

# Resources for Students with Concussions

This information is provided to help the JWU community understand concussive injuries and the resources available to students. This is intended to serve as a guide following a concussion diagnosis by a qualified medical professional. It is not considered to be medical advice nor is it intended to replace consultation with a qualified medical professional.

## Concussions

A concussion is generally defined as a change in brain function following a force to the head. Concussions can be accompanied by a temporary loss of consciousness and subsequent neurologic and cognitive dysfunction. Depending upon the severity, concussions can affect and, at times, severely impact a student's physical, cognitive and emotional well-being. In the context of a student's academic program, a concussion can also affect concentration and memory, and may cause headaches, nausea and dizziness. Most concussions resolve spontaneously within a few weeks to six months. However, students should take the appropriate time to rest for a faster recovery. While physical rest is essential to post-concussive care, cognitive rest may also be necessary.

JWU is committed to helping students with concussions by providing a number of resources to assist them. The following services are available for eligible students:

- **Policies that Protect Students Who Are Injured While Participating in University-sanctioned Events:** Under the university's Attendance Policy, students adversely affected by illness and injury due to participation in a university-sanctioned event will be allowed to make up all necessary work without penalty.
- **Academic Accommodations:** At Johnson & Wales University, Accessibility Services will provide reasonable academic accommodations to eligible students with disabilities. Students must provide appropriate documentation from a medical provider to show that they have been diagnosed with a concussion and are undergoing treatment. Upon receipt of such documentation, Accessibility Services will engage with students on a case-by-case basis in an interactive process to determine the appropriate accommodations. For example, an accommodation plan may include additional time on examinations and copies of classroom notes. Faculty members who have questions or concerns about the requested accommodation(s) should contact Accessibility Services. Students should contact Accessibility Services as soon as possible after their injury. Students are also encouraged to contact their instructors to determine a plan and timeline for making up missed assignments and/or tests. The Accessibility Services advisor will work with both the student and faculty as necessary.
- **Withdrawal:** Students may choose to voluntarily withdraw if they need to leave school in order to address physical or mental health conditions that impair their ability to function successfully or safely as members of the university community. Students who are considering a withdrawal are encouraged to reach out to Student Academic Services and Student Financial Services and reference the University's Withdrawal policy for more information.
- **If Eligible, Consultation with Athletic Trainers:** After initial consultation with their own medical provider, student athletes who utilize an athletic trainer may reach out to that individual as a resource. For more information, students may also speak with their coach or the director of athletics.
- **Student Counseling Services:** Counseling Services provides confidential services for JWU students undergoing challenging life situations. For more information, students should contact Counseling Services.