

## RESEARCH HIGHLIGHTS

- Using the Student Adaptation to College Questionnaire, Division II athletes and non-athletes were surveyed on academic, social, and personal-emotional adjustment. Athletes scored higher in adjustment scores than non-athletes. Minority student-athletes also scored very high on adjustment measures.
- We found high academic adjustment in minority student-athletes compared to lower academic adjustment in non-athletes as a whole.
- Social adjustment among female non-athletes was very high, while the majority student-athletes as a whole scored very low.
- Personal-emotional adjustment was high for male minority students, while female non-athletes in the majority scored low. Personal-emotional adjustment scored high for student-athlete males in the minority, as compared to the low score of majority non-athlete females. Attachment scores were low among all groups.

*Among Division II athletes and non-athletes surveyed, athletes scored higher in academic, social, and personal-emotional adjustment to college than non-athletes.*

## QUESTIONS FOR PRACTICE

1. How does our department and university support college athlete adjustment to college?
2. How do these adjustment patterns in athletes compare to non-athletes on my campus?



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Additional resource:

- [Examination of the Influence of Athletic Participation on College Adjustment](#)
- [Student Adaptation to College Questionnaire](#)

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