



ASSERTIVE COMMUNICATION 1. COOPERATION AND COMPETITION

Cooperation and competition are two attitudes that take place in the classroom. Competition is about being more successful than others; therefore, it does not generate or strengthen emotional ties and it does not seek the common good. A competitive attitude may stress you and make you feel anxious and frustrated. On the other hand, cooperation is about working with other people. It implies joining efforts, establishing goals, and pursuing them for the common good. A cooperative attitude helps us do the following: establish and strengthen emotional ties with others, improve communication and coexistence in the classroom, and become a better person. With a cooperative attitude, you can achieve not only individual goals but also collective ones.

Materials
· Printed handout
· Ink or pencil

STEP BY STEP

- A** If possible, print the handout on the next page or copy it in your notebook so you can work on it.
- B** In small groups, look at the definitions of *cooperation* and *competition* and discuss with your classmates what each of you considers is the main objective of those concepts. Write down your conclusions in your notebook.
- C** Individually, read the situations on the table and take a moment to reflect on them. Now, decide if they are related to cooperation or competition and whether the attitudes in those situations have a positive or a negative effect.
- D** Share your thoughts with your group and discuss the different opinions the group members may have. Give examples of other situations you consider your class might be struggling with to cooperate.
- E** Carefully observe the photos. Now, answer the question *What do you think is happening in each picture?* Write down five ideas that come up from your observations. Discuss with your classmates the importance of cooperation for achieving both individual and collective goals, and the disadvantages of competition.
- F** Discuss in groups:
- 1 What goals can you and your classmates reach working together?
 - 2 What collaborative actions can you take?
 - 3 What are the advantages of cooperating in the classroom?



IT

If you want to better understand collaboration, go to: <http://www.edutics.mx/5Qv>



ASSERTIVE COMMUNICATION
1. COOPERATION AND COMPETITION

Cooperation is the act of working together for a common purpose or benefit.
Competition is a rivalry between two or more persons or groups for an object everyone wants, usually resulting in a winner and a loser.

Situation	Is it related to competition or cooperation?	Does this affect the class positively or negatively? Why?
(1) Being quiet during class		
(2) Keeping information to yourself		
(3) Sharing your knowledge, abilities, etc.		
(4) Being interested only in your achievements		
(5) Paying attention to the needs of others, not just your own needs		
(6) Working on team projects individually		
(7) Communicating in an effective way		
(8) Being obsessed with being the best		

Cooperation



Competition



1 _____

2 _____

3 _____

4 _____

5 _____