# Academic Adjustment Request for the Student
## Classroom Concussion Assessment Form

**Instructions to the student:** Read the symptoms in the left-hand column. For each symptom, circle one answer in the center column. Be honest and do not skip any questions. Then, answer the question at the bottom of this page. *Please return this form to Dawn Ranns with the Concussion Management Team*

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Scale of 0-6 1-2 Mild/3-4 Moderate/5-6 Sever</th>
<th>Accommodations</th>
</tr>
</thead>
</table>
| Headache                                      | 2                                          | **Mild/moderate:** Allow classroom participation  
If severe refer to athletic trainer.  
Avoid symptom triggers                        |
| Nausea/Vomiting                               | 1                                          | **Mild/moderate:** Allow classroom participation  
If severe refer to athletic trainer.  
Avoid symptom triggers                        |
| Dizziness/Lightheadedness/balance problems    | 1                                          | **Mild/moderate:** Allow classroom participation  
If severe refer to athletic trainer.  
Avoid symptom triggers                        |
| Fatigue                                       | 0                                          | **Mild/moderate:** Allow classroom participation  
If severe refer to athletic trainer.  
Avoid symptom triggers                        |
| Sensitivity to light                          | 1                                          | **Move away from windows**  
Dim lights, draw shades  
Allow sunglasses/hat in class                  |
| Sensitivity to noise                          | 1                                          | **Remove from loud environments**  
Reduce classroom noise  
Avoid headphones and loud music                 |
| Feeling mentally foggy                        | 0                                          | **Give breaks between tasks**  
Simplify tasks                                  |
| Difficulty concentrating on schoolwork       | 0                                          | **Shorten task duration**  
Give breaks between tasks                        |
| Difficulty paying attention to teacher        | 0                                          | **Front room seating**  
No test, quizzes or homework                     |
| Difficulty remembering                       | 0                                          | **Provide class notes**  
Provide memory aids  
Use alternate testing methods                   |
| Difficulty staying organized                  | 0                                          | **Use agendas/planner for schedule and due dates**  
Use “to-do” lists and checklists.                |
| Emotions: Irritability/Sadness/nervousness    | 0/0/0/0                                    |                                                                               |
| anxious/Feeling more emotional               |                                            |                                                                               |
| Trouble falling asleep/Sleeping more than    | 0/2/0                                      |                                                                               |
| normal/less than normal                      |                                            |                                                                               |
The emphasis in managing a concussed student in the classroom is to allow the student to participate and learn without worsening symptoms.

Below will list the stage that the student is currently in with regards to the Return to Learn Policy and what they are capable of doing in the classroom. The stage and accommodation to the classroom will be adjusted as the student increases or decreases cognitive symptoms. Please contact Dawn Ranns with any questions that you may have.

was re-assessed by the CMT February 14, 2019 at 3:30 PM. is still experiencing 12/136 symptoms of concussion. He is feeling much better and will be returning to class tomorrow 2.15.19. will return to class in Stage 6 of the RTL policy. Stage 6 is a Full Day of classes with moderate support. may begin taking quizzes at this time and may complete homework up to 90 minutes per night. Please allow to take quizzes in the testing center if needed. Thank you very much.