

## **Goal: Headaches**

### **Current Performance Level:**

Student has a diagnosis of headaches (Cephalalgia) that impacts academic progress and attendance.

### **Goal Statement:**

Student will demonstrate ability to manage and cope with his medical condition to improve attendance and enhance academics.

State Standard 24B

### **Short term Objectives:**

- 1) Student will identify 3 ways that that his migraines have impacted his academics
- 2) Student will utilize self-advocacy skills and appropriate decision-making skills when he does not feel well.
- 3) Student will seek adult help and be persistent about how he feels regarding limitations and needs in an appropriated manner with regards to physical symptoms.
- 4) Student will identify and circumvent situations that would pre-dispose an exacerbation of his symptoms
  - a) diet
  - b) adequate sleep pattern
  - c) appropriate medical management
  - d) physical activity
- 5) Student will assist school and medical providers by keeping a headache journal and demonstrate knowledge regarding his own headache process. Elements to include should be
  - a) time
  - b) duration
  - c) intensity
  - d) aura
  - e) associated symptoms
  - f) activity level