Concussions in the Classroom

Return to Learn Overview

- ☐ Concussions are individualized injuries and can manifest with a wide variety of symptoms that affect classroom learning and schoolwork.
    - Trouble focusing and concentrating
    - Difficulty memorizing, learning, and processing information
    - Struggles lead to anxiety/nervousness/irritability
- ☐ Some physicians send in notes that provide detailed accommodation instructions, others do not.

"Return to School Framework"

- Individualized care and accommodations (not student will need to complete/progress through every phase) based on severity of signs/symptoms
- The purpose of each phase is to identify what the student can do without worsening symptoms (as increasing symptoms may delay recovery) and avoiding "triggers"

Phase 1: No School
Concussive symptoms may be moderate to severe. Students should not be in school, be required to do homework, and should avoid symptom triggers.

Phase 2: Half-day attendance with accommodations
Balance rest with a gradual re-introduction back to school. Attendance focus should be on core subjects, workload should be prioritized with reduced or no homework. Symptom specific accommodations should be made.

Phase 3: Full day attendance with accommodations
Gradually increase mental demands and re-introduction back to school. Continue to avoid symptom triggers and accommodate accordingly. Prioritize workload both in the classroom and at home. Gradually increase homework. Re-evaluate and adjust accommodations as symptoms wane and/or resolve.

Phase 4: Full day attendance without accommodations
Focus on missed work and resumption of normal academic activity. Construct a plan to finish missing work while keeping stress low.

Phase 5: Full school and extracurricular involvement
Students at this phase should be asymptomatic without medication.