Team-Based Projects vs Individual Projects (vsdiff.com)

Feature	Team-Based Projects	Individual Projects
Collaboration	Encourages teamwork and diverse ideas.	Promotes personal accountability and singular vision.
Decision Making	Involves shared decision-making.	Made solely by the individual, allowing for quicker decisions.
Skill Development	Facilitates learning from peers.	Focuses on personal skill enhancement.
Performance Pressure	Shared workload can reduce stress.	All responsibility falls on the individual.
Creativity	Greater variety of creative ideas.	Single idea can lead to a focused outcome.
Conflict Resolution	Requires effective communication skills.	Self-directed conflict management.

Source: https://vsdiff.com/team-based-projects-vs-individual-projects/