

# Tips for Teachers

## *How do I help with trouble thinking, remembering or concentrating?*

Reduce in-class assignments and homework to include key tasks only. This can help with the student's ability to complete assignments.



Give extra time on assignments in class and out of class. This can help the student get caught up on missing work.

Provide class notes or allow the student to record the lecture. This can help with the student's memory.

## *How do I help with headaches, feeling tired, and dizziness?*

While students may not always look symptomatic, provide scheduled rest breaks throughout the day. This will help manage symptom intensity and contribute to recovery.

Do not substitute concentration activities for physical activities. Example, do not assign reading instead of PE class.

Students are expected to have symptoms at school. Follow the accommodations from your student's healthcare provider.

## *How do I help with increased or changed emotions?*

Sometimes a student may feel emotional and not know why. Help identify an adult the student feels comfortable talking with if they start to feel overwhelmed. This could be a teacher, counselor, coach, or administrator.

If a student feels overwhelmed, allow them to take a break. Help them find a quiet place to relax.

Students need rest but keeping them from extracurricular activities can lead them to feel isolated. Some students could benefit from being involved in certain activities if their healthcare provider approves.



## *What types of formal support are available?*

Most students only need short-term accommodations and academic support while they are recovering from a concussion.

For student experiencing a longer or more difficult recovery, there are a variety of formal support services available.

Possible formal support services may include: 504 plans, individualized education plans (IEP), Response to Intervention (RTI)

Check with your school administrator or district coordinator to see what services are available in your area.