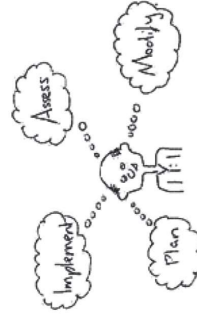


# In a nutshell

This resource can be photocopied and used as a revision tool or a prompt for discussion with your peers. It is designed to get you to think about the many sources of feedback you can use to improve your practice.

## Feedback and feedforward

Obtaining feedback and feedforward is vital in ensuring that you improve your own professional practice. A professional discussion or two-way conversation can be used to stimulate ideas and to ensure that you continuously reflect and improve on your teaching.



A key point is to make sure that you use the discussion to improve your professional

practice as sometimes it is easy to forget to apply the lessons learnt. Finally, remember that feedback is not a personal reflection on you, it is a reflection on the lesson.

Source: Capel et al. (2009).

## A 360 degree observation

It is important to get feedback from as many sources as possible in order to set yourself targets, so try the following for one of your classes and see if the feedback is the same from everyone.

