Concussion Tips & Tricks for the Classroom

Use of sunglasses, ball caps in class to reduce distracting stimulus.

Minimize note taking in class (to minimize up and down movement of eyes).

Have classmate walk with person or carry books to class.

Allow the student extra time to get from class to class.

Minimize the "cognitive load"—allow for use of alternative formats for work.

Increased time to respond to classwork.

Increased breaks during the class

Give the student breaks during the class time if needed.

Give written directions to student.

Delay any tests until symptoms have resolved.

Give additional time to complete tasks.

Minimal homework assignments, if any.

Cannot follow class work, inability to complete class work.

Trouble Paying Attention/Organizing work

Dizziness

Cognitive Slowing

Sensitivity to Light/Noise

Headache

Fatigue

Inability to maintain attention.

Falling Asleep in class, or trouble concentrating

Increase in other symptoms such as headache, irritability; inability to maintain attention in class.

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Give additional time to complete tasks.

Minimal homework assignments, if any.

Trouble walking from class to class, dropping books, tripping.

Slower to answer questions, word finding problems, more easily confused.

Minimize the "cognitive load"—allow for use of alternative formats for work.

Increased time to respond to classwork.

Increased breaks during the class

Give breaks for student.

If possible allow student to take break in low stimulus environment (eg., room with lights out, low noise levels).

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