# ASKING FOR FEEDBACK GUIDE

## *Think about what you want feedback on and from whom.*

*What to ask for…*

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| What do you want feedback on? | Who do you want to ask? |
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| Formulate your request:  Remember 1) Ask for feedback directed towards the future and focused on *how to improve*; 2) Ask for advice rather than criticism; 3) Ask for feedback that is specific. | |
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*Imagine you ask someone for just* ***one*** *thing to get feedback on.*

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| What *specifically* do you want feedback on? | Who do you want to ask? |
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| Formulate your request for just *one* piece of advice or feedback: | |
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