



A traumatic brain injury (TBI) is a blow or jolt to the head that disrupts the normal function of the brain. The severity is determined at the time of the injury and may be classified as mild, moderate, or severe.

Most doctors who treat head injuries agree that recovery is faster if you understand what is happening, get enough rest, and resume your responsibilities slowly but surely. Do not push yourself too hard.

There are also steps you can take to help your TBI recovery:

- Avoid smoking or drinking alcoholic beverages.
- Refrain from contact sports.
- Get enough sleep — seven to eight hours a night.
- Take medications as instructed.
- Avoid overexerting yourself physically or mentally.
- If you're concerned about your symptoms or if they're not improving, see your provider.
- Stay engaged with your family and provider as your symptoms improve.
- Consider taking fewer academic hours while healing.
- Look for a TBI Support Group in your area.

- Create a structured routine of your daily classes, activities, and assignments.
- Store important items (like keys) in a designated place to avoid losing them.
- Write things down.
- Decrease distractions by working in a quiet room to study or do homework.
- Pace yourself and take breaks as needed.
- Focus on one thing at a time.
- Break larger tasks down into several smaller, more manageable ones.
- Be sure to devote time and attention to reviewing new information.
- If you're having trouble with a concept, ask the professor for help.
- Utilize a note taker in class.
- Utilize common technologies (texting, email, phone alarms).
- Practice using memory aids such as flash cards, calendars, and notebooks.
- Allow time for your brain to heal; it's the most important thing you can do.