**Resources on Giving More Effective Feedback**

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**Feedback**

Website: <https://uwaterloo.ca/centre-for-teaching-excellence/teaching-resources/teaching-tips/assessing-student-work/grading-and-feedback/receiving-and-giving-effective-feedback>

Article: <http://www.nytimes.com/2013/04/06/your-money/how-to-give-effective-feedback-both-positive-and-negative.html?mcubz=3>

Book: Giving Effective Feedback (HBR 20-Minute Manager Series)

Online e-module course: <http://www.faculty.londondeanery.ac.uk/e-learning/feedback/giving-feedback>

**Mindfulness**

Insight Timer (Android and Apple App)

Tara Brach <https://www.tarabrach.com>

Different ways to practice mindfulnes: <https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

Benifits of mindfulness in the workplace: https://www.sciencedaily.com/releases/2016/03/160310141455.htm

How mindfulness can change your brain: https://www.sciencedaily.com/releases/2011/01/110121144007.htm