

OUR COURAGE

The future is something everyone dreamed of at one point in life; as kids, we all wanted to be adults. We all have impossible dreams we wish to achieve, like becoming a superhero, a fairy, or maybe even a princess. But as the years flew by, the dreams changed and became more possible, more realistic. Some people wanted to become policemen, soccer players, doctors, or teachers. The options became infinite, just like our will to change the world.

Growing up, questions like 'What would you like to do when school is done?' started to become more frequent, and every time a different answer would come up, until high school came, and suddenly we had to decide what to do with the rest of our lives. The pressure can become unbearable for those who don't know which option to choose, but also for those who already know. Either way, the weight of expectations and societal pressures can cast a shadow over our aspirations.

Nowadays, there's a lot of stress surrounding the school environment. It's not so difficult to find teenagers struggling with their mental health, mostly in the final years of high school when most students decide to take selective exams such as ENEM. The immense pressure to excel academically, coupled with the anticipation of making life-altering choices, can create a perfect storm of anxiety and overwhelm. The pursuit of high scores on these exams becomes not just a measure of academic achievement but often a reflection of self-worth.

In conclusion, from our childhood to soon adulthood, it all leads to this choice, this moment. We had many years and shed tears to figure out our own dreams and ambitions. It is vital for us to foster an environment that nurtures both our intellectual growth and emotional well-being. By acknowledging the importance of mental health and embracing the uniqueness of each individual's journey, we can empower ourselves and others to overcome the pressures that cast shadows on our dreams. As we embark on this ongoing pursuit of self-discovery, let us remember that while the path may be uncertain, it is our courage to confront challenges and redefine success that truly molds the legacy we leave behind.

Comentário do júri: O trabalho com a língua inglesa é exemplar. Mais importante, no entanto, é a condução da reflexão que passa por uma concatenação bem feita de argumentos bem como um questionamento necessário sobre saúde mental e metas irreais de sucesso. A sugestão final de que se deve redefinir sucesso, pensando outros caminhos para o futuro, é muito pertinente.