

ACCOMMODATIONS SUGGESTIONS

As a professional educator, there is much you can do to help your students recover from concussions and help their brains to heal. Symptoms of concussion may impede information processing speed and the ability to handle a full load of work. You can provide accommodations for these **temporary learning disabilities**.

<p>The mental effort to prepare for and then take tests may worsen symptoms.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Postpone or stagger tests. Avoid doubling up on tests. Provide shortened tests or extend time to take tests. <input type="checkbox"/> Modify assignments and homework. Limit the number of problems, questions or pages to read. Emotional pressure can increase symptoms. <input type="checkbox"/> Concussed students will often exhibit temporary learning difficulties similar to those associated with ADHD (see below). <input type="checkbox"/> Modify assignments—Select the most important concepts. Deliver instructions in smaller “chunks.” <input type="checkbox"/> Excuse from (or un-weight) specific tests and assignments. Remove or adjust large projects during the first critical three weeks. <input type="checkbox"/> Allow more time to complete tests.
<p>Some students with symptoms of concussion exhibit the same characteristics as seen in ADHD.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use a reader or recorded books for assignments and testing. A buddy might be used to read assignments aloud. <input type="checkbox"/> Provide written instructions for homework. <input type="checkbox"/> Provide pre-printed class notes or allow other students to share their notes. <input type="checkbox"/> Allow the use of a tape recorder. <input type="checkbox"/> Use a smaller, quieter exam room or use a quiet part of the classroom. <input type="checkbox"/> Move the student to a seat in front of the class. Seat away from windows, doors other distracters. <input type="checkbox"/> Allow for a temporary tutor to assist in organizing and planning work. Allow another student to help access school resources.
<p>Physical exertion may increase symptoms.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Excuse from sports, PE, weight-lifting, cheer, band. <input type="checkbox"/> Reduce backpack weight by keeping textbooks in the classroom.
<p>Students report that one of the scariest things they experience after concussion is changes in mood.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Allow time to visit the school counselor, nurse or psychologist. <input type="checkbox"/> Assign a buddy to help talk to the student, listen and calm the student when upset. <input type="checkbox"/> Make arrangements to provide the student with a quiet supervised place to go to regain composure. <input type="checkbox"/> Let students know that this is one of the symptoms of concussion.
<p>Some students are sensitive to light and/or noise after a concussion.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Permit sunglasses or caps with visors indoors. <input type="checkbox"/> Permit ear protectors (not music). <input type="checkbox"/> Provide a quiet alternative place to eat. Cafeterias are loud and bright. <input type="checkbox"/> Allow extra hall passing time or allow student to leave early to the next class to avoid hallway chaos. <input type="checkbox"/> Turn down lights in one area of the classroom.