


Feedback Recipience Skills

Recipience skills are the abilities and processes that enable learners to actively engage with, understand, and implement feedback effectively. These skills help feedback go further by enabling learners to transform feedback into actionable improvements in learning and performance.

SELF-APPRAISAL



This skill involves honestly judging your own actions, habits, and abilities. It means noticing what you do well, where you might need to improve, and understanding your own strengths and weaknesses. When you develop this skill, you become more independent and confident in assessing your progress, rather than relying only on others to tell you how you're doing.

Reflection Question:

How confident do you feel in recognising your own strengths and areas for improvement without needing someone else to point them out?

ASSESSMENT LITERACY


This skill involves understanding how grading and assessment work, so you can use that knowledge to improve your own work. It means knowing what good work looks like and being able to make sense of the language used in feedback. When you know what good work looks like, and how quality is assessed, you can use feedback to help you get there.

Reflection Question:

How well do you understand the criteria used to assess your work and what different levels of performance look like?



GOAL-SETTING AND SELF-REGULATION



This skill is about setting clear, realistic goals for how you are going to apply feedback and then taking steps to reach them. You might set out to use feedback in one way, and find this approach isn't as effective as you anticipated. Noticing when you might need to adjust your approach will help you to make the best use of feedback to improve.

Reflection Question:

How often do you set clear goals for how you will apply feedback to future work and monitor your progress towards these goals?

ENGAGEMENT AND MOTIVATION

This skill is about how willing and ready you are to engage with feedback. It means approaching feedback with an open mind, even if it's hard to hear, and seeing it as an opportunity to improve rather than just criticism. When you're motivated, you pay close attention to the comments you receive, think carefully about what they mean, and take action to improve your work.

Reflection Question:

When you receive feedback, how open and motivated are you to engage with it carefully and use it to make changes?

