

Guidelines for Receiving Constructive Criticism

1. Anticipate constructive criticism and welcome its contribution to your professional growth and development. Take a positive attitude toward any advice which is offered by the lab teacher, principal, and/or university coordinator. (Expect to have your efforts critiqued.) Accept all criticism without permitting your feelings to be upset. Separate your ego from your teaching.
2. Develop a feeling of security in the things which you know to be correct, but never be so confident that you cannot see the other person's point of view. Be ready and able to explain your approach positively and constructively.
3. Evaluate and critique your own efforts. Often you can soften necessary criticism by anticipating your own weaknesses and discussing them with your master teacher.
4. Be consistent in acting on suggestions which are made to you. Do not make the same mistake day after day.
5. Do not give an alibi or defend mistakes which you have made. Your greatest improvement will be made by overcoming deficiencies, not by defending them.
6. Keep your poise and sense of humor. Despite the increased workload during the semester, try to maintain a balanced personal life so that you enter the classroom each day with a refreshed perspective. Get some exercise, eat healthily, get some sleep.
7. Understand that the evaluator is trying to help you learn productive procedures and techniques. Remember he/she is trying to be supportive.