

## WE ARE HERE TO HELP

The professionals in the Students with Disabilities Services office are ready to assist you with accommodations needed as you recover from your TBI. Not only can we provide proven advice and tips, we can also arrange for classroom note takers, if necessary. Stop by or give us a call to discuss your needs and see how we can help.

### COUNSELING CENTER

As a student, you may face problems that interfere with you academically, socially, and emotionally. The Counseling Center can help with free comprehensive psychological services by licensed clinicians.

**SVC 2124, (813) 974-2831**  
**[usf.edu/counsel](http://usf.edu/counsel)**

### VETERAN SUCCESS

The Office of Veterans Services is dedicated to helping you succeed on campus and long afterward. If you are a veteran, active duty, reservist, or dependent of a veteran, visit our office to learn about our many programs and services to help you acclimate to campus, connect with peers, and succeed academically.

**ALN 130, (813) 974-2291**  
**[usf.edu/veterans](http://usf.edu/veterans)**

### VICTIM ADVOCACY

The Center for Victim Advocacy provides free and confidential services to USF students, faculty, and staff—both men and women—who have experienced crime, violence, or abuse, for incidents occurring on or off campus, recently or in the past.

**SVC 2057, (813) 974-5756**  
**[usf.edu/advocacy](http://usf.edu/advocacy)**

### *Students with Disabilities Services*

4202 E. Fowler Ave., SVC 1133  
Tampa, FL 33620  
(813) 974-4309  
FL Relay 711  
[usf.edu/sds](http://usf.edu/sds)  
[sa-sds-information@usf.edu](mailto:sa-sds-information@usf.edu)

# STUDENT RESOURCES FOR MANAGING TBI



STUDENT AFFAIRS  
& STUDENT SUCCESS  
UNIVERSITY OF SOUTH FLORIDA.

STUDENTS WITH  
DISABILITIES SERVICES

## WHAT IS TRAUMATIC BRAIN INJURY?

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.

## TIPS FOR MANAGING TBI

- 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.