

# COUs vs CO Groups

The major differences between COUs and [CO Groups](#) are

- Any CO Person can create a CO Group; only CO Administrators can create COUs.
- CO Group Memberships attach at the CO Person level, whereas COU memberships attach at the CO Person Role level.
- Management of CO Group Memberships is simple (e.g., manual management by the CO Group Owner, self-opt in for open CO Groups, etc.), whereas COU memberships can be managed using [Enrollment Flows](#) and [Expiration Policies](#).
- COU memberships imply CO Group Memberships (in the *Members:COU* group).
- Email Addresses can be attached to CO Groups via [CO Email Lists](#).