



# Building Cohesion



**"Alone we can do so little, together we can do so much."  
- Helen Keller**

## HOW DO YOU SHOW COHESION WHEN WORKING WITH OTHERS?

Keep  
**C.A.L.M**  
&  
**Give**

As a senior in my CCA, I guide my juniors in learning the dance steps during our practices. I also spend time rehearsing our performances with my teammates to synchronise our movements.

- Chai Meixu, Performing Arts CCA Leader



At the start every CCA training, I lead my teammates in warm-up activities. During games, I show teamwork by involving my teammates in game play and communicating with them. I also make an effort to stay composed and not shout at my teammates as I believe it would cause them to feel stressed or frustrated.

- Razin Aniq, Senior Hockey Team Captain





## AS A STUDENT LEADER... HOW DO YOU PROMOTE COHESION IN YOUR TEAM?

To promote cohesion in my CCA, I role model sportsmanship values such as respect and fairness. I use positive words to motivate my team instead of blaming them when they make a mistake. Whenever we encounter any disagreements, I encourage my peers to share their opinions and ideas before I share mine.

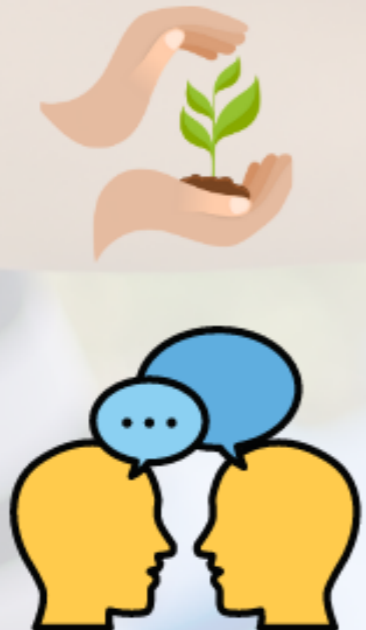
- Kapricia, Volleyball CCA Leader



## HOW DOES COHESION AFFECT TEAM PERFORMANCE?

Cohesion is especially important in ensuring good team performance. My team performed poorly in our first floorball competition as we were too focused on winning. We did not play as a team or listen to one another during the game. Thereafter, we worked on improving our communication and that has helped us build our team cohesion.

- Firdaus Aqil, Senior Floorball Team Captain



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