

**Social Norms Surveys Online**

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Alcohol Education Project  
Hobart and William Smith Colleges, Geneva, NY 14456  
<http://alcohol.hws.edu>

# Survey of Student-Athlete Norms

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# Survey of Student-Athlete Norms

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This is a survey about student-athlete attitudes and experiences in athletics and other extracurricular activities. It also covers a variety of other topics including academics, career interests, social life, daily activities, health and well-being issues. We want you to tell us about yourself and your perceptions of other students. This is an **anonymous survey** -- you will not be asked to submit your name nor your specific team sport. The goal is simply to get a general profile of athletes and their lives as students.

Questions that ask about your perceptions of other athletes are referring to athletes **at your school during the school term**. Please read each question carefully. There are no "right" or "wrong" answers-- just give your best estimate. This survey is **voluntary**. If you do not wish to respond to a question you may leave it blank and continue on.

### ATHLETIC ACTIVITIES

**1. In which years during college have you actively participated in any of the following (include the current year if your sport is currently in season or if you are actively training with your team at this time)?**

*(mark as many years as apply.)*

	1st	2nd	3rd	4th	5th
a. Intercollegiate Athletics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Intramural/recreational athletics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Student Athletic Advisory Committee (SAAC)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. Have you ever served as an intercollegiate team captain?**

*(select one)*

- yes, currently
- yes, but not this year

no

**3. Are you participating in an intercollegiate sport that is currently in season?**

yes

no

**4. In considering your college experience so far, how important to you is your participation in intercollegiate athletics?**

*(select one)*

Not very important

Somewhat important

Very important

The most important part of my undergraduate experience

**5. Thinking of your five best friends here at school, how many of them are also intercollegiate athletes?**

**0**

**1**

**2**

**3**

**4**

**5**

**6. In your sport (primary sport if you are involved in more than one team)...**

**a. Do all team members compete throughout an event or compete equal amounts of time? Alternatively, do some better players get to compete more often or for more time than others during competitions?**

*(select one)*

All team members play about the same amount of time (NOTE: If you choose this response, then skip 'b' below.)

Players get different amounts of competition time

**b. How much time do you get to play compared to other athletes on your team?**

*(select one)*

More than average

About average

Less than average

Our team has not competed yet since I joined -- no opportunity to judge

**7. Rate your current physical condition for your sport on a scale from 0 to 10.**

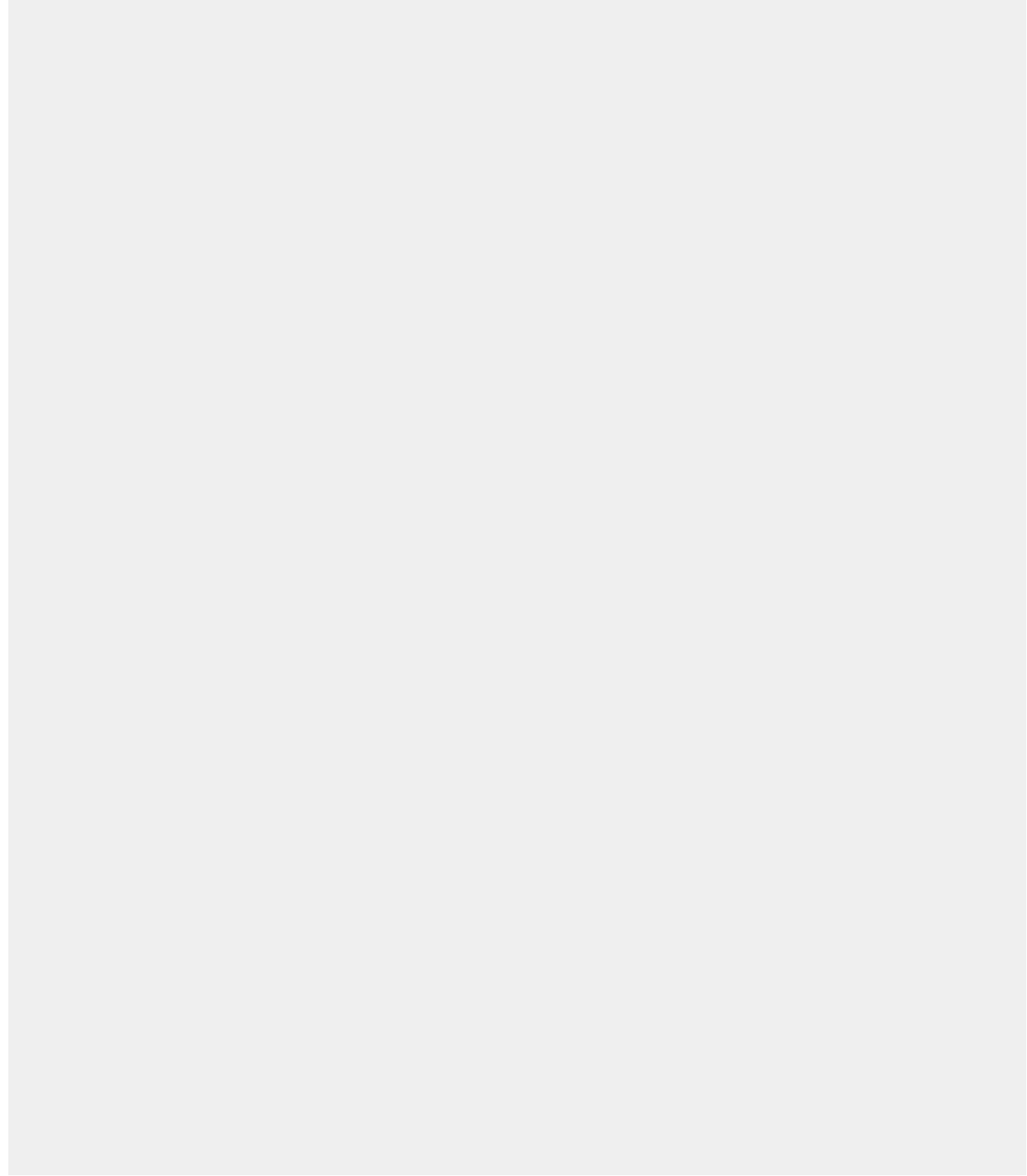
*(choose one)*

**I'm not  
at all in**

**I'm at  
my peak**

physical condition for my sport 0	1	2	3	4	5	6	7	8	9	physical condition for my sport 10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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### OTHER EXTRACURRICULAR ACTIVITIES

**8. During college so far have you actively participated in any of the following (include the current year if you have participated this term already)?**

	Never	Yes, during one year	Yes, during more than one year
a. Student government	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Religious group or organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Political club or organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Social Fraternity or Sorority	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Performing Arts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Student Newspaper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Literary or other magazine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Campus media (TV,radio)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Social action/issues group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Cultural/ethnic group or organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Volunteer service organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Work on faculty research	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Independent study/research	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Honor society	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Semester or year studying abroad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**9. TIME MANAGEMENT** -- During the current academic term how much time do you spend per week, on average, on the following?

*(For each category a through m, enter the number of hours per week you participate for each activity)*

#### **Academic Work**

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25+
a. Attending class or labs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Studying/preparing for class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Working with peers on classwork	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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### HEALTH AND WELL-BEING

10. How many hours do you sleep on average per night?

- |                       |                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 4 or<br>less          | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    | 11 or<br>more         |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

11. How many meals do you usually eat per day?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0                     | 1                     | 2                     | 3                     | 4 or<br>more          |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

12. What is your weight and height?

**Weight**

\_\_\_\_\_ pounds

**Height (enter feet and then inches)**

*feet*

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 3                     | 4                     | 5                     | 6                     | 7                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

*inches*

- |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0                     | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    | 11                    |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**13. Which statement below about using tobacco (including cigarettes, cigars, and chewing tobacco) do you feel best represents your own attitude?**

(select one)

- Tobacco use is never a good thing to do.
- Occasional tobacco use is ok, but not daily use.
- Daily tobacco use is ok if that's what the individual wants to do.

**14. Which statement below about using tobacco (including cigarettes, cigars, and chewing tobacco) do you think will be the most common attitude among athletes in general here at your school?**

(select one)

- Tobacco use is never a good thing to do.
- Occasional tobacco use is ok, but not daily use.
- Daily tobacco use is ok if that's what the individual wants to do.

**15. Which statement below about drinking alcoholic beverages do you feel best represents your own attitude?**

(select one)

- Drinking is never a good thing to do.
- Drinking is all right but a student should never get drunk.
- An occasional 'drunk' is OK as long as it doesn't interfere with academics or responsibilities.
- An occasional 'drunk' is OK even if it does interfere with academics or responsibilities.
- A frequent 'drunk' is OK if that's what the individual wants to do.

**16. Which statement below about drinking alcoholic beverages do you expect to be the most common attitude among athletes in general here at your school?**

(select one)

- Drinking is never a good thing to do.
- Drinking is all right but a student should never get drunk.
- An occasional 'drunk' is OK as long as it doesn't interfere with academics or responsibilities.
- An occasional 'drunk' is OK even if it does interfere with academics or responsibilities.
- A frequent 'drunk' is OK if that's what the individual wants to do.

**17. How often do you think students in each of the following categories at your school typically use tobacco (including cigarettes, cigars and chewing tobacco)?**

Just give your best estimate of what is most typical for each category (a through f).

	Never	1-2 per year	Once a month	Twice a month	Once a week	Twice a week	Daily
a. Yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Students on your team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

d. Male athletes at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Female athletes at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Non-athletes at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**18. How often do you think students in each of the following categories at your school typically consume alcohol (including beer, wine, wine coolers, liquor and mixed drinks)?**

*Just give your best estimate of what is most typical for each category (a through f).*

	Never	1-2 per year	Once a month	Twice a month	Once a week	Twice a week	Daily
a. Yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Students on your team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Male athletes at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Female athletes at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Non-athletes at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**19. How many alcoholic drinks, on average, do you think each of the following students typically consumes at parties and bars? (A drink is a bottle of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink.)**

*Just give your best estimate of what is most typical for each category (a through f). Indicate a number for each or check none.*

**a. Yourself**

None

or

# drinks

**b. Your friends**

None

or

# drinks

**c. Students on your team**

None

or

\_\_\_\_\_ # drinks

**d. Male athletes are your school**

None

or

\_\_\_\_\_ # drinks

**e. Female athletes at your school**

None

or

\_\_\_\_\_ # drinks

**f. Non-athletes at your school**

None

or

\_\_\_\_\_ # drinks

**20. In question 19a above you indicated that you typically consume \_\_\_\_\_ drinks at parties and bars. (If zero, skip to questions 21.)**

**How much time do you typically spend drinking that amount?**

\_\_\_\_\_ hours

**Think back over the past two weeks...**

**21. On how many days during these past two weeks did you have one or more drinks (that is, beer, wine, liquor, or mixed drink)?**

\_\_\_\_\_ days

OR

I did not drink at all in the last two weeks. If checked skip to question 23.

**22. As best as you can estimate, what was the total number of drinks you had during these two weeks?**

*(One drink is defined as a beer, a glass of wine, a shot of liquor, or a mixed drink.)*

\_\_\_\_\_ total drinks in two weeks

**23. Overall, what percentage of athletes at your school do you think use NO tobacco products at all?**

*Just give your best estimate (from 0 to 100%).*

\_\_\_\_\_ %

**24. Overall, what percentage of athletes at your school do you think consume NO alcoholic beverages at all?**

*Just give your best estimate (from 0 to 100%).*

\_\_\_\_\_ %

**25. How often, if ever, have you been drunk during this current academic term??**

*(select one)*

- Not during this term.
- Once this term.
- Two or three times this term or about once per month.
- About once per week.
- More than once per week.

**26. Overall, what percentage of student-athletes at your school do you think have been drunk at least once per week during the current term?**

*Just give your best estimate (from 0 to 100%).*

\_\_\_\_\_ %

**27. Overall, what percentage of student-athletes at your school do you think return home on week day and weekend nights with little or no alcohol impairment? (Little or no impairment, for example, is commonly found at blood alcohol concentrations (BAC) of .05% or lower.)**

*Again, just give your best estimate (from 0 to 100%).*

**a. little/no impairment on weekday nights**

\_\_\_\_\_ %

**b. little/no impairment on weekend nights**

\_\_\_\_\_ %

**28. Have you consumed alcohol during this academic year?**

(select one)

- yes (continue with question 29)
- no (skip down to next page)

**29. During this academic year which, if any, of the following has occurred as a consequence of your drinking?**

	No, not during this academic year	Yes, occurred once due to drinking during this academic year	Yes, occurred more than once due to drinking during this academic year
a. Physical injury to yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Physical injury to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Fighting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Damage to property	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Cutting class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Inefficiency in homework, classroom, or lab work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Late papers, missed exams, failure to study for exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Damaged friendships or relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. After drinking could not remember events or actions that occurred while drinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Impaired driving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Rode with an impaired driver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Attempted intimate physical/sexual contact not desired by the other person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Were sexually active when otherwise might not have chosen to be	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Engaged in intercourse unprotected (from pregnancy or disease) when you otherwise might not have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Missed or performed poorly in an athletic event	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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### ACADEMICS AND CAREER INTERESTS:

**30. What is your approximate cumulative grade point average in college based on a 4.0 scale?**

Check here for no grades if this is your first term in college.

*(using a 4pt scale where A=4.0, B=3.0, C=2.0, D=1.0, and F=0.0)*

<b>A/A+</b>	<b>A-</b>	<b>B+</b>	<b>B</b>	<b>B-</b>	<b>C+</b>	<b>C</b>	<b>C-</b>	<b>D+</b>	<b>D</b>	<b>D-</b>	<b>F</b>
<b>4.0</b>	<b>3.7</b>	<b>3.3</b>	<b>3.0</b>	<b>2.7</b>	<b>2.3</b>	<b>2.0</b>	<b>1.7</b>	<b>1.3</b>	<b>1.0</b>	<b>0.7</b>	<b>0.0</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**31. Mark the area of your undergraduate major or primary concentration.**

*(select all that apply)*

- a. Arts and Humanities
- b. Business
- c. Education
- d. Engineering
- e. Natural Sciences
- f. Social Sciences
- g. Allied Health (e.g. nursing, pharmacy, physical therapy)
- h. Interdisciplinary
- i. Other field
- j. Undecided

**32. Do you plan to pursue any of the following graduate or professional degrees after you graduate?**

*(select one)*

- Master's Degree in Arts and Sciences (M.A. or M.S.)

- Master's of Business Administration (M.B.A.)  
 Other Professional Master's Degree (M.S.W., M.S.E., M.S.N., M.A.T.)  
 Law Degree (J.D. or L.L.B.)  
 Medical Degree (M.D., D.O., D.D.S., D.V.M.)  
 Ph.D.  
 Other doctoral degree (Ed.D., Sci.D., D.B.A.)  
 Other degree or certificate  
 No, I am not currently planning to pursue graduate education

**33. When thinking about a career, how important to you is each of the following considerations?**

*(mark one answer on each line)*

	Not important	Somewhat important	Very important	Essential
a. Intellectual challenge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Work for social change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. High income potential	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Stable, secure future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Creativity and initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Expression of personal values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Interesting daily work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Leadership potential	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**BACKGROUND INFORMATION**

*(This information will help assure that a broad diversity of athletes have participated in the survey.)*

**34. Gender**

- male  
 female

**35. What is your age?**

- Less than 21  
 21 - 24  
 greater than 24

**36. What is your class rank?**

- 1st year  
 Sophomore

Junior Senior**37. In which type of residence do you currently live?***(select one)* Residence hall floor College-owned house, Co-op, or college owned apartment Fraternity Sorority Off campus private housing

