

# Teamwork

Good teamwork involves building and maintaining collaborative relationships to work effectively toward common goals, while appreciating diverse viewpoints and shared responsibilities.

## Sample behaviors

- Listen carefully to others, taking the time to understand and ask questions without interrupting.
- Manage conflict, interact with and respect diverse personalities, and meet ambiguity with resilience.
- Exercise the ability to compromise and be agile.
- Collaborate with others to achieve goals.
- Build strong, positive working relationships

## How are your teamwork skills?

**I feel confident collaborating with my team and act in a positive, respectful manner.**

Very confident

Somewhat confident

Not confident yet

**I can adapt and compromise with my supervisor and teammates without feeling frustrated.**

Very confident

Somewhat confident

Not confident yet

**I listen to my teammates without interrupting.**

Very confident

Somewhat confident

Not confident yet

**Very confident** You are confident working with others and can manage conflict without frustration. View the suggestions below to prepare for your next opportunity!

**Somewhat confident** Great start! Further develop your teamwork skills by practicing active listening, and practice compromise and practice resilience in the workplace.

**Not confident yet** Review the ideas below and identify opportunities to practice your teamwork skills. Start by working with others in your classes. Practice active listening, ask questions, and try to understand their perspective.

## How to improve your teamwork skills

- Focus on improving your communication skills. Share your thoughts and ideas, and respect those of your teammates.
- Respect those that you work with. Take time to get to know them, offer support when needed, and practice empathy.
- Practice collaborating with your classmates on group projects or study sessions.

## How do you plan to improve your teamwork skills?