

The Science of Building Rapport:

Why It Matters

| <i>Benefit</i> | <i>What Happens</i> | <i>Underlying Brain Chemistry</i> |
|---|---|--|
| <i>Motivation & Focus</i> | <i>Students feel good, work harder, pay attention</i> | <i>Dopamine release from praise & positive interaction <u>Child Mind Institute</u> <u>borjaferraz.com</u></i> |
| <i>Safety & Engagement</i> | <i>Students take risks, participate more fully</i> | <i>Oxytocin from bonding interactions <u>Child Mind Institute</u> <u>borjaferraz.com</u></i> |
| <i>Behavioral Gains</i> | <i>More prosocial behavior, less aggression</i> | <i>Long-term positive rapport effects (Cambridge study) <u>University of Cambridge</u></i> |
| <i>Teacher- Wellbeing</i> | <i>Less burnout, more passion and effectiveness</i> | <i>Positive student bonds enhance teacher motivation <u>PMC+1ScienceDirect</u></i> |