

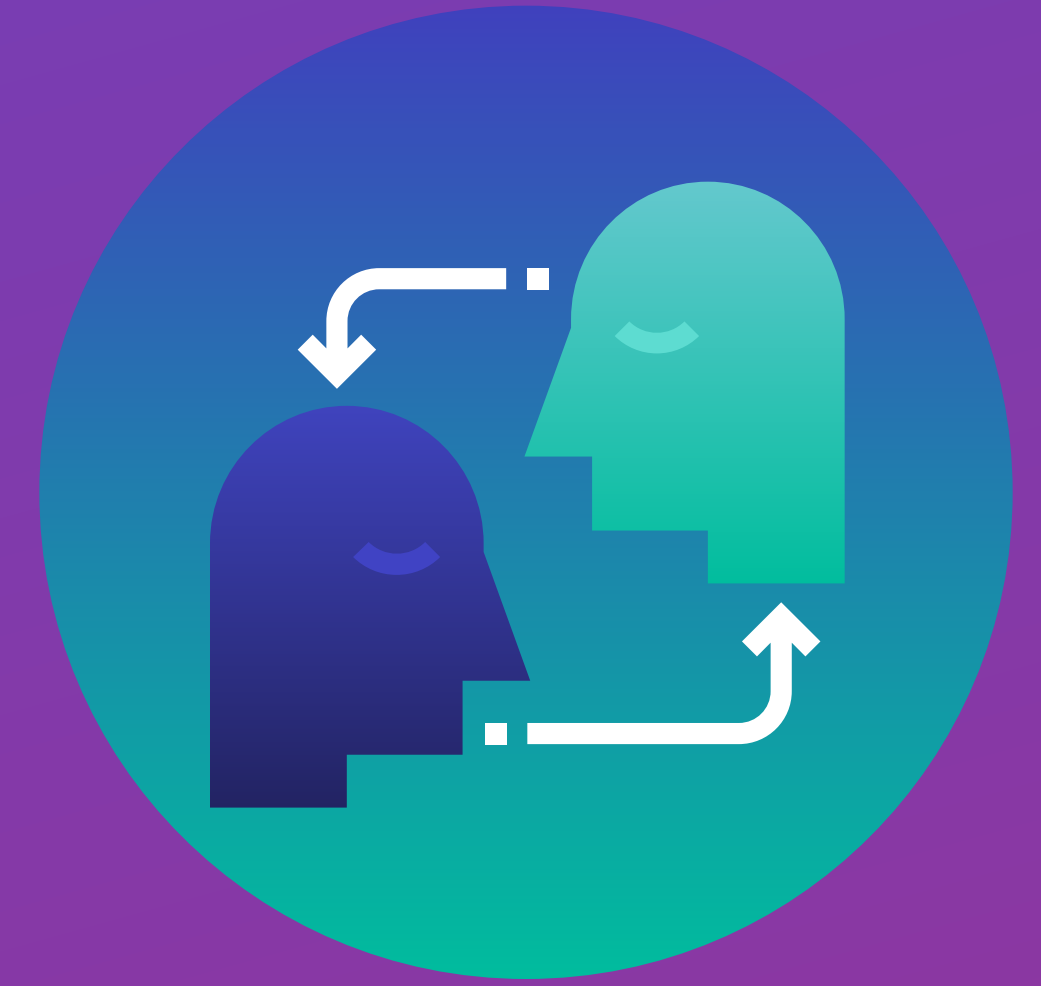
Receive feedback with empathy: **PARC**

Perspective take

Think about feedback from the giver's perspective. Giving feedback is difficult if one is new to a subject.



Avoid judgment of feedback, even if you disagree with it



Assume the best

Choose to believe your classmates tried their best and are trying to help you understand.



It's easy to assume the worst when you disagree with feedback



Recognize your feelings

If feedback is frustrating, that's okay. Recognizing feelings can help you communicate them effectively.



It can seem defensive if you're vague about why you're upset; specify what you disagree with.



Communicate your feelings

It's normal to disagree with feedback. Respectfully bring it up during discussion or with your teacher.



Starting sentences with "You..." can seem threatening. Try, "I feel ___ about this because..."



Short Answer