

# How to (Re)Connect with Students and Build Strong Relationships

Building and maintaining relationships is one of the most important ways you can support your students. Connecting is the first step, and it can be challenging. Here are some simple yet powerful ways you can connect with your students and lay the foundation for strong, trusting relationships.

## Engage in active listening with your students

- Smile and make eye contact
- Refrain from speaking if possible
- Keep your expression open and judgement free



## Practice patience

- Give students time to process before asking them to respond
- Set the expectation that students will practice patience with each other
- Give students a moment to get organized when they're feeling anxious

## Project a Sense of Calmness

- Reflect the calm you want students to feel
- Create a safe environment for students to collect themselves
- Hold your emotions in check, especially in difficult situations, to build trust with students



## Set and support high expectations

- Show students you believe in them through positive affirmations
- Supportively challenge students to reach their potential
- Encourage genuine effort, especially when students fall short of expectations

## Consistently interact with students

- Seek out innovative ways to communicate, such as asking open-ended questions
- Replicate interactions with students that were successful
- Model how to read others signals to help students build these skills

**GO DO IT!**

Choose one of these strategies to help you reconnect with students and build strong relationships.