



2.7: Giving and Receiving Constructive Feedback

CORE LESSON

Objectives: Students will be able to:

- 1) Consider the benefits of constructive feedback.
- 2) Identify effective strategies for learning from feedback.
- 3) Practice giving and receiving constructive feedback.

MATERIALS NEEDED: Handout 2.7

	<p>Get Started [Greet students and ask them to answer Handout 2.7 “Get Started” questions:] Think of a time you received constructive or negative feedback. It might have been on a school assignment, a sports performance or something else someone told you to improve upon. [See slide for follow-up questions.]</p>	2 min
	<p>Introduce Essential Questions We don’t know the answers now—but we will by the end of class. [See slide.]</p>	1 min
	<p>Teen Voices Video & Think-Pair-Share: Dealing with Negative Feedback [PLAY video of students discussing their experiences. Encourage your students to KNOCK if they can relate. CLICK to think-pair-share questions:]</p> <ul style="list-style-type: none"> • What does Julius’ quote [about constructive criticism] mean to you? • Can you relate to a time when you received feedback and it helped you grow/improve? 	6 min
	<p>TIPS for Constructive Feedback Similar to the word “construction,” constructive feedback is designed to build you up and be useful. There is a difference between “negative feedback” and “constructive feedback.” [Review tips for keeping feedback constructive. Ask students to contribute other ideas that help make feedback useful rather than hurtful.]</p>	4 min
	<p>Activity: Giving Constructive Feedback For this activity, choose one scenario you can relate to the most. Then, write one PRO (positive thing) and two <u>constructive</u> GROWs that would help the other person learn and improve. [Give students two minutes to write a response then CLICK to debrief questions. Use your EARS active listening skills and paraphrase.]</p> <ul style="list-style-type: none"> • Who chose the first example about a class presentation? What is one of your constructive GROWs? • Who had a constructive GROW for #2 with a group project? • What about a #3 with a teammate? What would help this teammate grow and improve? • And how about #4 with a friend? What constructive feedback would you recommend? 	6 min
	<p>Knowledge Hub: Responding to Critical Feedback with Coach Rudy [PLAY video for tips to effectively receiving feedback: 1) Listen to Understand, 2) Manage Your Emotions, 3) Take Time to Reflect, and 4) Apply & Grow.]</p>	5 min
	<p>This lesson started with <i>giving</i> feedback. Now let’s reflect on making the most of <i>receiving</i> and learning from feedback. The Reflection/Application will ask you to practice applying constructive criticism.</p>	
	<p>Wrap Up [Revisit the Essential Questions]</p>	1 min
	<p>Reflection/Application: After writing your PRO and GROWs for one of the scenarios, now imagine you are the one receiving that same feedback (e.g., you’re the classmate from Scenario 1). Answer the questions about managing emotions, responding, and applying.</p>	++ out of class
<p>Exit Ticket: “To stay on track, learn from feedback.” [Students say Exit Ticket and high-5/fist bump you as they leave.]</p>		