

# Concussion Tips & Tricks for the Classroom

Toll-Free  
**1-800-444-6443**

National Brain Injury  
Information Center

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.



Cannot follow class work, inability to complete class work.



Trouble walking from class to class, dropping books, tripping.

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.

Trouble Paying Attention/  
Organizing work

Dizziness

Cognitive Slowing

Sensitivity to Light/  
Noise



Slower to answer questions, word finding problems, more easily confused.

Increase in other symptoms such as headache, irritability; inability to maintain attention in class.



Minimize the “cognitive load”—allow for use of alternative formats for work.

Increased time to respond to classwork.

Increased breaks during the class



Headache

Fatigue

Inability to maintain attention.

Falling Asleep in class, or trouble concentrating

Use of sunglasses, ball caps in class to reduce distracting stimulus.

Allow breaks for student.

If possible allow student to take break in low stimulus environment (eg., room with lights out, low noise levels).



Reduce time in school or in class.



**BRAIN INJURY  
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