

Guidelines for Post-Concussion Academic Accommodations

Stage	Goals/Key Ideas	Expected Duration	Teacher Actions	Parent/Student Actions
1	Complete rest	2-6 days	<ul style="list-style-type: none"> • Contacted by school nurse • Explanation of injury and current plan of care 	<ul style="list-style-type: none"> • Out of school • Strict limits for use of computer, cell phone, texting, video games • No sports/physical activity (including gym class)
2	Significant deficits in processing and concentration. Cognitive activity as tolerated.	2-14 days	<p>Develop lists of three categories for all assignments:</p> <ol style="list-style-type: none"> 1. Excused: Not to be made up 2. Accountable: Responsible for content, not process. May be notes or work shared by a classmate, or may be covered in a review sheet. 3. Responsible: Must be completed by student and will be graded. 4. Monitor student in class; offer frequent breaks when student struggling/with difficulty focusing. Notify school nurse with concerns. 	<ul style="list-style-type: none"> • In school as tolerated • When present at school, observing not participating. Get copies of notes, handouts, etc. • Communicate with teachers about progress/challenges. • Be patient with slow recovery, just do your best. • No sports/physical activity (including gym class)
3	Gradual increase of time and energy, slowly resuming full workload	Variable duration. Hopefully 3-7 days, possibly more.	<ul style="list-style-type: none"> • Prioritize assignments with student, both make-up and new work. • Continue to use lists with the three categories for assignments until all work is completed, and assist with setting a timeline for completion of assignments. 	<ul style="list-style-type: none"> • Communicate with teachers on your progress with assignments. Communicate with teachers on the pace of resuming a full workload and completing make-up work. • No sports/physical activity (including gym class)
4	Complete resumption of normal activities		<ul style="list-style-type: none"> • Monitor completion of assignments. • Communicate with parents and staff as to when student is caught up with assignments and working at the same pace as their classmates. • Communicate with Guidance Office as grades are updated. 	<ul style="list-style-type: none"> • Resume all normal activities. • Progress with athletic trainer supervision (for LHS and LJHS student athletes) or primary care provider—resumption of participation in sports/physical activity with <u>medical clearance</u>.