

School support for students who have been diagnosed with a concussion or Traumatic Brain Injury (TBI).

While 80-90% of concussions resolve within 2-3 weeks, some may take longer. Sometimes when students return to the demands of school, symptoms get worse.

If a student has experienced a head injury (e.g. from sports, a fall or car accident) and they are struggling in school, they may need extra support.

Here are some signs of a concussion or Traumatic Brain Injury:



Headaches
Dizziness
Nausea
Sensitivity to light
Fatigue



A student with TBI might look perfectly normal, but they may:

Have difficulty concentrating, planning or organizing

Struggle to complete assignments

Struggle with vision or hearing

Seem depressed or agitated

Appear to be lazy

Exhibit challenging behaviors



Steps to take:

1. See your medical provider and ask them to fill out a school accommodations form
2. Alert your school and share your story (often school counselors or nurses are a good place to start)
3. Work with your school to create an educational plan if needed

For more information visit:

The High Desert Education Service District
(HDES D)

hdesd.org/services/traumatic-brain-injury

The Center for Brain Injury Research & Training
(CBIRT)

cbirt.org