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## **Single-Session Positive Psychology Team Building Exercise: Lessons Learnt Plans Made**

**Group work while increasing student understanding of content also builds transferable skills. Seldom students know what strengths they bring to a team, as often they are unskilled at group work. Creating a high-performing team is challenging but more likely if team members are aware of their own strengths and those of other team members. We developed a single-session positive psychology team-building exercise (PPTBE) to equip students with a toolkit to identify their character strengths. From the PPTBE, students learn how to apply these in teamwork, enabling them to become more valuable team members. The temporary nature of teams in educational settings, however, increases the risk of failure, with resulting dispiriting educational experience for both students and lecturer. Having a structure for building team cohesion mitigates this problem. We describe our experience of PPTBE in an in-person context and outline our plans to pivot to online teams, acknowledging that achieving team cohesion in an online context is particularly challenging.**

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**Going all online - teaching practice, learning design and assessment  
Thursday, 18.3.2021 · 12:00 online (via Zoom)**