

## Summary

1. Refactoring involves making structural changes to source code without changing the external behaviours of the application/software.
2. Even simple refactorings (e.g. rename class field) would be hard to do with normal IDE features (e.g. search and replace). Refactoring without tool support is NOT PRACTICAL.
3. Eclipse' refactoring support effectively understands Java program structure which allows developer to make serious changes across many files in the project.
4. Having unit tests that show a system works allows a developer to refactor without fear of breaking the design.