

Adlai E. Stevenson High School

Concussion Academic Accommodations Form



Patient Name: _____ Date of Evaluation: _____

The student named above has suffered a concussion and is currently under the care of the Adlai E. Stevenson Concussion Oversight Team. The student is not permitted to participate in any sport activity until formally cleared by the SHS certified Athletic Trainers and/or appropriate medical professional. The student may also need modifications in the classroom during the recovery process.

The following academic modifications may help in reducing the cognitive (thinking) load, thereby minimizing post-concussion symptoms and allowing the student to better participate in the academic process during the injury period. Needed modifications may vary by course. The student and parent are encouraged to discuss and establish modifications with the school on a class-by-class basis.

Current Recommendations:

PE/Dance

- No PE/Dance
- Full participation
- May do Modified PE/Dance (Symptom Limited Light Activity, i.e., Bike or Walking)
- May perform warm-ups/stretching
- May run/perform cardio activities

Testing

- Extra time to complete tests
- Allow testing across multiple sessions
- Eliminate tests when possible
- Re-format from free response to multiple choice, or provide cueing (e.g., use of a note card for helpful formulas)
- Testing in a quiet environment;
- Reduce length of tests;
- Postpone test for symptoms to reduce

**Students with concussion have increased memory and attention problems. They may 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-tasking demands

**Note taking may be difficult due to impaired multitasking abilities and increased symptoms.*

Workload

- Reduce overall amount of make-up work, class work, and homework (we typically recommend 50-75%, this may vary by class)
- Shorten tests and projects (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)

** It may take a concussed student longer to complete assignments due to increased memory problems and decreased speed of learning. Students should work on homework as tolerated. Therefore, it is recommended that "thinking" or cognitive load be reduced, just as physical exertion is reduced.*

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.*

Leave Early

- Allow the student to leave class early to avoid a loud and busy hallway between classes

Cafeteria:

- Please allow the student to eat in a quiet or separate area from regular lunch areas

Attendance:

- Full days as tolerated
- Half-days as tolerated
- No school until **(date required)** _____ then attempt half / full days as tolerated

Prescribed Over-the-Counter Medications:

- Naproxen Sodium/Aleve Dosage: _____ Frequency _____ hours as needed
- Acetaminophen/ Tylenol Dosage: _____ Frequency _____ hours as needed
- Ibuprofen/Advil/Motrin Dosage: _____ Frequency _____ hours as needed
- Other Over-The-Counter medication: _____ Dosage: _____ Frequency: _____ hours as needed

Follow-up evaluation and revision of recommendations will occur on _____ (DATE REQUIRED)

Provider Signature: _____ Parent Signature: _____