

## REFLECTIONS

Reflections are narratives which focus on identifying things about the person.

Where Are Reflections Used?

Some personal narrative which you might find at the college and professional-level include:

- +Personal Statements (for Employment or for Personal Enrichment)
- +Reflections
- +Self-Assessments (for Evaluating Yourself in a Corporate Environment)

Characteristics

1. Reflection-based narratives contain a theme or a central idea. That is, Reflections contain a particular focus and/or message.
2. Reflections may be devoid of any sort of series of events, and they may not contain any sort of sequence of events. However, they may loosely discuss personal elements, characteristics, components, or traits in a linear order.

EX:

Element 1 ----- Element 2 ----- Element 3 ----- Elements 4

For example, a personal statement used for employment may discuss an author's interests in the position (element 1), his/her expertise for the position (element 2), and then his/her attributes (element 3).

Likewise, a reflection might discuss specific life and/or visual traits, such as what you look like (element 1), how you act (element 2), what you do (element 3), and other elements of the personal.