

### Reflection #3

The process of giving and receiving feedback for me is being open, whether that's open to changes or open to criticism, it's the best way to have a constructive feedback session. The reason why I see this as something I should prioritize the most in this process is because being open when receiving criticism, or just feedback in general, will allow me to better understand where that person is coming from and find a way to improve by using that outside perspective. In addition to that, getting feedback is very important as you get to see how other people interpret how you saw it. So, by being open to their feedback and putting yourself in their shoes, you get to see where they are coming from and, as a result, use their different perspective to take yourself to the next level; farther than you would have been able to just by yourself.

What I can do to give better feedback as well as engage more with it has everything to do with listening. Just that simple act of actually listening to listen and not to talk allows for thorough, constructive feedback as well as retaining and understanding it better. Also, this has to go both ways with the person receiving the feedback and the person giving it. The reason why is because not only does the receiver have to actually hear and understand the advice that they are being given, but the feedback giver has to actually listen and understand the thing they are reviewing in order to give fruitful feedback. It is just as important because the feedback won't make sense and won't be effective if they don't fully understand and hear what they are supposed to be evaluating. Therefore, the most important part of the feedback process for me is listening since that's where you have to start and end in this process.