

Inclusive Education

From

Guide: [Supporting learners with acquired brain injury](#)

Strategy: [Understand impacts on learning and wellbeing](#)

Suggestion: [Changes to cognition and thinking processes](#)

Date

08 June 2026

Link

[inclusive.tki.org.nz/guides/brain-injury/changes-to-cognition-and-thinking-processes](https://inclusive.tki.org.nz/guides/brain-injury/changes-to-cognition-and-thinking-processes)

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## Challenges and frustrations

Young people with brain injuries explain their difficulties and frustrations.

- I study for twice as long as I used to, but I'm doing much worse.
- I can't remember anything I read no matter how many times I re-read the same thing.
- I study hard and feel like I know the material. Then I go into the test and can't come up with the answers.
- Essay exams are murder. I need 20 minutes to think of what I want to say and then the time has run out.
- I get so tired I can barely get through the school day. At night, I'm just too tired to do my homework.
- I'm so distracted. I can pay attention for five minutes and then my mind wanders.
- I go to every class, but nothing sinks in.

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