

**Navigating the Depths of Preceptorship, Supervision, and Mentorship**  
**October 20, 2022**  
**Theresa H. Rodgers, Presenter**

Based on the information discussed thus far, consider the following questions. Answer as many of them (choosing those that resonate) as possible as you engage in five minutes of reflection. Record your responses below.

1. Who has given you feedback well? What was helpful about how they did it?

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2. Have you ever received good advice that you rejected? Why?

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3. What motivates you?

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4. What disheartens you?

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5. What's your learning style? Visual, auditory, big picture, detail oriented?

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6. Whose feedback-receiving skills do you admire?

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7. What did your childhood and family teach you about feedback and learning?

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8. What did your early job experiences teach you?

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9. What has been the Impact of major life events (children, marriage, divorce, death of a parent)?

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10. What do you dislike most about evaluation?

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11. What helps you change?

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