Concussion Tips & Tricks for the Classroom

- 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.
- 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

- Trouble Paying Attention/Organizing work
- Dizziness
- Sensitivity to Light/Noise
- Cognitive Slowing
- Headache
- Fatigue
- Trouble walking from class to class, dropping books, tripping.
- Trouble walking from class to class, tripping.
- Increase in other symptoms such as headache, irritability; inability to maintain attention in class.
- Use of sunglasses, ball caps in class to reduce distracting stimulus.

- Cannot follow class work, inability to complete class work.
- Slower to answer questions, word finding problems, more easily confused.
- Inability to maintain attention.
- Falling Asleep in class, or trouble concentrating
- Reduce time in school or in 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.
- Allow breaks for student.
- If possible allow student to take break in low stimulus environment (e.g., room with lights out, low noise levels).

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