Top 5 Psychology of Groups

1. Inclusion is one of the main reasons for why people are in groups. In particular, younger adults and college students form groups to build a community. Being away from home and placed into a new environment can feel intimidating, but finding friends who share the interests can be refreshing. I can honestly say that as a freshman in college, making new friends and adapting to this new environment was difficult. However, the group that I found allowed me to feel a sense of belonging while being able to form strong friendships.

2. It can be said that groups work to form our identities. Being in a group can expose one to many different experiences and events. Throughout life it's normal to be involved in multiple groups as these interests, friends, and family help shape who we are. Categorization is something that we naturally do when choosing groups, we tend to pick based on our demographics, interest and belonging.

3. Teamwork is one of the positive aspects of being in a group. We already assume that most people get more done in a group setting due to social facilitation. However, this doesn't account for instances of groupthink where the circumstances change. Disasters like the challenger demonstrate why healthy group dynamics are needed in order to exhibit teamwork.

4. My first time experiencing groupthink was when I was volunteering for a non-profit in my senior year of highschool. My group consisted of highschoolers who all went to the surrounding schools. Everyone was able to work with each until it came to decision-making. As we began the decision-making process my group mates were conflicted. I advocated to grant the money that we fundraised to donors to start-up immigration resource centers, while the others wanted to grant the money to an organization that we have donated to every year. This experience of

groupthink illustrated how afraid others were to speak out knowing this information when it comes to the majority.

5. The key ingredients to transforming a group into a team is establishing norms. Creating normalities holds group members accountable for their behavior and the work that they do. It's something that members can go back and revisit if any conflict comes up. With that, it creates a routine and pattern for everyone to follow, as it limits ostracism.