



# SUCCESS IN SCHOOL

## PART 1

### Accommodations, Advocacy, & Resources



Things you do every day for school, like paying attention during class or being on a computer, may feel different while you are recovering from concussion. “Toughing it out” or sticking to your usual academic routine can worsen symptoms and may increase recovery time. Following your healthcare providers’ recommendations for getting back into school is an important part of the recovery process. This may include gradually getting back to attending classes, completing assignments, and taking tests. When you are ready to return to school, first steps include:

- Obtaining temporary academic accommodations to help you maintain success in school,
- Talking to your instructors so they can provide necessary support, including providing adjustments to help you manage in their class, and
- Using campus resources to manage common symptoms after concussion.



#### ACCOMMODATIONS

##### How to Obtain Temporary Academic Accommodations

It can be helpful to receive short-term academic supports to maximize school success. These accommodations are usually temporary, as most people fully recover after concussion. Everyone’s experience following concussion is unique so accommodations may be different for every student. Steps to obtain support include:

- Contact your disability resource center to learn the steps specific to your school. Be prepared to talk about your concussion (including any previous concussions) and current symptoms. Questions to ask:
  - ❓ What type of documentation do I need to provide to get the support I need?
  - ❓ What is the timeline for submitting documentation? And how long does it take to get approval?
  - ❓ How are my instructors notified of my new accommodations?
  - ❓ Who do I contact if I need additional support?
- Ask your healthcare provider for accommodation recommendations and any needed documentation.



#### ADVOCACY

##### How to Talk to Your Instructors

Your instructors may not be aware of what you are experiencing or what you need. You can decide how much you wish to share, but letting them know what is going on allows them to have a more personalized view of you and work with you to avoid falling behind or get you caught up with assignments. Helpful tips:

- Ask (in person or through email/message) to talk with them before or just after your first class back.
- Set up an appointment to meet individually or attend their office hours.
- Let them know you have a concussion, and tell them the steps you’ve taken to help you be successful.



#### RESOURCES

##### How to Access Campus Resources

Ask about counseling services, tutoring, writing workshops, quiet places to take a break, and other disability support service workshops on your campus. You can find these resources in the SUCCESS app in Learning.

