

Feedback Reflection Exercise

Instruction: Reflect on a recent piece of feedback you received. Briefly describe it and evaluate the feedback giver on the following characteristics using a 1-5 scale (1 = Very Poor, 5 = Excellent).

1. Briefly describe the feedback:

2. Evaluate the feedback:

Characteristic	Score (1-5)					Brief Comment
It is factual and descriptive, not judgmental	1	2	3	4	5	
It focuses on changeable behavior	1	2	3	4	5	
It is specific	1	2	3	4	5	
It is soon after the event	1	2	3	4	5	
It is a two way street	1	2	3	4	5	

3. What was the most effective aspect of this feedback?

4. How could the feedback have been improved?