

## Effectiveness of Teaching Methods in Higher Education within an Education Sustainable Development Context: A Comparison Study

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**Abstract :** Traditional education is no longer sufficient to prepare students for the challenges of a global and diverse society within a sustainable development context. Cooperative Learning seems to be a better methodological option to adapt to the changing reality. This method seeks to transform the traditional passive role of the student into the active role of the learner. The European Higher Education Area pays special attention to educational methodology in achieving its goal of integral development of university students as skilled professionals and responsible citizens. This study investigates whether a collaborative methodology fosters meaningful learning and skills development in university students. Our study compares two groups with different learning strategies, traditional and cooperative. The statistical analysis was conducted in two stages. Firstly, a survey was administered to the students in both groups. Secondly, a t-test was performed to determine the differences between the two groups. The results show that the cooperative group outperformed the traditional group in motivation, personal skills, and self-evaluation. The results also confirm that cooperative learning is more suitable for the development of the skills needed in a sustainable society.

**Keywords :** ESD, higher education, motivation, transversal competences

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