

Week 13: Group Presentations

I. Highlights

- A. Feedback is a gift. Listen to it honestly, then either accept it or shake it off. Don't take it personally.

II. Homework

- A. Self-evaluation paper due next week (see guidelines on the handout)

III. Feedback

- A. Feedback is a gift. We don't always like our gifts, but we receive them openly. Read or listen actively.
- B. Do not move into a defensive or hostile state of mind. (This is common, especially for women, even when the feedback is good.) If you feel like you have to explain what you did, it's being defensive. Don't do that while receiving feedback tonight. Receive it, consider it, you don't have to agree with it, don't take it personally or get offended, just accept that this is what someone else saw or thought.
- C. Is okay to ask for clarification. "What specifically did I do that caused you to feel that way?" This isn't defensive because you're not explaining what you intended to do, you're asking to understand the other person's perspective.
- D. No apologizing for things they say you did wrong or badly. Everyone knows you did a good job, but there's always room to improve too.
- E. Feedback should be relevant, timely, and *specific*. NO "GOOD JOB" ALLOWED!