Symptoms of concussion will often create learning difficulties for students. Communication among the student, parents, Concussion Management Team (CMT), and healthcare provider is crucial for ease of transition back into school. Students should return to academics with support and guidance from the healthcare provider in collaboration with the CMT who has the responsibility to implement, monitor, and adjust the student’s individualized return to academics’ plan. Although most symptoms clear within 3-4 weeks, in some cases, symptoms may not clear for months. For students with prolonged symptoms, formal procedures for learning supports will be initiated.

<table>
<thead>
<tr>
<th>STEPS</th>
<th>PROGRESSION</th>
<th>DESCRIPTION</th>
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</thead>
</table>
| 1     | HOME – Cognitive & Physical Rest | • Stay at home  
• No driving  
• Limited mental exertion – computer, texting, video games, homework |
| 2     | HOME – Light Mental Activity | • Stay at home  
• No driving  
• Up to 30 minutes mental exertion  
• No prolonged concentration |

Progress to Step 3 when student handles up to 30 minutes of sustained mental exertion without worsening of symptoms.

<table>
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<tr>
<th>STEPS</th>
<th>PROGRESSION</th>
<th>DESCRIPTION</th>
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</table>
| 3     | SCHOOL – Part time Maximum Accommodations Shortened day/schedule Built-in breaks | • Provide quiet place for scheduled mental rest  
• Lunch in quiet environment  
• No significant classroom or standardized testing  
• Modify rather than postpone academics  
• Provide extra time, help, and modified assignments |

Progress to Step 4 when student handles 30-40 minutes of sustained mental exertion without worsening of symptoms.

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<tr>
<th>STEPS</th>
<th>PROGRESSION</th>
<th>DESCRIPTION</th>
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</table>
| 4     | SCHOOL – Part time Moderate Accommodations Shortened day/schedule | • No standardized testing  
• Modified classroom testing  
• Moderate decrease of extra time, help, and modification of assignments |

Progress to step 5 when student handles 60 minutes of sustained mental exertion without worsening of symptoms.
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<th>STEPS</th>
<th>PROGRESSION</th>
<th>DESCRIPTION</th>
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</table>
| 5     | SCHOOL – Full time Minimal Accommodations | • No standardized testing; routine tests are okay  
• Continued decrease of extra time, help, and modification of assignments  
• May require more support in academically challenging subjects |

Progress to step 6 when student handles all class periods in succession without worsening of symptoms AND receives medical clearance for full return to academics

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<tr>
<th>STEPS</th>
<th>PROGRESSION</th>
<th>DESCRIPTION</th>
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</table>
|       | SCHOOL – Full time Full Academics, No Accommodations | • Attends all classes  
• Full homework and testing |