

# Dealing with Feedback 101

Hi, I'm Sara. I just received some feedback on my first presentation of the semester. I felt overwhelmed because I didn't know how to deal with it...



At first, I was **S**urprised!

One student told me that at some points in my presentation they felt confused. I was totally surprised because I thought I followed a really clear outline.

**EXPERT TIP:** Surprise is a completely normal reaction when you first receive feedback. Think about why the feedback surprised you. Also, reflect on your audience's experience.

I also felt a bit **A**ngry!

My instructor told me that I didn't include specific enough examples. I worked really hard on this presentation and felt really good about it, until now...

**EXPERT TIP:** Don't act on your anger or frustration. Take some time before you make a decision about what to do next.

Next, I **R**ationalized.

I took some time to think about all the feedback I received. I realized that my audience had some very valid points. Maybe they felt confused because I didn't give specific enough examples to back up my points, not because my outline wasn't clear.

**EXPERT TIP:** Pause and allow yourself time to rationalize the feedback you've been given. You might notice that some feedback is not helpful or actionable, so you can choose to reject it. For the useful or specific feedback, try to make connections so that you can take action.

Then, I **A**cted.

After realizing that some of the feedback I received was really useful, I did the following:

- I spoke to my instructor and asked for clarification about what a specific example looks like
- I did some more research and found some relevant examples that I could add in
- I included them in an updated version of my presentation
- I went to the Library Learning Commons to get one-on-one help

**EXPERT TIP:** Although you may not always be given a chance to redo your assignment, it is really helpful to learn from feedback and understand how to act on that feedback to make your work better. Choose specific steps that you can take to clarify and make changes to your work.

"When I went to the Library Learning Commons to get in-person feedback, I learned that when I receive feedback, I should focus on three things:

1. Something I did well
2. Something I should improve upon
3. Specific places I could make that improvement

In the future, I'll use these new skills to feel more confident and continue to thrive for improvement."

