

How do you take on board feedback? – Transcript

Jialing: It depends on if it's good feedback or bad feedback. If it's good feedback, I've got a habit to try to talk to the people who give me the feedback. And even it's a good feedback, I'll try to talk to them to ask if I can improve in certain areas or not.

If it's a bad feedback I think it's very important for us to learn from the mistakes instead of being panic, and because people make mistakes and once you learn from there you'll become better next time.

Robert: You should always try take it in a positive light I feel because at the end of the day when someone's giving you feedback they are trying to help you so you want to take it on board and try get a few people to check them over, and you will get different feedback from everyone.

So I think the most important thing is to take all of it on board into account, and then make your own decision of what you think needs to get changed and what doesn't need to get changed.

Magda: You do have to kind of go through that thing of getting upset and then you say to yourself okay fine, what are they actually telling me? And then actually analyse what they're telling you, and then say okay fine, I can do this maybe better, I do this is better.

And usually you talk to somebody who's just a sympathetic person in your life whether that's a tutor, whether it's friend or your mom sometimes. To be really honest, because I think moms may give great advice.