GENERAL THOUGHTS ON FEEDBACK
By @OpenAcademics

ASKING FOR FEEDBACK.

- Do it! Feedback helps us identify problems/flaws/limitations.
- Ask people you trust.
- Clarify WHAT specifically you would like feedback on.
- If you receive constructive feedback that helps you improve – Be grateful.

RECEIVING FEEEDBACK.

- It can be difficult to receive input, but look at it objectively and try to not take it personal.
- Listen, and ask if something is not clear about the feedback.
- Don't dismiss anything until you have carefully evaluated the comments/critique.

GIVING FEEDBACK.

- Be careful about how you express the criticism. Be kind.
- Don't force your opinion onto the receiver – you don't have to agree.
- Give positive feedback too!!

BONUS ADVICE.

- Return the favor!
- Practice, practice, practice. It takes time to learn how to receive/provide good feedback.
- Don't be discouraged.