Embracing feedback

So you've got some feedback. Use this sheet, or follow along on some paper, to help you process, understand and use the feedback to improve.

1.

You probably have some feelings about the feedback you're about to read. You could be nervous, scared, or maybe excited.

Draw a quick scribble to show how you're feeling

2. Remember that feedback is only about a thing you have made right now, not about you or your ability to learn or do things. The truth is, you're making progress towards your future awesome.

By taking a moment to acknowledge how you feel you can then step forward and look at the content.

What are the keywords that make you feel something? Note them here

GETTING FEEDBACK

USING FEEDBACK

UNDER-STANDING FEEDBACK

4.

Now go do the things! We believe in you :)

An easy way to use feedback is to set a small goal you can accomplish next time you have a similar task.

This could be:

– Reach out to your teacher for clarification.

– Set reminders to do parts of the task.

*Note down **two things** that you can do for the next assignment to act on the tips you gave yourself as a friend.*

*Pick **two things** from your feedback that you would suggest to a friend to follow up on if this was theirs. Note it here*

3.

It can be really easy to focus on criticisms. Remember, your teachers want to help you, not bring you down.

Take a look again:

– Are there other ways you can interpret the feedback?

– Is there anything unclear? What can you ask to make sure you understand?

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