**Traumatic Brain Injury (TBI)**

# What is a Traumatic Brain Injury?

Traumatic brain injury usually results from a violent blow or jolt to the head or body. https://www.mayoclinic.org

# Symptoms of a TBI

Traumatic brain injury can have **wide-ranging physical and psychological effects**. Some signs or symptoms may appear **immediately** after the traumatic event, while others may appear **days or weeks later**.

A TBI may result in the following characteristics that impact daily living and academics:

* Problems with speech
* Difficulty sleeping
* Sleeping more than usual
* Dizziness or loss of balance
* Memory or concentration problems
* Feeling depressed or anxious
* Sensitivity to light/computer monitors
* Nausea
* Profound confusion
* Agitation
* Slurred speech
* Lack of judgement
* Difficulty writing
* Trouble following and participating in conversations
* Inability to organize thoughts and ideas
* Inattentiveness/trouble concentrating
* Executive functioning problems: problem solving, multitasking, organizing, planning, decision making, and beginning/completing tasks.
* Difficulties with self-control
* Blind spots or double vision

**(not an exhaustive list)**

Every year, at least 1.7 million TBIs occur in the United States across all age groups. Older adolescents and males across all age groups are most likely to sustain a TBI.

https://www.asha.org/

# Best Practices for Instruction

* **The Environment**
  + Dim the lights, if possible
  + Request for the student to sit close to the speaker
  + Maintain routine
  + Allow for breaks
* **The Instruction**
  + Read information, or group peers to provide support
  + Follow the syllabus
  + Repeat key information
  + Provide checklists
  + Ask student to repeat back to ensure clarity
  + Pace lessons and lectures
  + Allow and encourage recording devices
  + Encourage note taking services
* **The Out-of-Class Work**
  + Allow for extended deadlines
  + Encourage use of assistive technology such as speech to text software, and screen readers
  + Encourage student to use graphic organizers to organize thoughts and ideas
  + Allow for alternative ways to demonstrate knowledge of a topic (verbally share a report vs. write a report)

