

# “Success for being a Mentee receiving feedback”

**Note Book**-write down feedback offered by the mentor, even if you feel you will never look at the feedback again.

**How to receive positive feedback**-Say “Thank you.”

**How to receive constructive feedback**

- Remember that feedback is aimed to **help you improve**, so say “Thank You.”
- It is common to want to defend what you did while officiating, but resist the temptation. **Store the feedback** and think about how to use it later.
- Understand the feedback by **asking questions** as needed. Do not pretend to understand; feedback is useless if you do not comprehend what is being offered.
- Feedback should be taken with a grain of salt as some people will love you, others will hate what you did, and most people will be somewhere in the middle. This is just a fact of life. In the end, you need to **be yourself**.