

UVA STUDENT CAREERS CENTRE

360° feedback: people around me

Find out what others appreciate about you

What is it?

An instrument that allows you to obtain feedback from the people around you.

Method

Pick five to seven people who know you from a variety of roles (work, extracurricular, personal life, social circle, etc.). Ask them to answer the questions below in writing and ask them to be honest about you. Factor in roughly a week for people to respond if you contact them by email.

1. What is my greatest 'talent'? How did I demonstrate it?
2. What are my interests? What do I talk about a lot?
3. What knowledge and skills do you value most?
4. How do I handle things?
5. How am I in a group?
6. Are there any areas of improvement (in my interaction with others) that I could focus on?
7. In what way(s) do you feel I could grow?
8. What specific activities/line of work do you see me doing in the future?
9. Is there anything else you want to tell me?