



SCHOOL SUCCESS STRATEGIES AFTER CONCUSSION

Sometimes the symptoms of concussion can make it hard to be a student.

If you are tired, have headaches, or have trouble concentrating, you will likely have difficulty with schoolwork. You and your teachers can use some simple strategies to help you as you recover.



Be sure to share these strategies with your school team!

- With help from your parents and school team, identify a point person at school to help you communicate with your teachers about your symptoms and the strategies that will help you manage schoolwork.
 - This might be a school nurse, counselor, teacher, or any adult you feel comfortable with at school.
 - If you aren't sure who to ask, start with your school counselor.
- Meet with your point person.
 - Tell them about your concussion and explain how you are feeling and any symptoms you might be having.
 - Share any written documentation you have from your healthcare provider.
 - Create a list of school strategies/accommodations.
 - Discuss ideas that could help you in school, things like longer time on tests, fewer math problems, rest breaks, or flexible deadlines.
 - Share any helpful tips that work for you at home, for example taking rest breaks, low light, quiet space to work.
- Talk with your point person about communicating with your teachers and sharing your list of strategies.



ONTRACK – TIP SHEET

- Meet with your point person on a regular basis to let them know how you are doing.
- As needed, discuss having the point person communicate with your teachers to adjust/drop/add strategies, depending on how you are doing with your schoolwork.

Learn more about concussion and school success strategies:

- [Returning to School After a Concussion – CDC](#)
- [Returning to School](#)
- [What Teachers Should Know about Concussion](#)
- [Common School Supports](#)

