



Processing FEEDBACK

It can be difficult to not take criticism personally. However, if you can learn to take and apply constructive feedback, you will improve. Dedicated application of feedback will hone your skills and prepare you for the workplace.

Stay Calm

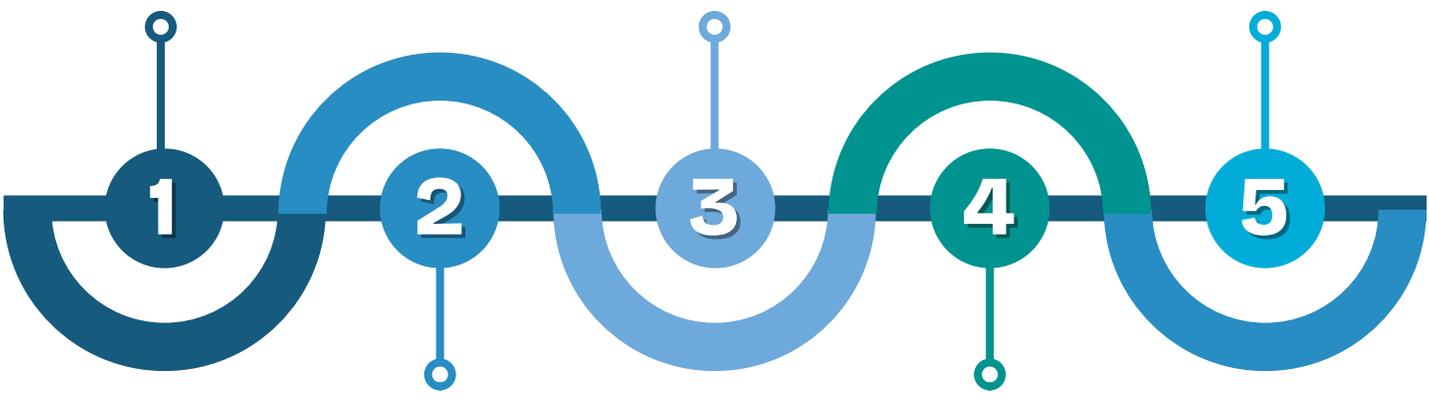
Your first reaction will likely be defensive. Separate yourself from your work. Feedback isn't an attack on you, it's an opportunity to improve.

Ask

Think of feedback as the key to success. This mindset will make the experience more positive and prepare you for future work!

Visit

If you don't understand the written feedback, schedule a visit with your critic to follow up on any questions you may have.



Listen

Don't assume you didn't make mistakes. Focus on understanding how you can improve. Repeat back critical feedback.

Thank

Even if you disagree, thank your critic. They have taken time to analyze your work and offer you valuable feedback.

