

Eye-Hearing Fatigue

DHH Deaf & Hard of Hearing Tips for Teachers

Follow the links for more in-depth information.



Concentration Fatigue

DHH students..."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 their 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." - Michaela Pattie

@ 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.



Listening
@ fatigue has
a definite
impact!



YouTube

[3 min video](#)



Just a friendly reminder to make sure all videos are accessible by turning on closed captioning or subtitles.