



A Learning Activity on giving constructive criticism

Designed by Ann Busschots
Sint-Jan Berchmansinstituut, Puurs, Belgium

Welcome on board!

Constructive criticism

Time length: 1 hour

Students' age: 12 +



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Think of an example of criticism and
share it with the class group

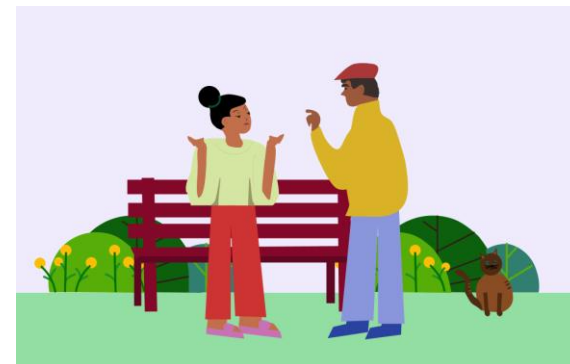


Criticism?



Criticism = evaluation of the behaviour, performance, etc. of yourself and others. The evaluation can be positive or negative

Most of the time we think it is negative, but that is too narrow



Do you see any difference ?

- 1 That sweater is really ugly
- 2 Your presentation was very entertaining
- 3 *You are always mad at me*
- 4 It was so nice that you waited for me
- 5 You suprised me with your test. Waw!

Two forms of criticism

- **Positive criticism** = confirm the good aspects in a person's behaviour or performances
- **Negative criticism** = express the bad aspects in a person's behaviour or performances

Positive criticism- questions

Positive criticism = confirm the good aspects in a person's behaviour or performances

- Can you give an example of good criticism that you received last month?
- What is good about getting positive criticism?

Advantages of getting positive criticism

Positive criticism = confirm the good aspects in a person's behaviour or performances

Advantages:

- It strengthens the positive self image of a person
- It will confirm the positive behaviour, so the person will repeat it
- It will optimise the relationship or bond

GIVE NOW AN EXAMPLE OF POSITIVE CRITICISM TO YOUR NEIGHBOUR IN THE CLASSROOM

Negative criticism-questions

Negative criticism = express the bad aspects in a person's behaviour or performances

- Can you give an example of negative criticism that you received last month?
- How did you react in that situation?



How do you mostly react on negative criticism? Choose here!

“Most of the time I walk away or try to ignore it”

“I make a joke to change the subject”

“I collapse and don’t know what to do anymore”

“I defend myself with excuses”

“I defend myself with offending the other with critics”

“I take it with me and try to work on it”



Negative criticism- question

Negative criticism = express the bad aspects in a person's behaviour or performances

- In many cases people don't like getting negative criticism because it makes them doubt about themselves or think other persons don't like them
- BUT can it be GOOD to receive negative criticism? Why?



Advantages of getting negative criticism

Negative criticism = express the bad aspects in a person's behaviour or performances

Receiving negative criticism can be GOOD because:

- You can learn from it and get a present in life to grow as a person
- It gives authenticity or honesty to the relationship, so can improve the bond



What do you think of this example of giving negative criticism?

Is this the nastiest X Factor judge response ever?

Watch this video on Youtube **“Is this the nastiest X Factor judge response ever?”**

- Was the judge respectful to the singer?
- What words do you think were not appropriate?
- What effect do you think it had on the candidate?
- What do you think of the reaction of the other judges?
- How could the judge say her critics in a different way?

HOW giving constructive negative criticism?

- Go back to your example
- What good things did the person do to you?
- What negative things did the person do to you?
- Discuss with the class what is important when you give negative criticism in a constructive (positive) way



HOW to give constructive negative criticism

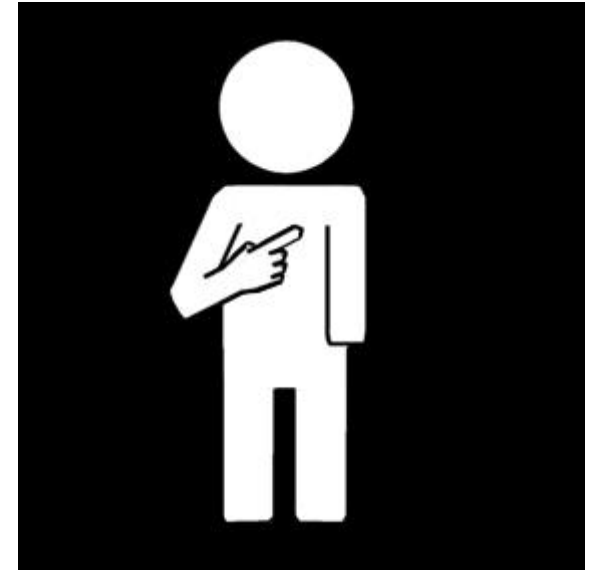
Use the I- statement or the I-message in different steps

1. Say the name of the receiver of the message (e.g. Peter)
2. Start the message with the word “I”. So you make it clear that you have yourself a problem with something
3. Say what you feel (e.g. I feel sad)
4. Say what bothers you in the behaviour or performance of the person (e.g. that you lied to me about the party)
5. Give the reason why you are not happy with the behaviour or performance (e.g. I feel left out)
6. Give a proposal that the other person can do (e.g. I would like you to be honest the next time)

Excercise

Is the next message an " I" or "You message"?

- "Do you have to shout like that? Just shut up"
- "Dolma, I have a bit of a headache and it get's worse when you shout. Can you please stop it?"
- "Dad, I don't like it when you come into my room in the morning. It is too busy for me. Can you please leave me alone. I will have my own clock set"



Excercise on the I-message

Put next sentences in the right order



- a) Could you please be on time in the future?
- b) Demi, I would like to talk to you about cycling to school together
- c) We came too late a couple of times because you arrived late at my house
- d) I felt ashamed at school and felt awful about it every time

Time to practice

Try to make a proper I-message on the following situation and act it out with a classmate in front of the class

You have a job at the local supermarket and you need to check the price on the vegetables of a client. You get help from a coworker but he stays away a bit longer than hoped. The client starts to complain why it takes so long. She says it is always the same in this store with the prices of the vegetables...

Time to practice

Try to make a proper I-message on the following situation and act it out with a classmate in front of the class

Your sister/brother has the habit to take clothes from your wardrobe without asking. You are not amused at all when you discover that she took your favorite sweater on the day you want to wear it...



Time to practice

Try to make a proper I-message on the following situation and act it out with a classmate in front of the class

Your neighbour always puts his car close to your garage so you cannot get in with your bike when coming home from school. You cannot get in because maybe passing can damage his car. Your bike can also be stolen when staying outside....



Let's reflect!



Reflection!

- What new did you learn today?
- What is one thing you will try to do differently starting this week with giving positive and negative criticism?
- What ideas do you have to encourage others to give more positive and constructive negative criticism?

TASK: TRY TO APPLY THE I MESSAGE NEXT MONTH IN A REAL SITUATION. SHOW IT ON THE NEXT TEST AND/OR ON THE EXAM. SHOW YOU SUCCEED IN APPLYING THE STEPS.



Evaluation session (teacher and students)

Active Citizenship Compass Evaluating Learning activity - Formulier invullen

