**‘What is feedback?’**

Please find below transcript for the video ’What is feedback?’ This video features student Adelina. The full video can be [found on YouTube here](https://youtu.be/Dmv8eG5hDk0).

**Transcript**

**“**Well, I think feedback is an essential part of your education because it helps you maximise your potential at different stages of learning.

All people can benefit from feedback. Effective feedback, either positive or negative, it’s very helpful because it’s valuable information that can be used in the future to make important decisions. It helps you to understand what went wrong, in what areas you can improve, and also what are the areas in which we excel.

In my experience so far the most important aspect of my education is that I learned and I developed my ability to learn about all this.

Learning how to learn transcends any other experiences at the University and I only achieved this by constantly trying to understand the constructive feedback that I received in order to be able to make better, more informed decisions in the future.

In my experience so far, for example when I work in groups, I realised that feedback enabled us to make better relationships thus better understanding our weaknesses and our strengths because we all had the opportunity to give and receive constructive feedback and in the end this allowed us to achieve a better outcome as a team and make the most of each person’s experiences.

In the end I think that continued feedback means continued learning and I think that this is definitely the key when trying to, and when aiming to, constructive feedback, and open communication, and enhanced productivity.”