In this action research study of my classroom of 8th grade mathematics, I investigated the inclusion of cooperative learning groups. Data was collected to see how cooperative learning groups affected students’ oral and written communication, math scores, and attitudes toward mathematics. On the one hand, I discovered that many students enjoyed the opportunity to work within a group. On the other hand, there continues to be a handful of students who would rather work alone. The benefits outweigh the demands. Overall, students benefited from the inclusion of cooperative learning groups. Oral explanations of solutions and methods improved during the study. Written expression also improved over this time period. As a result of this research, I plan to continue with the incorporation of cooperative learning groups in the middle school math classroom.