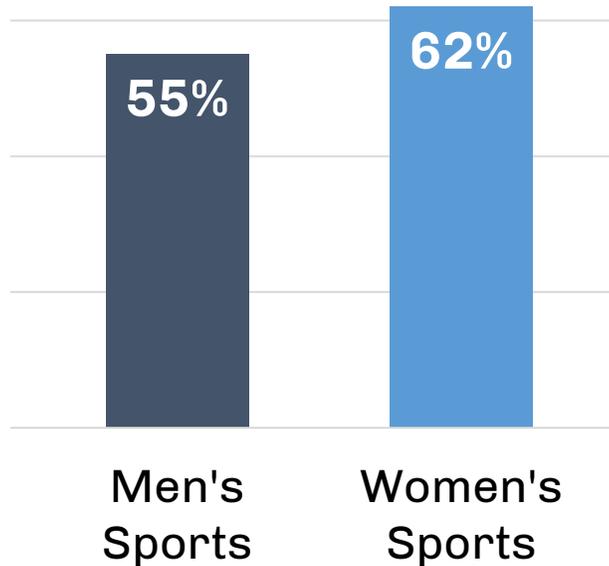
Mental Health Support

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

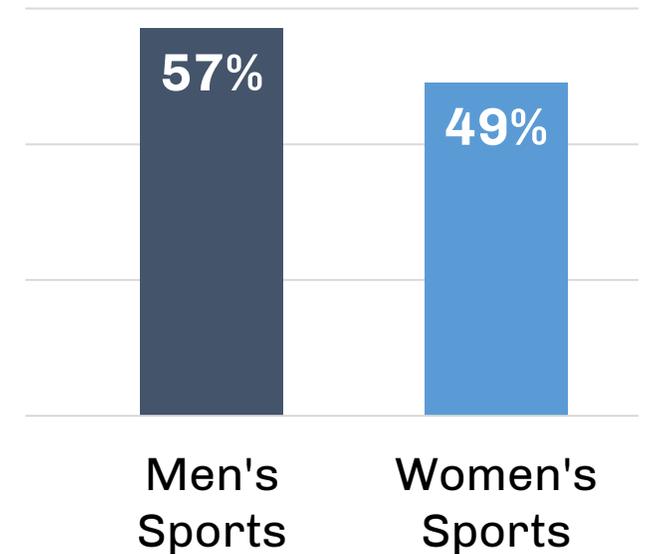
My coaches take mental health concerns of their student-athletes seriously.



My teammates take mental health concerns of fellow teammates seriously.



I feel that student-athletes' mental health is a priority to our athletics department.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

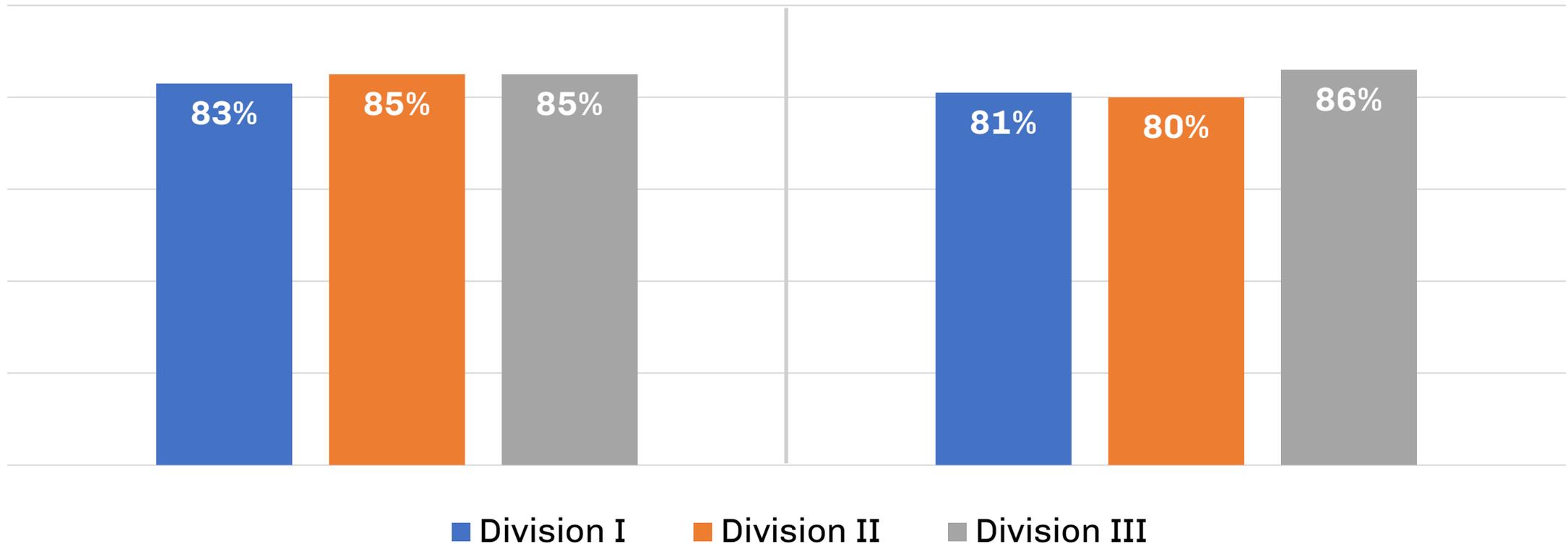
COVID-19 Precautions and Impact

Division II

Fall 2021 COVID-19 Exposure and Campus Precautions (By Division)

I feel confident in my ability to manage my exposure to COVID-19 currently.

Adequate protections are currently in place on my campus to reduce my risk of COVID-19 exposure.

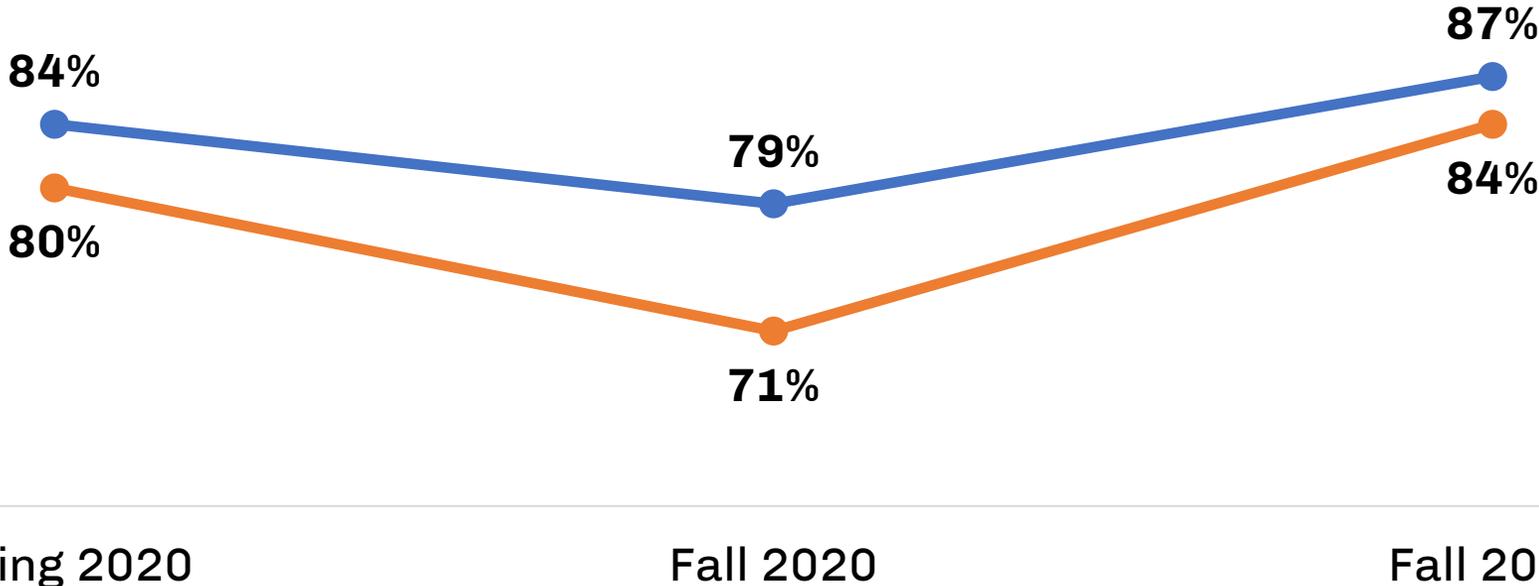


Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

I feel confident in my ability to manage my exposure to COVID-19

(Percentage of Division II Participants Who Endorsed "Agree" or "Strongly Agree")

Men's Sports Women's Sports



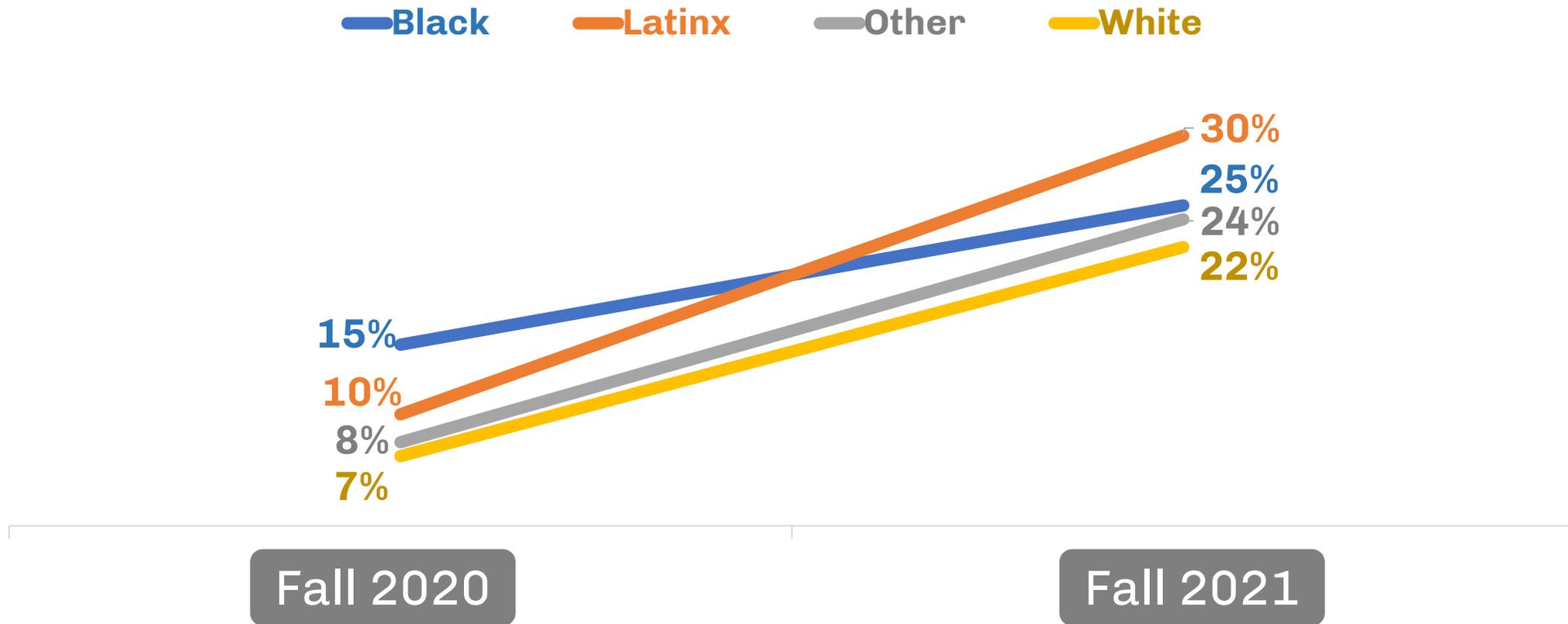
Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19 (By Division)



Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19 (Division II Participants By Race/Ethnicity)



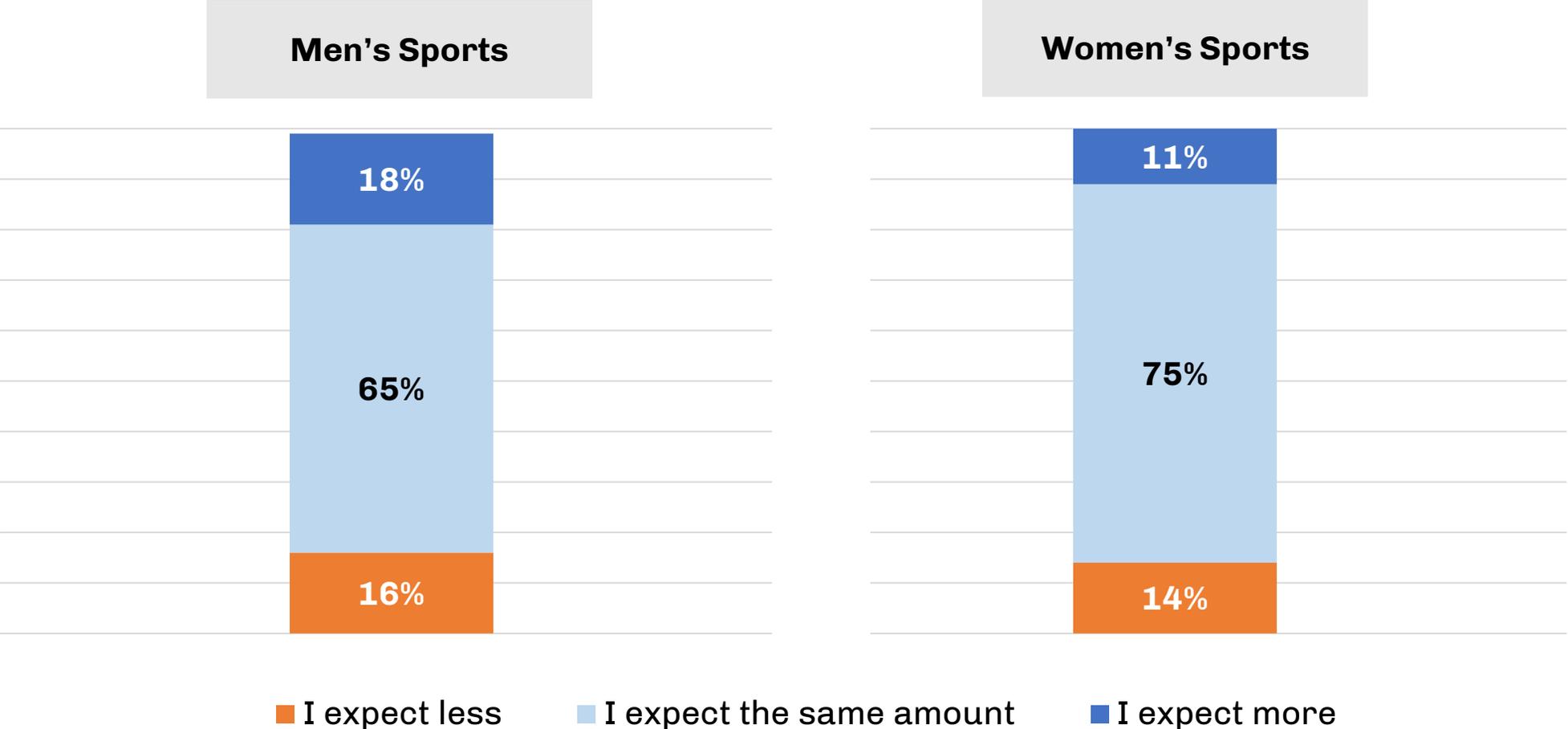
Note: "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

COVID-19 Impact on Competition and Extended Eligibility (Sophomores and Above)

| | Division I | Division II | Division III |
|--|------------|-------------|--------------|
| Team did not compete during the 2020-2021 academic year | 13% | 20% | 27% |
| Granted additional year of eligibility due to the impact of COVID-19 (e.g., opt out or blanket waiver) | 84% | 83% | 86% |

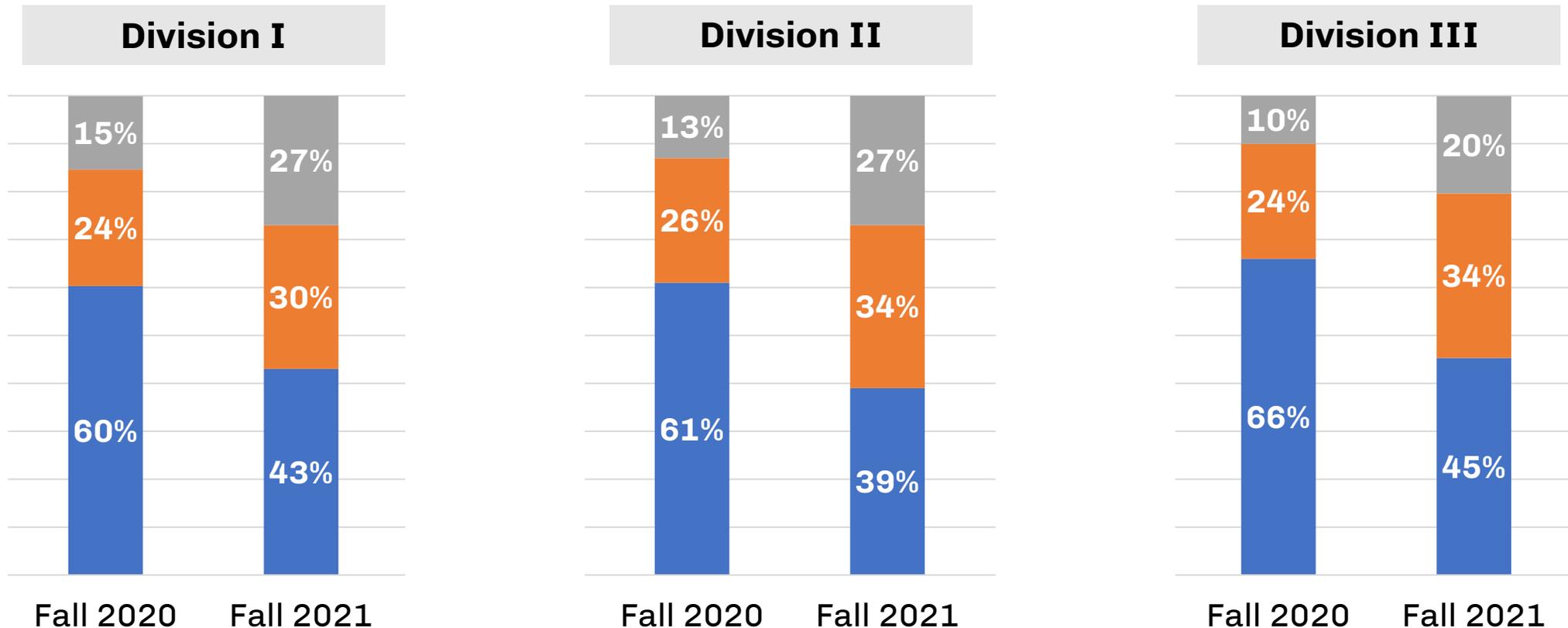
Note: First-year survey participants excluded. Additional years of eligibility could be granted due to the impact of COVID-19 on the 2019-20 or 2020-21 seasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Given the additional year of eligibility afforded to some student-athletes due to COVID-19, have your expectations about playing time this year changed? (Division II)



Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

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



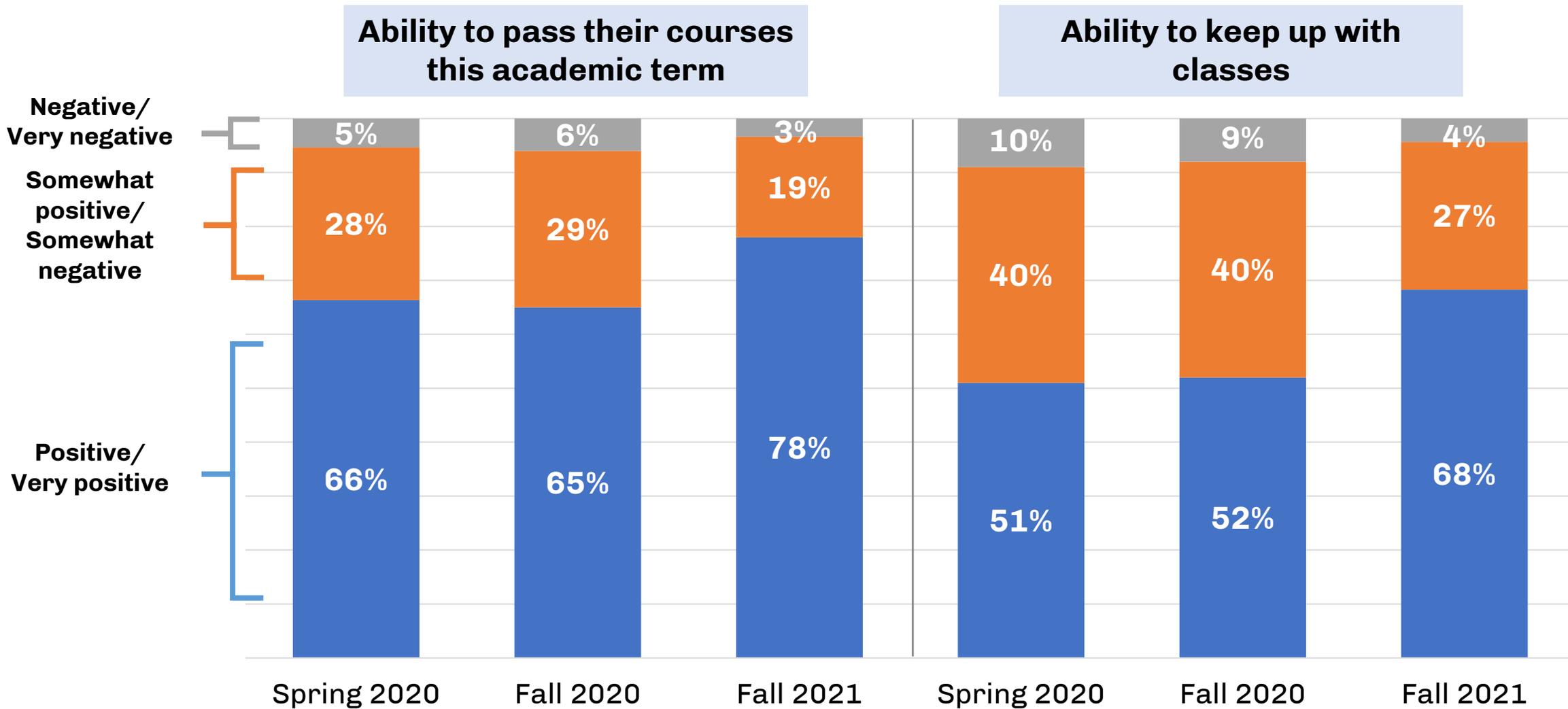
■ Strong negative/somewhat negative ■ No impact ■ Strong positive/somewhat positive

Note: The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Academic Experiences

Division II

Feelings about ... (Division II Men's Sports)

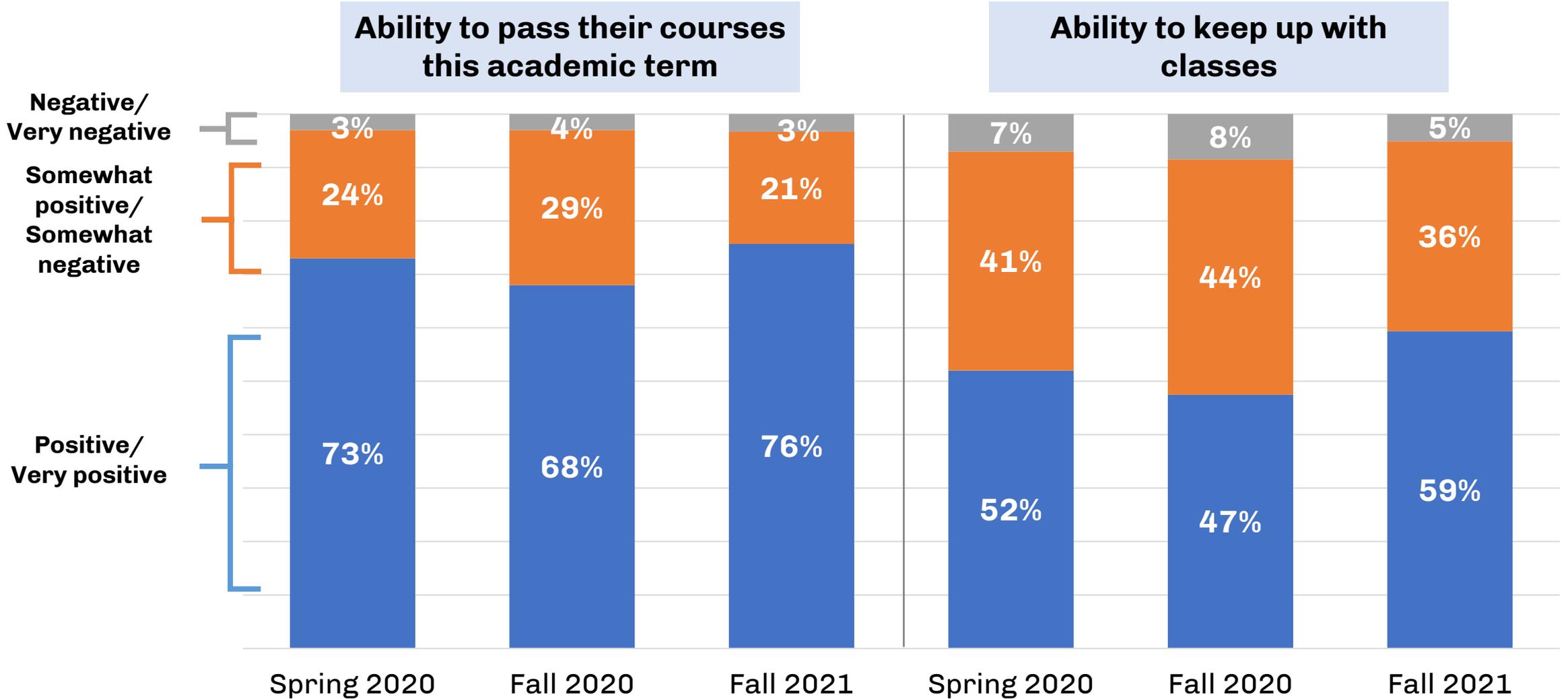


Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



RESEARCH

Feelings about ... (Division II Women's Sports)



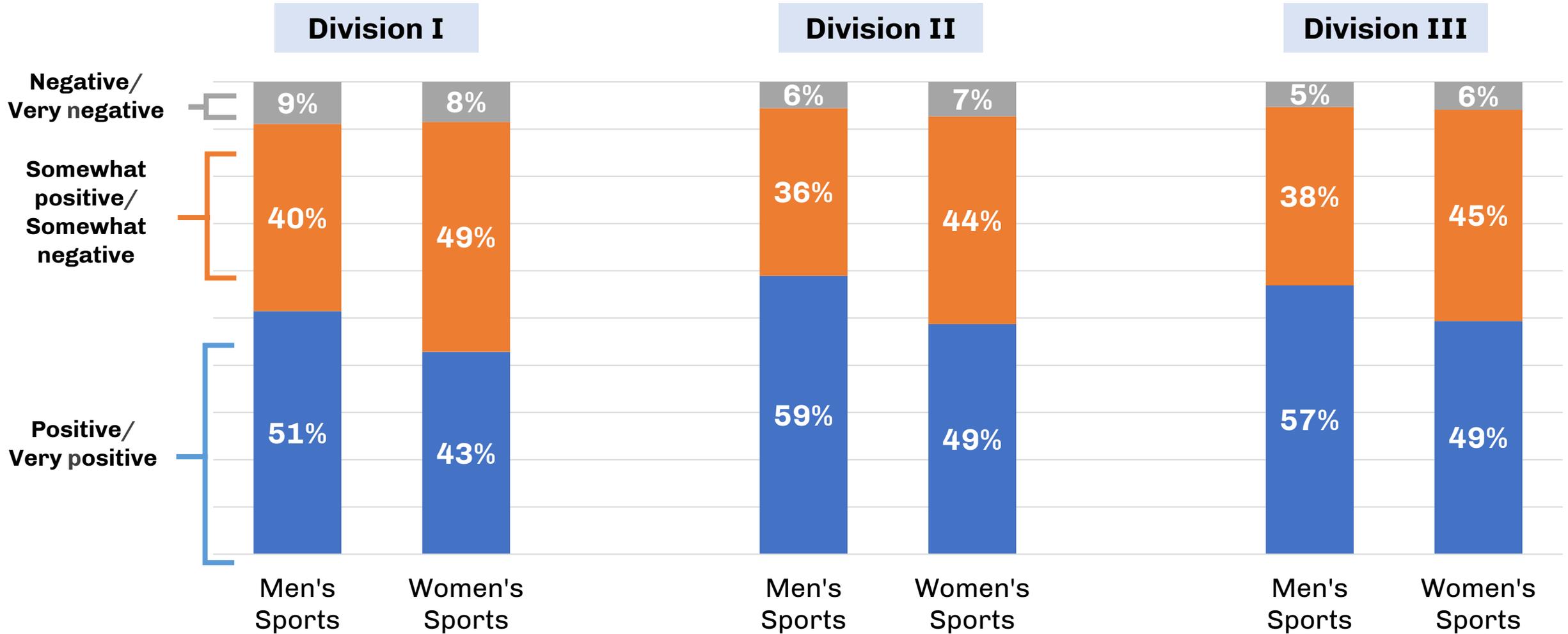
Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



RESEARCH

Ability to Find Appropriate Balance between Academics and Extracurriculars (Including Athletics) in Fall 2021

(By Division)



Note: The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (2021).

Transfer

Division II

Transferred Previously

| | Men's Sports | Women's Sports |
|--------------|--------------|----------------|
| Division I | 18% | 13% |
| Division II | 27% | 17% |
| Division III | 11% | 8% |

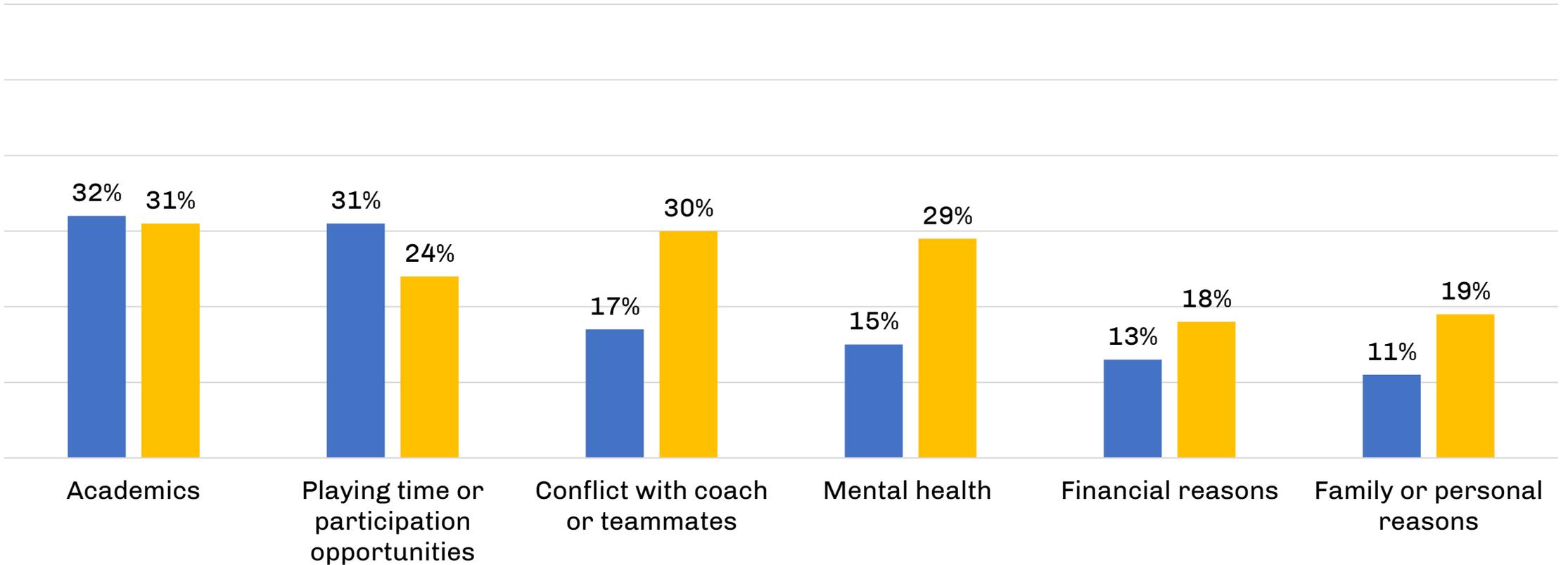
Note: First-year participants excluded. Includes those responding “yes” to, “Are you a transfer student?” and represents both 2-4 and 4-4 transfer pathways. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Reasons for Prior Transfer (Division II)

■ Men's Sports ■ Women's Sports



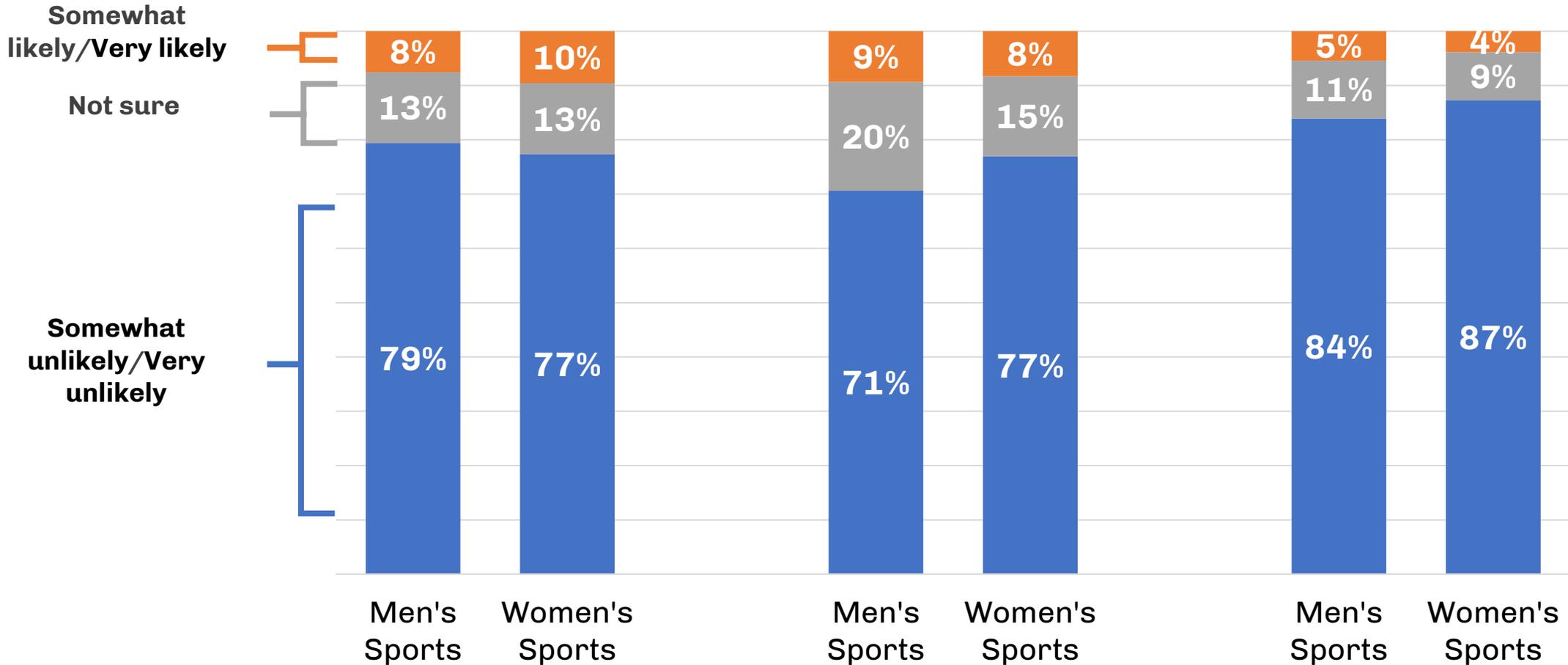
Note: First-year participants excluded. Participants could select multiple reasons for transfer. 229 men's sports participants (27%) and 314 women's sports participants (17%) reported transferring previously. Of those who previously transferred, 39% of men's sports participants and 35% of women's sports participants endorsed "other" reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Likelihood of Transferring at Some Point This Year

(By Division)



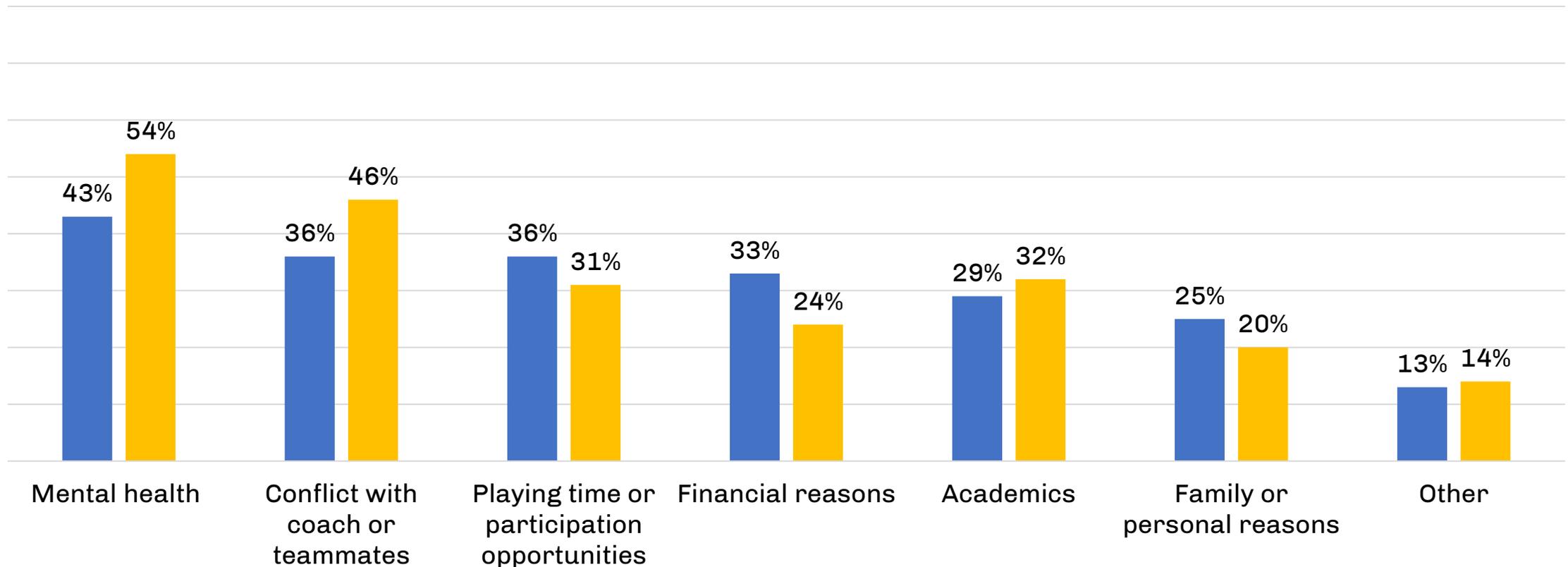
Note: Participants were asked, "How likely is it you will transfer from your current school at some point this year?" The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (2021).



RESEARCH

Reasons for Considering Transfer at Some Point This Year (Division II)

■ Men's Sports ■ Women's Sports



Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat Likely” or “very likely” to transfer at some point this year. 121 men’s sports participants (9%) and 220 women’s sports participants (8%) endorsed being likely to transfer this year. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Social Activism and Student-Athlete Voice

Division II

Participation in Social and Civic Engagement Activities

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

| | Men’s Sports | | Women’s Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 51% | 35% | 46% | 29% |
| I would be comfortable taking a public stance on a social issue | 44% | 33% | 40% | 29% |

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

Note: Top 2 points on a 6-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year

(Percentage of Division II Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | | Women's Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 81% | 63% | 82% | 64% |
| Performed volunteer work | 77% | 80% | 83% | 84% |
| Publicly communicated my opinion about a cause (e.g., social media post, email, petition) | 52% | 42% | 61% | 49% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 26% | 16% | 32% | 20% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Racial Justice Engagement in the Last 6 Months

(Percentage of Division II Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men’s Sports | | Women’s Sports | |
|--|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 73% | 73% | 81% | 78% |
| Had conversations with teammates focused on race or racial justice | -- | 60% | -- | 56% |
| Had conversations with coaches focused on race or racial justice | 46% | 37% | 44% | 28% |
| Posted or shared content on social networking sites about race or racial justice | 43% | 34% | 58% | 41% |
| Served on a campus committee addressing racial justice or inclusion | -- | 16% | -- | 13% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Gender Equity Engagement in the Last 6 Months

(Percentage of Division II Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | Women's Sports |
|---|--------------|----------------|
| Made an effort to learn more about gender equity on my own | 53% | 68% |
| Had conversations with teammates focused on gender equity | 43% | 52% |
| Had conversations with coaches focused on gender equity | 27% | 26% |
| Posted or shared content on social networking sites about gender equity | 22% | 34% |
| Served on a campus committee addressing gender equity | 14% | 12% |

Note: Top 2 points on a 3-point scale. The survey was in the field Nov. 17-Dec. 13, 2021.

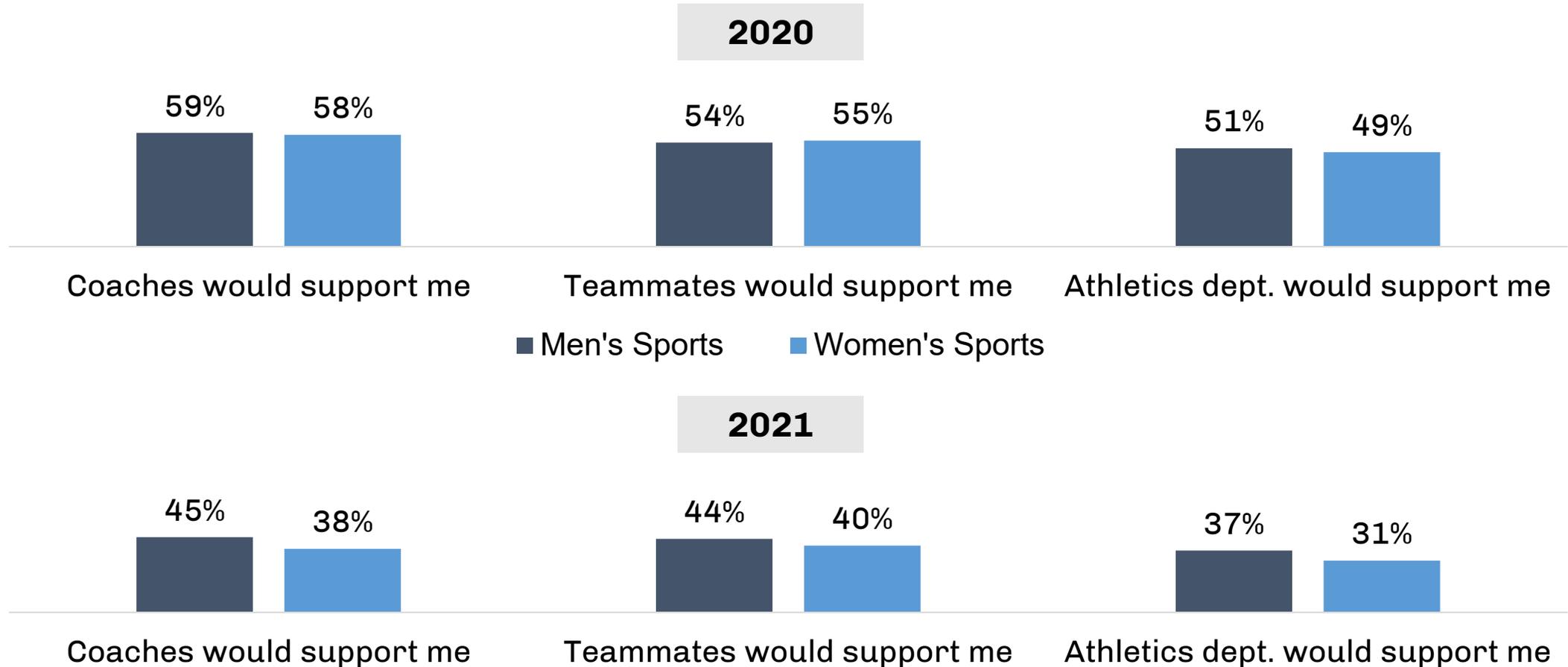
Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Participants' Perceptions of External Support for Taking a Public Stance on a Social Issue

(Percentage of Division II Participants Who Endorsed "Agree" or "Strongly Agree")



Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Take Student-Athlete Voice Into Account in Important Decisions that Impact the Lives of Student-Athletes

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

| | Men's Sports | Women's Sports |
|-------------------------|--------------|----------------|
| My coach | 65% | 59% |
| My athletics department | 53% | 50% |
| My school | 51% | 48% |
| My athletics conference | 49% | 47% |
| The NCAA | 48% | 49% |

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Planning for the Future and Athletics Support

Division II

Educational Resources (Division II)

| | Men's Sports | | | Women's Sports | | |
|-------------------------------------|---------------|---------------|----------------|----------------|---------------|----------------|
| | Need resource | Have resource | Not interested | Need resource | Have resource | Not interested |
| Tax literacy and education | 49% | 24% | 26% | 46% | 27% | 27% |
| Navigating NIL opportunities | 46% | 27% | 27% | 39% | 27% | 34% |
| Professional opportunities in sport | 46% | 29% | 25% | 36% | 25% | 38% |
| Managing personal branding | 46% | 26% | 28% | 36% | 26% | 37% |
| Financial awareness/literacy | 45% | 33% | 21% | 45% | 31% | 23% |
| Career planning | 44% | 38% | 19% | 50% | 34% | 16% |
| Leadership skills training | 36% | 40% | 24% | 39% | 40% | 21% |
| Managing time demands | 34% | 40% | 26% | 35% | 40% | 25% |
| Diversity, equity and inclusion | 21% | 34% | 46% | 24% | 40% | 35% |
| COVID-19 health and safety | 13% | 39% | 49% | 10% | 48% | 41% |

Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

What could athletics staff or coaches do to support you during this time? (Division II)

▶ Elevate and listen to student-athlete voices.

- ▶ “Listen and take into account the lives, opinions, and experiences of their CURRENT student athletes. Many changes are happening, sports getting added, and new facilities being built, but current student athletes often feel skipped over, brushed aside, and unheard.” – Division II women’s track and field
- ▶ “Actually be willing to help and listen to their students and athletes. We have no voice and cannot voice our opinions without backlash.” – Division II men’s track and field
- ▶ “Take student voices seriously and actually take action to improve student well-being rather than just talking about it.” – Division II baseball

What could athletics staff or coaches do to support you during this time? (Division II)

- ▶ **Equitable support and resources for all student-athletes and teams.**
 - ▶ “Have an even “playing field” for all of the sports on campus and give everyone equal opportunities to each and every sport.” – Division II field hockey
 - ▶ “More support from the athletic department for my team in general. We are not given the same opportunities or catered for equally compared to other teams, particularly male teams, on campus.” – Division II women’s lacrosse
 - ▶ “The athletic department can be supportive during this time by being helpful and understanding of every student athlete no matter what they are going through. Everyone deserves help and everyone deserves to be treated equally.” – Division II women’s soccer
 - ▶ “Show more support to all student athletes and their sports.” – Division II football

What could athletics staff or coaches do to support you during this time? (Division II)

▶ Help student-athletes prepare for life after sport.

- ▶ “I believe athletic departments could shine more light on topics and opportunities for when we graduate. I feel like athletics takes away from our academics and only see us as athletes. I think it’s important to share opportunities or have discussions outside of athletics.” – Division II women’s volleyball
- ▶ “Offer a course that seniors can take regarding post-graduation skills such as taxes and life outside of being a student-athlete.” – Division II softball
- ▶ “Help me be more confident about my future planning. I have time but I am constantly worried.” – Division II women’s lacrosse

What could athletics staff or coaches do to support you during this time? (Division II)

▶ **Prioritize balance between academics, athletics and overall well-being.**

- ▶ “I believe student athletes have exemplified the utmost resilience since the 2020 pandemic... With that being said we are tired. At times I don’t want to be resilient, I want to take a pause... So now we are faced with 3-5 hours of being in a classroom every single day on top of another 3-4 hours of organized sports a day. It’s like we have no time for ourselves anymore... I do wish that athletic departments would do more to advocate mental health days...” – Division II women’s lacrosse
- ▶ “Coaches seem to not understand that we are all full-time students and often cram hours and hours of work into small time frames just to maintain grades. Coaches and the school seem to have no perspective as to how busy we are as students and how hectic our lives are. It is often difficult to get to bed at reasonable times due to the overwhelming amounts of work we are required to do athletically and academically.” – Division II baseball
- ▶ “Give us more breaks to take time for ourselves to try and better our mental and physical health and well being.” – Division II softball



What could athletics staff or coaches do to support you during this time? (Division II)

▶ Support student-athlete mental health.

- ▶ “Take mental health more seriously. Instead of just saying it’s important, show us it’s important. Running us down every morning for weights and every night for practice gets really tiring, especially when you try to balance school with a difficult major.” – Division II softball
- ▶ “Take mental health more seriously.” – Division II men’s soccer
- ▶ “Mental health has been a huge conversation at my school right now. I think knowing when an athlete is struggling and needs help is huge for me. We see our coaches almost daily. They know us pretty well and know when something is off. Opening that conversation about mental health is the best way to support in my opinion.” – Division II women’s track and field
- ▶ “Introduce students to the school therapist and mental health resources. I know my school has them, I just do not know who or where they are.” – Division II baseball



DIVISION III

Participant Demographics

Division III

Number of Responses by Division III Conference

| Conference | N |
|-----------------|-----|
| NESCAC | 417 |
| Middle Atlantic | 391 |
| SUNYAC | 204 |
| Liberty League | 197 |
| Empire 9 | 148 |
| Atlantic East | 142 |
| CCC | 133 |
| MIAA | 129 |
| ODAC | 103 |
| CSAC | 101 |
| MIAC | 99 |
| NACC | 69 |
| Landmark | 61 |
| PAC | 49 |
| North Atlantic | 47 |

| Conference | N |
|-----------------|-----|
| SAA | 34 |
| UAA | 34 |
| United East | 33 |
| HCAC | 25 |
| NEWMAC | 25 |
| Great Northeast | 24 |
| NECC | 24 |
| NJAC | 19 |
| SCIAC | 16 |
| Skyline | 14 |
| MWC | 13 |
| Independent | 10 |
| SLIAC | 10 |
| ASC | <10 |
| Centennial | <10 |

| Conference | N |
|-----------------|-----|
| WIAC | <10 |
| Little East | <10 |
| SCAC | <10 |
| USA South | <10 |
| NWC | <10 |
| CAC | <10 |
| CCIW | <10 |
| NCAC | <10 |
| AMCC | <10 |
| American Rivers | <10 |
| CUNYC | <10 |
| MASCAC | <10 |

Note: Cross country and indoor track removed to avoid double-counting. Two Division III conferences had no survey responses: OAC and UMAC. 94 Division III student-athletes did not list their conference. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Number of Responses by Sport Participation

(Division III Student-Athletes)

| Men's Sports | N |
|---------------------|-----|
| Baseball | 191 |
| Basketball | 62 |
| Cross Country | 70 |
| Football | 79 |
| Golf | 67 |
| Ice Hockey | 62 |
| Lacrosse | 119 |
| Soccer | 130 |
| Swimming and Diving | 76 |
| Tennis | 40 |
| Track and Field | 105 |
| Volleyball | 51 |
| Wrestling | 19 |

| Women's Sports | N |
|---------------------|-----|
| Basketball | 188 |
| Cross Country | 99 |
| Equestrian | 15 |
| Field Hockey | 174 |
| Golf | 47 |
| Gymnastics | 10 |
| Ice Hockey | 67 |
| Lacrosse | 212 |
| Rowing | 36 |
| Soccer | 205 |
| Softball | 303 |
| Swimming and Diving | 148 |
| Tennis | 69 |
| Track and Field | 157 |
| Volleyball | 149 |

Note: 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 2021).



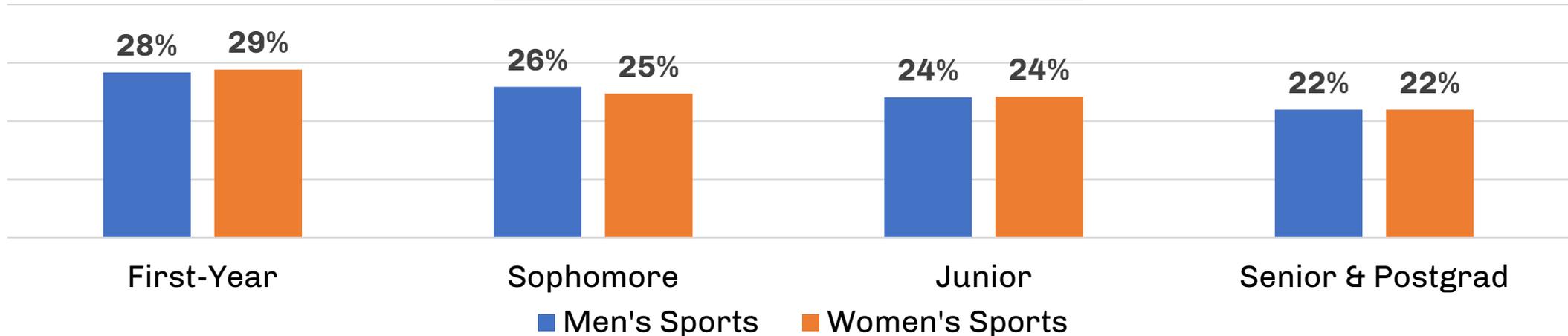
RESEARCH

Representativeness of Sample, Division III Participants

Racial Demographics

| | Men's Sports | | Women's Sports | |
|-------|------------------|-------------------|------------------|-------------------|
| | Fall 2021 Survey | Demographics Data | Fall 2021 Survey | Demographics Data |
| White | 82% | 71% | 87% | 78% |
| Black | 5% | 12% | 3% | 6% |
| Other | 13% | 17% | 10% | 16% |

Academic Status



Notes: 1,006 men's sports and 1,723 women's sports participants in the Division III sample. An additional 2 did not indicate whether they played a men's or women's sport. Sources: NCAA Student-Athlete Well-Being Study (Fall 2021), [NCAA Demographics Database](#) (2021).

Mental Health and Well-Being

Division III

Mental Health Concerns During COVID-19 Pandemic

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

| | DIII Men's Sports | | | DIII Women's Sports | | |
|---|-------------------|-----------|-----------|---------------------|-----------|-----------|
| | Spring 2020 | Fall 2020 | Fall 2021 | Spring 2020 | Fall 2020 | Fall 2021 |
| Felt overwhelmed by all you had to do | 33% | 25% | 24% | 56% | 53% | 50% |
| Experienced sleep difficulties | 31% | 17% | 17% | 43% | 28% | 29% |
| Felt mentally exhausted | 27% | 20% | 21% | 43% | 40% | 40% |
| Felt very lonely | 24% | 12% | 9% | 36% | 20% | 14% |
| Felt a sense of loss | 22% | 8% | 7% | 33% | 14% | 10% |
| Felt sad | 18% | 11% | 11% | 35% | 22% | 18% |
| Felt overwhelming anxiety | 14% | 11% | 12% | 30% | 30% | 31% |
| Felt overwhelming anger | 12% | 6% | 5% | 13% | 8% | 7% |
| Felt things were hopeless | 10% | 10% | 6% | 17% | 16% | 9% |
| Felt so depressed that it was difficult to function | 6% | 6% | 5% | 10% | 9% | 9% |

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

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

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Mental Health Concerns During COVID-19 Pandemic

(Comparing Division III men's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 55% | 81% | 79% | 80% |
| Felt mentally exhausted | 53% | 73% | 66% | 72% |
| Felt sad | 30% | 68% | 59% | 57% |
| Felt very lonely | 28% | 64% | 49% | 41% |
| Felt things were hopeless | 19% | 53% | 46% | 36% |
| Felt overwhelming anxiety | 23% | 49% | 45% | 47% |
| Felt overwhelming anger | 16% | 45% | 32% | 30% |
| Felt so depressed that it was difficult to function | 14% | 28% | 23% | 22% |

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

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

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 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 the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N=4,540 men's sports participants; Fall 2020 survey N=2,555 men's sports participants; Fall 2021 survey N = 1,006 men's sports participants; ACHA-NCHA survey N=1,379 Division III men athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



Mental Health Concerns During COVID-19 Pandemic

(Comparing Division III women's sports participants responding "yes, within the last month" between 2018-2019 ACHA-NCHA data and 2020-2021 NCAA data)

| | NCHA 2019 | Spring 2020 | Fall 2020 | Fall 2021 |
|---|-----------|-------------|-----------|-----------|
| Felt overwhelmed by all you had to do | 77% | 95% | 94% | 95% |
| Felt sad | 47% | 89% | 81% | 77% |
| Felt mentally exhausted | 71% | 89% | 85% | 89% |
| Felt very lonely | 42% | 81% | 66% | 56% |
| Felt overwhelming anxiety | 42% | 75% | 74% | 75% |
| Felt things were hopeless | 28% | 74% | 66% | 49% |
| Felt overwhelming anger | 19% | 55% | 41% | 33% |
| Felt so depressed that it was difficult to function | 19% | 41% | 38% | 34% |

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

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

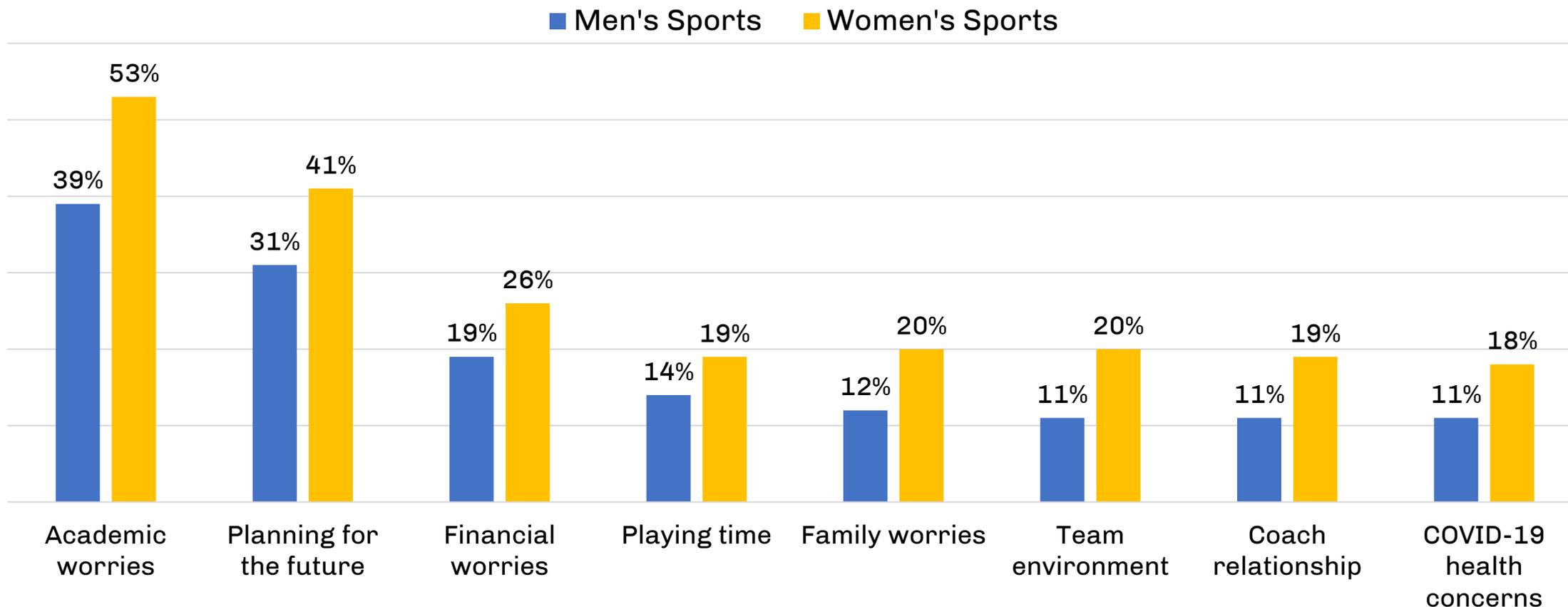
Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and the closure of most campuses. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N= 6,040 women's sports participants; Fall 2020 survey N= 3,851 women's sports participants; Fall 2021 survey N = 1,723 women's sports participants; ACHA-NCHA survey N=2,406 Division III women athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Spring 2018, Fall 2018, Spring 2019 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2021-9-21).



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

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



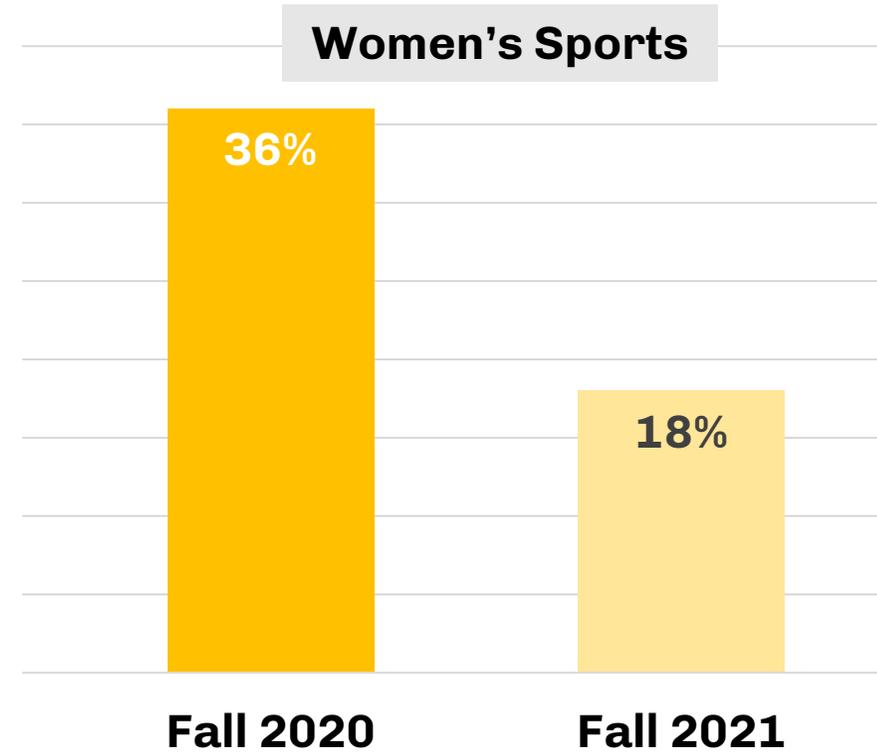
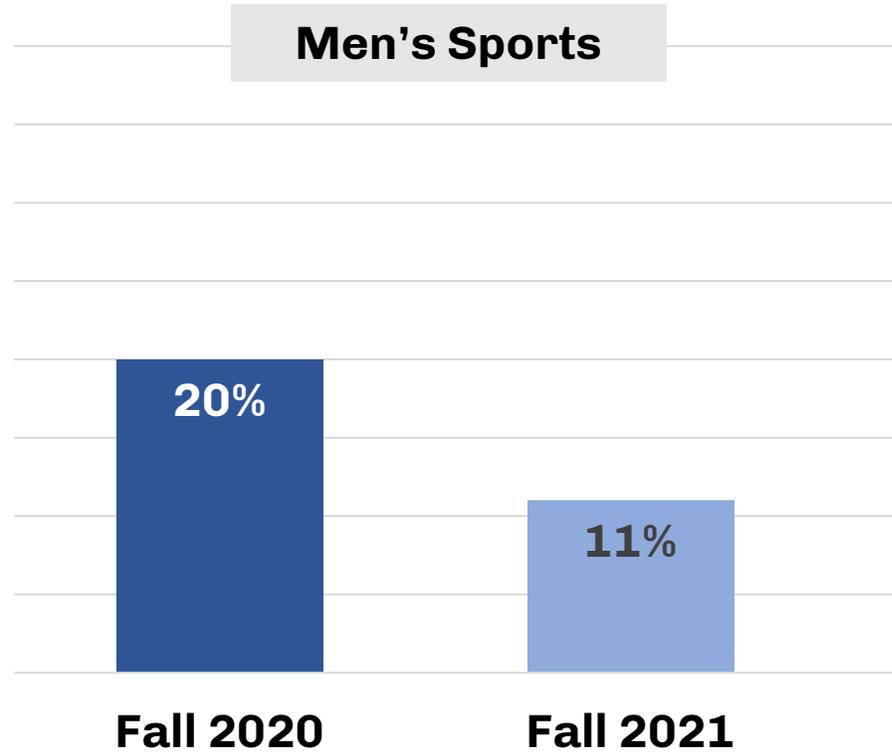
Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

COVID-19 Health Concerns Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

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

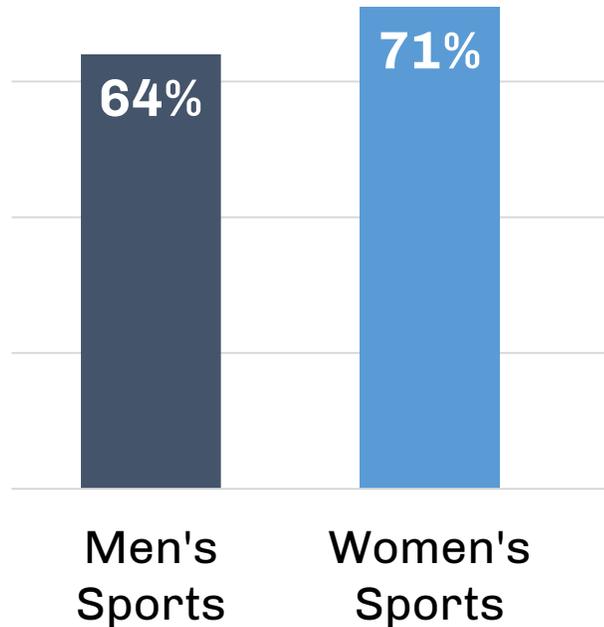


Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

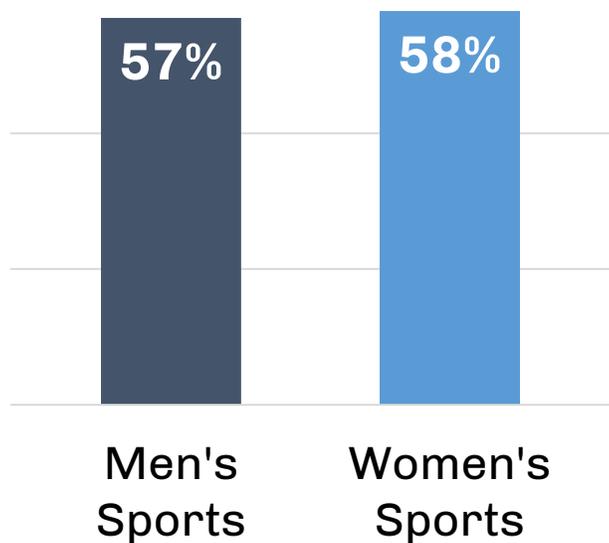
Mental Health Support

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

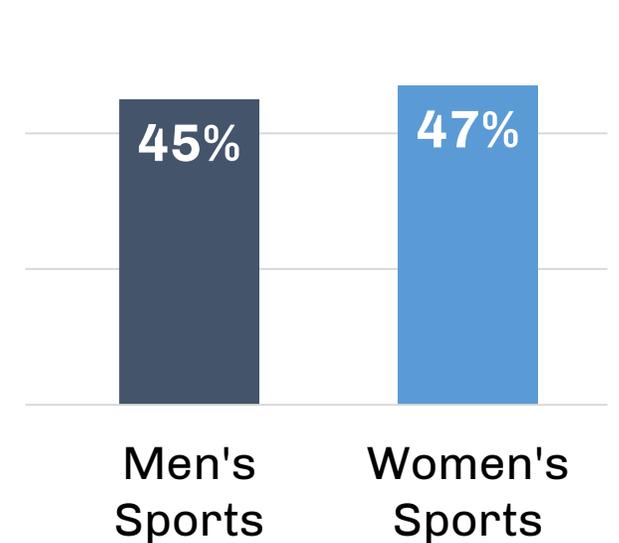
I know where to go on campus if I have mental health concerns.



I know how to help a teammate who is experiencing a mental health issue.



I would feel comfortable seeking support from a mental health provider on this campus.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

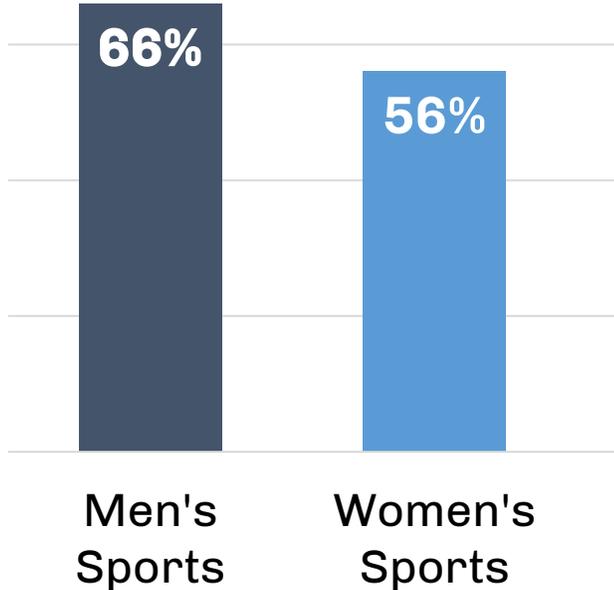


RESEARCH

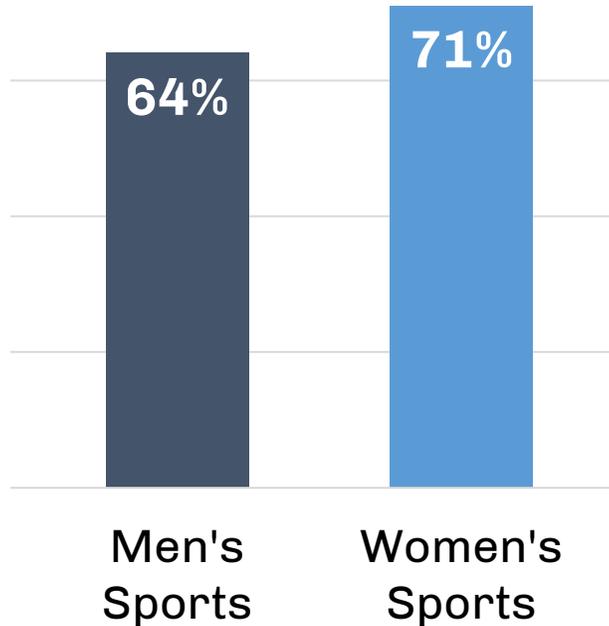
Mental Health Support

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

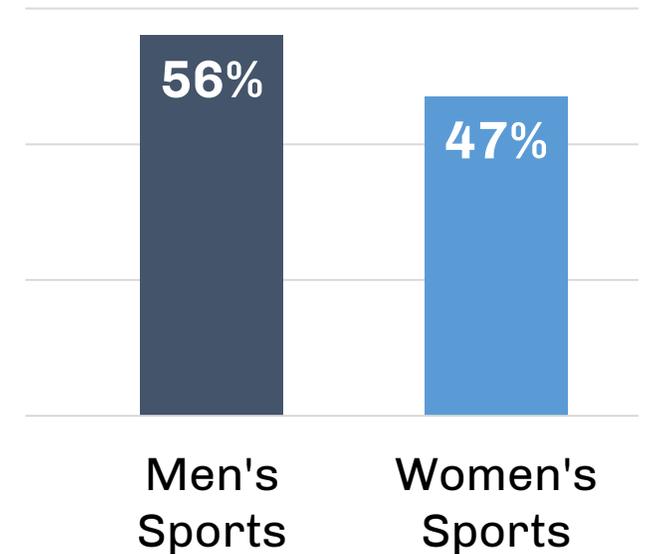
My coaches take mental health concerns of their student-athletes seriously.



My teammates take mental health concerns of fellow teammates seriously.



I feel that student-athletes' mental health is a priority to our athletics department.



Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

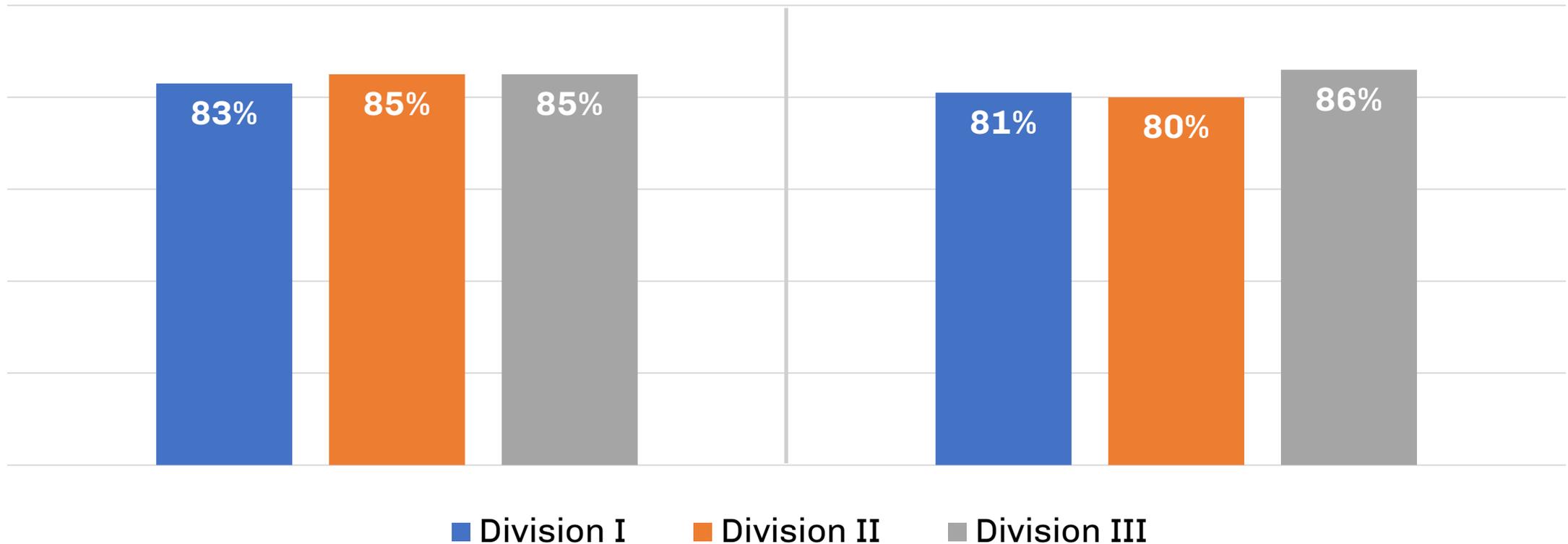
COVID-19 Precautions and Impact

Division III

Fall 2021 COVID-19 Exposure and Campus Precautions (By Division)

I feel confident in my ability to manage my exposure to COVID-19 currently.

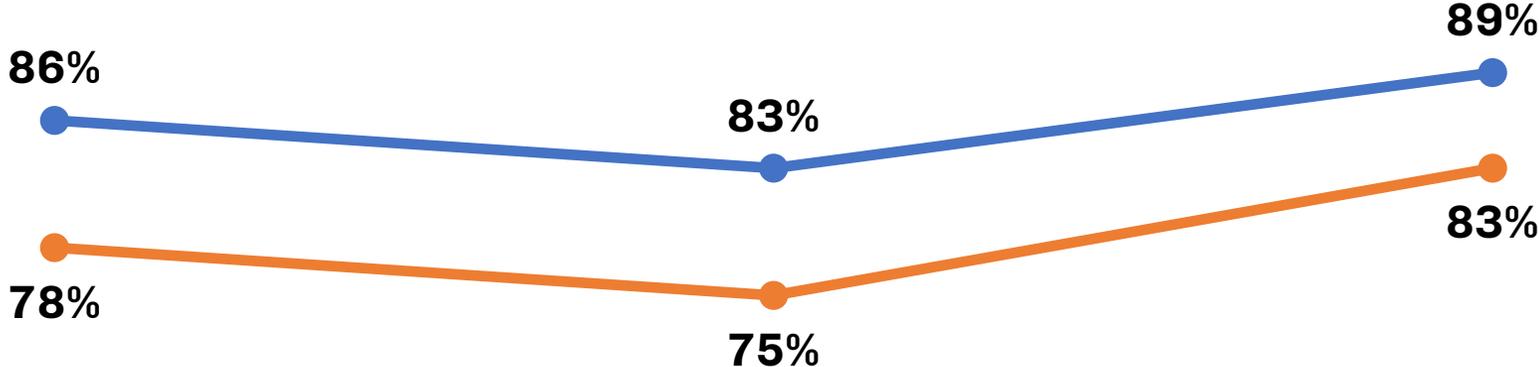
Adequate protections are currently in place on my campus to reduce my risk of COVID-19 exposure.



I feel confident in my ability to manage my exposure to COVID-19

(Percentage of Division III Participants Who Endorsed "Agree" or "Strongly Agree")

● Men's Sports ● Women's Sports



Spring 2020

Fall 2020

Fall 2021

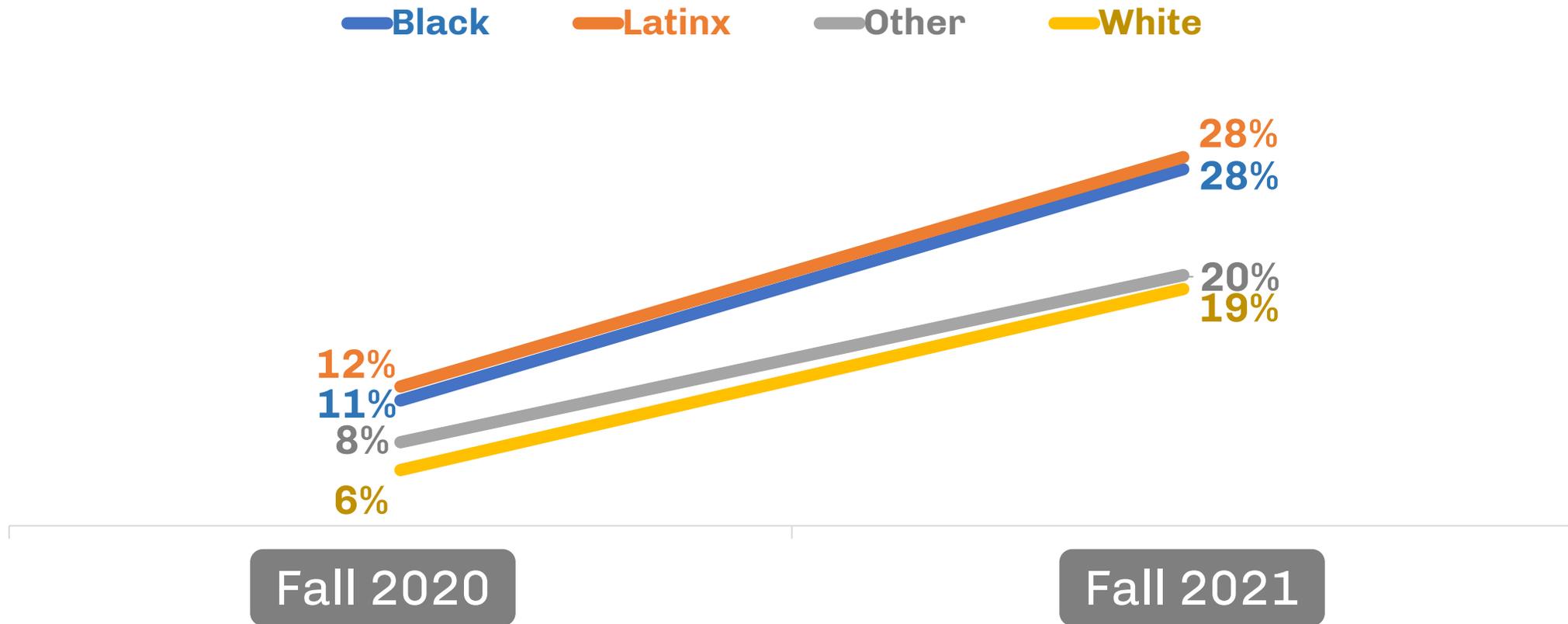
Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19 (By Division)



Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Had Someone Close to them Hospitalized or Die Due to COVID-19 (Division III Participants By Race/Ethnicity)



Note: "Other" includes those who selected American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and other racial identities. Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

COVID-19 Impact on Competition and Extended Eligibility (Sophomores and Above)

| | Division I | Division II | Division III |
|--|------------|-------------|--------------|
| Team did not compete during the 2020-2021 academic year | 13% | 20% | 27% |
| Granted additional year of eligibility due to the impact of COVID-19 (e.g., opt out or blanket waiver) | 84% | 83% | 86% |

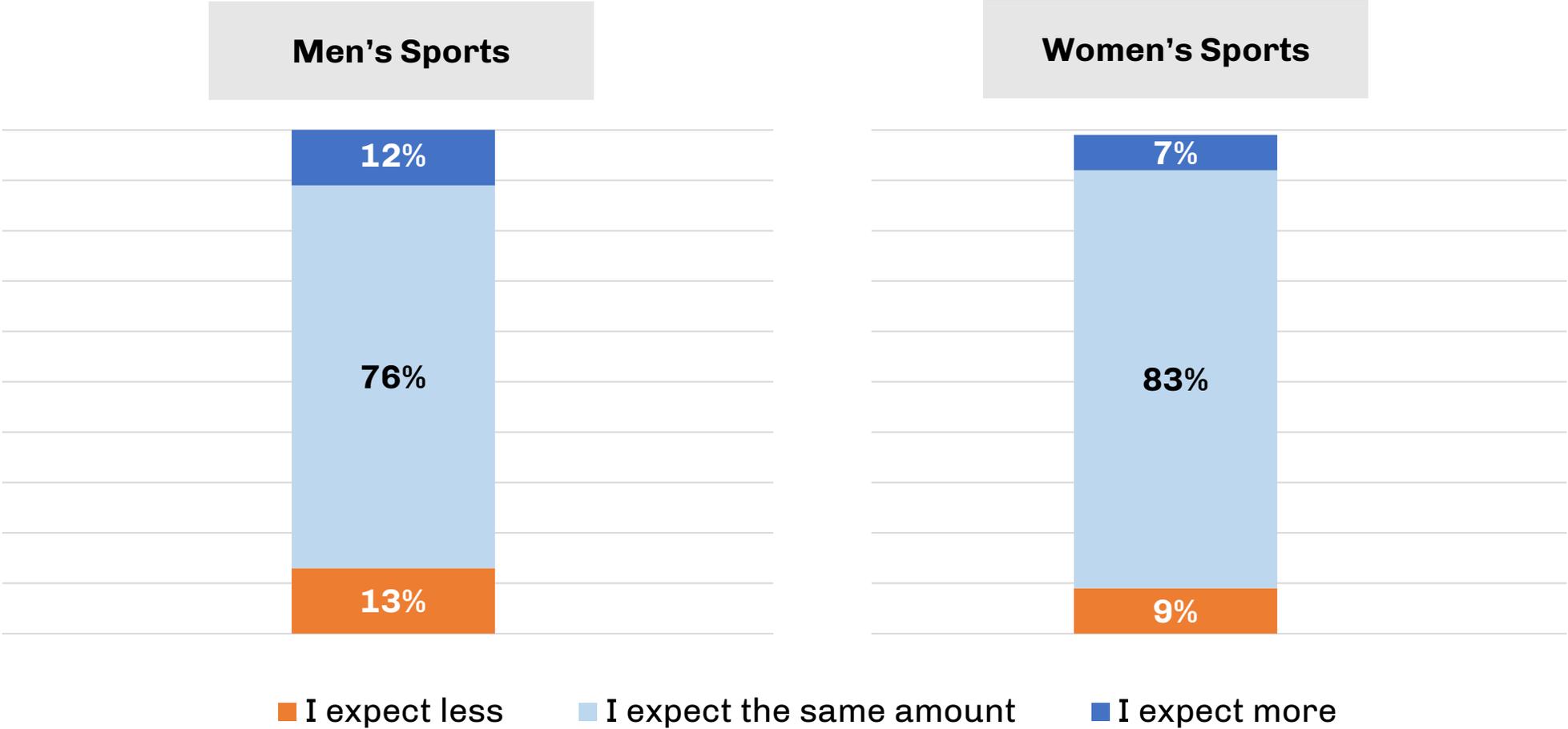
Note: First-year survey participants excluded. Additional years of eligibility could be granted due to the impact of COVID-19 on the 2019-20 or 2020-21 seasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

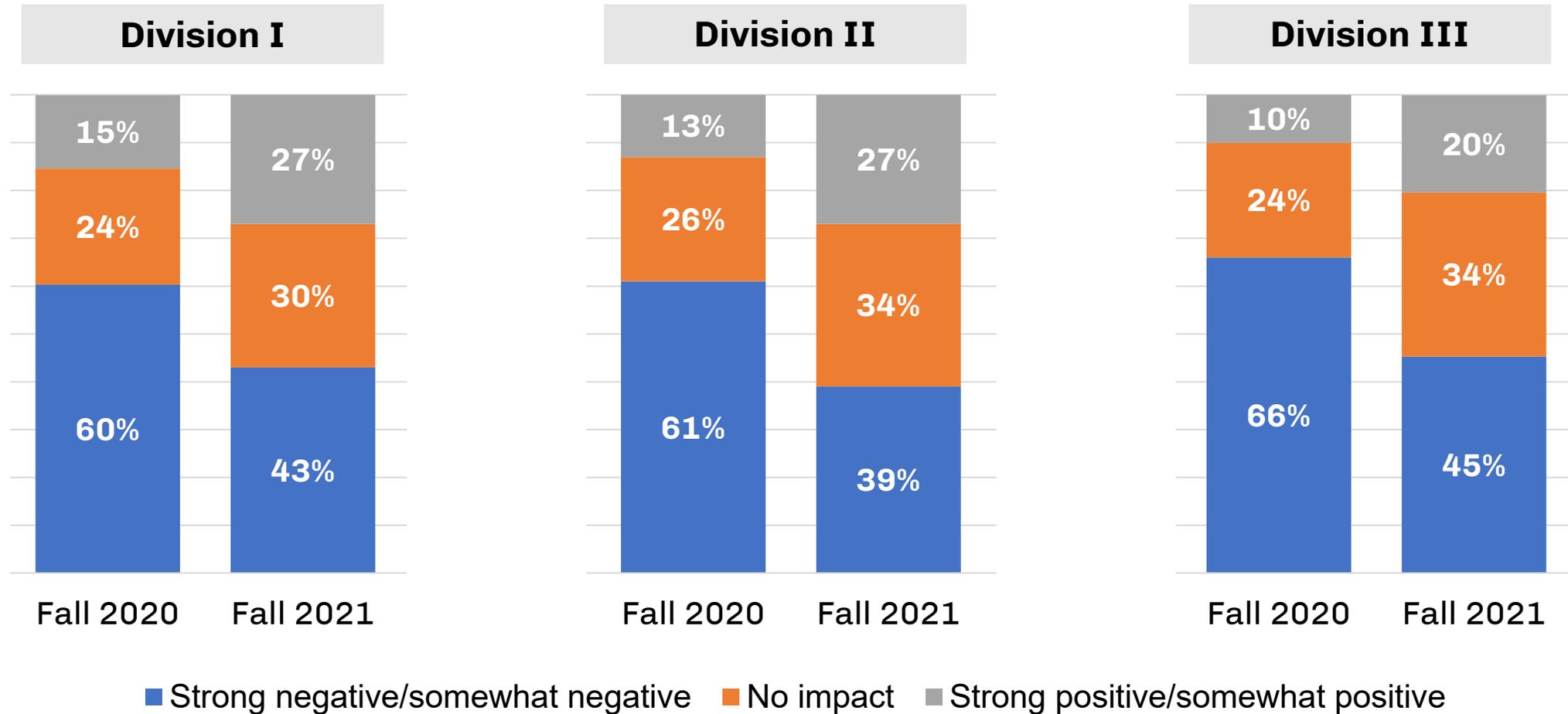
Given the additional year of eligibility afforded to some student-athletes due to COVID-19, have your expectations about playing time this year changed?

(Division III)



Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

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



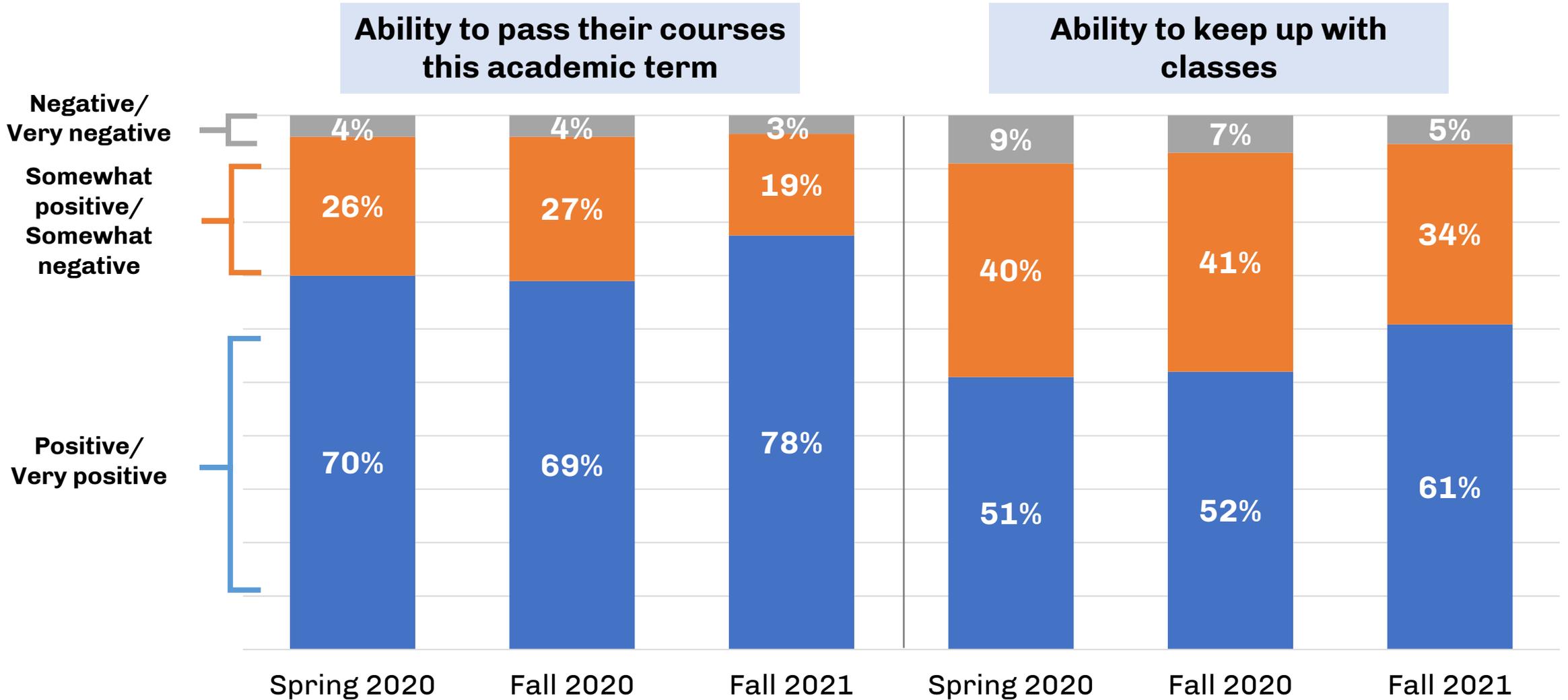
Note: The sum of percentages in each bar may not equal 100% due to rounding.
Sources: NCAA Student-Athlete Well-Being Study (Fall 2020 and 2021).

Academic Experiences

Division III

Feelings about ...

(Division III Men's Sports)



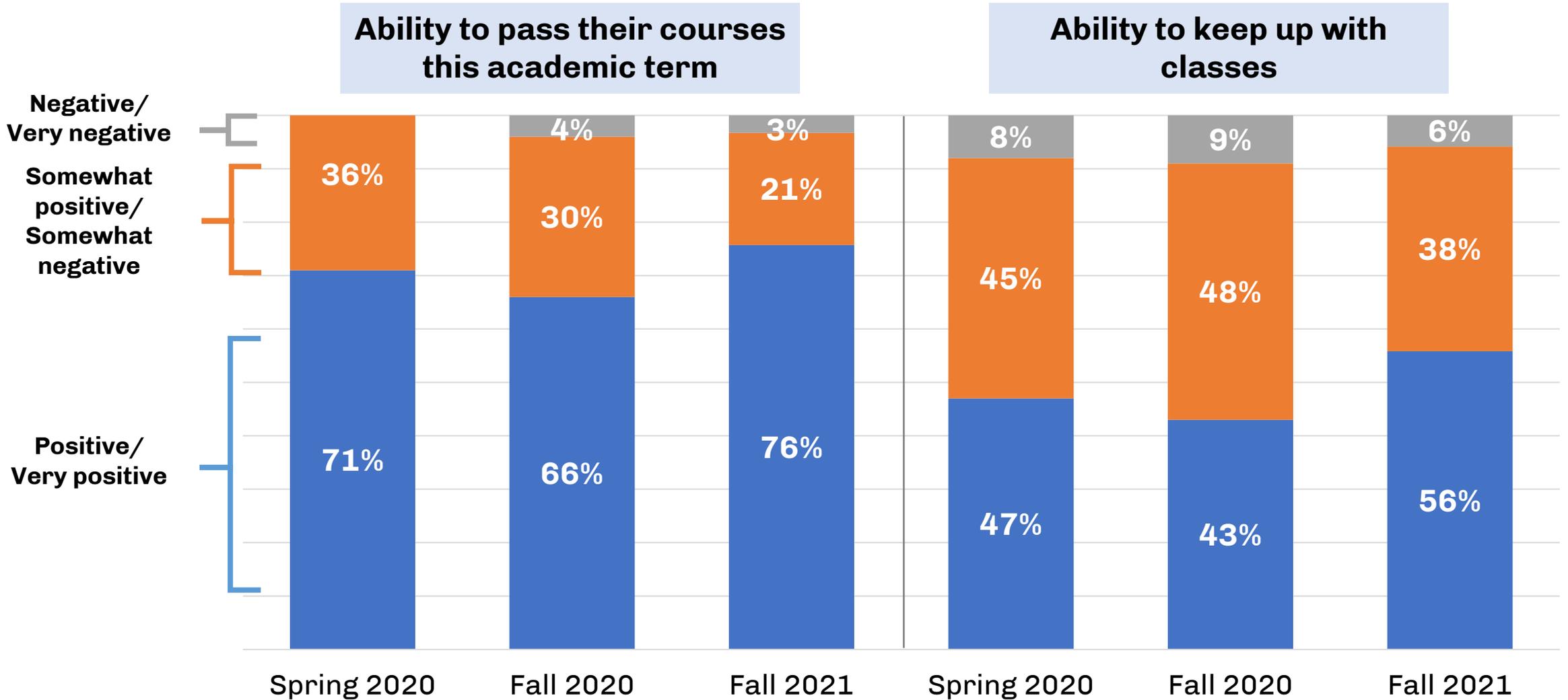
Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



RESEARCH

Feelings about ...

(Division III Women's Sports)



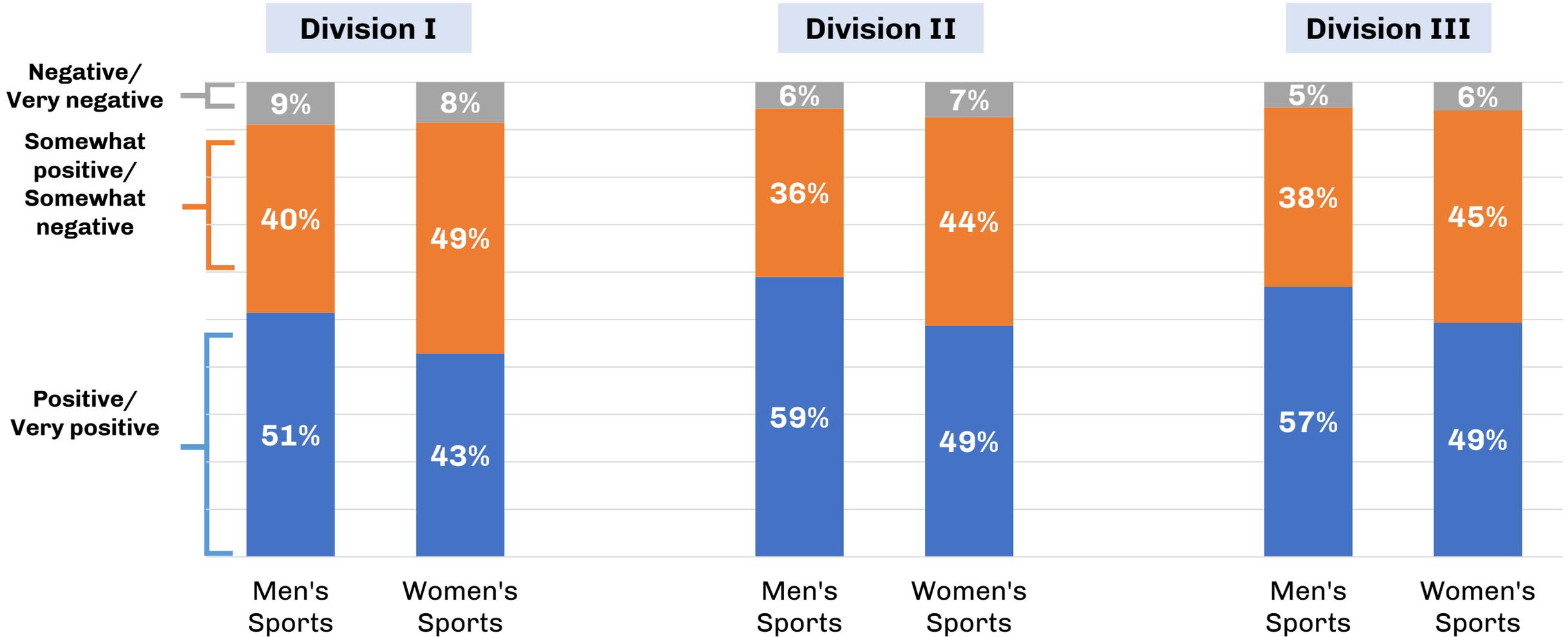
Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).



RESEARCH

Ability to Find Appropriate Balance between Academics and Extracurriculars (Including Athletics) in Fall 2021

(By Division)



Note: The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Student-Athlete Well-Being Study (2021).

Transfer

Division III

Transferred Previously

| | Men's Sports | Women's Sports |
|--------------|--------------|----------------|
| Division I | 18% | 13% |
| Division II | 27% | 17% |
| Division III | 11% | 8% |

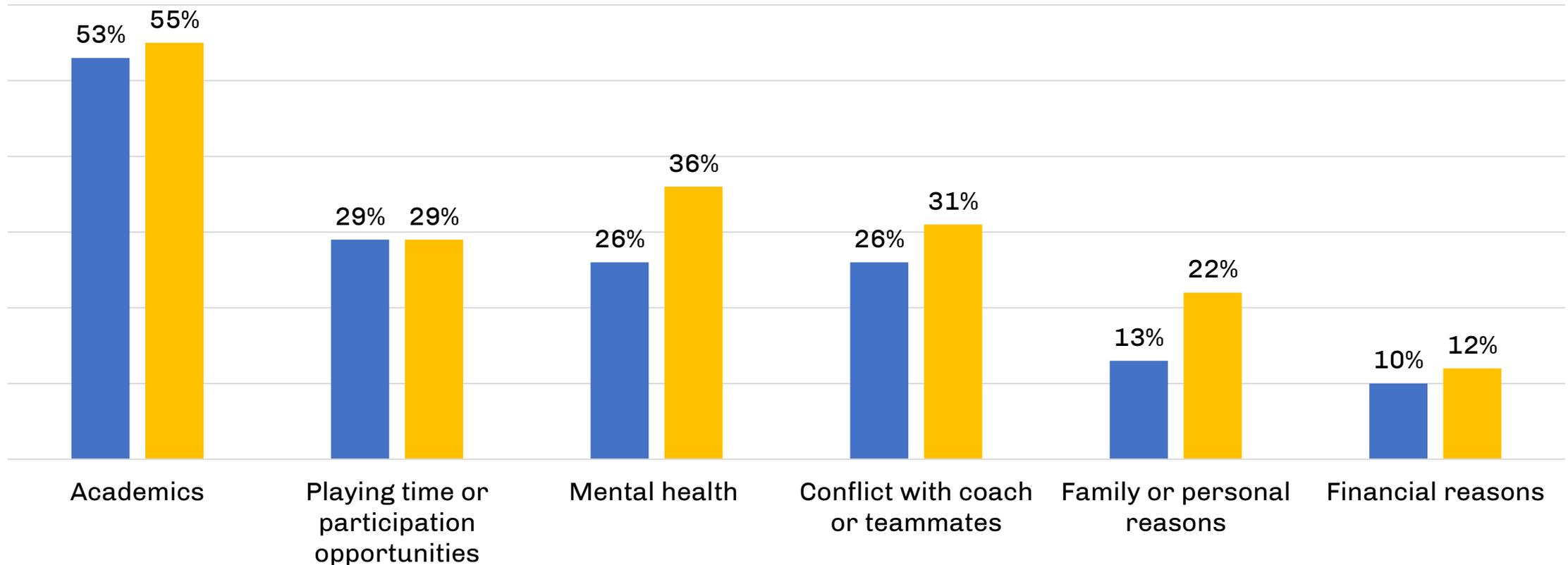
Note: First-year participants excluded. Includes those responding “yes” to, “Are you a transfer student?” and represents both 2-4 and 4-4 transfer pathways. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Reasons for Prior Transfer (Division III)

■ Men's Sports ■ Women's Sports



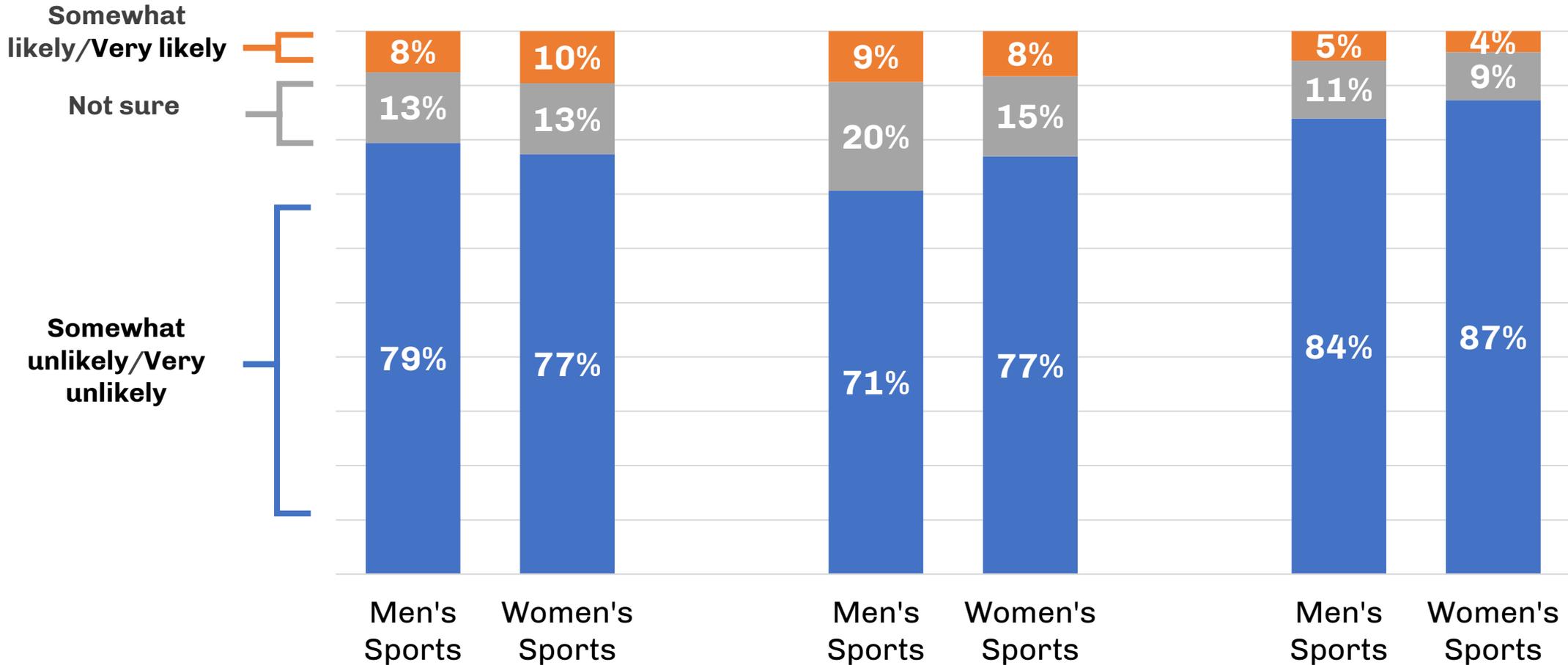
Note: First-year participants excluded. Participants could select multiple reasons for transfer. 78 men's sports participants (11%) and 94 women's sports participants (8%) reported transferring previously. Of those who previously transferred, 22% of men's sport participants and 22% of women's sport participants cited "other" reasons for transfer. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Likelihood of Transferring at Some Point This Year

(By Division)

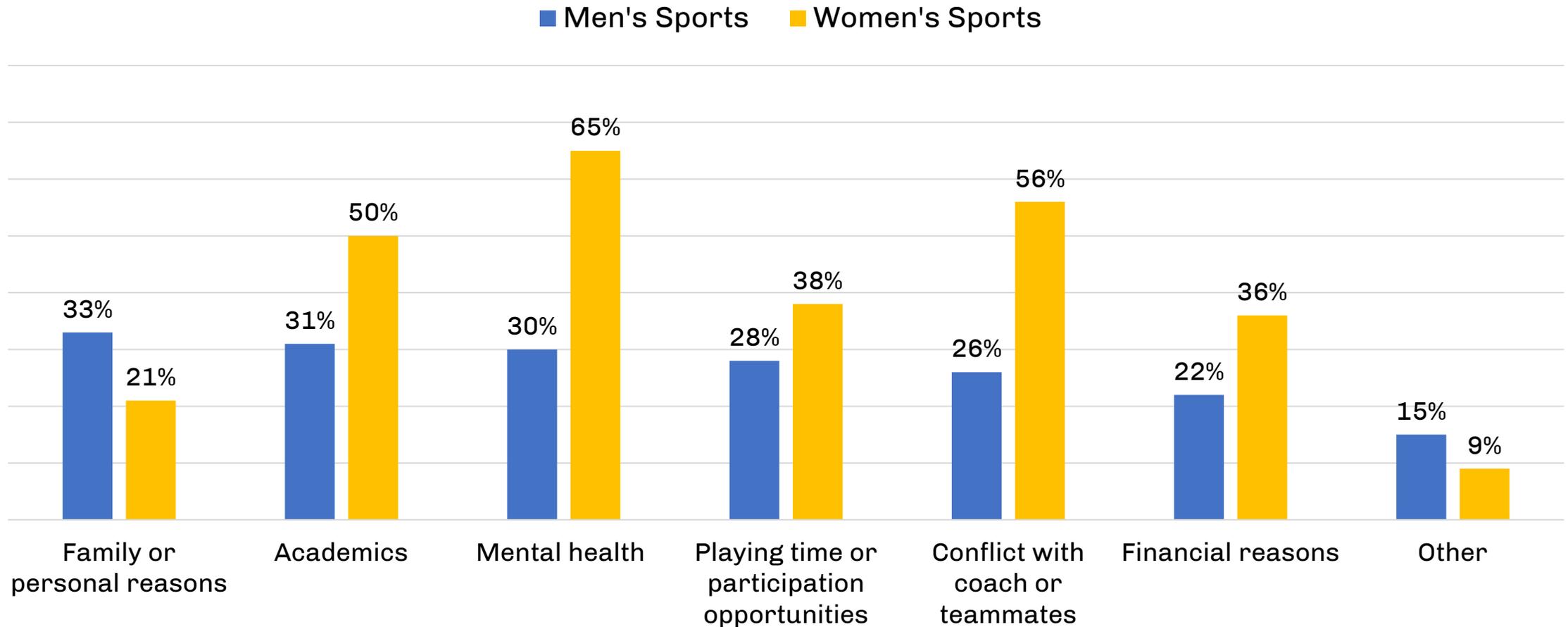


Note: Participants were asked, "How likely is it you will transfer from your current school at some point this year?" The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (2021).



RESEARCH

Reasons for Considering Transfer at Some Point This Year (Division III)



Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat Likely” or “very likely” to transfer at some point this year. 54 men's sports participants (5%) and 66 women's sports participants (4%) endorsed being likely to transfer this year. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

Social Activism and Student-Athlete Voice

Division III

Participation in Social and Civic Engagement Activities

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

| | Men’s Sports | | Women’s Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| I keep up with current political and social issues | 54% | 40% | 49% | 38% |
| I would be comfortable taking a public stance on a social issue | 46% | 33% | 45% | 33% |

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

Note: Top 2 points on a 6-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Participation in Social and Civic Engagement Activities in the Last Year

(Percentage of Division III Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | | Women's Sports | |
|---|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Discussed politics | 85% | 73% | 85% | 71% |
| Performed volunteer work | 77% | 77% | 83% | 85% |
| Publicly communicated my opinion about a cause (e.g., social media post, email, petition) | 54% | 44% | 66% | 56% |
| Demonstrated for a cause (e.g., boycott, rally, protest) | 29% | 16% | 38% | 27% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Racial Justice Engagement in the Last 6 Months

(Percentage of Division III Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men’s Sports | | Women’s Sports | |
|--|--------------|------|----------------|------|
| | 2020 | 2021 | 2020 | 2021 |
| Made an effort to learn more about race or racial justice on my own | 76% | 74% | 83% | 83% |
| Had conversations with teammates focused on race or racial justice | -- | 60% | -- | 59% |
| Had conversations with coaches focused on race or racial justice | 47% | 40% | 46% | 35% |
| Posted or shared content on social networking sites about race or racial justice | 44% | 33% | 61% | 49% |
| Served on a campus committee addressing racial justice or inclusion | -- | 14% | -- | 18% |

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

Note: Top 2 points on a 3-point scale. The 2020 survey was in the field Oct. 6-Nov. 2, 2020. The 2021 survey was in the field Nov. 17-Dec. 13, 2021. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Gender Equity Engagement in the Last 6 Months

(Percentage of Division III Participants Who Endorsed “Occasionally” or “Frequently”)

| | Men's Sports | Women's Sports |
|---|--------------|----------------|
| Made an effort to learn more about gender equity on my own | 59% | 76% |
| Had conversations with teammates focused on gender equity | 47% | 59% |
| Had conversations with coaches focused on gender equity | 32% | 35% |
| Posted or shared content on social networking sites about gender equity | 23% | 44% |
| Served on a campus committee addressing gender equity | 13% | 17% |

Note: Top 2 points on a 3-point scale. The survey was in the field Nov. 17-Dec. 13, 2021.

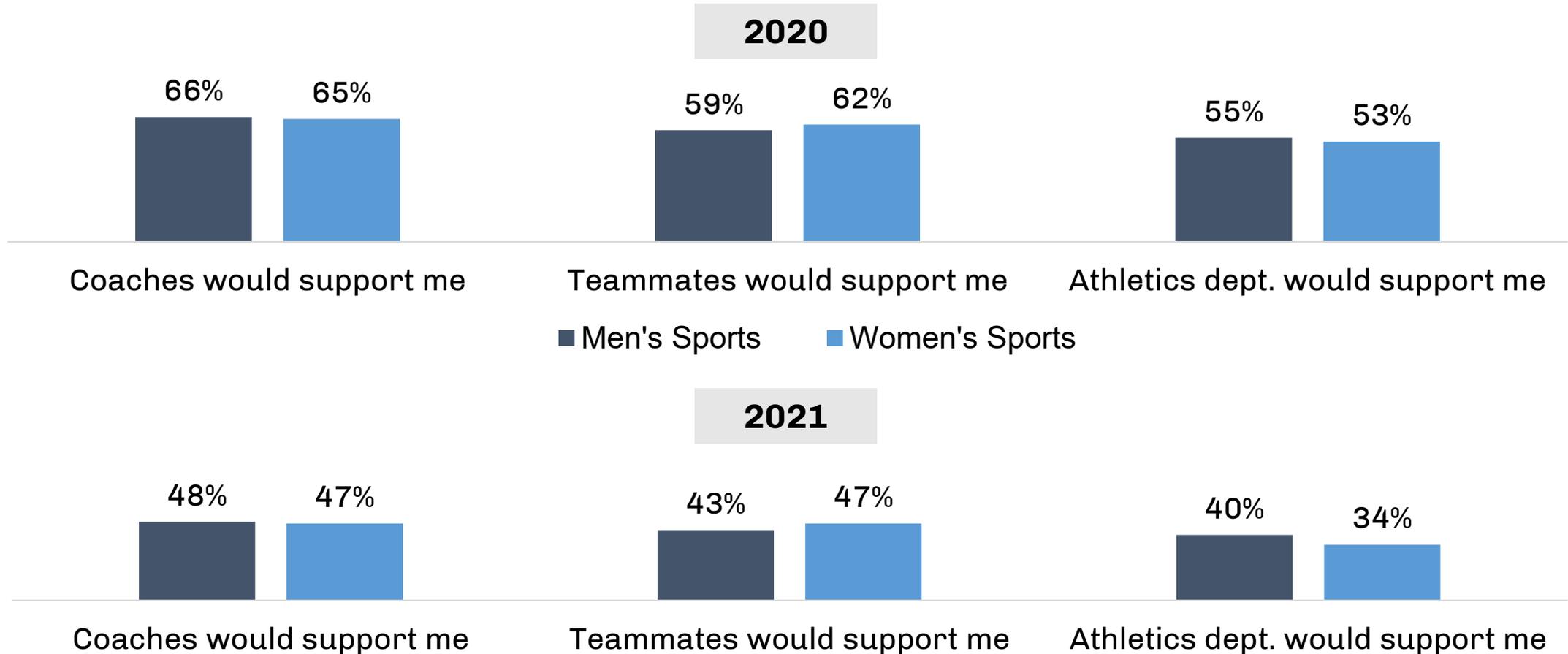
Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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Participants' Perceptions of External Support for Taking a Public Stance on a Social Issue

(Percentage of Division III Participants Who Endorsed "Agree" or "Strongly Agree")



Note: Top 2 points on a 6-point scale. Sources: NCAA Student-Athlete Activism and Racial Justice Engagement Study (2020) and NCAA Student-Athlete Well-Being Study (Fall 2021).

Take Student-Athlete Voice Into Account in Important Decisions that Impact the Lives of Student-Athletes

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

| | Men's Sports | Women's Sports |
|-------------------------|--------------|----------------|
| My coach | 72% | 66% |
| My athletics department | 54% | 50% |
| My school | 49% | 46% |
| My athletics conference | 45% | 44% |
| The NCAA | 41% | 44% |

Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



RESEARCH

Planning for the Future and Athletics Support

Division III

Educational Resources

(Division III)

| | Men's Sports | | | Women's Sports | | |
|-------------------------------------|---------------|---------------|----------------|----------------|---------------|----------------|
| | Need resource | Have resource | Not interested | Need resource | Have resource | Not interested |
| Tax literacy and education | 46% | 27% | 27% | 46% | 24% | 31% |
| Financial awareness/literacy | 40% | 36% | 24% | 42% | 34% | 24% |
| Career planning | 40% | 40% | 20% | 44% | 40% | 16% |
| Managing personal branding | 35% | 31% | 35% | 29% | 29% | 42% |
| Professional opportunities in sport | 35% | 31% | 35% | 27% | 28% | 45% |
| Leadership skills training | 34% | 43% | 23% | 38% | 43% | 19% |
| Navigating NIL opportunities | 34% | 31% | 35% | 30% | 30% | 39% |
| Managing time demands | 31% | 43% | 27% | 33% | 43% | 24% |
| Diversity, equity and inclusion | 12% | 41% | 47% | 24% | 46% | 31% |
| COVID-19 health and safety | 7% | 42% | 51% | 8% | 54% | 37% |

Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

What could athletics staff or coaches do to support you during this time? (Division III)

▶ Elevate and listen to student-athlete voices.

- ▶ “Take time to listen and gain perspectives from the student athletes themselves. We are tired, in pain, and mentally exhausted and I don’t feel as if we are getting the necessary breaks, recovery, or mental health support that we may need here. I love my coaching staff but I think more can be done” – Division III women’s ice hockey
- ▶ “Listen to what we have to say and actually take our perspectives into consideration when making decisions.” – Division III women’s swimming and diving
- ▶ “Asking more questions like the ones in this survey to give student-athletes the opportunity to speak about the topics.” – Division III softball
- ▶ “My coach could do a much better job listening and understanding the needs of the athletes. He could also do a better job listening to the other coaches and do a better job boosting the morale of the team instead of constantly criticizing us.” – Division III men’s swimming and diving

What could athletics staff or coaches do to support you during this time? (Division III)

▶ Equitable support and resources for all student-athletes and teams.

- ▶ “Continue to listen to the athletes. Make sure all the teams are being treated equally and given the same amount of exposure and respect they deserve.” – Division III women’s golf
- ▶ “...make sure the women’s sports are receiving the same attention as men’s especially when it is brought up by a women’s sports team to the AD. We want to see that something is actually happening when we have an issue, even if that is that they don’t agree, we need to hear it.” – Division III field hockey
- ▶ “Support the LGBTQ athletes more and represent them as equals.” – Division III men’s golf
- ▶ “My athletic director could pay more attention to women’s sports and racial minorities in our department.” – Division III softball

What could athletics staff or coaches do to support you during this time? (Division III)

▶ **Help student-athletes prepare for life after sport.**

- ▶ “Have one on one meetings regarding career plans.” – Division III baseball
- ▶ “Give us more resources in various topics about our future careers and what we can do right now to be better prepared for our futures.” –Division III field hockey
- ▶ “I really would love to see programming on careers in a college athletic department or provision of related internships to student-athletes.” –Division III men’s track and field

What could athletics staff or coaches do to support you during this time? (Division III)

▶ **Prioritize balance between academics, athletics and overall well-being.**

- ▶ “They can continue to check in on me about my mental health and my giant workload for school. They could also discuss how to deal with the massive amount of work that I get from my classes, too.” – Division III men’s soccer
- ▶ “By realizing we are battling a pandemic, working hard as students and just as hard at our sports. a pandemic is no excuse for bad grades but balancing everything at this time is a challenge.” – Division III softball
- ▶ “The coaching staff needs to recognize the immense pressure we are under. While the athletic department attempts to recognize school and athletic struggles, they often negate social, family, and mental anxieties that will affect our performance.” – Division III women’s tennis
- ▶ “Making sure we have the time and resources to balance academics and our sport.” – Division III women’s track and field
- ▶ “...We need to learn more about our name, image, and likeness opportunities and the opportunities we have as collegiate athletes. We also need help with balancing school, sports and finances. I am constantly feeling like I am drowning under the workload of school, money, and sports.” –Division III women’s ice hockey



What could athletics staff or coaches do to support you during this time? (Division III)

▶ Support student-athlete mental health.

- ▶ “Spend more time getting to know athletes outside of the sport, supporting their mental health, and working on improving team culture.” – Division III women’s swimming and diving
- ▶ “The coaching staff needs to recognize the immense pressure we are under. While the athletic department attempts to recognize school and athletic struggles they often negate social, family, and mental anxieties that will effect our performance. I think departments need to provide better support for mental health issues such as eating disorders, depression, and anxiety.” – Division III women’s tennis
- ▶ “My athletics department could support me better during this time by helping me find off-campus counseling. I know a lot of student athletes across the board need assistance in this way. As a part of SAAC, we are responsible for being the voice for the student athletes but sometimes it’s hard to have our voices heard...” – Division III women’s lacrosse
- ▶ “Listening to student athletes and our concerns, and being understanding of how this time in our lives between the pandemic and school in general has had an impact on everyone. School and the pandemic have been sources of stress, so just prioritizing mental health is very important. Making sure all athletes are aware and have available to them trusted mental resources is necessary.” – Division III men’s track and field





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