



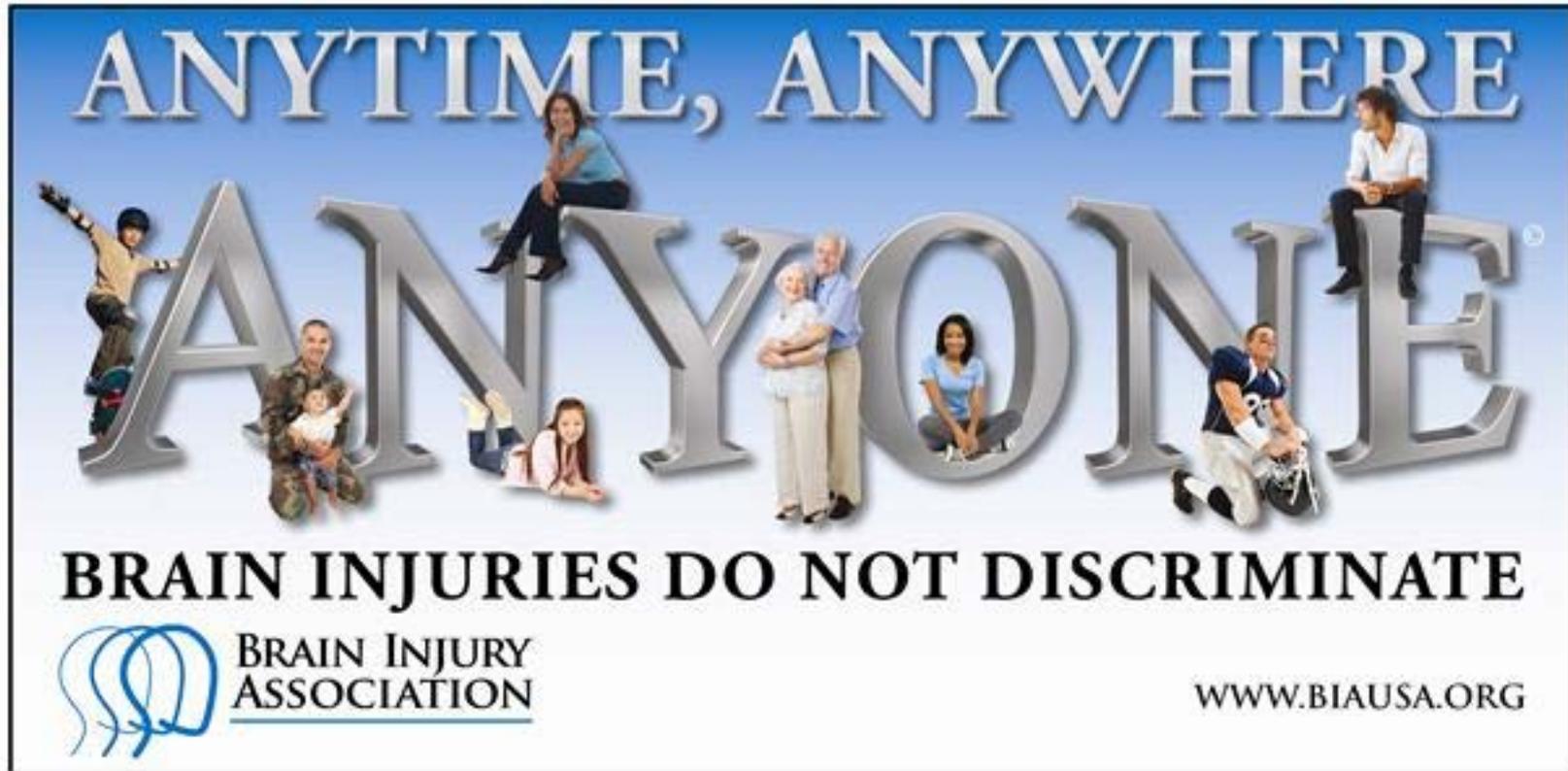
# Supporting College Students with Concussions (and Brain Injury)

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# March is Brain Injury Awareness Month



ANYTIME, ANYWHERE

ANYONE

BRAIN INJURIES DO NOT DISCRIMINATE

 BRAIN INJURY  
ASSOCIATION

WWW.BIAUSA.ORG

The graphic features the words 'ANYTIME, ANYWHERE' at the top in a light blue, serif font. Below this, the word 'ANYONE' is written in large, 3D, silver letters. Various people of different ages and ethnicities are interacting with these letters: a child on a skateboard on the 'A', a woman sitting on the 'N', a man and woman embracing on the 'Y', a woman sitting on the 'O', and a man on a wheelchair on the 'E'. At the bottom left is the Brain Injury Association logo, which consists of three blue, overlapping loops. To the right of the logo is the text 'BRAIN INJURY ASSOCIATION' in a black, sans-serif font. At the bottom right is the website address 'WWW.BIAUSA.ORG' in a black, sans-serif font.

# Understanding Traumatic Brain Injury

- Open Head Injury
- Closed Head Injury
  - *Concussion*

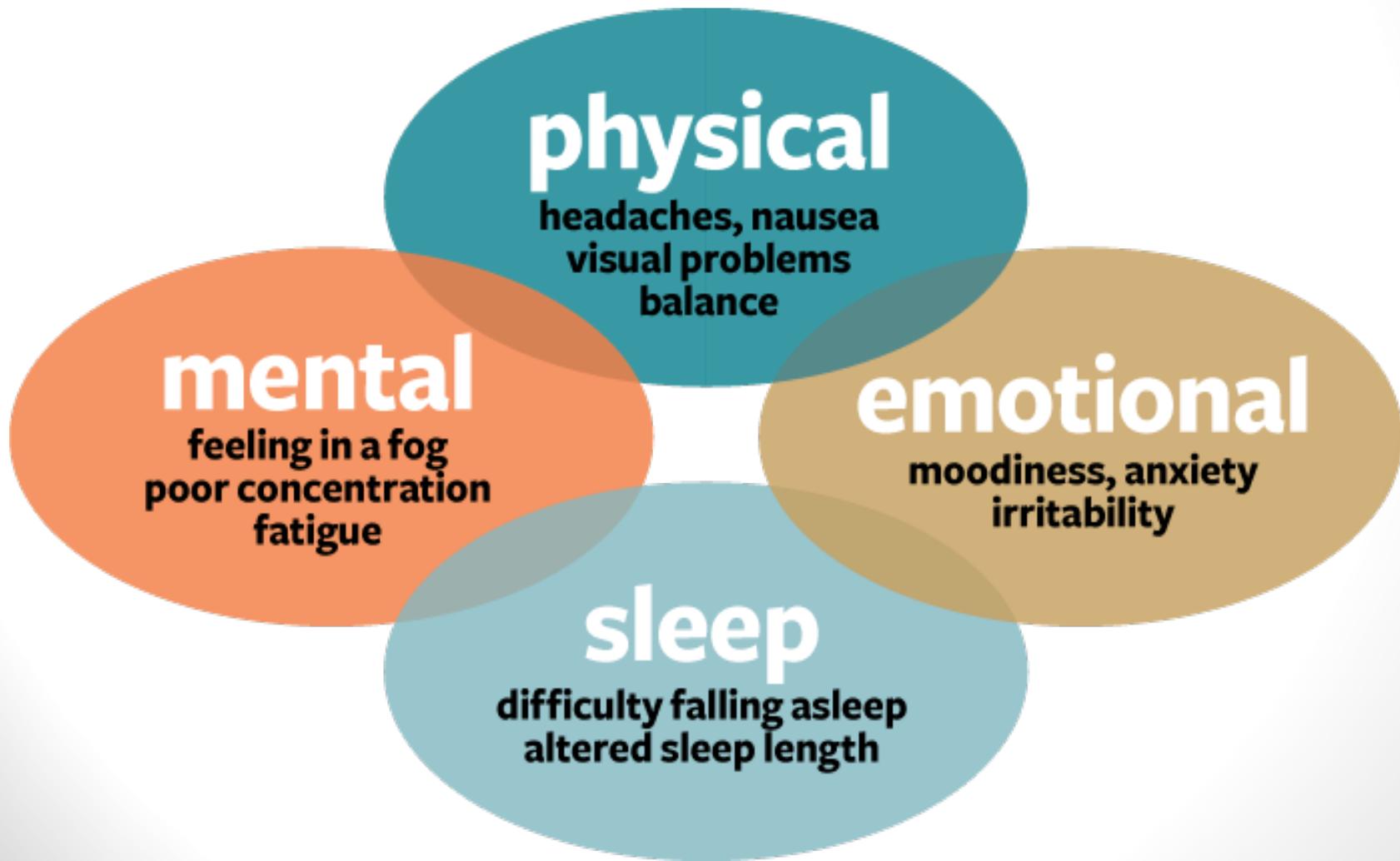
**A concussion is a mild traumatic brain injury.  
1.6 to 3.8 million concussions occur in the US  
every year.**

***CDC, 2016***

***BIRI, 2015***

A concussion is caused by a bump, blow, or jolt to either the head or the body that causes the brain to move rapidly inside the skull.

A concussion changes how the brain typically functions.



# What are the characteristics of a college student who has recently experienced a concussion?

## Common signs of concussion:



**Dizziness**



**Nausea**



**Headaches**



**Light  
Sensitivity**



**Confusion**

- Double vision or blurred vision
- Sensitivity to light or noise
- Feeling sluggish or drowsy
- Difficulty concentrating on or remembering things
- May say “Something doesn’t feel right” or report “feeling down”

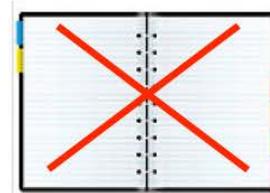
# After a concussion or brain injury, physical and cognitive rest is essential.



*This means...*



*NO sports*



*NO school work*



*NO screens*

*REST your injury!*

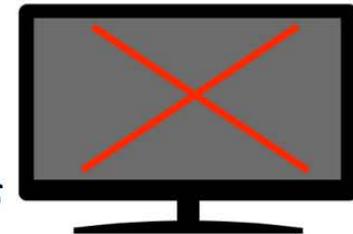
CONCUSSION-U 2014



*NO computers*



*NO video games*



*NO TV*

Concussion-U Blog

<https://concussionu.wordpress.com/concussion-management/>

# What are some of the classroom challenges for someone with a brain injury or a concussion?

- Difficulty concentrating, especially for long periods of time
- Easily experience sensory and physical overstimulation
- Difficulty with certain classroom tasks such as simultaneously listening and taking notes
- Difficulty ignoring distractors in the classroom
- Difficulty remembering information, or scheduled appointments
- Difficulty managing emotions or reactions
- Difficulty taking an examination in typical classroom environments
- Needing extended time to complete assignments and examinations



# How can faculty provide educational accommodations for a college student with brain injury?

- Treat a concussion as a significant health condition
- Seek guidance from staff at Accessibility Services
- Be understanding of a student's need for absence from class, until student is cleared by physician to return-to-learn (ask about this!)
- Be open to short-term measures such as deferring test-taking or critical assignments
- Provide accommodations during a test (e.g. quiet room, a break as needed, extended test time)



# Other helpful hints....

- Using accessible multi-media
- Provide extra support in terms of:
  - *advance access to instructional materials*
  - *office hour visits*
  - *consider providing another student's notes from class (with permission)*
- Appreciate that a student recovering from a concussion might find it difficult to complete and participate in projects involving multiple students
- If near the end of the semester, suggest the student take an Incomplete rather than rush to complete a final or other critical assignment