



SUCCESS IN SCHOOL

PART 2

Study Skills and Learning Strategies



There are many ways to help during your transition back to school after concussion. Using study skills and learning strategies, even if they are for a short period, can ease the impact during your recovery and help you stay involved in life outside of the classroom. Being open to trying new ways of learning will help you find what strategy “recipe” works for you as you recover.



Applying the 4 P's to studying and learning will not only help manage concussion symptoms, but will help you learn your best.

PLAN

PRIORITIZE

POSITION

PACE

Study Strategies



PLAN



- Make a plan and stick to it
- Write it down in your agenda
- Give yourself more time than you think you will need for each assignment or study period

PRIORITIZE



- Tackle the most energy draining items when you feel your best
- Pay close attention to deadlines

POSITION



- Position yourself and the environment to optimize learning
- Reduce distractions and interruptions
- Choose comfortable seating and upright posture
- Sit near the professor but away from doors and windows when in class

PACE



- Take breaks to manage symptoms.
- Study in several sessions spread out over time.

Learning Strategies



You can use strategies to help if you are having difficulty or are worried about how you are doing with:

- Memory
- Attention
- Note-Taking
- Organization
- Reading
- Writing
- Math
- Test-Taking
- Listening & Understanding in the classroom
- Speaking in front of the class
- Completing projects & group work

★ Handouts about each of these strategies can be found in the SUCCESS app in in LEARNING or on our website (www.peersuccess.org) under EDUCATION.

What if I am still struggling in school?

If you are still struggling or feel overwhelmed, consider other factors that may need to be addressed like sleep, mood, or stress. Make it a priority to talk to your healthcare providers and people in your academic support system to get guidance personalized to your needs and situation.

For more ideas and tools on how to manage after concussion, be sure to review the **Emotional Well-Being** and **Sleep** handouts.



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