

A-6 Self-Evaluation: Feedback



When you **give** feedback, do you:

- ☐ Wait to be asked?
- ☐ Start with positive comments?
- ☐ Offer constructive criticism?

My strengths in giving feedback are:

An area I can improve when giving feedback is:

When you **ask** for feedback, do you:

- ☐ Think about who would give you useful feedback?
- ☐ Mention specific areas of concern?
- ☐ Try not to get discouraged at criticism?
- ☐ Thank the person who gave the feedback?



My strengths in receiving feedback are:

An area I can improve when receiving feedback is: