**What causes a Traumatic Brain Injury?**

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

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/](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)

**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 or 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/touble concentrating
- Weaknesses with executive functioning: problem solving, multitasking, organizing, planning, decision making, and beginning/completing tasks
- Difficulties with self-control
- Blind spots or double vision (not an exhaustive list)