



Recommended Academic Accommodations Post-Concussion

A concussion is a mild traumatic brain injury that alters the way your brain functions. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. School Nurse will monitor progress with the student and faculty.

Testing: extra time to complete tests, testing in quiet environment, allow testing across multiple sessions, reduce length of tests, eliminate tests when possible and reformat from free response to multiple choice, or provide cueing (e.g., use of a notecard for helpful formulas).

- **Reason:** Students with concussions have an increased memory and attention problems. They will not be able to learn as effectively or quickly as before. Furthermore, highly demanding activities like testing can significantly raise symptoms (e.g. headache, fatigue) which can in turn make testing more difficult.

Note Taking: Allow student to obtain class notes or outlines ahead of time to aid organization and reduce multi-taking demands. If this is not possible, allow the student photocopied notes from another student.

- **Reason:** Note taking may be difficult due to impaired multi-tasking abilities and increased symptoms.

Workload Reduction: reduce overall amount of makeup work, class work, and homework (it is typically recommended to decrease load by 50-75%, though may vary by class) and shorten tests and projects.

- **Reason:** It takes a concussed student much longer to complete assignments due to increased memory problems and decreased speed of learning. Recovery can be delayed when a student “pushes through” symptoms.

Therefore, it is recommended that “thinking” or cognitive load be reduced just as physical exertion is reduced. Examples of how to shorten work might be to reduce the length of essays, have the student do every other problem in a homework assignment, or highlight key concept areas for testing while eliminating testing on less important topics.

Breaks: Take breaks as needed to control symptom levels. For example, if headache worsens during class, the student should put his/her head on the desk to rest. For worse symptoms, he/she may need to go to the nurse’s office to rest prior to returning to class.

Extra Time: Allow student to turn in assignments late. Students may experience severe symptoms some days/nights and not others. With increased symptoms, students are advised to rest, and therefore may need to turn assignments in late on occasion.

Attendance Restrictions:

May need extended home time
Return part-time as tolerated
Return full- time when improved, as tolerated
Follow-up with physician as recommended