

# SPED C041: POST-CONCUSSION COGNITIVE RETRAINING

Item	Value
Curriculum Committee Approval Date	08/22/1986
Top Code	493030 - Learning Skills, Handicapped
Units	1.5 Total Units
Hours	27 Total Hours (Lecture Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Non-Degree Applicable (C)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Pass/No Pass (B)

## Course Description

Formerly: SPED C304, C007. This course is designed to assist those with persistent post-concussion syndrome who are actively working or completing college coursework full-time. Students learn to deal with and compensate for the various cognitive and psychosocial issues commonly experienced after brain injury. The class focuses on executive function skills (organization, time management, problem-solving, decision-making, etc.) as well as memory, practical note-taking, and strategies for success. An emphasis is placed on the integration of technology as a cognitive prosthetic to assist with daily challenges. PREREQUISITE: SPED C070N and acceptance into ABI Program. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Based on the Future Planning process, identify a realistic life goal and prepare a detailed action plan including, but not limited to, a list of support systems, strengths and weaknesses.
2. Create an ABI Strategies Portfolio that identifies cognitive and psychosocial compensation strategies.
3. Demonstrate the ability to apply cognitive and psychosocial compensation strategies identified in the ABI Strategies Portfolio.

## Course Objectives

- 1. Identify at least one realistic SMART goal, including a detailed action plan with tasks, timelines, and appropriate subtasks.
- 2. Students will create a strategies portfolio that identifies cognitive and psychosocial compensation strategies useful in work and/or school environments.
- 3. Students will demonstrate the ability to apply cognitive and psychosocial compensation strategies by sharing weekly updates regarding the use and efficacy of identified strategies.

## Lecture Content

Executive Functioning Decision Making Goal Setting Tier 1 Coastline Accountability Goals Tier 2 Personal Goals Tier 3 Vocational/Transitional Goals Time Management Critical Thinking Problem-solving and Decision Making Study Skills, Memory, Organization Note taking Critical Reading Organization Techniques Strategies Planning Techniques Internal Memory Aides External Memory Devices (e.g., Smartphones, tablets) Psychosocial Issues the Brain Brain Anatomy Cognitive Behavioral Strategies Emotional Intelligence Communication Adaptability

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Instructors will use lecture, large and small group discussion, computer-mediated cognitive rehabilitation exercises, demonstration of skills, application of skills, group and individual projects, online and in-class assignments, and homework assignments.

## Reading Assignments

Students will read a variety of print and online articles related to cognition, behavior, and disability-related transition.

## Writing Assignments

Students will be asked to read and take notes on a variety of online articles and a variety of online articles and class lectures and to complete various cognitive and psychosocial-related assignments.

## Out-of-class Assignments

Students will complete goal-setting forms, readings, and research transition-related issues.

## Demonstration of Critical Thinking

Students will complete problem-solving and decision-making worksheets and various cognitive and psychosocial assignments.

## Required Writing, Problem Solving, Skills Demonstration

Students will complete goal-setting activities, problem-solving, decision-making, and transition worksheets.

## Eligible Disciplines

Counseling: Master's degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelor's degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Master's degree required. Title 5, section 53410.1 Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required. Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Master's degree required. Title 5, section 53414 Speech language pathology: Master's degree in speech pathology, speech language pathology, speech language and hearing sciences, communicative disorders, communicative disorders and sciences, communication sciences and disorders, or education with a

concentration in speech pathology, OR the equivalent. Master's degree required.

### **Other Resources**

1. Coastline Library