



## TEAMwork vs. TASKwork – Full Definitions

For guidance on using this tool: <https://fl-rda.org/teamwork-vs-taskwork-learning-object/>

	TEAMwork	TASKwork
<b>Definition</b>	<p>Attitudes, behaviors, and ways of thinking (cognition) required to function effectively in an interdependent team.</p> <p><i><b>Attitudes</b> relate to your mindset and the way you view your teammates.</i></p> <p><i><b>Behaviors</b> are the actions and skills that support team interactions.</i></p> <p><i><b>Cognition</b> includes knowledge related to team members .</i></p>	<p>What needs to be accomplished to meet the team’s goals and complete objectives.</p> <p><i><b>Attitudes</b> relate to your mindset and the way you view efficacy in completing tasks and reaching goals.</i></p> <p><i><b>Behaviors</b> are the actions and skills needed to accomplish a task or goal.</i></p> <p><i><b>Cognition</b> includes knowledge related to how to do a task or what task needs to be done.</i></p>
<b>Examples</b>	<ul style="list-style-type: none"> <li>● <b>Attitude</b> examples: feelings of trust (or distrust), perceived level of priority of the team relative to other work responsibilities</li> <li>● <b>Behavior</b> examples: how members communicate, how they deal with conflict, how they share leadership, how they are praised and rewarded</li> <li>● <b>Cognition</b> examples: knowing members’ roles and responsibilities, recognizing others’ expertise and experiences</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Attitude</b> examples: confidence in the capacity of the team to implement the study design, feeling technology and other resources will meet the team’s needs</li> <li>● <b>Behavior</b> examples: activities of data collection and analysis, dissemination of results</li> <li>● <b>Cognition</b> examples: understanding the team’s overarching research question and objectives</li> </ul>

**Consider the acronym “ABC” for remembering the key components of TEAMwork and TASKwork!**

*(A = Attitudes, B = Behaviors, and C = Cognition)*