



Fading Academic Adjustments

Week 1

Maximize academic adjustments

Remove non-essential work

Reduce semi-essential work

“Pacing” – Give FREQUENT eye/brain /water breaks - 5 to 10 minute breaks in the classroom after focusing for 20 to 30 minutes on reading or computer

“Strategic Rest Breaks “ – Allow a mid-morning and a mid-afternoon break (20 minutes each) in clinic at pre-determined times to keep symptoms at bay

Keep symptoms low and tolerable

Focus on just keeping the student feeling well enough to be in class - listening & learning. Focus less on work output at this point.

Week 2

Begin to “dip toe” in water; slowly try more work

Continue to remove majority of non-essential work

Continue to reduce majority of semi-essential work – Do not let make-up work pile up

Consider extending timeframes for essential work

Continue to allow eye/brain breaks in class, but begin to space those out when/if not needed

Wean back “strategic rest break” visits to clinic

Keep symptoms improving

Continue to prioritize comprehension and learning over work output

Continue to prioritize current work over make-up work

Weeks 3 and 4

Continue to adjust academic expectations

Continue to remove and reduce some work but continue to add in more work as healing and time progress

Continue to fade rest breaks

Continue to focus on comprehension

Continue to focus on current work rather than make-up work

It is not possible to keep up with current work and also make-up missed work – prioritize what make-up work is most important and make sure it is a reasonable amount

Continue to assure that symptoms are resolving

Seventy percent of concussions will resolve in 4 weeks with just good management.

Once a student with a concussion comes to your attention, **FRONTLOAD** your academic adjustments (view Symptom Wheel) during week 1 and week 2.

Be as generous as you can be in the beginning of a concussion.

As week 1 progresses to week 4, the concussion should slowly resolve.

Fade your academic supports away slowly over 1 to 4 weeks.

If the student does not show steady resolution of symptoms and/or if the student is not able to tolerate more academic expectations by week 4, talk to your Concussion Management Team Point Person, or school nurse/counselor/administrator.

