

# MENTAL HEALTH IN SCHOOLS LEARNING SERIES

## Trauma Strand

*Building “More Authentic & Genuine” Relationships with Students,*

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### Webinar Summary:

School counselors, nurses, psychologists, and social workers often pride themselves in their ability to build positive relationships with students. Building rapport is one of the first essential skills learned in most helping profession training programs. However, we sometimes need to “go back to the beginning” to explore the “how” and “why” surrounding these relationships. Reexamining our “why” can help us identify our implicit biases that keep us from building more authentic and genuine relationships with students. Looking at the “how” better equips us to assist other adults in our buildings to also build relationships with students.

### Resources:

- [5-Minute Chat with Students \(Virtual\)](#) (CASEL)
- [Building Developmental Relationships During the COVID-19 Crisis](#) - Provides a checklist (easy to use) developed by the Search Institute.
- [CASEL Roadmap for Reopening School](#)
- [Creating Opportunities Through Relationships](#) – Modules developed by the University of Virginia. Good for teachers (individually or in groups).
- [Common Sense Media](#) - Popular movies, books, apps, and games that kids are currently viewing/using.

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- [Relationship Mapping Strategy](#) - From the Harvard Graduate School of Education

#### References:

- [Collaborative for Academic, Social, Emotional Learning. Reunite, Renew, and Thrive: Social and Emotional Learning \(SEL\) Roadmap for Reopening School.](#) June 2020. Accessed July 10, 2020.
- Youth-Nex. (2020). [Returning to School with Equity in Mind, Trauma-Responsible Practices \[PowerPoint Slides\]](#) Youth-Nex. (Producer). (2020).
- [Returning to School with Equity in Mind, Trauma-Responsible Practices \[Video\].](#)

#### Discussion Guide:

1. What are your “go-to” activities, questions, etc. that help you build a positive initial rapport with students?
2. How do you know you have made a positive connection with a student?
3. Think about a group of students (e.g. Black, White, Male, Female, LGBTQ, etc.) that you struggle to make a connection or build initial positive rapport. Why? What do you think gets in the way (e.g. barriers, implicit biases, etc.)?
4. Think about a time you had a difficult interaction with a student that potentially damaged or altered your relationship with them. Were you able to repair the relationship? How so? If not, why?
5. What aspects of yourself do you find it hard to bring authentically or genuinely “into the room/office” with a student? Why? \*Focus the areas of privilege and/or power that exists in your work with students
6. Which takeaways from this presentation do you find are immediately applicable to your current practice?
7. Is there an area of yourself or your practice that today’s presentation caused you to examine or question? If so, what? How are you going to continue to process and grow from this realization?

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8. Think of something from this presentation that you can bring back to your faculty/staff and encourage them to put in place. How do you plan to do that? Do you think you will face any resistance from teachers/staff? How will you navigate any resistance/hesitation you may receive from teachers/staff?