Coupling = how closely related objects are to other objects

tight coupling = very dependent loose coupling = very independent (goal)

Cohesion = how closely the variables and functions within the class are related to each other

high cohesion = highly related (goal) low cohesion = not related

Object
Oriented Programming is all
about responsibilities. A Card has all
of the logic related to what it's suit and
value are and the things that a card can do.
This is called cohesion. This card class is
highly cohesive, because all methods are
tightly related to and dependent on each other.

i.e. the Hand object should not know how to determine the numeric value of a card - only a Card should know how to do that. The Hand class is dependent on the Card class, but the Card class is not dependent on Hand. They are loosely coupled.

