

Accept Feedback (Secondary)

Have you ever had a teacher, friend, or family member give you ideas for how you could improve your ability to do something? When other people provide ideas about how to get better at something, they're giving you feedback. Even when they're telling you what you did wrong, it can help you improve. When a friend, teacher, or coach tells you that something you've done isn't correct, try not to get mad. Instead, listen to them and think about the feedback they've given you and how it can help you improve.

Last year, I really wanted to improve my time in the 100-meter dash. I was frustrated and didn't feel like I could get any faster. My coach watched me run and said, "You are putting in a lot of effort, which is helping you get faster. Try looking forward when you come out of the starting block instead of looking down." Even though my coach was correcting me, I didn't get mad. I tried looking forward the next time I ran the 100-meter dash, and it helped me improve my time.

Feedback can let you know when you need to try again. By ***accepting feedback*** and applying it, you become a better learner. If we choose not to listen to feedback, it might take us longer to learn, and we could continue to struggle. When learning gets hard, remember to use feedback others provide so you can improve. When you ***accept feedback*** and use it to get better, you're improving your belief in yourself and building stronger self-efficacy.