

Feedback Reflection Tool

Use feedback to sharpen your practice without letting every suggestion redefine who you are.

1. WHAT FEEDBACK DID I RECEIVE?

State it as accurately as you can before deciding whether you agree.

2. WHAT EVIDENCE OR EXAMPLE WAS GIVEN?

What was observed? What impact or result was described?

3. WHAT PART MAKES SENSE TO ME?

Where does the feedback connect with evidence, a pattern, or something I already notice?

4. WHAT DO I NEED CLARIFIED?

What question would help me understand the feedback more fully?

5. WHAT WILL I TRY?

Choose one specific change, experiment, or next step.

6. HOW WILL I KNOW WHETHER IT HELPED?

What evidence will I look for after I try it?

7. WHAT DO I WANT TO PRESERVE?

What strength, value, or part of my teaching identity should remain intact as I grow?

FINAL QUESTION

How can I let this feedback sharpen me without letting it define me?

Listen → Examine evidence → Try → Reflect → Keep your identity