



CLASSROOM RECOMMENDATIONS For Students with Concussions

Each day we are learning more and more about how our brains grow, and adapt to stimulus. When it comes to athletics and the active population, we are also learning more on how our brains function while it recovers from trauma such as a concussion. Outlined below are the following recommendations for classroom accommodations for those who have suffered a concussion and are recovering.

Remember; each child and each concussion are different, so no one set of rules or regulations will work for every child. Please consider these accommodations to help allow each student the most robust environment for learning.

- **Move away from windows**
- **Dim lights or draw shades**
- **Remove from loud environments**
- **Reduce classroom noise**
- **Avoid headphones and music**
- **Give breaks between tasks**
- **Allow for front row seating**
- **Allow student to do work or perform tests in a quiet room**
- **Provide class notes**
- **Provide memory aids**
- **Use alternative testing methods**
- **Use agenda or planner for scheduling due dates**
- **Check comprehension of instructions**
- **Check comprehension of test materials**
- **Use “to-do” lists and checklists**

