

TIPS FOR BEING A GOOD TEAM MEMBER

1. **Communicate with your teammates respectfully.** If you have ideas about how your team can reach your goal, share it!
2. **Use your active listening skills** when your teammates are sharing their ideas and opinions. Remember to make comments and ask questions.
3. **Know that it's OK not to be the leader.** Being a good and supportive follower on a team is equally as important!
4. **Be reliable.** You should be someone that your team can depend on to do their part of the task.
5. **Trust in your teammates to do their part.** Don't try to take on anyone else's responsibilities unless they ask for help.
6. **Be kind and use manners** when you're interacting with teammates. Use the words "please", "thank you", and "excuse me".
7. **Compliment others on their strengths** rather than talking about their weaknesses or what they're doing wrong.
8. **If you need to give criticism, make sure that it is constructive.** Constructive criticism is when you're giving feedback in a kind way to help someone improve. Destructive criticism is when feedback is given in a way that hurts their feelings.
9. **Remain positive**, even when things aren't going well and you feel like quitting. When a team isn't reaching its goal, it's easy to start having a negative attitude. Negative attitudes usually make things worse for the team. Be someone who motivates and encourages.
10. **Learn healthy ways of coping** with anger and frustrations. Poor coping skills can keep you and your teammates from reaching your goals!

