The word of the week is

 **Constructive**

**It means:** carefully considered and meant to be helpful

**Used in a sentence:**

The judge’s comments were very constructive to the young man.

When she didn’t receive the job, she asked the company for constructive feedback to help her with future employment.

The constructive comments about her running skills helped her improve.

Our class thrived on constructive feedback to help everyone become better students.

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