

41 Affirmations for Receiving Academic Feedback

A moment to pause, reflect, and choose a useful next step.

1. I can be a learner without putting on a performance of certainty.
2. I can read one comment before reacting to the whole page.
3. I can distinguish praise, questions, and required changes.
4. I can ask what a broad comment means in practice.
5. I can look for repeated concerns across assignments.
6. A rough draft is a place to develop an idea, not a final judgement.
7. I can be interested in an argument without already knowing how to express it.
8. I can separate a comment on the work from a verdict on my intelligence.
9. I can distinguish an edit from an insult.
10. I can ask for an example of improvement.
11. I can choose one recurring comment to address.
12. I can keep what already works.
13. I can allow time before responding.
14. I can keep a strong section while revising a weaker one.
15. I can disagree thoughtfully when I have a clear reason.
16. I can ask which change deserves priority.
17. I can separate the tone I imagined from the words actually written.
18. I can check whether each paragraph serves the question I am answering.
19. I can ask which part of a revision is essential.
20. A short clear sentence can be more useful than an impressive unclear one.
21. I can ask for a practical example when an explanation is too abstract.
22. I can ask an honest question without claiming that I have understood.
23. I can turn one comment into a revision task.
24. I can request an example of the expected standard.

25. I can allow disappointment before responding.
26. I can thank someone for a useful specific observation.
27. I can ask someone to explain a comment I do not understand.
28. I can receive a useful correction without discarding everything that works.
29. A mistake can identify a skill to practise rather than a person to blame.
30. I can stay curious without turning every interest into an assessment.
31. My learning deserves patience even when a deadline requires a decision.
32. Rest and interests outside learning still belong in my life.
33. I can recognise learning that is not immediately visible to others.
34. I can return to a question after giving it some space.
35. I can check whether my revision addressed the original concern.
36. I can recognise feedback as one perspective on a piece of work.
37. I can keep my curiosity when a correction surprises me.
38. I can use the comments without making them my inner voice forever.
39. Finishing can require choosing what belongs outside this particular piece.
40. An imperfect draft gives me something concrete to work with.
41. I can recognise that clarity often develops through revision.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/receiving-academic-feedback-affirmations/>