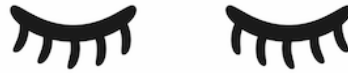


TIPS & TRICKS

Deaf and Hard of Hearing Edition

Tip of the Week:

BEWARE OF FATIGUE



Students with hearing loss require more concentration to understand what is being said. Since they are compensating for their hearing loss, they tend to exhaust their visual senses. Some students may channel their fatigue through behavior, others may tune out. Many students will get headaches, yawn, nod off, or glance around the room to stay awake or to give their eyes a moment to relax. Be conscious of increased eye fatigue when screen time is heavily used for instruction. Allow frequent breaks.

Listen to this quick and informative explanation of listening fatigue from an audiologist.

https://youtu.be/Jbwz_7zcspc



Trick to Try:

Build in natural listening breaks. This can be done by switching between learning methods such as whole group, independent, or partner work etc. Encourage fresh air, low background noise, and minimized communication when possible.

Submit questions or topics for more information to michaela.pattie@midstatespec.org

