

Sample Concussion Symptom Awareness Tool

Instructions:

This tool has been developed to assist teachers with the tracking of a student's symptoms throughout the Return to Learn process. The symptoms listed on this tool are the same as the symptoms used on the [**Sample Tool to Identify a Suspected Concussion**](#).

The list below allows for the tracking of student progress over time. To use the Tool:

- Record the date the student goes through the list of symptoms
- Record the stage of the Return to Learn and Return to Physical Activity the student is in
- Check the corresponding box of the concussion-related symptom the student is experiencing
- Based on the concussion-related symptoms checked – review the [**Sample Strategies and/or Approaches for Students tool**](#) to assist with programming for the student.

Student Name:

Date:

Stage:

Physical

- ☐ Headaches
- ☐ Dizziness
- ☐ Fatigue or low energy (sleeping more or less than usual)
- ☐ Vision problems (sensitivity to lights)
- ☐ Noise sensitivity, hearing issues causing irritability (gymnasiums, music)

Social/Emotional/Behaviour

- ☐ More irritable in the classroom
- ☐ Feeling anxious or nervous
- ☐ Easily overwhelmed by school requirements or activities
- ☐ Feeling depressed or withdrawn

Cognitive – Communication

- ☐ Difficulty concentrating and/or remembering (e.g., asks for things to be repeated)
- ☐ Feeling slowed down, slow to process information (verbally or written)
- ☐ Challenges with classroom tasks and language (e.g., managing workload, word finding, naming, vocabulary)
- ☐ Unable to attend to task completion