

Reflection x2

A reflection can be defined as a careful and slow thought or consideration about something to study or comprehend it. Despite being helpful to determine the orientation of the author's point of view about any specific topic, what differentiates it from an opinion is that reflections center on experience while inviting the reader to think by giving ambiguous questions. This depends on the redaction and approach.

To distinguish your reflection from an opinion, you must avoid orienting the text to an argumentative style in favor of what you express and guide it to an approach that tells: "These were my experiences and learnings and what about you?"

Focusing on redaction, the primordial point is avoiding words to express your point of view directly, such as "I think", "Personally", "From my point of view", etc. Prioritize that unconscious participation from the reader, who meditates about the topic and its experiences as it reads your reflection and experiences.

An example can be found on "IS Retrospective":

"Nevertheless, as I explored the career, I realized that Software engineering was mostly oriented to the development process [...]"

This has helped me to understand clearly the differences between a programmer, developer, and software engineer, even though the "division" between the first and second terms is quite clear when getting to the third one, that "division" will become a bit "fuzzy" [...]"