# Reflecting on Progress Transcript

For you to be a successful student,

it is crucial to understand what

works for you in terms of your

learning and what doesn't this.

Process of thinking about what works

for you and what doesn't and how to

improve is called reflecting on progress.

Part of reflecting on progress is

how you handle your feedback.

The different types of feedback that

you're going to get here at GCU will

get the feedback from your lecturers that

will be verbal and will be written.

And of course your marks

count us feedback as well.

You will also get feedback from your

fellow students that can be

verbal inside of class,

but more likely it's going to

be outside of class when you

discuss how you were doing.

So how do you react to feedback?

Well, you can feel.

A little upset deflated.

You can feel angry.

You can feel confused or even shocked.

We call those negative reactions.

On the other hand,

you can feel pretty confident and satisfied.

You can feel excited and joyful.

You can feel relieved or

just plain and simply happy.

We would call them positive reaction.

The main thing to remember here is that all

of these reactions are absolutely normal.

So how do you handle them well?

If you experience negative reactions,

breathe deeply. Try to calm down,

especially when you're angry.

You might want to release

some of the angry energy.

Go for a brisk walk, run.

Do some exercise.

It also helps quite often to just vent

to a friend or to a family member,

but it's important to do this

privately and not publicly

on Facebook or Instagram.

The positive reactions very

little easier to handle, probably.

Breathe deeply and enjoy the feeling.

Go reward yourself, buy some cake

buy some fizz, whatever you like.

Tell a friend and family member.

The most important

thing to remember about handling

your feedback is that you move

beyond the immediate reaction.

You need to take your time

to process the feedback.

That means you need to go back after

a few days and look at it again.

So we're moving from reacting to

feedback to acting on feedback.

We want you to look at the single

occasion when you receive the feedback and

build up a bigger picture of how you learn.

There is one simple method where you can

have a look at what the positives were.

what the negatives were.

And what kind of actions you can take

let me give you an example.

Say you received an assignment,

the positives were you passed the assignment.

Your lecturer said the overall structure

was actually pretty good and you did

your in-text referencing really well.

On the minus side, you had the wrong site

of referencing in your reference list.

And you had a few grammatical

and spelling errors.

So what should you do?

You need to

check your referencing on the library

website and find a proofreader.

Do remember, handling feedback

is not a one-off occasion.

It's work in progress.