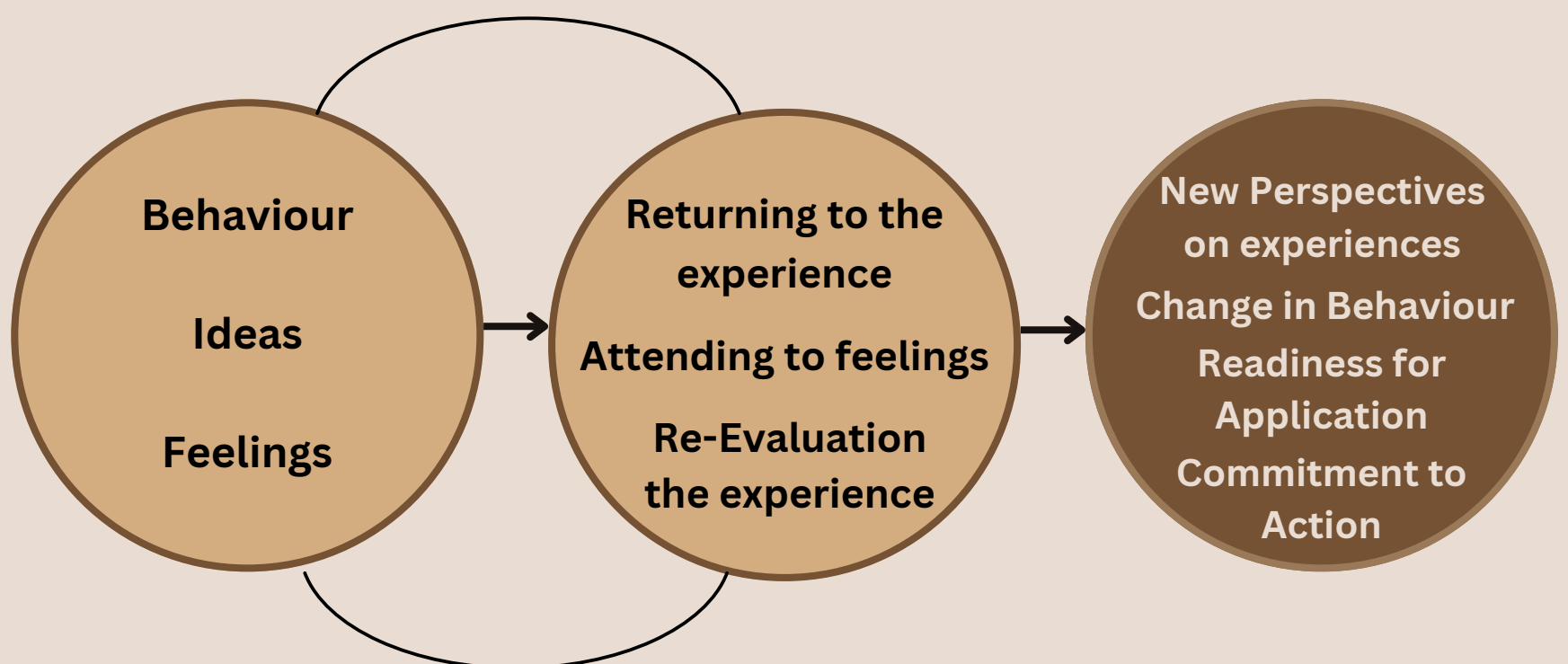


# EWWW... couldn't be Worse

## *From Struggle to Constructive: A Work Placement Challenge*

**“Embarrassed, anguished, depressed.”**

Have you ever felt these ways after receiving criticism of your work? Receiving constructive criticism can be a tough pill to swallow, especially when it reveals that something you've laboured over isn't quite up to par. It's natural to feel a range of emotions when someone critiques your work, but it's crucial to learn to channel those negative emotions into something helpful if you want to improve. In this blog, I'll use Boud's reflective model to discuss a challenging experience I had while interning as a trainee in the video and audio production team with the AHSS digital learning team and explore the new insight I gained through this experience.



**Boud's Reflective Model**

## **Am I just that Bad?**

Trainees in the field of video and audio production are expected to complete every project with an appropriate level of professionalism. When I first started my internship, I was full of self-assurance because I had only heard compliments regarding the project I had created.



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However, my manager gave me some unprecedented feedback when I was finishing my seventh project, "Student Iview (PGR on Canvas)", she pointed out that I have many issues in video content creation and that I need to rewrite and fix my direction. Obviously, this is a serious setback for me.

My initial reaction to this criticism was one of shock, followed by irritation that my work had fallen short of what was expected of it and what I had planned to accomplish. Even with the people I interact with on a daily basis, as well as my friends and family, I strive to be someone who can always be counted on to be perfect and dependable. I take criticism so seriously that it sometimes completely shatters my self-confidence and deny myself. I'm not someone who can always shrug off helpful criticism, so I'm going to start with that to get a better grasp on what it entails.



Constructive criticism, “in its best sense,” is a means through which others may be encouraged to reflect on their own performance and gain insight into how they might do better in the future (Petress 475). I started to reread the manager's feedback again. She wasn't trying to accuse me of anything and was rather direct. She didn't criticise my video content development without first acknowledging my skills as an editor and praising my meticulous attention to detail in post-production. Then she said that despite my project's benefits, my content production skills are immature. She also gave me suggestions on how to improve the content of what I'm working with. My negative reactions stem from the fact that, while reading this criticism, I tend to dwell excessively on my flaws, rather than its intended purpose of motivating me to improve my content creation.



**"In a survey of 899 full-time employees around the world, 72% of the respondent rated 'managers providing critical feedback.' as something would be most helpful to them in their career going forward and what was currently lacking."**

**(Abi-Esber, Nicole, et al. 1363)**



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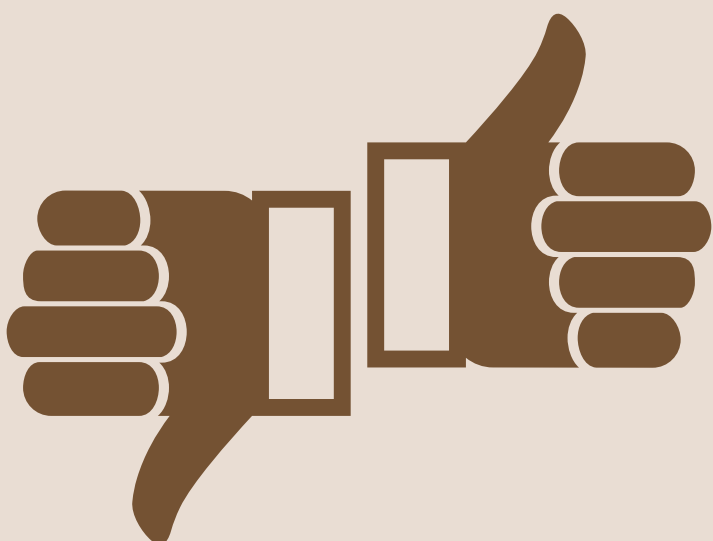
And the reason why I pay too much negative heed to constructive criticism is because of my growing-up experiences. Our rejection sentiments are typically tied to our past relationships and our desire for “love, attention, to be heard, to be listened to, to be appreciated, and to be respected” (Hughes et al. 22). My parents have instilled in me from an early age the expectation that I will be a flawless individual in my day-to-day life. Growing up I was full of denial and accusations that for 20 years of my life I was always frightened to hear anything negative about me. When I heard the manager's criticism, I had a huge emotional upheaval and a profound sense of inadequacy.

However, I still found it difficult to take the manager's comments about my performance in an objective manner. I can intellectually accept this criticism, but my emotions prevented me from doing so. I began to read books about stress and negative emotion management, and I realised that “writing down the most memorable experience” that related to my emotion (Hughes et al. 26) helped me a great deal in understanding the core cause of my feeling and in turn relieving me of it. Also, it increased my capacity to handle criticism calmly.



[Tracy, Brian, director. The Best Way to Accept Constructive Criticism. YouTube.](#)

## **Overthinking... Over Thinking!**



Looking back, I think my inability to take criticism well at the beginning was due to my aversion to letting other people down. I focused too much on the critical aspect of constructive criticism and not enough on its positive essence that “it has the potential to help others directly” (Abi-Esber, Nicole, et al. 1364).



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After I had a firm grasp of the concept of constructive criticism, I was able to take my manager's ideas in stride. I concluded the advice she offered me on how to enhance my content production was sound and will serve me well in my future career. As a result of taking on this challenge, I was forced to confront my deepest fears and understand my limitations in video and audio production, allowing me to settle on a course of action for my career development.

## **Shine like a Diamond**



I learned how to manage my negative reactions to criticism and grow from them as a result of the challenging times I had throughout my placement. It's hard to say that I can manage all the negative emotions when hearing negative comments since these emotional issues have been with me for over 20 years, and I need more time to gently process them. However, my ability to accept, process, and implement criticism has improved across the board in my academic work, my job placement, and my interpersonal interactions. Moreover, I have found a way that can balance my feelings and actions allowing me to become more accepting of my flaws.

At the same time, this internship solidified my resolve to stay in the media industry. It made me realize my love for video editing. In addition, I want to be able to take criticism properly and use it to improve as an employee in the future. I also went away from my internship with a clearer understanding of where I still needed to improve in terms of content production and a resolve to devote the remaining three weeks of graduation and I will apply for media master programme that will help me to be more prepared for my future career.

**Yes, I'm ready!"**



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