



Rowan University, Disability Resources

Faculty Fact Sheet- Post Concussive Syndrome

Definition: "Post-Concussive Syndrome is a complex disorder in which various symptoms-such as headaches and dizziness-last for weeks and sometimes months after the injury that caused the concussion." Mayo Clinic

Typical Symptoms:

<ul style="list-style-type: none">• Headache• Dizziness• Fatigue• Irritability• Anxiety	<ul style="list-style-type: none">• Ringing in the ears• Blurry vision• Noises and light sensitivity• Loss of concentration and memory• Insomnia
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Classroom Behaviors:

Students may:
<ul style="list-style-type: none">• Display anxiety towards certain assignments and projects• Lose focus during class time• Forget assignments and due dates• May have a hard time seeing the board/hearing instruction

(Please note: not every student with Post Concussive Syndrome will demonstrate all these symptoms and behaviors.)

Strategies:

<ol style="list-style-type: none">1. Extended time to complete essential assignments and tests.2. Minimizing the number of exams taken in one day as well as providing a quiet, distraction free environment during testing.3. Reduced homework load.4. Allow students to take rest breaks as needed in a quiet location to help reduce/minimize headaches.5. Allowing the student to carry a water bottle and have snack breaks during the day to help manage headaches.6. Provide a copy of the lecture outlines and/or a copy of a peer's notes during class.7. Allow students to wear sunglasses during class or ear plugs during testing/completion of in-class assignments.

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