

# The Student-Athlete Experience

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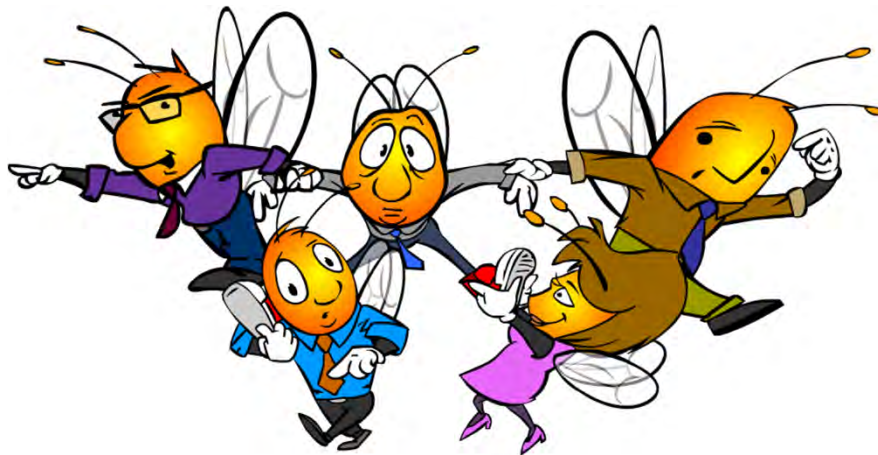
According to the 2016 NCAA GOALS Study of the Student-athlete Experience:

Current college student-athletes are reporting more time devoted to athletics pursuits than was reported in 2010.

Across sports and divisions, the typical college student-athlete is also reporting more time spent on academics.

The median self-reported weekly time spent socializing/relaxing was down 2.5 hours/week from 2010.

Student-athletes reported sleeping an average of 6 hours and 16 minutes on a typical in-season weeknight, down 13 minutes from 2010 study.



# Mental Health

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According to the 2016 NCAA GOALS Study of the Student-Athlete Experience:

College campuses have generally seen an increase in the number of students experiencing mental health issues such as anxiety and depression. The NCAA data highlights similar concerns among *student-athletes*, with about 30% self-reporting that they have been intractably overwhelmed during the past month.

# Supporting Student-Athletes

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