

IT IS IMPORTANT TO FOLLOW THE RETURN-TO-SCHOOL GUIDELINE AS PER INSTRUCTION FROM THE MEDICAL PROFESSIONAL YOU ARE SEEING FOR YOUR CONCUSSION

# RETURN-TO-SCHOOL WITH ECC

The Expanded Core Curriculum (ECC) is a set of specialized concepts and skills taught to students with vision impairments by teachers of students with vision impairments (TVSI). There are 9 areas of the ECC that work to compensate for the reduced opportunity for incidental learning resulting from full or partial visual impairment.

## SOCIAL INTERACTION SKILLS

### POSSIBLE MODIFICATIONS

- Routine check-in,
- Avoid bright lights/glare
- Use noise cancelling headphones
- Avoid overstimulating environments
- work in smaller groups

## RECREATION & LEISURE SKILLS

### POSSIBLE MODIFICATIONS

- Consider lighting and acoustics
- Participate in alternative activity
- Avoid overstimulating environments

## SENSORY EFFICIENCY SKILLS

### POSSIBLE MODIFICATIONS

- Consider adaptations to print and technology
- Break down task into smaller chunk
- Use an alternative workspace
- Consider lighting and acoustics

## COMPENSATORY SKILLS

### POSSIBLE MODIFICATIONS

- Consider lighting and acoustics
- Reduced duration or intensity of task
- Get support with activities that require planning and organization

## ACCESS TECHNOLOGY SKILLS

### POSSIBLE MODIFICATIONS

- Consider lighting and acoustics
- Consider modifications to technology (blue light, brightness, accessibility settings)
- Decrease task duration and intensity

## ORIENTATION & MOBILITY SKILLS

### POSSIBLE MODIFICATIONS

- Use a sighted guide and travel with a peer
- Consider lighting and acoustics
- Create a backup plan for when you experience difficulty during independent travel,
- Use a tactile map

## SELF DETERMINATION SKILLS

### POSSIBLE MODIFICATIONS

- Have a support system in place
- Use mindfulness techniques to reduce anxiety
- Explain your symptoms and what you need

## INDEPENDENT LIVING SKILLS

### POSSIBLE MODIFICATIONS

- Pace activities appropriately
- Create lists or reminders of daily habits
- Have a support system in place
- Use mindfulness techniques to reduce anxiety

## CAREER & VOCATIONAL SKILLS

### POSSIBLE MODIFICATIONS

- Set healthy and realistic expectation
- Use an alternative work space
- Consider lighting and acoustics
- break down tasks into smaller chunks