



JUST THE FACTS: Traumatic Brain Injury Handling Problems at School

- **Study and take tests effectively.** Schedule study and break time into your schedule. Don't cram for tests. Study in a quiet place and avoid distractions. Break studying down into smaller time periods. Color code similar information. Highlight important parts of your notes. Make flashcards. Join study groups or get a study partner. Ask for feedback on tests so you can do better each time.
- **Ask for help.** The student learning center can assess your strengths and challenges and provide accommodations if needed. Accommodations include extended exam times, a reader for exams, larger print on handouts, note-takers, audio taping or videotaping lectures, preferential seating, or extended due dates. Get a tutor. Find out if the school has services or academic counselors for veterans with disabilities. Attend support groups for students with disabilities or for veterans who have returned to school if they are available. Make the instructor aware of your injury and expected challenges. Work with a vocational rehabilitation counselor to make plans for returning to school and necessary accommodations.



*Reference: DVBIC TIP Card Series which was adapted, with permission, from: Kreutzer, J. & Kolakowsky-Hayner, S. (1999). *The Brain Injury Workbook: A Guide for Living and Working Productively*. The National Resource Center for Traumatic Brain Injury, PO Box 980542, Richmond, VA 23298-0542 Tel. 804-828-9055. www.neuro.pmr.vcu.edu



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- **Keep yourself organized.** Use a notebook. Schedule study time into your notebook the same way you record other important appointments. Develop a “To Do” list. Ask for a syllabus before the class starts. Use a voice recorder to leave yourself notes or reminders.
- **Make reading easier.** Read aloud, highlight important passages, use a ruler or straight edge to stay on the line and take notes. Read in 15-minute blocks and then take a break. Read the chapter summary before you read the chapter itself. Use the zoom function or increase the font size on a computer. Request large print handouts.
- **Listen in class.** Sit towards the front of the room. Bring your textbooks to class. Develop an outline from the lecture. Audio record important points or things to recall about the lecture. Copy all information from the board. Take notes on other students comments. Ask for clarification.
- **Participate in class.** Speak loudly and clearly. Prepare questions ahead of time. Keep your comments on topic.
- **Make writing tasks easier.** Break a writing task down into smaller chunks. Request oral versus written tests if you need to. Get help from family or friends when proofreading. The school learning center may be able to provide a scribe/note-taker for you in class.



- Keep a “to-do” list.
- Read in 15 minute blocks.
- Sit in the front of the room.
- Ask questions.
- Break down tasks.

