

Skill Topic: Coping with Criticism

Dr. S.SUBADHRA,
Assistant Professor of English,
St.Xavier's College, Palayamkottai.

Brainstorming Session

- ▶ Q.1. What is the meaning of the term, Criticism? How do you respond to criticism in life?
- ▶ Q.2. Are “criticism” and “satire” similar in meaning?
- ▶ Q.3. Have you ever criticized anyone/ anything/ anyplace? (eg.how you criticize the present govt. regarding the demonetisation of rs.500 & rs1000 notes)



- ▶ Q.4. Are you sensitive to criticism?
- ▶ Q.5. What is the difference between ‘critic’ and ‘being criticized’?
- ▶ Q.6. How far criticism affects our life?
- ▶ Q.7. What do you mean by constructive criticism?
- ▶ Q.8 How do we look at others who criticize us?
- ▶ Q. 9. What is the meaning of appreciation?
- ▶ Q.10. Are these criticism perceived as an objective/ subjective ?



Objectives

- To introduce the students to the sensitive area of criticism in their lives.
- To respond to it positively and adequately.
- To have an evaluation of criticism itself.

Definition:

- ▣ 1. Criticism is defined as the part of evaluating or analyzing with knowledge and decorum.
- ▣ 2. “Criticism is disinterested endeavour to learn and propagate the best that is known and thought in the world” - Matthew Arnold.
- ▣ 3. Criticism is the art of interpretation.

Various aspects of Criticism– 10 points

1. Beliefs about criticism

Negative– rejection of yourself &
stagnate

Positive– less stressful & vehicle of
learning

Key terms: 1. Self-Table

2. Positive self talk vs
Negative self-talk

2. Handling Criticism

- 1. Build Self confidence
- None can make you feel inferior without your consent.
- 2. ABC method:
 - A-Activating event/ Situation
 - B-Belief about that event
 - C-consequences/outcome

Handling criticism effectively



3. Types of Criticism

- ▶ 1. Valid / Bonafide criticism (objective)
- ▶ 2. Invalid / unjustified criticism (subjective)
- ▶ 3. Vague criticism (subjective)

4. Check whether criticism is valid or invalid

1. Do I hear the same criticism from more than one person?
2. Does the critic know a great deal about the subject?
3. Are the critic's standards humorous and reasonable?
4. Is the criticism really about me?
5. Is it important for me to respond to the criticism?

Note: yes-Valid
No-invalid

5. Our response to criticism- 3 As

- **1. Awareness-** (What we do?) counter attacking/ silent victim
- **2. Assessment-** valid/ invalid
- **3. Action** (dealing assertively)-
 - i) Fogging
 - ii) Admitting the truth (no apology)
 - & iii) Asking for feed back

Key term: Fogging

.

6. Our shortcomings in coping with criticism

- ▶ 1. Avoiding criticism(eg. I just don't know what I am doing wrong)
- ▶ 2. Taking unfair criticism to heart.
- ▶ 3. Reacting aggressively to criticism

7. Self-Criticism

- *. We – tool (aware of our faults)

8. Giving Criticism

- ▶ Be specific
- ▶ Acknowledge the positive
- ▶ Keep calm
- ▶ Keep to the point
- ▶ Focus on behaviour, not on person
- ▶ Don't use labels or stereotypes

9. Receiving Criticism

- ▶ Negative Assertion
- ▶ Fogging
- ▶ Negative Enquiry

10. Overcoming Formula

- ▶ To overcome difficult situation=
Self esteem + Feed back +
ready to receive the criticism.

Activity based teaching

Teacher presentation:

1. Portrait regarding the Tamil movie –Three. (Caption related to love is printed in the portrait)
2. Video- heart touching story of a deaf girl.

Student's Assignments:

1. Poster presentation about valueless rs.500 &rs.1000 notes. (give critical comments)
2. Case studies related to their (students) experience.

Outcome of this unit

- ▶ 1. self esteem + self evaluation= to overcome criticism
- ▶ 2. Your views about ideal life >> What will other people think.
- ▶ 3. Recap the key terms–self table, Fogging negative Assertion, negative enquiry.
- ▶ 4. Transformation in our mindset.
(from unacceptable mindset to acceptable mindset)

Life Skills Diary

- Q.1 Are you put down by criticism? What were your reactions? Share your feeling with one/two incidents?
- Q.2 Have you corrected your mistakes after receiving criticism in your life?
- Q.3 Have you criticized others in a humorous and reasonable way? Explain with your experience?
- Q.4. Have you lost any of your behaviour because of your sensitive approach towards criticism?

