



Dealing with Emotions and Feedback

Receiving feedback on your academic work is an inevitable part of university life. However, for some people, the feedback process can be emotionally challenging and complex. This quick guide is designed to help you understand your emotional reactions to feedback and then use feedback as an opportunity for learning and improvement.

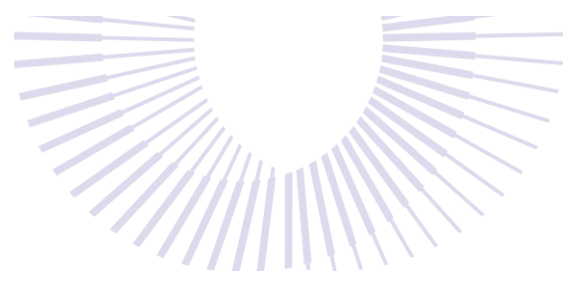
Before reading your feedback

- Take a moment to reflect on how you are feeling. Ask yourself whether you are in the right place and mindset to read your feedback.
- Choose a safe, calm and comfortable environment before opening your feedback.
- Think in advance about what your feedback triggers may be and give yourself permission to process the emotions attached to these.
- Reflect on your own expectations and consider whether they are realistic, achievable and manageable, rather than placing unnecessary pressure on yourself.
- Approach feedback with curiosity, motivation and self-reflection.
- Remind yourself of the journey you took to complete the assignment, including the time, effort and learning involved in creating your work.

Remember:

Academic feedback is NOT:

- A personal criticism.
- A reflection of your self-worth.
- A measure of your overall ability and potential.
- To discourage you from future work.



Academic feedback IS:

- Acknowledgement of your effort.
- A way to bridge gaps in understanding.
- A tool to improve your skills and knowledge.
- Focused on improvement and development for future academic work.
- An opportunity to take control of your learning.
- Designed to encourage progress.
- Confidence-building through growth and reflection

What to do with feedback that makes you feel positive

Don't overlook positive feedback! Instead, celebrate it and reward yourself for your hard work.

- Allow yourself to feel proud of your accomplishments.
- Reflect on the strengths highlighted and consider how you can continue building on them.
- Think about how you can apply the same successful approaches to future work.
- Save positive feedback to revisit when you need encouragement or motivation.

What to do with feedback that feels challenging

You may experience strong emotional reactions when reading feedback.

- Read the feedback, then step away and return to it when you feel more able to reflect.
- Do something you enjoy as a distraction.
- Reflect on how the feedback makes you feel, and consider talking to someone you trust or writing your thoughts in a journal.
- Try to create distance from the feedback by imagining it belongs to someone else. Consider how you would support them.
- Put it into perspective- it is one assignment out of many, and it does not define your overall ability.

- Avoid comparing yourself to others and focus on your own individual learning journey.

Next steps!

- Seek clarification from the marker on things you are not be sure about.
- Use the [Making the Most of your Feedback](#) worksheet to interpret and reflect on your feedback.
- Use the [Making the Most of your Feedback](#) worksheet to create an action plan. Set goals to help you move forward.
- Refer to the [Study Development Skills Guides](#) for support in developing skills you want to work on.

For support with study skills that can help with your feedback, please [access the Study Development Team](#)

If your feedback is affecting your wellbeing, please [access our wellbeing and welfare services](#)