

Accommodations Guide for Students with Concussions



Frequent Complaints from students with Concussions:

- ⇒ I can't remember anything I read no matter how many times I read it.
- ⇒ I study hard and feel like I know the material and then I fail the test.
- ⇒ I study twice as long as I used to, but I'm doing much worse.
- ⇒ I get so tired I can barely get through the school day.
- ⇒ I'm so distracted. I can't pay attention for more than 5 minutes.
- ⇒ I go to every class, but nothing sinks in.

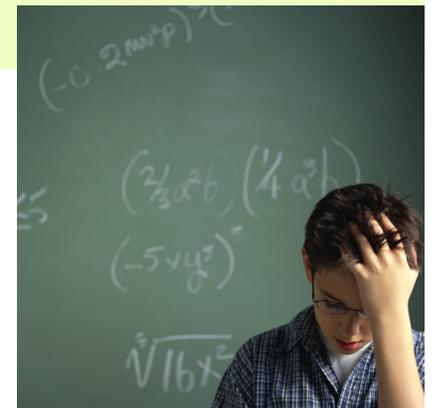
NOTICE OF NON-DISCRIMINATION

The Carroll County Public Schools (CCPS) is firmly committed to creating equal employment and educational opportunities for all persons with regard to its employment practices and in the provision of services, programs, and activities.

The CCPS does not discriminate on the basis of age, color, genetic information, marital status, mental or physical disability, ancestry or national origin, race, religion, sex, or sexual orientation. The CCPS provides non-discriminatory access to school facilities in accordance with its policies and regulations regarding the community use of schools (including, but not limited to, the Boy Scouts).

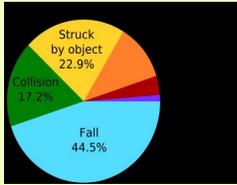
The following person has been designated to handle inquiries regarding the non-discrimination policies:

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What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.



Signs observed by others:

- Appears dazed or stunned
- Appears confused
- Forgetful
- Appears unsure
- Moves clumsily
- Answers slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events

Signs reported by student:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

Procedural Guidelines to accommodations for suspected or known students with concussions:

1. Athletic trainer, coach, student, parent/guardian (if injury is non school sports related) reports condition to the school nurse .
2. The nurse shares this information with the school counselor, who in return notifies the student's teachers and provides a copy of this brochure.
3. Parents or staff members noticing symptoms of concussion difficulty beyond an initial recovery period (typically two weeks) will immediately notify the school nurse.
4. The school nurse will then work with the 504 Coordinator to set up a 504 eligibility determination meeting.

Reminder: Concussion symptoms may be intermittent, spontaneous, periodic, recurring, or dormant for a period of time.



5. If found eligible for a 504 Accommodations and/or Related Services Plan, the team will convene periodically to review progress of student and determine any changes needed to the plan.

ACCOMMODATIONS

for consideration

Classroom Accommodations:

- Allow additional time to complete assignments
- Allow for extra or extended breaks
- Provide student with notes, study guides, outlines
- Provide alternatives to reading, lengthy time at computer, extensive visual stimuli
- Allow student to audio record class for later playback
- Provide both oral and written instructions; clarify instructions
- In grading work, reduce emphasis on spelling and grammatical errors unless it is the purpose of the assignment
- Permit referencing notes, dictionary, etc. to minimize recall
- Reduce quantity of work required, in favor of quality
- Avoid placing student in high pressure situations (i.e. short time frames, extensive volume of work, etc...)

Test Accommodations:

- Allow additional time to complete tests
- Provide quiet setting with minimal distractions
- Administer long examinations in a series of shorter segments with breaks
- Allow oral examinations and assist student in having responses scribed, as needed
- Allow modified tests as needed
- Permit reference materials unless it alters the nature of the information being assessed
- Permit student's use of a calculator
- Minimize the number of tests given in one day