



2.7 Lesson Extension–1: Responding to Feedback

HANDOUT 2.7.1

At School and In Sports

Application/Reflection

Partner with a classmate. Choose a scenario you can relate to and choose who will act out “Student #1” and “Student #2.” Think about and write what you would say in that situation. Then choose a second scenario and rotate roles.

Before practicing the scenario with your partner ...

Student #1: Prepare yourself to get constructive feedback. Review the “Learning from Feedback” steps below and write open-ended questions that could help you learn more and improve:

Student #2: Write one PRO (thing done well) and two constructive GROWS (things to improve upon):



Scenario #1: English Essay Feedback

Student #1: You worked hard writing your essay. When you get it back your grade is lower than expected. It has multiple grammar corrections and your teacher said you could have done a better job developing your five-paragraph essay.

Student #2: You’re the teacher. You think this student has improved since the last essay but there is still more room for improvement. You are trying to instill grammar rules and essay guidelines that will be important in next year’s English class and college.



Scenario #2: Trouble in Class

Student #1: A classmate asked you a question and you were trying to help. Your teacher called just your name out, told you to stop talking and made you move to another seat.

Student #2: You’re the teacher. You really like this student but the chatter at their desks has been a steady disturbance. It’s hard for you and the other students to focus when someone else is talking.



Scenario #3: Benched in a Game

Student #1: You’re just off your game today. Normally things go better but not today. You’ve missed passes and just blew a score-making opportunity.

Student #2: You’re the coach. You can’t take it anymore. The first two missed passes were understandable but things are not improving. You’ve noticed this player has been slacking off in practice lately, too. You decide to bench this player for a while.

TIPS FOR CONSTRUCTIVE FEEDBACK

✓ Choose the right time.

(when you or they are not too emotional)

✓ Focus on the facts.

Give specific examples that can be improved upon.

✓ Don’t negate the good.

“You did this well, *but* ...” is a set up for disappointment. Try “you did this well *and* it would be even better if ...”

LEARNING FROM FEEDBACK

① Listen to Understand

- Use EARS active listening; Write it down; Ask questions; Paraphrase what you hear; Don’t debate

② Manage Your Emotions

- Take deep breaths; Take a break or a walk; Assess your emotions and choose your words carefully

③ Take Time to Reflect

- Mull it over; Squeeze the good lessons; Look beyond the hurt

④ Apply and Grow

- Learn from the experience; Be grateful for a second perspective; Set goals for improvement