

What is Return to Learn?

Following a concussive episode, students may exhibit cognitive difficulties with short-term and long-term memory, concentration, and organization. They may require rest while recovering (e.g. limit phone use, computer access, video games, loud movies, or reading/studying) and academic accommodations such as limited attendance or start with fewer classes. For more information about return to learn [Click Here](#).

In accordance to CIF, we recommend students to begin a return to learn based on graduated progression through the [CIF Concussion Return to Learn Protocol](#). Students should complete the return to learn progression and successfully return to a full school day with normal academic activities prior to returning to sports participation.

How does a concussion affect learning?

The effects of concussion on a student's return-to-school experience are unique to each student. The experience of learning and engaging in academic activities that require focus and concentration can cause a student's concussion symptoms to reappear or worsen.

In most cases, a concussion will not significantly limit a student's participation in school; however, in some cases, a concussion can affect multiple aspects of a student's ability to participate, learn, and perform well in school.

When is a student ready to return to school after a concussion?

A student should visit their counselor to discuss academic accommodations following an evaluation from a health care professional experienced in evaluating for concussion. The counselor should also offer guidance about when it is safe for a student to return to full academic learning and appropriate levels of cognitive activity. A health care professional can make decisions about a student's readiness to return to learn based on the number, type and severity of symptoms experienced by the student. The health care professional should also offer guidance about when it is safe for a student to return to participation and appropriate levels physical activity.

Once a counselor and health care professional has given permission for the student to return to the classroom, school professionals can help monitor him/her closely. With proper permission, school professionals can confer on their observations and share those observations with the family and other professionals involved in the student's recovery.