



# TEAMWORK DISCUSSION

**Please note: This form cannot be saved in a web browser. We recommend downloading the pdf file to your local computer drive prior to filling out the worksheet.**

Name of Group	
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## Teamwork Commitment Checklist (Levin & Kent, 2001)

As a group read through this checklist and the six team traits. Take turns discussing which statements and traits stands out to you. What statements resonate with you, what do you need clarification on, is there anything missing? As a group, decide what is most important to your success and record these points in the notes section.

Statement	Record your discussion notes highlighting the commitments and values you will uphold while working with your team.
We all show equal commitment to our objective.	
We all take part in deciding how work should be allocated.	
We are committed to helping each other learn.	
We acknowledge good contributions from team members.	
We handle disagreements and conflicts constructively within the team.	
We are able to give constructive criticism to one another and to accept it ourselves.	
We all turn up to meetings and stay to the end.	
We are good at making sure that everyone knows what's going on.	
When one of us is under pressure, others offer to help them.	
We will trust each other throughout this project.	
We remain united even when we disagree.	
We support each other to outsiders.	
We feel comfortable and relaxed with one another.	

## Rowing & Teamwork

In the video on Rowing & Teamwork, there are six traits of teamwork that highlight how the team is working together:

1. Synchronized
2. Unified
3. Engaged
4. United by a Common Goal
5. Focused
6. Dedicated

Capture your group thoughts below on the things you might do to build a team during your Adventurous Journey.

Teamwork trait	Things you might do to help build the team during your AJ
1. Synchronized	
2. Unified	
3. Engaged	
4. United by a Common Goal	
5. Focused	
6. Dedicated	

