Day Student

The thing I regret the most about my concussion is how I handled it. I realize now that I went back to normal activity and exercise too soon. When I wrote my exams, my mind was nowhere near ready. I thought I felt fine, but comparing myself now to then, everything was a little bit foggy. I went back to full physical activity around a week after my speech, and within days I had a very bad "relapse." It felt worse than the original the concussion. And so, going back to sports and normal life too soon ended up making the period of rehabilitation longer than it should have been and it ultimately hurt my baseball team, the main reason I tried to push recovery.

Support from the CfL and the nurse was essential to my recovery. Before talking to them, I was going to try to handle everything with the concussion. So, emphasis on taking time with recovering and following the protocol is crucial. I should have listened and followed the timeline instead of randomly jumping levels. Additionally, my coaches may have given me a lot of support in saying things along the line of, taking my time and resting, but I paid no attention to that whatsoever. My only concern was how I could help the team. I thought that by rushing my recovery process, I would help the team, but the truth is you get back quicker and are generally more healthy by taking your time recovering.

Boarding Student

"I was concussed for 6 months and 3 weeks so it goes to say that I missed a lot of classes and a lot assignments and it was my first year studying in English and at the school. It would have been impossible for me to get through IB1 without the precious help of the CfL."

Parent

When our son suffered a concussion, the CfL was very helpful to us, as parents, and very supportive for our son. At the outset, they described helpful resources available to us, and explained the process and plan to help our son catch up on the classes and tests he had missed. The CfL acted as the key point person in communicating with each of his teachers- helping to set and manage expectations and timing. They also helped our son design a plan to catch up on the classes and tests that he missed, and shared helpful tips based on experience with other boys in similar situations. Together with our son, we felt he had an advocate and partner in managing the numerous demands and heavy workload that he needed to work through. It is wonderful to have this kind of support, and we are grateful for the CfL’s involvement in helping our son return to learning in such a supportive way.
Boarding Senior House Adviser Carl Beaudoin

Our new protocol for concussions has been a blessing in coping with the greater number of concussions sustained by our student population. With the information set in the same document and the clear protocol for a full return, all parties who assume any connection with the student can provide input and read current progress. Having our CfL, Health Centre, academic advisors and house parents in the same page through this documentation has eliminated the unknown and question marks about the well-being of our students, and made my responsibilities as the local parent for these young men far easier in settling down parents and students towards next steps and the overall added stress that some might incur especially for our seniors leading up to graduation.

It's been a welcomed addition to our student documentation, and one that I wonder how we went without only a short time ago.... a real success.

Director of Residential Life Andrew Turner

The Return to Learn Plan facilitated by the Wernham West Centre for Learning has helped take the worry ball away from parents that live far from the UCC campus. Making student health the top priority, working closely with teachers to modify academic expectations, communicating the action plan to parents, and meeting regularly with each student has helped boys return to full school participation at a pace that is consistent with the needs of each student.