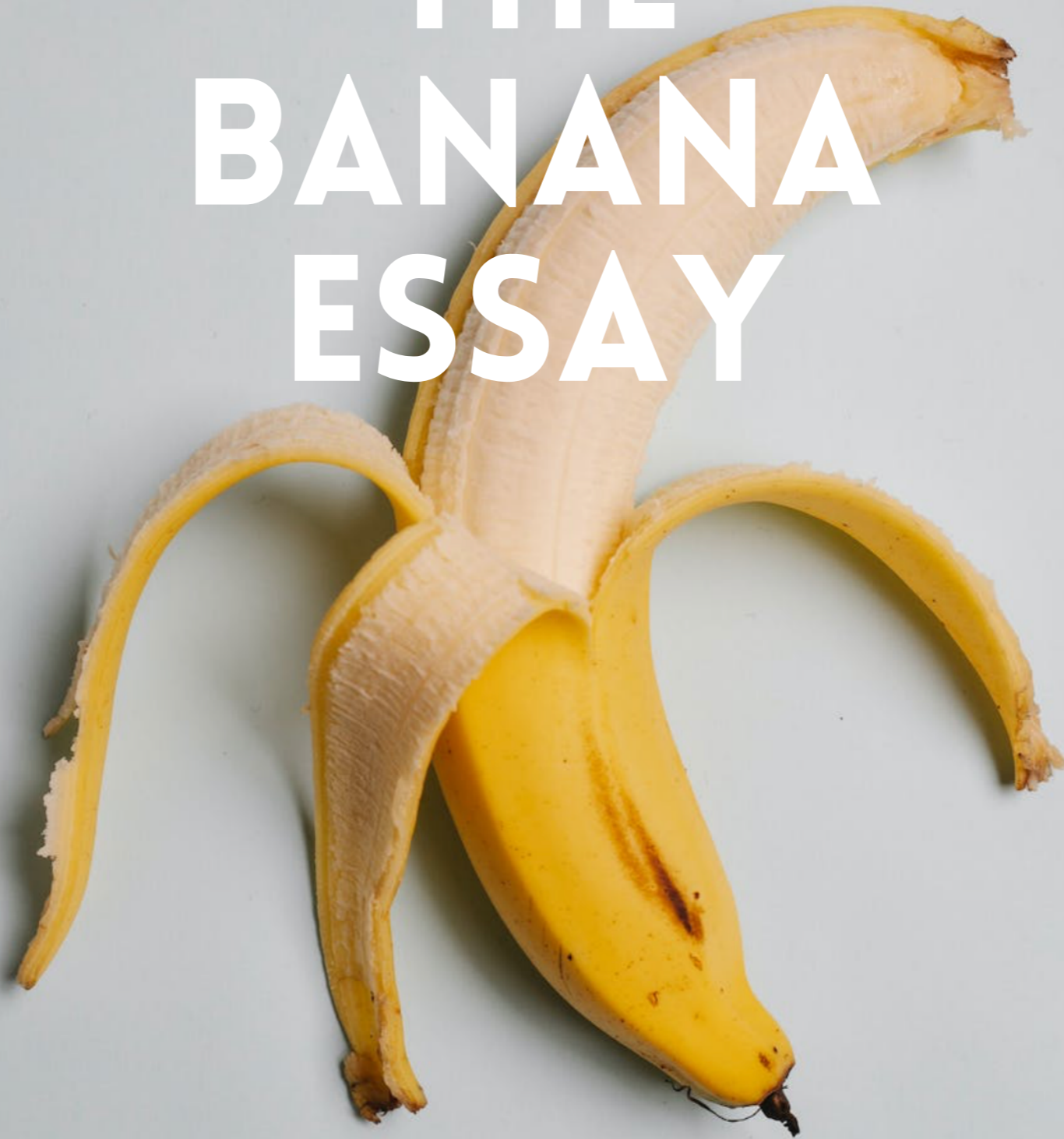


LYNN UNIVERSITY DIGITAL PRESS

# THE BANANA ESSAY



BY DANIELLA BASTOS

Copyright © 2023 by Lynn University, Inc.

All rights reserved. This publication originated in the United States and is protected by copyright. Permission should be obtained from the publisher prior to any prohibited reproduction, storage in a retrieval system, or transmission in any form or by any means, electronic, mechanical, photocopying, recording, or likewise. For information regarding permission(s), write to: General Counsel Michael Antonello at the address below, email: [mantonello@lynn.edu](mailto:mantonello@lynn.edu), or call: 561-237-7824.

Lynn University Digital Press  
Lynn University  
3601 North Military Trail  
Boca Raton, FL 33431

# Biography



Daniella Bastos is a second-year pre-med biology major attending Lynn University. As an international student from Brazil, she has been exposed to different cultures and experiences that affect her creative thinking as well as her writing.

At Lynn University, Daniella is involved in the Lynn Scholars Accelerated Program and Social Impact Scholars. She also started her own student-run organization called Lynn Scholars Support.

During her free time, Daniella likes to read, spend time volunteering at the Dania Beach Monkey Sanctuary, and organize clothing drives to help the homeless community of South Florida.

# The Banana Essay

I remember waking up in the hotel room I was sharing with my sister, who was still asleep. My mom had already left for work and my dad was waiting for me to get ready so he could drive me to school and then go run some errands.

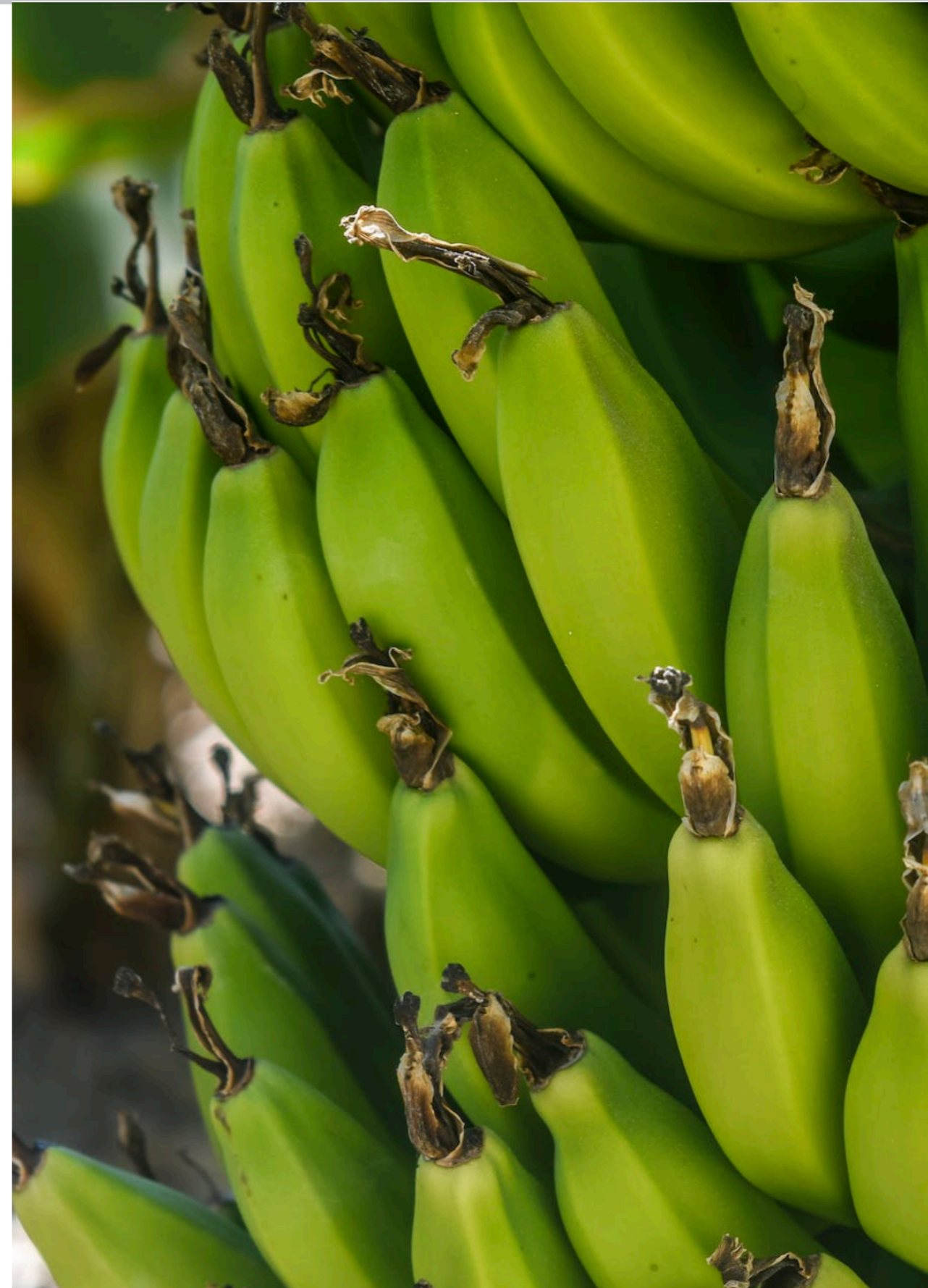
I was feeling completely overwhelmed by the thought of starting my junior year of high school in a new country after moving from Brazil, and only living in America for a couple of weeks.

However, I tried not to think about my anxiety. I hoisted myself out of bed, almost tripping over my dog as he laid next to me on the ground and walked to the kitchen counter to grab myself breakfast.

There was a bowl of green bananas. And even though they were not soft, sweet, nor ready to be eaten, they seemed appealing to my anxious stomach.

That is how I felt for the first couple of months after we moved — like a green banana.

I would wake up every morning and have my dad drive me to school, where a single line of housewives in minivans dropped off their kids. Then, I would go to a class in which I would barely comprehend what the teacher was saying. I would also hear people talking about things I had never heard of before — SATs, college applications, Lululemon, and many other things I never knew existed.



Fortunately, however, bananas tend to ripen quickly.

Due to the releasing of a gas called ethylene, which causes banana's cell walls to break down, the fruit begins to mature. Likewise, when facing challenges like these became a daily occurrence, I realized that the more I released my anxiety, the more I felt ready to take on new challenges.

I started meditating, diligently focusing on my schoolwork, reaching out to people for help, developing new friendships, and exercising. Although there were days when this new and enormous country felt claustrophobic, and things did not seem like they would get better, everything finally clicked.

I did not feel like a green banana anymore.

Even though moving to a different country in the middle of high school was a difficult experience, it has all paid off. I am no attending college in the United States, and even though I still suffer from the pressures of being an international student, I have my driver's license, I am finally speaking fluent English ... and I even bought my first pair of Lululemon leggings!

Today, I know that even though changes can be extremely challenging, they are a part of life, and that only time will help one get used to them. And most of the time, I can't really do anything but accept it and be thankful for the opportunities that come along with the unknown.

After all, maybe if not for the significant challenges I went through in the past, I would not have ripened enough for this next season of my life.

