

Changes You Can Make Based on Type of Concussion Symptoms

Thinking/ Remembering

(Having difficulty thinking clearly or concentrating, feeling slowed down)

- Reduce class assignments and homework to key tasks only and base grades on adjusted work
- Provide extra time to work on class assignments.
- Provide written instructions and help for homework and class work
- Allow extra time to take tests, limit tests to one per day, and provide study guides
- Allow your students to show they know a concept orally instead of writing
- Provide class notes and/or allow students to use a computer or tape recorder to record classroom information

Fatigue/ Sleep and Physical

(Such as feeling tired, having headaches, dizziness or no energy)

- Allow time to visit the school nurse for treatment of headaches or other symptoms
- Provide rest breaks
- Give your students extra time to go from class to class, to avoid crowds
- If bothered by light, allow your students to wear sunglasses or sit in a place with less light. (e.g. away from windows)
- If bothered by noise, provide a quiet place for your students to study, take a test, or spend lunch/recess
- Do not substitute concentration activities for physical activity (e.g. Do not assign reading instead of PE)

Emotional

(Such as feeling sad, irritable, or anxious)

- Develop an emotional support plan for our students
- Locate a quiet place for your students to go if they are feeling overwhelmed.
- Provide information on how they can safely get to the quiet location.
- Students may benefit from continued involvement in certain extracurricular activities during their recovery. Make sure they are approved by healthcare provider and parents.



Concussion Clinic now open!
Mercy Clinic Sports Medicine -
Stone's Corner
6151 N. Main St. Rd. | Webb City
Russell Kennedy, DO
417-781-0408
mercy.net/joplinsportsmed

Clinic Open Hours
Mon – Fri / 7am – 7pm
Weekends / 10am – 6pm
Walk-ins welcome!