

Example of essay on biology course: personal impact reflection

[Experience](#), [Belief](#)



Introduction

There are some things that we learn that will change our perspectives for the better. My biology subject has thought me this. Biology has been a strong eye opener for me when it comes to the topics like sex and sexuality.

Discussion

I came from a conservative family and conservative culture. This means that I possesses the norms of a conservative society when it comes to he said topics. I normally judge things based from a more religious perspective. For example, when it comes to homosexuality, I would always have negative judgment to homosexuals because they do not conform to religious beliefs and conservative societal norms. But through biology and other human sexuality courses that I took, I realize than I must learn to separate the norms of my culture as well as my religious beliefs in order to make fare judgment on homosexuals, sex, homosexuality and related topics. I have learned to look at things from a more scientific perspective; I have learned to understand more rather than to make judgments. It is through this duality of perspectives (scientific and cultural or religious) that I find most happiness and less mind stress. Aside from the way I think about the aforementioned topics, biology has also changed the way that I might teach someone I know about them, such as my friends, or nephew. I think that if I will also teach them about sex and sexuality from more scientific perspectives, they can also avoid the biases that I had against homosexuals or to other topics or subjects related to sex and sexuality.

Conclusion

More knowledge, especially scientific knowledge teaches to become more humble. It teaches us how to consider many factors first before making judgments. The knowledge that I acquired from biology and other similar courses in sexuality has made me realize that there are more perspectives from which we can look at things such as sex sexuality.