



*Supporting
Others, and Giving
and Receiving
Feedback*

Vista Grande High School
Social Emotional Learning

Words from Olympians



Which quote connects with you? How so?

"I won't predict anything historic. But nothing is impossible."

Michael Phelps



"Practice creates confidence. Confidence empowers you."

Simone Biles



"Rather than focusing on the obstacle in your path, focus on the bridge over the obstacle."

Mary Lou Retton



"Everything that I've ever been able to accomplish in skating and in life has come out of adversity and perseverance."

Scott Hamilton



"Find something you love, then it doesn't feel like work."

Aaron Peirsol

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe."

Gail Devers



Questions

- How many mistakes and failures do you think these athletes had over the course of their careers?
 - None? One a year? Once a month? Once a week? Once a day?
- How do you think they received feedback from their coaches?
 - “pshh, coach is a hater”
 - “Thanks coach, but I know what I am doing”
 - “Thanks coach” ***proceeds to continue practicing the way they were***
 - “Thanks coach! I am going to try that”
 - “huh, I don’t know if it will work, but I am going to try.”

Food for Thought

- How do you respond when someone gives you feedback after you make a mistake?



Questions

- In the Karate Kid, Daniel begins to get frustrated with trusting his expert coach. The feedback starts to seem 'silly' or wasteful. Are there times when feedback is hard to receive, even if the person giving you feedback is very talented or an expert?
- What makes it hard to receive feedback when we know we need help?



Supporting Others – Warm Up

- How do you support your friend when they are struggling through tough times?
- How do you support your friends when they are successful at something or in the spotlight?

Scenario 1

- Your best friend just found out they are going to receive an academic scholarship from their dream college. With this scholarship they won't have to pay any money towards college. You on the other hand did not get into your dream college and will be going to your second choice instead. However, you did receive some scholarship money. When your friend tells you their news how should you respond?
 - A. Awesome! I'm so happy for you! *you then leave the conversation and ghost your friend for months*
 - B. Tell your friend how proud you are of them, but that you think you could have gotten that scholarship too, you just did not apply.
 - C. You are happy for your friend and let them know how proud you are of them. You also ask more questions because you want to know more about their plans.
 - D. You are happy for them and then proceed to tell them the negative things that happened to you.

Scenario 2

- Your best friend has been going through tough times and recently opened up to you about being depressed. You on the other hand have been going through a lot of good times recently. You got a new job promotion which led to more money, you got straight A's in school, and the person of your dreams just said yes to going on a date with you. How should you respond to your friend?
 - A. Can we just talk about the good things happening in my life? That might make you feel better!
 - B. Rather than doing all the talking, you listen to your friend and ask a couple questions about how they are feeling. Making sure you are giving them you undivided attention.
 - C. Leave and tell them you are too positive right now to be brought down with negativity.
 - D. Begin listening and say, "I know exactly how you feel." and then tell them about a time you were depressed.