SYMPTOMS

MENTAL FATIGUE / HEADACHE
- TROUBLE FALLING ASLEEP
  - Fatigue caused by trouble falling asleep at home, will be noticeable at school. Help the student by allowing breaks or modify student's morning schedule.

MENTAL FOCUS
- SIMPLIFY DIRECTORS INSTRUCTION TO THE LEAST AWAY FROM THE STUDENT'S WORK OR TOOLS.
- ALLOW THE USE OF TAPE RECORDERS FOR LESSONS. STUDENTS WILL BE ABLE TO LISTEN TO OLD LESSONS TO REFRESH THEIR MINDS AND FURTHER LEARN MATERIAL.
- ALLOW BREAKS FOR THE STUDENT TO VISIT THE SCHOOL NURSE TO REPORT ISSUES AND TRIGGERS THAT MAY EXACERBATE CONCUSSION SYMPTOMS.

COGNITIVE
- INSTRUCTIONAL STRATEGIES
  - BREAK THE INSTRUMENT'S BREAKS INTO WISE INTERVALS RATHER THAN AS NEEDED.
  - SUPPLEMENTAL ASSIGNMENTS ARE REASONABLE FOR STUDENTS TO COMPLETE WITHOUT EXACERBATION OF SYMPTOMS AND TRIGGERS. THIS APPEARS TO HELP THE STUDENT WORK AS WELL AS HOMEASSIGNMENTS.
  - TELEPHONE THE STUDENTS TO THE TEACHER WITHIN 24 HOURS PRIOR TO PREDICTING THE WRITTEN WORK OR NOTES.
  - RECORD THE USE OF TAPE RECORDERS FOR LESSONS. STUDENTS WILL BE ABLE TO LISTEN TO OLD LESSONS TO REFRESH THEIR MINDS AND FURTHER LEARN MATERIAL.
  - ALLOW THE STUDENT TO WEAR SLEEVES AND OR A HAT TO REDUCE THE EXPOSURE TO BRIGHT LIGHTING.
  - ENCOURAGE THE USE OF EARPLUGS TO LESSEN HEARING ISSUES.
  - ALLOW THE STUDENT TO WEAR GLASSES OR HATS INDOORS.
  - DIM LIGHTS IN THE CLASSROOM OR DRAW SHADES DOWN FOR LESS EXPOSURE TO BRIGHT LIGHTING.
  - PLACE THE STUDENT AWAY FROM WINDOWS.

EMOTIONAL
- INSTRUCTIONAL STRATEGIES
  - ACKNOWLEDGE AND EMPHATIZE WITH THE STUDENT'S SENSE OF FRUSTRATION, ANGER OR EMOTIONAL OUTBURST. "I KNOW IT MUST BE HARD DEALING WITH SOME THINGS RIGHT NOW."
  - PROVIDE STRUCTURE AND CONSISTENCY; MAKE SURE THE TEACHERS ARE USING THE SAME STRATEGIES TO PREVENT A FEELING OF INEQUALITY.
  - ENGAGE THE STUDENT IN ANY DECISIONS REGARDING SCHEDULE CHANGES OR TASK PRIORITY SETTING. IF THE STUDENT FEELS IN CONTROL, THEN HE/ SHE WILL SETTLE EMOTIONALLY.

ATTENTION AND CONCENTRATION
- INSTRUCTIONAL STRATEGIES
  - FOCUS ON UNDERSTANDING THE MATERIAL RATHER THAN REITERATION OF THE FACTS.
  - ALLOW THE STUDENT TO COMPLETE ASSIGNMENTS IN A DESIGNATED ROOM OR AREA OUTSIDE OF OTHER CLASSROOMS.
  - ALLOW THE STUDENT TO VISIT THE SCHOOL NURSE TO REPORT ISSUES AND TRIGGERS THAT MAY EXACERBATE CONCUSSION SYMPTOMS.

MEMORY ISSUES
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.
  - ALLOW THE STUDENT TO USE THE ELEVATOR IF ONE IS AVAILABLE.

PHYSICAL
- INSTRUCTIONAL STRATEGIES
  - ALLOW THE STUDENT TO WEAR SLEEVES AND OR A HAT INDOORS.
  - DIM LIGHTS IN THE CLASSROOM OR DRAW SHADES DOWN FOR LESS EXPOSURE TO BRIGHT LIGHTING.
  - ALLOW THE STUDENT TO WEAR GLASSES OR A HAT INDOORS.
  - EASE THE STUDENT INTO THE SCHEDULE IN THE MORNING OR AFTERNOON AS SOON AS POSSIBLE.

DIZZY / BALANCE ISSUES
- INSTRUCTIONAL STRATEGIES
  - ENCOURAGE THE STUDENT TO WEAR SLEEVES AND OR A HAT INDOORS.

NOISE SENSITIVITY
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

LIGHT SENSITIVITY
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

NECK PAIN
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

EASILY DISTRACTED
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

DIFFICULTY WITH NEW LEARNING MATERIALS
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

DIFFICULTY PAYING ATTENTION AND CONCENTRATION
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

FEELING MENTALLY FOGGY
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

SLOW PROCESSING SPEED
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

CONFUSION
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

SLEEP
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

PREVENTION
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.

TROUBLE FALLING ASLEEP
- INSTRUCTIONAL STRATEGIES
  - PROVIDE A WARNING BEFORE HAND IN THE EVENT OF TORNADO AND FIRE DRILLS.