The purpose of feedback is to get information about your performance in a given activity so that you can improve it. Receiving feedback is an instrumental part of learning. Learners who receive regular feedback about their performance perform significantly better, develop better judgement, and learn faster than those who do not.

Yet receiving feedback can sometimes feel awkward or threatening. The following steps can help you be an active partner in making sure the feedback you receive helps you improve your medical knowledge, skills, and attitudes:

**Set the stage:**

- Consider feedback as an opportunity for growth rather than a threat of criticism.
- Identify goals for yourself for this rotation, discuss them with your preceptor, and develop mutually agreeable rotation objectives.

**Seek Feedback:**

- Assess your progress in meeting the objectives you and your preceptor have set.
- Ask your preceptor for feedback on your progress – both in daily encounters and periodic reviews.
- Seek feedback on what you are doing well in addition to areas you can improve.

**Respond to Feedback:**

- If a preceptor approaches you with feedback at a bad time (when you are feeling rushed or stressed), set up an alternative time – and follow up.
- Ask for specific examples if your preceptor has not offered them.
- Seek clarification on points that are unclear. Summarize the feedback at the end of the discussion to make sure you have understood the feedback.
- When receiving constructive criticism, discuss strategies to improve your weaknesses, and make a concrete plan to implement those strategies. Set up a time to revisit your progress.
- If you feel criticism is due to a personality conflict between you and a preceptor, talk to a friend or trusted adviser.