

# CONCUSSIONS

## Tips for Teachers



### How to help with difficulty with thinking, remembering, or concentration.



- Reduce class assignments and homework to key tasks only. This can help with their concentration and ability to get assignments completed.
- Provide extra time on assignments in class and out of class. This can allow the students to get caught up on missing work.
- Provide class notes, or allow students to use a computer or record the lecture. This can help with their memory and can make sure they have correct information.

### How to help with headaches, feeling tired, no energy and dizziness.

- Provide rest breaks and allow time for the student to visit the nurse or athletic trainer to help manage symptoms.
- If bothered by noise or light, provide the student with a quiet place to study and allow them to wear sunglasses or move seats away from the window.
- Do not substitute concentration activities for physical activities. For example do not assign reading instead of PE.



### How to help with emotional symptoms.

- Sometimes students can feel emotional without knowing why. Identify an adult they feel comfortable talking to if they feel overwhelmed.
- If a student is feeling overwhelmed, allow them to go to a quiet place. Discuss with them how to get to this quiet location.
- While students need rest, keeping them from extracurricular activities may lead them to feel isolated. Students may benefit by being involved in certain activities as long as approved by the healthcare provider.



### Types of Formal Support

- For most students, they may only need some short term accommodations and support as they recover from a concussion accommodations.
- There are a variety of formal support services that are available for students who may be experiencing a longer or more difficult recovery.
- Formal support services may include:
  - Response to Intervention Protocol (RTI)
  - 504 Plans
  - Individualized Education Plan
- Check with your school or district to see what services are available.

**Wake Forest Baptist Health Orthopaedics & Sports Medicine**  
**Concussion Clinic 336-716-WAKE (9253)**

If you have questions about concussions or concussion care, please contact your school's Athletic Trainer.

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