# 培训思路整理——即兴演讲，思维训练

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*第一篇：培训思路整理——即兴演讲，思维训练培训思路整理——即兴演讲，思维训练8月12日下午，即兴演讲思维训练。出题，2-4分钟思考，然后开讲，3分钟！话说当时我真是一片空白。脑子不够用，思维不够快。老了。所以，运用笨方法，将当时的思路全整...*

**第一篇：培训思路整理——即兴演讲，思维训练**

培训思路整理——即兴演讲，思维训练

8月12日下午，即兴演讲思维训练。出题，2-4分钟思考，然后开讲，3分钟！

话说当时我真是一片空白。脑子不够用，思维不够快。老了。

所以，运用笨方法，将当时的思路全整理出来，不加润色，不做后期修改，只为仔细看看自己思维方面的缺点，以待提高。

人天生是软弱的。唯其软弱而犹能承担起苦难，才能显出生命的尊严。

这是第一命题，当时脑子一片空白，四分钟的思考，我写下了以下的大纲，课后整理了出来。保留思维原貌，没有润色，只为记录思维的火花！

我的思路：

帕斯卡说过：“人是一支有思想的芦苇。”

是呀，“寄蜉蝣于天地，渺沧海之一粟”个人的生命与天地与历史相比，是如此渺小和短暂。尽管我们可能有强健的肌肉，俊美的外形，但却是这个星球最伟大的生灵。因为人有着其他生灵所没有的——思想和尊严。

生命短暂，活着并能承担起人生的苦难，有尊严活才拥有生命的意义。

那么，怎样才能有尊严的活？

我认为：那便是勇于挑战生命中所有的苦难。

人生苦短，我们可能会遭遇来自身体和外在的诸多磨难苦难甚至灾难。

对此，是逃避还是勇于面对？

帕斯卡终生多病多灾，却用强大的内心，深邃的思想让其短暂的一生辉煌，在诸多领域做成了卓越的成就。

盲聋哑的海伦凯乐不愿如蝼蚁般苟延残喘毫无尊严的活着，便用强大的毅力让自己的单调的生活丰富，既完美了自己，又感动了他人。

再看看其他人吧，如林肯，如霍金，如达人秀的刘伟，又如汶川地震中的千千万万的幸存者。

我们每一个普通人也都有可能遭遇疾病，不幸，失败等苦难。

是的，生命是软弱的，自然的一阵风，一口水，一次抖动都可以轻而易举毁灭我们。但是，如果我们拥有强大的意志力，去挑战生命中的每一次苦难，去战胜苦难，活出生命的意义，实现生命的价值，方能显出人的尊严。

自我评价：太空，到时候可能忘词！

拥有初学者的心态是了不起的我的思路：

我所理解的初学者的心态是热爱之心、投入之心、不畏之心、不馁之心。

所谓热爱之心是对所专注的事业投入百分百的热情。因为爱所以爱，没有任何的矫情与功利。

所谓投入之心是对所专注的事业投入百分百的精力，甚至到达废寝忘食的地步。想我初当教师之际，为了上好一节课，能用两周的时间去查阅去解读去专业。记得工作后在学校开的第一节课是《兰亭集序》，为了上好这节课，每一张幻灯片都掐时间，每一次阅读都掐音乐，拿父母做学生实验过若干次，对着镜子练习过若干次。我想这就是初学者之心，因为热爱而投入。

初学者的心态还有不畏之心和不馁之心。那就是一种初生牛犊不怕虎的豪情与敢想敢做的冲劲。若此刻的我是刚刚工作的我，那么今天第一个冲上台的必定是我。那个时候，天不怕地不怕，想到会立刻去做。从不害怕失败。在经历过失败后也能睡上一觉后像打了鸡血。我想，那也是初学者之心。

而如今，社会的评价和职业的倦怠让我丧失了初学者之心，我开始抱怨开始懒惰，直到碰到了我的高中同学，他也是一名教师，工作十年获得若干教学、论文的奖项，更重要的是他一直有梦想有追求，永葆一颗初学者之心。

我问他，你是如何保持初学之心态的？

他告诉我：读书让人心静，所以对待自己的职业就会永葆热情、不惧怕失败。寡欲让人心清，不去计较物质就可以让自己对钟爱的事业投入百分百热情，于是就能去投入。

我想，拥有初学者的心态是了不起的。我也可以找回！

自我评价：热爱之心和投入之心有重复之嫌疑。

没有比人更高的山，没有比脚更长的路。

我的思路：

初看到这个命题时，我暗自惊喜，这是我初中最喜欢一句诗。再看，微笑，这让我想到了早晨陈玲玲老师的那一句：你能走多远，关键在于你能看多远。

是呀，心中有山，心便在山顶；脚下有路，路便达远方。

其实，这山顶，这远方不就是我们心中的梦想吗？

那么，我们该如何到达远方呢？

我想，主要还在于目标、实践和毅力。

杜甫说：“会当临绝顶，一览众山小。”广告语说：“山高人为峰。”是呀，心中有了坚定的目标，便可有个美好的梦想：登临山顶，俯视人间，睥睨世界，欣赏最美的风景。

当然，登山之路是要一步一个脚印走出来。我们要用脚步去丈量每一个目标，所以，实践不能少。倘若只是心中有山，脚下没路，有目标无实践，高处的山岚和远方的风景便会沦为梦境。

心中有目标，脚下有实践方能一步步接近梦想，而行百里者半九十，唯有在我们疲惫和懈怠时辅之以毅力，那种不放弃的精神，方能真正问鼎苍穹。

工作几年来，我有梦想有收获，我的心中有的的山，有我的路。我一直梦想有一天我能做高山之巅的风景，我能看到远方的风景。于是，我对自己说：“带着目标、实践、毅力上路吧。去登山，去远方看风景！”

自我评价：论题为虚指，我依旧空谈，可能靠实一点更好！

在所有批评家中，最伟大、为正确、最天才是的时间

我的思路：

众所周知，我们对事物的评价有主观的，有客观的。所谓公说公有理婆说婆有理，是为主观评价，主观评价无关对错，只关个人喜好和感情亲疏。而唯有客观的评价才是超脱于个人喜好的真实的公正的评价。

记得龙应台有一篇文章叫做《不相信》，大概有一段是说，她不相信历史，因为当朝历史总是后朝人所编写，后朝人又总会否定前朝的历史。再后朝的人又会否定之前的表述，于是，历史便在一次次的改写中失去了原貌。因为这里所做的批评依旧是人的评价。

她又说，她相信一些东西，比如时间，尽管历史层层迷雾，但随着时间的流逝，它终有清朗的一天。这便是说时间的伟大了，它不需要动口，亦不需要动手，只是静静流淌，便可对世间的一切做出最公正客观的评价。

这不由不让我想到，我们中国历史上的那位聪明的女王，武则天。她的墓前巨大的无字碑似乎就是在让时间去雕琢，去评价，功过自有后人评说。又想起梵高，在世时穷困潦倒，名不见经传，但一切评价交给时间，时间便给予了他最公正的评价。

所以，不由莞尔，哀吾生之须臾，羡长江之无穷。个人的生命在时间之手中掌控，在所有批评家中，最伟大、为正确、最天才是的时间。

自我评价：李洁后来点评说，可以举一些经典书籍的例子，茅塞顿开。

如果你曾歌颂过黎明，那么也请你拥抱黑暗。

我的思路

这个话题应该是讲人面对成功和失败的态度。

黎明让人期待，但必会经过最黑暗的时段。正如每次成功都不是一蹴而就的，如在追求成功的路上受不了暂时所受的黑暗与寂寞，又能让我们歌颂黎明？

我的例子：黎明——成功过（工作第二年……）。黑暗——失败过（工作第六年……）。我的认识和反思：调整心态——不惧与淡定，锻炼胆识——挑战自己，坚守——等待黎明。

总结：唯有拥抱黑暗，方能进步，方能记住那方黎明的天空！

我的评价：有点遗憾，这个我不擅长，不知道该怎么说！

港口的船是安全的，然而这并不是它被建造的目的我的思路：

我想先和大家共享一篇文章，初三语文课本上有一篇苏联作家普里什文的一篇散文《林中小溪》，大家还记得那条小溪吗？勇往直前，向前向前，只为汇入大洋。遇到困境时便搏击。遇到坦途时更毫不留恋。最终汇入了大洋！因为，留恋坦途与沿途的风景并不是它的人生目的。

同样，船被建造就是为了去远航，去搏击风浪。而港口虽安逸却并不是它被建造的目的。

我们的人生也一样，生命的意义在于去充实去挑战。

作为一名教师，我坐在下面，是安全的。可是这是我此次培训的目的吗？

不由又想起汪国真的那句诗：“既然选择的远方，就只能风雨兼程。”所以，我上台来了。这里或许不够安全，但这里必将有充实我自己的精神财富，更有我战胜怯弱的勇气。我想，这才是我此次“出发”的目的！

我的评价：有点遗憾，我觉得我这个思路还行，可惜没有点我名。点了季帅名，和他不约而同想到一块去了，有一段。呵呵！

给每棵野草绽放的时间

我的思路：

看到这个题目，我一下子就想到了我们班的小x，两年前，他就像一棵角落里的野草，卑微而渺小，没有好成绩，没有好人缘。他的脸上很少有笑意，青春期的孩子个个如花般明艳，唯独他如花园中最不起眼的小草，被人忽视被人唾弃……后来，他休学了。他的离去没有激起一丝波澜。

就在我们快忘记他的时候，前几天，我接到了他的电话。邀请我去他家做客。再见他时，发现他的诸多变化：穿着时尚得体，目光炯炯，神采飞扬，原先的怯弱消失殆尽。他告诉我，他休学后留了一级，于是跟得上大家了，今年还得了好几个奖呢。更重要的是，他变得自信开朗，自理能力很强，为我做了七八个菜，色香味俱全；单车骑南京，独行香港北京，与外国网友聊英语……

那一刻，我终于看到了一棵野草开始开花了。那一刻，我也开始反思：那样的一个孩子，我们凭什么认为他开不了花，仅仅就是因为他成绩上“不如”吗？其实，每个孩子都有自己的成长节奏，有些快有些慢罢了。为什么我们不能蹲下来，弯下腰，静静的等待那花开的时刻，倾听花开的声音？

于是，我对自己说：“能成栋梁的树都是长得慢的树，给每一棵草绽放的时间，假以时日，辅以呵护，他必将给你惊喜！”

我的评价：真人真事，所以比较有话说，但看到题目有些诧异，野草会开花？不合逻辑呀！当时也没多想，后来点评时，发现原来这是为了训练起承转合留下的“提示”。我真笨！

一天便是永恒的瞬间

我的思路：

一天对于蜉蝣来讲，那便是它的一生一世。

一天对于天地山峦而言，那只是它的一瞬。

一天对于我们人类而言，那是每一个昨天、今天和明天。

如果能将每一个一天过得有意义，那这一天便是永恒的瞬间，定格人生的所有美好。

我想，作为一名教师，毫无思考的上课改作业不应该成为永恒的瞬间。唯有制定目标，脚踏实地，年年岁岁的坚守，仰望天空，追寻生活中的诗意，人生便可以将每一个今天延伸至永恒。（例子）

我的评价：幸好没有喊道我，这个我能想到的真只有这么多！

**第二篇：即兴演讲训练**

即兴演讲

——湖南中医药大学药学院演讲队

一、即兴演讲的概述

（一）概念

即兴演讲是指在事先没有充分准备的情况下，对眼前的人物、事件、场景、气氛有所感触，产生强烈的兴致或兴趣而主动或被迫地当场发表的演讲。即兴演讲有两种情况，一种是虽然没有讲稿，但却有一定的思想准备；二是毫无思想准备，被迫讲话。

（二）即兴演讲的特点及标准

在口语交际中，一般听众处于被动地位，要使表达者与听众两极合壁，就要消除听众的被动、消极情绪．听众对讲话者的要求是：厌繁杂、喜精短，厌粗俗、喜新颖，厌空洞、喜形象，故演讲者要做到：

即兴而发，针对性强。形式自然，灵活多变。相互制约，听说并行。

情感激发，诱导联想。语言精炼，达意为上。思维敏捷，反映迅速。

立意明确，内容集中。条理分明，逻辑严密。语势连贯，跌宕起伏。

用语规范，贴切易懂。生动优美，诙谐幽默。把握时机，灵活善变。

（三）即兴演讲禁忌

1．抱怨自己的命运，或夸耀个人的成就；

2．喜欢扮演心理分析家，对任何人的言行都要评头论足； 3．自我膨胀，夸夸其谈或过渡谦虚，恭维别人； 4．拒绝尝试新事物，不肯听取别人意见； 5．言谈冷淡，缺乏真诚热情； 6．毫无主见，人云亦云；

7．言谈时态度暧昧，模棱两可； 8．言词逞强，喜欢咬文嚼字；

9．经常打断别人话题，影响他人说话兴趣；

二、即兴演讲的技巧

（一）准备技巧

1、知识素养准备：

“巧妇难为无米之炊”，许多演讲者感到演讲的最大困难在于没有演讲材料。这就要求我们平时做有心人，广泛地阅读、收集、积累材料，同时加强自我的思想、道德、情感等各方面的修养。这是一个长期、琐碎而复杂的工作。重点从以下几方面入手：

①多收集历史资料，对那些重要的历史事件、人物的有关情况要熟记，并分门别类地进行整理；

②多收集现实资料，对当今国内外发生的重大的政治、经济、文化、科技等各个领域的事件、人物的有关情况要了如指掌，进行思考；

③加强记忆，多记名人名言、俗语谚语、古典诗词、经典文学、寓言故事、时文政评等等。

2、心理素质准备：

既然是有感而发，就要有稳定的情绪，有十足的信心，有必胜的信念，这样才能保证思路通畅，言之有物，情绪饱满，镇定从容。

3、了解掌握听众

了解听众主要有以下几个方面：文化、职业、年龄、性别等。

（二）快速思维的技巧

即兴演讲的过程是一个由内部语言迅速转换成外部语言的过程。生成内部语言的过程就是一个思维过程。思维的工具是语言，思维的原料是语言信息。语言是思维的外壳，是思维活动的外化表现。

1、“兴”的激发(1)感“时”起兴

特定的时间是演讲活动的一个构思因素，倘若这一时间具有某种特殊意义，就可能成为一种现场触媒，激起这一活动参与者的兴致，从而引发即兴演讲。例如：

你们好！“教师节”是我们在座每一位师生自己的良辰吉日，可喜可贺！现在不正是如此吗？师生汇聚一常，欢迎她，情意殷切，你我竞相赞美；祝贺她，激情满怀，此时此刻我感触良多。

这是一位教师在教师节师生联欢会上即兴演讲的开场白。显然，演讲者对“教师节”这特定的时问概念，有着真切的情感体验和深刻的思想认识，正是这具有特殊意义的“此时此刻”。使他“感触良多”，从而不町抑制地产生了即兴演讲的强烈兴致。(2)感“地”起兴

特定的地点、同构成演讲的环境因素密切相关。如果处在现场环境中的某人对这地点有着难以忘情的人生记忆，就可能由此激起内心强烈的情感活动，从而产生一吐为快的表达欲望。这样．一次热情洋溢的即兴演辨就开始了。例如：

今天，我“们这些老知青，为了重温一个旧梦，顶着烈日，冒着酷暑、从四面八方汇集到阔别二十多年的第二故乡——南江。在这片红色的土地上，曾洒下革命先烈的斑斑血迹，也曾留下知识青年的深深足印。当我又一次踏上这方热土时，心中涌起了多少感慨，多少欣喜。这是位知青在第二故乡联谊会上即兴致辞的一段话。作为在农村插队8年的老知青，他重返故地，青春时代那些难忘的生活情景一下子在头脑中浮现出来。这个让人刻骨铭心的地方，就成了演讲者即兴发言的情感动因。(3)感“人”起兴

作为演讲活动中的人，演讲者和听众的关系是十分密切的。从实际情况来看．处在语言交际场台中的某人，面对他人的时候，往往会受到这一特定对象的影响，从而激发兴致，情不自禁地临时发表演讲。例如：

刚才，我听会议主持人说，在座的都是来自农村的小学校长。我也当过农村的小学校长，我深知在贫困落后的偏远山区当好这个校长是多么艰辛和劳苦。尽管如此，你们却义无反顾地肩负起了培养跨世纪农村建设人才的重担。我本来不准备讲话，现在却想借此机会，向你们表示崇高的敬意，并说几句心里话。

这是市教委副主任在小学校长培训班结业典礼上即兴讲话的开场白，当然，这位领导同志是临时被邀到会的。当他了解面对的特定对象以后，类似的经历．深切的体验，就促使他产牛了说话的兴致．并发表了真切动人的即兴演讲。(4)感“事”起兴

在社会生活中,，人们的热门话题固然可以成为即兴演讲的材料，其实，即使是所谓小事只要蕴含着重要的意义，对善于体察和感悟生恬的人来说，也同样可以激发强烈的兴趣，促成一次富有启示性和感召力的即兴演讲。例如：

最近．我上街的时候，发现商店招牌和商品广告上的错别字大大减少了。也许有人觉得这是小事，可我认为这是一个令人高兴的好现象。因为它说明社会用字的规范化问题已经引起丁政府部门的重视并得到了人民群众的理解和支持。同学们是未来的人民教师，更有义务承担起规范用字的社会责任。

这是位中师语文教师的一段课前即兴讲话。他出于职业的敏感，由社会上商业用字的变化，体察出了一种语言文明的新趋向，并怀着喜悦的心情．感“事’起兴，对学生讲述了自己的见解和希望。(5)感“景”起兴

处在公众场合中的人，有时会受到眼前某种特定景象的触发而引起讲话的兴趣，导致一段精美的即兴演讲。例如：

今天天气真好，春风特别和煦，春光格外明媚u蓝天流云飘拂，青山飞鸟啼鸣。苍松翠柏掀起阵阵林涛．红花绿叶织出幅幅彩锦。在这充满生机与活力的季节里，我们走进美丽的大自然，一颗颗年轻的心怎能不感奋、激动和欣喜!让我们放开喉咙，尽情歌唱这美好的春天!

这是一位中学班主任在春游中即兴演讲的一段话。当他带领学生登 上山顶，举行联欢恬动的时候，面对大自然多彩多姿的景色，他兴致勃勃地讲起话来。这情景交融的演讲，产生了多么强烈的激发性和感染力啊。

(6)感“物”起兴

在会议现场，有时会出现某种引人注目的物品。一个善于观察和联想的人，往往能够感悟到此“物”的特殊性内涵，从而即兴发挥，以开场白的方式，发表一段精当的即兴演讲。例如：

我这个人作报告．很容易激动，激动起来就会手舞足蹈。这花瓶放在台上：就有点碍手碍脚了，说不定碰翻摔破了，我这个供给制市长还赔不起呢!

这是一位领导干部在5O年代为某文联作形势报告的一段即兴开场白。他走上台来，眼就看到讲台洁白的台巾上放置着一个插着鲜花的花瓶．他小心地把花瓶移到台下，然后讲了选段话。，显然，选感“物”起必的演讲，不仅话跃了气氛．而且委婉地批评了讲排场的风气，给人“深刻的启发和教育”(7)感言”起兴

在有许多发言者的公众场合．某人的言论，可能成为他们即兴讲话的触媒。因为无论这种言论是激起与会者的同感还是反感，都可以促使别人临时产生说话兴致、以表选自己的现场感受。例如：

刚才这位家长先生的发言真是太好了。我十分赞同他提出的家长要给自己的孩子建立家庭档案的意见。是的，把孩子在家庭中的表现情况记成文字材料，并装入档案，这不仅能够反映孩子的思想变化，而且可以检查他们的性格缺陷。这样，就便于从家庭的角度配合学校．更有针对性地教育孩子，引导他们不断成长和进步。

这是在家长座谈会上一位与会者的即兴发言。显然，这位家长是聆听了别人的言论之后，兴之所至，才有感而发的。因为这“兴”是被一种强烈的赞同感激发出来的，所以，他立即发言，表明了自己的看法和态度。

(8)感“行”起兴

在现实生活中，人们的行为方式是由思想支配并受一定的道德来规范和评价的，倘若某种行为具有了普遍的社会意义，就可能激起关注者的强烈兴趣，从而引发特定场合下的即兴兴演讲。例如：

昨天是星期日，我们班上有几位同学自发组织起来去慰问聋哑儿童，他们给孩子们唱歌跳舞，还送给孩子们一些学习用具。这个“学雷锋”的实际行动．使我既高兴．又感动。因为他们作为未来的人民教师怀着一种强烈的社会责任感，为残疾儿童奉献了一分爱心。

这是一位中师班主任在班会上的一段即兴讲话。作为教师，他为自己的学生的行为感到高兴，正是这感“行”起兴．才激发他对全班同学发表了真挚感人的即兴演讲。

2、主题

主题是即兴讲话最重要、最关键的内容，是整个表达的根本依据。主题是即兴演讲最主要、最关键的内容，是整个表达的根本依据。下面介绍几种常用的提炼主题的方式。临场触发式：

所谓临场触发式就是着眼于临场中的某一客观实物的特点与本质，并由此进行主观任意的联想，立即闪现出一种不平常的情绪，然后把它表之于外。如有一位演讲者总这样开始他的演讲：“看到刚才这个演讲者做了一个双手合十的动作，不禁使我想起了我们的佛教，想起了佛教历史的源远流长 ” 胚芽孕育式：

当我们置身于一些演讲会、座谈会、迎送会等场合时，常常受到当时气氛的影响，看到别人滔滔不绝、侃侃而谈，自己也想说几句。而怎么说呢?主要得力于别人的表达，从别人的表达过程中找到话题，孕育主题。这就是胚芽孕育式邀种方式要新颖独特，发人之未发，言人之未言。在别人的表达中萌发一个新的观点，才能收到良好的效果。问题凝练式：

问题是主题形成的摇篮。在许多情况下，没有问题，就不能提炼主题。在一些公共场合，别人都说了几句，而自己正襟危坐．怎么办?此时金口不开不行。于是向自己提出一连串的问题：怎么办?说什么?怎么说? –有价值的主题往往就产生于有价值的问题之中。角度更新式：

对同一个问题，从不同的方面去表达，使之角度翻新，表达出众。比如同时以“小草”为题进行即兴演讲，平常者可能立足于“小草默默无闻，造福人类”这一角度进行表述；面灵变者则想到“小草逆来顺受，软弱无能，不思反抗等特征”．即兴演讲，别有一番风采。

3、构思

构思包括如何提炼和表达主题。即兴演讲的构思，要注意两点基本要求。首先要尽量地把思路打通。因为即兴演讲时．往往好像没话说，又好像有许多话～齐涌上心头，不知从何说起。这时要沉着冷静，设立好逻辑线索，或分或总、或平行、或递进。其次要从大处着眼。即兴表达前的构思不可能太小太细，这样难免走入误区，思维纠缠于其中出不来。要把握全局性的东西，主要考虑应说什么，谁先说，谁后说，用什么方式说。至于用什么词句，用什么事例，那只能是“现想现说”丁。即兴构思的方法很多，下面简单介绍四种。分类法：

按照事物的特点把比较复杂的集合性的事物划分为若干类别的方法叫分类法。它可以把包含若干个别事物归纳为几种类型，也可以把一种事物划分为几种情况。它能使复杂的表达系统化，易于把握说话的条理性。解剖法： 分类法重在“分”，而解剖法重在“析”。就是把属于一整体的事物切割为若干简单要素，然后对每一要素进行分别考察的方法。如把狗分为猎犬、叭儿狗等，它们仍具有狗的一般性质，这是分类，而把狗分为狗头、狗身、狗腿等，每一部分就不再具有狗的性质了．这是解剖法。诠释法：

这是一种全面准确地理解并阐述与事物及其联系有关概念涵义的方法。通过对概念的解释，然后以此为中心点，全面铺叙。有利于表达的展开。联想法：

是由此事物考虑到另一事物的思维方法，是从已知的经验、知识出发，超越时空界限，由此及彼，把彼此相似，相类、相反、相矛盾或相关联事物连结起来。它是即兴演讲技巧之构思中不可少的方法。

4、谋篇布局

谋篇布局可采取以下方式：(1)纵式：

表达的开头、中间和结尾这三个层次的内容，如果是有时间先后紧密衔接的关系，可以运用纵式结构。这是一种便于表达的结构方式，即兴述说一则故事、经历等可采用。(2)横式：

把若干地位大致相等的事物或问题，或同一事物或同题中并列的类别或侧面排列在一起而形成的一种结构方式。(3)总分式：

表达的开头和结尾有一处与中间层次具有总体与局部、整体与个别或一般与特殊的关系，这种即兴表达结构属于总分式。运用总分式可以先总后分，先分后总，总分总。(4)递进式：

递进式是指将表达中两个以上的层次排列成从浅到深、从低到高、从小到大、从轻到重层层递进的方式，它被广泛运用于即兴演讲中，如革命导师恩格斯的著名演讲《在马克思墓前的讲话》就是运用此法一步步地链索式地推出主题，表达情感的。

5、具体结构

（1）开头的技巧

即兴讲话是一种随行就市，临场发挥的行为．所以把开头不要看得过分重要，也不要规定得过于死板，这样会限制讲话的临场发挥。但“万事开头难”，“良好的开头是成功的一半”。下面引用几个讲话开头的例子，请大家欣赏。

例一：直入式。著名诗人学者、民主同盟党中央委员闻一多的《最后一次演讲》中说道，“这几天，大家晓得，在昆明出现了历史上最无耻的事情！李先生究竞犯了什么罪，竞遭如此毒手？他只不过是用笔写写文章，用嘴说说话．而他所写的、所说的，都无非是一个没有失掉良心的中国人的话！大家都有一支笔，有一张嘴，有什么理由拿出来讲啊！为什么要打要杀，而且不敢光明正大的来打来杀，而是偷偷摸摸的来暗杀，这成什么话？”《最后一次演讲》的开头语，闻一多几呼没有做任何铺垫，一开始就一连串激昂的感叹句把演讲直接引入正题，给听众一种畅快淋漓的印象。

例二：引用式。吕元礼的《祖国—母亲》中说道，“人们常说，第一次把美人比作花的是天才；第二次把美人比作花的是庸才；第三把美人比作花的是蠢才．不错，如果人云亦云，鹦鹉学舌，那么，就是再美妙的比喻也就会失去光彩．但是在生活中却有这样一个比喻，即使你用它一百次、一千次、一万次，也同样具有强大的感染力．同志们或许会问，这是个什么样的比喻呢？那就是，当你怀着赤子之心，想到我们祖国的时候，你一定会把祖国比作母亲．”吕元礼的演讲引用了一个讽刺的谚语，说明了对重复比喻的厌烦，然后话锋一转，强调另一种比喻可以不厌其烦的运用，引出了演讲的主题《祖国—母亲》．这样的开头方式，既由于谚语铺垫显得水到渠成，又由于谚语的使用而显得贴近生活．

例三：提问式。蔡畅的《一个女人能干什么》中说道，“今天，我讲一个问题，一个女人能干什么？一个女人能干什么呢？我的回答是：能干，什么也能干；不干，什么也不能干．能干又不能干，不能干又能干．为什么这样说呢？要确定女人能干不能干，有两个条件．一个是要看环境，另一个是要看个人的努力．如果环境好，自己不去努力，只靠人家那就什么也不能干．如果自己努力干下去，就可以得到好的结果．如果努力干，就是从那些小的具体工作到管理国家大事都能够干，如果不干，就会变成社会的寄生虫．” 蔡畅通过提问来引发听众的兴趣，再经自问自答的形式来阐发自己的观点．这样会给听众留下清晰的印象．

开头的方式很多，还有故事式、悬念式、自我介绍式等，希望大家以后在实践中慢慢体会．

（2）讲话中的技巧

讲话中，如同文章的正文、主体．下面同样用几个例子请大家欣赏．

例一：如何表现自信心。继拿破仑之后法国历史上传奇总统戴高乐的《谁说败局已定》中说道，“那些身居军界要职的将领们已经组成了一个政府．这个政府以我们的军队吃了败仗为由．毫无疑问，我们确是吃了败仗，我们陷于包围之中．我们之所以受挫，不仅是因为德军人数众多，更重要的是他们的飞机、坦克和战略．正是这些，使我们的军队不知所措．但是难道已经一锤定音，胜利无望，败局已定吗？不，绝不如此！请相信我，因为我对自己说话胸有成竹．我告诉你们，法兰西并没有失败．我们完全可以以其人之道，还治其人之身，并有朝一日扭转乾坤，取得胜利．” 戴高乐在分析了敌我双方的形势后，他以一位领袖所具有的宏大气魄，断然否定了暂时的失败，表现出了对困难的极大蔑视和对胜利的坚定信心．

例二：如何增强号召力。英国电影艺术家卓别林《要为自由而战斗》中说道，“战士们，你们别去为那些野兽们买命啊！他们鄙视你们，限定你们的伙食，拿你们当炮灰．你们别去受这些丧失理性的摆布，他们都是机器人，长的机器脑袋，机器心肝！可你们不是机器人，你们是人，你们有着人爱．”卓别林的演讲，对于盲目状态下被人利用的士兵具有强大的号召力，他以战士的立场，分析了大独裁者带给他们多方面的伤害，号召不要去买命当炮灰．

例三：如何吸引听众。有一位不知姓名的演说家有一演讲，“关于抽烟，我想了很久，为什么吸烟的害处那么多，而人们还是要吸呢？我又仔细想了想，可能抽烟有三个好处：一是不会被狗咬；二是家里永远安全；三是永远年轻．大家要问，那为什么呢？因为：一是抽烟人多为驼背，狗一看见他弯腰驼背的样子，以为要捡石头打它呢；二是抽烟的爱咳嗽，小偷以为人还没有睡觉，不敢行窃；三是抽烟有害健康，减少寿命，所以永远年轻．这段笑话一开始讲了所谓的“三个好处”，一下子就吸引住了听众，把人带入好奇．后来将吸烟的三个好处一一说明，使听众很快恍然大悟．

例四：如何拉近听众距离。原国家主席刘少奇《对华北记者团的讲话》中说道，“很久以前，就想和你们做新闻工作的同志们谈一谈，我过去只和新华社的同志谈过，和多数同志没有谈．谈到办报，我是个外行，没有办过报，也没有写过通讯，只是看过报．因此，你们工作中的甘苦我了解的不多．但是作为一个读者，我可以向你们提点要求．你们写东西是为了给人家看，你们是为读者服务的，看报的人说好，你们的工作就做好了．看报的人从你那得到材料、得到经验、得到教训、得到指导，你们的工作就做好了．”刘少奇作为国家主席，在讲话中没有摆官架子，也没有打官枪，说自己是门外汉，是一个普通读者，以这种身份提出意见，一下子拉近了领导与群众的距离，听众自然会认真的听他讲话．

例五：如何消除对抗心理。敬爱的周恩来总理出访印度时，一天晚上召开演讲会，有一帮印度记者扬言要发难总理，当工作人员得知后，将这个情况报告了总理，总理说，“你们放心吧，新德里的子弹打不倒我”．于是总理毫不顾及地走进了会场．总理一上讲台，有位记者喊“中国佬，滚出去！”这时总理双目扫视了一下会场，然后语音沉稳，却极富魅力的开始演讲．台下记者“唰唰”地记录着．总理重审了中国的立场后说“中国，印度，都有着5000年的古老文明，印度的佛教经典，曾给中华民族的成长注入过丰厚的营养，中国的四大发明，也为印度的经济、文化繁荣做过贡献．几千年来，我们一直和平相处，在历史的长河中，中印之间从未发生过真正的战争．我希望，两国即使遇到再大的问题，也应坐下来通过协商解决．切不可对上辜负列祖列宗，对下害了后代子孙．”讲话结束后，会场爆起了掌声．总理利用赞美的方法消除了听众的对抗心理，使听众产生了民族自豪感和心理认同感．

例六：如何激发听众同情心。青年演讲家谢伦浩《愿天下的父母都幸福》中说道，“王军山老人有三个儿子、一个女儿，后来又拣到一个弃婴．王奶奶含辛茹苦把他们五个抚养成人，一个个都成了家．王奶奶健壮时争来抢去，成了“廉价保姆”、“全自动洗衣机”．老人年纪大了，身体一年不如一年，儿女们为赡养问题犯愁，当皮球一样踢来踢去．当王奶奶丧失了自理能力时，更加惹儿女们厌恶．有一天，儿女们凑到一起，商量要送王奶奶去医院看病，并再三叮咛老人，到医院后什么也不要说．结果去的不是医院，而是火葬场．可怜的王奶奶躺在送尸车上，静静的等着医生为她看病，心里还暗暗想着回家如何报答儿女们，结果被送进了火化炉．同志们啊！这不是传说，是实实在在真人真事啊！”演讲者通过这个令人发指的事件，使听众产生共鸣，从而达到演讲的效果．

例七：如何增强说服力。有一篇不知姓名的演讲者，他说“‘嘴上无毛’就一定‘办事不牢’吗？古今中外有许多军事家，恰恰都是风华正茂的时候，建立了不朽的功勋．民族英雄岳飞，20多岁带兵抗金，任节度大使时才31岁．其儿子12岁从军，14岁打随州率先登城，20岁就当上了将军；率大军席卷欧洲的拿破仑，24岁就是上将；周恩来26岁就任黄埔军校政治部主任；叶挺17岁当了军长；刘志丹24岁任红十五军团政委．由此可见，‘嘴上无毛’与‘办事不牢’并无关系．关键是有才无才，俗话说，有才不在年高，无才空活百岁．”这位演讲者用充分的事实，论证了“嘴上无毛”未必“办事不牢”这样一个观点，说明了年龄与才能之间没有必然的联系，以增强对听众的说服力．

例八：如何巧用数字。有位演讲者是这么用数字的，“是啊！谁也不可否认，大国不等于强国，我们的综合国力不强，我们的装备还很落后，我们的技术还不先进，尤其可怕的是‘人均’二字，长期约束着我国的国民经济．据有关专家预测，我国土地资源最多能载9.5亿人，如今已有12亿，这12亿张嘴并在一起就有3平方多公里；一年喝掉的酒能装满一个半杭州西湖；一天抽的烟排列起来相当于我国东西长3个来回；一天吃的粮食能装7万辆大卡车．”这位演讲者为了说明12亿人口的消耗，用了4组数字给听众留下了难忘的影响，深感我国人口的压力．

（3）结尾的技巧

结尾的方式有：总结式、升华式、启发式、号召式等。下面引用三个口才的典故作为结束语：

典故一：一位作家给出版社投了一篇小说，过了一段时间稿子退回来了．这位作家非常气愤，去信执问编辑，“你没有看我的小说为什么就否定了，我寄稿时将 18、19页粘在一起的，退回的稿子仍然粘在一起，这不是应付差事吗？”几天后，这位作家收到编辑的回信，“尊敬的作家，我吃鸡蛋时，咬第一口发现是个坏蛋，难道我非要吃完才说是坏蛋吗！”

典故二：一次智力竞赛，主持人问“三纲”是什么？一位参赛者抢答道：“臣为君纲、子为父纲、妻为夫纲．”因他完全答反了，所以惹得大家哄堂大笑．这位参赛者却巧辨道：“笑什么，我说的是新‘三纲’，现在是人民当家作主，领导是公仆，岂不是臣为君纲吗？一对夫妇只生一个孩子，成了小皇帝，岂不是子为父纲吗？如今许多家庭妻子掌权，岂不是妻为夫纲吗？大家听后掌声四起。

典故三：有人问：“你有什么好办法对付那些讨厌的人来房子吗？”回答者说：“当然有，当门铃一响，我迅速穿衣戴帽去开门，如果遇上不喜欢的人，就说实再对不起，我有急事要出去．如果是喜欢的人，就说你太巧了，我刚下班回家．这不就进退自如了。

（三）表达技巧

四种表达技能：

1、散点连缀：在即兴演讲前紧张的选材构思时，人的头脑中会出现很多散乱的思维点，演讲时要捕捉住这些思维点，从这些点的关系中确定一个中心，并用它连缀这些点，与主题无关的全部舍去，当表达网络形成后，就可以开始讲话了。

2、模式构思：用我们前面所讲的两种模式作框架，使自己的表达有条理。

3、扩句成篇：即开门见山的构思方法。但也要将思维的路线理清，注意逻辑明晰。

例如：句子“当前的形势需要徐洪刚那样的英雄人物”扩展后可以是这样的：

当前的形势需要徐洪刚那样的英雄人物，需要大力提倡革命英雄主义。改革开放是前无古人的事业，有困难，有曲折，也有风险，没有超人的勇气是进行不下去的。同大自然的斗争也不会一帆风顺，在自然中有许多我们未知的东西，凶恶难料，有险阻、有困难，因而也就有流血、有牺牲。例如，外空探险，可能有去无回；海底探秘，可能葬身鱼腹；开山放炮、地下采煤、高空作业、科学实验、机械操作等，无不带有一定的危险，没有 有革命英雄主义，没有勇于献身的精神，是根本做不好的。更何况改革开放，难免会泥沙俱下，造成某些腐朽的东西有所抬头，国内外邪恶势力和敌对势力正在虎视眈眈伺机而动，这样就更需要我们像徐洪刚那样敢于在关键时刻挺身而出，随时准备为保卫改革开放的成果而英勇献身。所以在改革开放形势下，在向四化进军的征程中，不是不需要革命英雄主义，不是不需要徐洪刚那样的英雄人物，而是更加急需；不是没有表现的机会，而是提供了更广阔的天地。

三、现场练习

（找一些话题）

**第三篇：即兴演讲训练**

即兴演讲训练

教学目的：

1、了解即兴演讲的特点

2、进行综合训练

教学重点：让学生能熟练掌握演讲的技巧

教学难点：临场发挥能力的训练

教学方法：讲练结合教学设备：录音机、VCD

教学时数：1课时

教学步骤：

一、导入：听即兴演讲录音

二、学生分组讨论：

三、教师总结：

即兴演讲是演讲者被眼前的景、情、物、事的触动和诱发下，自发或别人要求的立即进 行的演讲，是一种不凭借文字材料进行表情达意的口语交际活动。

（一）即兴演讲的特点

即兴演讲与命题演讲相比，无法事先拟就讲稿，也不允许反复修改、反复试讲、反复排练。即兴演讲有如下特点：

1、即兴发挥。即兴演讲大多只有两三分钟的时间打腹稿，是靠“临阵磨枪”即兴发挥，故而得名。至于即兴演讲比赛，更是当场抽签得题，临时时作演讲准备，马上进行比赛的。

2、篇幅短小。由于临时准备、即兴发表的讲话很难构思出长篇大论来，所以即兴演 讲一般是主题单

一、篇幅短小、时间短暂的演讲。有的两三分钟，有的甚至寥寥几句

3、语言生动形象。强调口语化，少用或不用书面语。句式短小、灵活，不用难以理解的长句子。

3、使用面广。即兴演讲在日常生活中使用面很广，如小范围社交聚会中的欢迎、欢送、哀悼、竞选、就职、答谢、婚礼、寿庆等场合下的发言或讲话。对于教师而言，在主题班会、迎新仪式、毕业典礼、节日联欢等场合下，即兴演讲也有广泛的运用。由于在这些场合，演讲者只要言简意明，当场表示某种心意即可，不宜作过于冗长的演讲。改革开放以来，随着社会生活节奏的加快，即兴演讲越来越受到各方面的欢迎。

（二）即兴演讲综合训练

即兴演讲综合训练包括选题、立意、切入、事例、语言、态势、心态的调适、时间的放与收等诸多方面，有些技能在命题演讲中已进行训练。即兴演讲成败的关键因素是快速构思的方法。

1、模式构思法：以一个基本模式框架作为快速构思的依据，使即兴演讲既符合人们的思维习惯，又能把信息传达清楚，话题集中。

⑴“三么”框架构思模式：在即兴演讲前短暂的准备时间里，快速思考三个最基本的问题，即“是什么”、“为什么”、“怎么办”。“三么”框架构思法在实际运用中要注意两点：一要注意分辨即兴演讲竞赛题的类别，是属于“论点式”还是“论题式”。论点式题目（如《珍惜青春》、《人生的价值在于奉献》）规定了演讲的主题，演讲者要调动自己的知识积累和生活经验，从“三么”的角度来构思；论题式题目（如《青春使命》、《人生的价值在哪里？》）只规定了演讲的论述范围，演讲主题的“三么”框架只是演讲前和演讲中的思维模式，而不是口语表达模式，表达时要选准“切入口”，不露“三么”的痕迹。

例如：有关注意交通安全的即兴演讲

“是什么“：今天，我要讲的问题是交通安全问题。我们要保障交通安全，减少交通事

故。

“为什么？”：交通安全很重要，它关系到人民生命财产的安全。这不是一个可讲可不讲的问题„„

造成交通事故的原因有以下几点：从各个角度举几个典型事例„„

“怎么办”：我们要这样„„

例如：湖南师范大学党委副书记戴海同志在一次大学生晚会上即兴演讲了《矮子的风采》。

„„这话题之二嘛，是“矮子问题”。（哄笑）由我当众提出这个问题，岂不惹火烧身？（鼓掌）这也要点勇气呢！老实说，在我年轻的时候我并不觉得“矮”有什么问题，直到80年代，在舆论压力之下，才感觉成了问题。（哄笑）其实，白鹤腿短，鸭子腿短，都是生来如此，何必自寻烦恼！现在要问，矮子能有风采吗？答曰：“高个儿不见得都有风采，矮个儿不见得都不风采。”（鼓掌）那么，矮个儿怎样才能也具有风采呢？我有几点心得可供参考：

第一，是要有自信。论个子，我比他低一头，而论觉悟、学识、才能，可能比他更胜一筹！这也叫“以长补短”吧？（鼓掌）

第二，不要犯忌讳，大凡麻子怕说麻子，秃子甚至怕说电灯泡，其实越犯忌讳越尴尬，不如自己说白了反而没事。我常有机会跟北方汉子们在一起开会或聊天，我跟他们开玩笑：我不如你高，你可别怪我，怨只怨我们那山上的猴子就个子小些！（鼓掌、哄笑）

第三，把胸脯挺起来，但也用不着踮脚尖，衣着讲究适当，比方不穿横条、方格的衣服，但也用不着老穿高跟鞋，我主张矮要矮得有骨气，还是脚踏实地好！

第四，最重要的还是本人的德学才识，有修养，有风度，对社会有贡献，自然受人爱戴。趁着晚会的高兴劲儿，解开这个“矮子问题”，不知台下的某些同学心里是否踏实些？（长时间热烈鼓掌）

（2）“三点归纳式”构思模式：这种方法的特点是参加各类活动时养成边听边想的习惯，随时注意用“三点（要点、特点、闪光点）归纳”的方式进行思考，随时作好即兴演讲的准备——如果现在让你讲话，你讲什么、怎么讲。

第一点，归纳前面所有讲话人的要点；

第二点，提取前面某个或某些讲话人的特点；

第三点，捕捉前面某个或某些讲话人的闪光点。

运用时，一般总结性即兴演讲可综合运用“三点”；中场性即兴演讲，可选用其中某一 点（如特点、闪光点）。

例如：教师节即兴演讲比赛（节选）

说到师德，许多选手都引用了一个传统的比喻：教师像蜡烛一样，照亮了别人，燃烧了自己。这种崇尚奉献的“蜡烛精神”固然可贵，但如果我们当老师的都把自己烧尽了，毁灭了，何以继续照亮别人呢？新世纪的教育不仅需要“蜡烛精神”，更是呼唤“路灯精神”：像路灯一样不断“充电”，给每一个黑夜带来光明；像路灯一样忠于职守，见多识广；像路灯一样不图名利！„„

2、链条形构思法：又称演讲的“线形结构”，它是延展性思维的体现。特点是先确定演讲的主旨，以此为“意核”，作为导向定势，通常为“开篇首句”；然后，句句紧扣意核（首句），单线纵向发展，形成一要环环相扣的链条。

例如：

即兴演讲《当你遇到挫折的时候》结构主线：挫折是一种宝贵的经历——小时候极想将来成为一名巴金式的大作家——中考失误，录取到一所职业学校，为此而哭过，感到失望、痛苦——去年暑假到山区考察，那里环境可爱，人可爱，但落后现状令人痛心——在现实生

活启迪下觉悟，摆脱了理想受挫的痛苦。

（三）学生小组为单位训练

（四）作业：课下以小组为单位练习即兴讲话（10个题目）

**第四篇：即兴演讲准备思路、题目及**

即兴演讲准备思路及模板

一、准备思路

（一）准备纸和笔

放松心情，快速写下提纲，包括提纲中重要的点，并且记住提纲内容和观点出现的先后顺序。提纲是成功演讲的要素。通过撰写提纲，演讲中的相关要点得以布局合理，承接顺畅，结构连贯。在讲稿提纲中，你应该写明演讲的具体目标和中心思想；标明开头、主体部分和结尾；用完整的句子表述要点和分论点；标明过渡语、内部总结和内部提示；并且要在整个讲稿提纲中使用统一的标记符号体系和首行缩进格式。

（二）写出开头和结尾，因为这是相当重要的部分，要熟记，然后围绕提纲在大脑里面进行详细阐述。

（三）最好能通过故事或者笑话让演讲变得幽默、风趣。

（四）注意语言语调，尽最大努力调动现场气氛，控制场面。

（五）结尾的首要目的是让听众知道演讲将要结束，可以通过语句或表达方式来告知听众。其次是进一步强调中心思想，可使用总结全文、以引言结尾、语出惊人以及首尾呼应等四种方法。结尾要富有创意，生动而有感染力。结尾说完了，可以说Thank you for your time!

一、历年题目

1.Is the government entitled to sell the rights to Place Names? 2.Is the ban on Internet Cafes an example of Lazy Governance? 3.Is the dragon a suitable symbol for China 4.Should media be fined for reporting on disasters without government approval? 5.Will banning free plastic bags reduce pollution? 6.Should the car-free day be compulsory? 7.Should new graduates low their job expectations? 8.A lot of countries have schools that focus only on the males or females.What are the advantages and disadvantages of unisex schools? 9.A great number of people think that those with a university education should get a higher salary than those without, for they believe that the former have sweated and sacrificed more.To what extent do you agree with this point of view? 10.Some people think that high school students should be given the right to evaluate and even criticize their teachers while others claim that this practice will disrupt the order in classroom and lead to disrespect for teachers.What’s your opinion? 11.You have been told that dormitory rooms at your university must be shared by two students.Would you rather choose your own roommate or would you rather have the university assign a student to share the room with you? 12.Do you agree or disagree with the following statement? university should give the same amount of money to their students’ sports activities as they give to their university libraries.13.In many developing nations, young children start to study a foreign language at an increasingly early age and bilingual education exists in many primary and secondary schools as a way of attracting students.Therefore, some people claim that foreign language instruction should begin in the kindergartens.What is your opinion? 14.“When people succeed, it is because of hard work.Luck has nothing to do with success.” Do you agree with the quotation above? 15.With computers, now people can shop, bank, work and communicate at home.The danger is that people could become isolated from each other and lose social skills.What do you think of it? 16.Statistics show that cities are becoming bigger and bigger.What do you think are the causes and possible consequences? 17.Some movies are serious, designed to make the audience think, other movies are designed primarily to amuse and entertain, which type of movie do you prefer? 18.What do you want most in a friend----someone who is intelligent, or someone who has a sense of humor, or someone who is reliable? Which one of these characters is most important to you? 19.As a college student, what can you do to protect our environment? 20.Do you think music and arts should be compulsory courses in college? 21.As you know, modern people are becoming busier than before and many of them have health problems just because they don’t have time to do physical exercise.What do you think will be a best solution?

三、模板

总的原则：如果题目里面的话可以借用，就先借用题目，以增加说话的时间。

（一）问句型（1-7）

可参照

（四）表达自己观点型

（二）利弊分析（8）

It is undeniable that the specific issue of sth./ 或接whether 从句 has become controversial.However, in spite of those who believe that sth.have more negative/positive effects, I hold opposite attitude.The drawbacks of sth are obvious.Some people are really concerned about … They hold that …(请解释)。Other feel upset at …(另外一个弊端), which will damage …/endager ….It is often the case that …(此处总结上段提出的两个弊端)。But when it comes to …, …, and …,(此处先总结写你认同的几个好处)，an increasing number of people including me are convinced that …...For one thing, …。The evidence recently presented in research journals available to the public confirms that … 写调查结果，通过数字来证明自己所列举的好处1.Besides。。(另外一个好处).In other words, …(换种说法解释)。This is another aspect of how sth benefits us.All in all, sth has played a significant role in … It has both upsides and downsides.But it is my firm belief that its disadvantages/advantages of … outweigh the advantages/disadvantages.（三）同意与否型（9、12、14）

There is no denying that the specific issue of sth./ 或接whether 从句 has become controversial.However, in spite of those who are against/ for …, I approve wholeheartedly of/ 或 I strongly object to the idea that …

Those who hold negative/ positive attitude towards … believe that … may exert adverse/ significant effect on us.… is always top of the list of their argument.For example,…(请用举例子的方法解释).Besides, those critics/ advocates also claim that …(此处写第二个原因)for the reason that ….It is often the case that …(此处总结上段反方提出的几个观点)。But when it comes to …, …, and …,(此处先总结写你所支持的几个理由)，an increasing number of people including me are convinced that...For one thing, …。The evidence recently presented in research journals available to the public confirms that …此处写调查结果，通过数字来证明自己所列举的理由1。Similarly,… should also deserve our special attention.In other words, …(换种说法解释)。If…not,..(反过来在说一遍)。Last but not least, …

Obviously, it is hard for both sides to come to an agreement on this complicated issue, but I still commit to the notion that …(再重申你的立场)。

（四）表达自己观点型（10、13、15、20）

The answer of this statement depends on your own experience and life style.In my point view, buying computers is as important as, if not more important than, buying books.So it is sagacious to \_\_\_\_\_\_\_\_\_\_\_\_.Among countless factors which influence the choice, these are three conspicuous aspects as follows.The main reason for my propensity for\_\_\_\_\_\_\_\_\_\_is that\_\_\_\_\_\_\_\_\_\_\_\_.Another reason can be seen by every person is that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.Futhermore,\_\_\_\_\_\_\_\_\_\_\_\_\_\_.In short,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_复述前文中的理由\_\_\_\_\_\_\_\_\_\_\_\_\_\_.（五）选择型（11、17、18）

Depending on personal experience, personality type and emotional concern, wefind that some people hold the idea of A meanwhile others prefer to B, from mypoint of view, it is more advisable to chose A rather than B.My arguments for thispoint are listed as follows.The main reason for my propensity for A is that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.就理由进行解释\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.For instance,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Another reason can be seen by every one is that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.就理由进

行解释\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_For example,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The argument I support in the first paragraph is also in a position of advantage because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Although I agree that there may be a couple of advantages of B, I feel that the disadvantages are more obvious.Such as\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.In a word, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.So, it is sagacious tosupport the statement that it is better to A.（六）分析原因、结果型（16）

There is no doubt that the specific issue of sth./ 或接whether 从句 has become a pressing one, not only to the government, but also to inpiduals.From my point of view, this may attribute to the following contributing factors./ this surely has produced some serious problems below.One possible reason is concerned with … It is well-known that …(对该原因进行解释)。

Besides, … also attributes partly to sth.Another thing that deserves our special attention is …

(Apparently, if no action is taken, some serious problems would be aroused.)For example, …

Moreover, another problem I should point out lies in the fact that … Last but not least, …

As far as the thorny issue is concerned, several effective measures should be put into practice as soon as possible.In the first place......this sensible way has achieved some effectiveness in some areas.Moreover, …

To sum up, the reasons/ problems of … provided above are a few of the many but are worth our special attention.It is certain that only the government and the authorities concerned join hands in solving this pressing matter can the situation be improved greatly in the near future

（七）采取措施、解决问题型（19、21）

With the development of the society, with the advent of \_\_\_\_\_\_\_\_\_\_\_\_\_(相关事物或现象), we have to face a problem that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(主题问题).What are the reasons for it? In the following paragraphs, I’ll venture to explore the reasons.To start with, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(阐述原因

1).Moreover, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(阐述原因2).In addition, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(阐述原因3).In view of the seriousness of the problem, effective measures should be taken.For one thing, it is high time that people all over China realized the importance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(解决主题问题).For another, the government should issue strict laws and regulations in order to put the situation under control.It is well know to us that the proverb: “ \_\_\_谚语\_\_\_\_\_\_\_” has a profound significance and value not only in our job but also in our study.It means \_\_\_\_谚语的含义\_\_\_\_\_\_\_.The saying can be illustrated through a series of examples as follows.(also theoretically)A case in point is \_\_\_例子一\_\_\_\_\_\_.Therefore, it is goes without saying that it is of great of importance to practice the proverb \_\_\_\_谚语\_\_\_\_\_.With the rapid development of science and technology in China, an increasing number of people come to realize that it is also of practical use to stick to the saying: \_\_\_\_谚语\_\_\_\_\_.The more we are aware of the significance of this famous saying, the more benefits we will get in our daily study and job..

**第五篇：英语三分钟即兴演讲题目和参考思路**

1.Should parents set limits in internet access for their teenage children? Why? Internet is dangerous if a child has unlimited freedom to use it.Because teenagers are too weak to resist the great tempt.Various online games will cost their almost all-day time.And many kinds of online movies may teach them unhealthy content such as violence.Also, long-time exposure to computer will do great harm to teenager’s eyesight.A child addicted to Internet will neglect his study completely.However, the word limit does not mean forbidding.It can’t be denied that internet is a very useful tool for learning.In this information age, computer and internet is essential.Adequate access to internet will contribute to teenagers keeping pace with this world.Also, internet is a fine entertainment for students who have study longtime and get tired.So, I think parents should set limits on but not forbid access for their teenager children.2.Should smoking be prohibited completely in all countries? Why? Well, it’s a quite complex question.Overall, in my opinion, I think smoking shouldn’t be completely prohibited in all countries.Let me explain my views.We all know clearly that smoking is very harmful to the smoker’s health.Longtime smoking can lead to lung cancer and other serious health problem.Also, smoking in public situation is awful.People around the smoker, especially the children, also suffer from the damage to their health.In spite of all these bad effects mentioned above, however, I still think smoking is indeed needed in our society.For example, when people get tired or anxious, a cigarette can help to release their body as well as spirit.Also, in some social intercourse, cigarette is a essential.In my eyes, I can’t imagine what people’s life will become if smoking is completely prohibited.There may be many benefits for inpiduals, but the social will suffer a lot.So, I think smoking should not be prohibited.It is inpidual’s effort to make smoking a useful thing.3.Agree or disagree: There is nothing that young people could teach old people.In ancient times, young people should never teach old people.Old people know much more than young because they have undergone many things in their life.They lead us to the right way.Sometimes, it’s regarded impolite for young to teach old.But that does not mean young people really have nothing to teach old people, especially in this high-developed times.Young people usually learn things fast and learn more.They always have a smart head for new things.Therefore, young people can teach the olds how to use computer and cellphone, how to dance and so on.Also, I think old people can learn younger’s passion and energetic for life.That will be a good thing.4.Should pets be allowed in university dormitories? In my opinion, by no means should pets be allowed in dormitories.To be honest, I’ve been thinking in my mind to have a pet in my dorm.Lovely pets will bring much joy to our daily life.But I eventually didn’t do that.Why? Because it is something selfish and irresponsible.Dormitory is a place where several people live together.To a certain degree, it is a public place.We can’t just comply with our own desire while ignore other roommates’ feeling.Having a pet in dorm can be troublesome or even annoying.It may make the room dirty and even in a mess.What’s worse, some people are allergic to certain animals.Also, people’s rest can’t be guaranteed.Some people may say that we could choose a mild and little pet such as fishes.In this case, if your roommates don’t reject, I think it is acceptable.5.Agree or disagree: Museums should be made free.In my eyes, museums of course should be made free.We know that, as a part of culture, museums restore many culture relics.These are typical symbols for a certain times.As a citizen of our country, it is necessary and natural to learn our past history.Recent years, more and more museums are open free to the public.I couldn’t agree more with it.Free museum will greatly motivate all kinds of people to approach.What’s more, in this fast developing age, museums have many new and advanced invents inside.It will be a wonderful place for people who want to learn more.Parents can often take their children to museums to learn about history and some technical knowledge.In a word, I think government should try to make more museums free for citizens.6.Agree or disagree: Zoos should be banned.Nowadays, lots of people start to realize that zoos are not a good place for animals.People need zoos because it is an easy way to close the animals and also because it’s convenient for people to observe them.However, zoos are in fact a cruel place for animals.Animals should live in their natural habitat.An animal’s natural instinct is to run and to hunt.But that’s not for animals kept in zoos.Everyday, people feed them.They’ve never been taught how to hunt for food and will gradually lose their natures.That will be quite cruel for a animal, especially for wild animals such as tigers and lions.You can often find in zoos that a tiger kept in cage has a loose expression in its face.We set animals in zoos and therefore feel that they won’t meet danger and may be able to protect them from dying out.This may be just a excuse we find for ourselves to make animals in cages just as entertainment.We always say animals are our friends, then why we put our friends in cages?

7.Agree or disagree: Advertising aiming at children should be restricted.I disagree.It’s fair to advertize to children even children are always said to be unable to distinguish between reality and fiction, between entertainment and advertising.A supposed consequence of advertising is that children are being persuaded to demand things that they don’t need and to adopt consumerist values and attitudes in their formative years.However, it’s up to the parents to determine what should and shouldn’t be bought for their children.Children need to know how to see these ads and realize how a certain product would affect them and thus balance out the pros and cons and see if it’s in their best interest.In my opinion, the parents as well as the world need to stop babying children and let them learn lessons for life, because certain things can’t be restricted well.Temptation is always at children’s side.They have to learn to resist and make responsible decisions.8.Agree or disagree: Junk food should be taxed.I agree that junk food should be taxed.In modern society, many people are attracted to eat in KFC or MacDonald’s.Everyday, many hamburgers, fried chips and so on are sold out.Despite the good sale, it can’t be denied that all these are junk food.Just as the word junk, they bring great harm to our healthy.So, there comes a appeal that junk food should be taxed.In think it is enforceable because it will control the sale of junk food to a certain degree.Firstly, the tax can force the manufacturer to decrease production and then there will be less junk food on market.Also, we all know that junk food has very high profits.Some trader many take extreme trick to cut down their cost and gain more profit.So, it’s reasonable to tax them.9.Agree or disagree: Universities should abolish the practice of cutting off the electricity at dormitory at night.I agree with it.As a student, I should say, university shouldn’t cut off electricity at dormitory at night.The original intention for university to cut off electricity is to ensure our rest for some students will stay up very late if there is nothing to limit them.However, these students are minority.Most students have regular timetable.What’s more, we are now already in university, I think we shouldn’t be treated like high school students any longer.Especially in summer hot days, no electricity at night would be a nightmare to all students.We can’t fall asleep without electric fans.I can’t just imagine that.Universities should think more for their students and trust their self-control.10.Some say music training in college is unnecessary, while others do not believe so.What is your opinion on this issue?

I should say, music training in college is necessary, especially for non-art students.To be honest, nowadays’ college students are also under much pressure.We have to attend many complex courses everyday.Many students get tired and gloomy.Then, if there is a music course, it will greatly release our bad mood.And we will have a nice mood and more energy to continue our study.Besides, it’s commonly believed that music training can cultivate people’s character.It will make people more calm and wise as well as elegant.In fact, nowadays, many parents send their children to attend music course at a very young age.These parents hope their children will have a elegant and smart mind.Many of today’s students in university didn’t have adequate music training at their former school.If university can open related music course, it will be of great use for students’ cultivation.11.Some people like to do only what they already do well.Other people prefer to try new things and take risks.Which do you prefer? I prefer to try new things and take risks.For me, risk is a kind of uncertainty.Maybe it will lead to a negative consequence, but just as Helen Keller ever said, character cannot be developed in ease and quiet.Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.So, if we only do what we already d well, we can rarely touch new things, gain new knowledge, and we never change.However, if we try new thing, we will find something different and may come to something we’ve never face before.Then, we will try our best to solve it, to achieve it.During the course, our ability is improved even though we fail at last.After repeatedly trying new things, we will eventually find that we’ve learnt many and become more mature.We will find it easier to measure situation and make right decision.Also, our simple life is becoming meaningful and interesting.12.Some say military training at college is necessary while other disagree.What’s your point of view on this subject? Why?

I think military training at college is necessary.Nowadays, many undergraduates are lacking in self-control and discipline.The military training is quite useful in this case.We know that military training is very strict.During the training, we learn to obey the disciplines and keep high concentration.Also, we can have our body strengthened and change our lazy image.Although the training can be very hard, we will gradually find that our steps become vigorous, and our spirits become energetic.What’s more, military training can also cultivate our Patriotism.The experience of hard training will remind us of Chinese army’s hardship.We are aware of their historic mission, fighting spirit and responsibility.So, military training is an effective way to make people know more about our motherland and love her.13.What qualities do you think a friend should have to continue the friendship? Use specific reasons to support your idea.In my heart, I think the most important quality to continue the friendship is sincerity.A true friendship must be built on sincerity.However, to continue a friendship is not a easy thing.Both of each other have to pay a lot.The word sincerity contains too much.Firstly, we need to be frank and honest to each other.Only if when we did so can the other side treat us like the same and thus build belief between friends.A friendship full of lies and deceit shouldn’t be called friendship.Secondly, we need to be considerable and do not be self-centered.We should think more for our friends and encourage them on certain occasion.A self-centered friend can be very troublesome and annoying.No one would tolerate him for a long time.Finally, I think we should learn to compromise sometimes.We can’t live in harmony forever with our friends.When there expose a disagreement, we should compromise to each other.Only by this way can a friendship last long.14.Some people say college degree begins to lose shining while others do not think so.What’s your point of view on this subject? Why? It’s not an easy question.On the whole, I think, college degree do begin to lose shining but we should never think it unimportant.Today, there are more and more universities or college degrees.We can say that graduates in society are overflowing.It can’t be ignored that more and more graduates with high degree are in fact idiots.So, the companies increasingly focus more on the personal ability rather than college degree when they recruit employees.However, that does not mean college certification becomes a wastepaper.It’s still a essential for you looking a good job.Support that a person without any qualification, will a recruiting company give him a chance? That will rarely happen, at least in our country.Then, if you never have a chance, how can you display and prove your ability, if you indeed have? So, do not think the college degree is useless.After all, chances are not for every common people.Only if we own it can we get the chance to enter a good company and thus make a difference.15.Some say growing up in rich family promotes children’s personality and character.Some think otherwise.What’s your opinion? Why? Well, it’s quite a question argued by people all the time.I think a person’s personality has little relation to his family economic level.It’s commonly said that a child in rich family will has more chances and better choice for his study.However, if the kid himself isn’t aware of this, that is all in vain.It’s not unusual that many children from rich family are quite rude and conceited although they are always receive the best education.Then, how about the poor family’s children? There is another saying that adversity cultivates heroes.To be honest, I disagree with it too.Poor children should learn harder and catch every chance to strengthen themselves.However, the reality is often not like that.Subjectively speaking, poor children are easy to feel inferior and thus can’t study well.Even if they study well, they hardly do well in practicing ability.Objectively speaking, poor children can hardly receive good and plentiful education because of the economic limit.That will cause deficiency in some literal or artistic talent such as music or dance.Therefore, I think children’s personality have little relation to their family situation.16.In universities, students should take history courses no matter what field they study.Do you agree?

I disagree with it even though I do know history is important.I’m a student major in electricity.To be honest, I think there is little sense for students in university taking history courses no matter what field they study.Maybe many people would say, history is something left by our ancestors, so we shouldn’t forget it.Yes, I agree with that.History need to be remembered.But in fact, we have been learning history from primary school.I really it’s enough for people like me whose major has little relation to history.I just take history exam last year.For me, it was really a nightmare.I spent so much time on it and still can’t remember all.Now that we’ve chosen engineering, I can’t understand why we need and have to learn history again.The time spent on history learning should be used for our major courses.17.Agree or not agree: the next twenty years from now on, students will not use printed books any more.I don’t think so.printed books won’t be abandoned in such a short time.I admit that new technology is developing fast.Many advanced electronic products are gradually take the place of traditional tools.Just like in university, teachers like to use multimedia in class for it is quite convenient and efficient.However, for our student, it is not realistic to study completely by electronic products.There are many things need to recorded on books.Books are something meaningful and practical.I should say, in our country, printed books wouldn’t be abandoned within 20 years at least for two reasons.Firstly, books are classical container of knowledge.They accompany human to advance.A student without books could be someway ridiculous.Secondly, our country haven’t developed so strong to make every student study by computer or other forms of electronic tools.And even after 20 years, the possibility is also very small.I also think it is unnecessary because books are cheap but useful and still meaningful.18.Agree or not agree: working together is better than working alone.I think work together is better than work alone.There are many benefits of working together.Firstly and obviously, working together can collect many useful and excellent ideas especially when we are thinking some complicated problems.After all, each person has his own way of thinking.After getting all ideas together, you will often find that things become much easier.Secondly, working together can avoid mistakes to a great extent.People may make wrong judge when their mood is not stable.In this case, teamwork will do great favor.Your partner could remind you of your mistake and turn the result to a good one.Thirdly, when we work together, we need be patient and not self-centered.You need to listen to others’ opinion and learn to get well along with people around you.19.Do you think nowadays the young generation’s life is in fact easier and more comfortable than their elder generation’s? I don’t think so.Life contains two aspects.One is material life, and the other is spiritual life.However, we usually emphasize on the later one.We have to admit that the young generation nowadays lives in an abundant material world.We no longer need to fight with hard environment and worry about food all day long like the elder generation.Many of us eat well, wear well and live well.However, there are something important lost.People in nowadays society are all under great pressure, even if you are a child.We are told to study hard and hard, to work hard and hard.If we don’t, we will be eliminated by the world.Then we have to worry about life too.Owing to the fast develop of world, we have to run all the time.The young generation spends almost all their time on earning money, on achieving goals.They have no time to accompany parents, to care for children, and let alone to pursue happiness.Their nerve is in tension all day long.I should say, the young generation has last too much.From this point, I don’t think the young generation’s life is easier than their elder generation’s.20.Do you think package tour is a good way of traveling? In my opinion, package tour is good in some case, while that is not absolute.Let me explain my views.If you travel not very often, I think the package tour is a better choice because the tour guide can give you many useful helps.Firstly, the guide is quite familiar with the tour city.And if you travel abroad, the guide can be your interpreter.So, you won’t be lost or even be cheated.Also, the tour guide knows much about the sight spot.Her introduction is very useful and will always lead to the most beautiful or meaningful places.Besides, if you don’t have a car, the package tour is quite convenient.You don’t have to worry about that you can’t go back in time on festival, when there are too many visitors.However, if you often go for a travel, the package tour can be quite boring for you because you have to follow the fixed timetable and route.In this case, I think you should choose traveling by yourself.You can travel however you like and stay there as long as you wish.What’s more, you can save the extra expense paid to travel agency.21.How to be popular? There is no exact answer for this question.In my mind, in order to be popular, we need to have these characters which will be mentioned next.Firstly, we need to be a person of unique character.That’s a very important factor to be popular.A person of pleasant temper is always attractive.Other people are willing to approach or make contact with him.Then, we need to be optimistic.Staying with optimistic people, we are easier to forget various trifles.Imagine that you have to face a friend who are all-day in low spirit, how could you be cheered? Most people wouldn’t like to stay with ones with bad mood.Last but not least, we should think more for others.Selfish people are always lonely.If we think only for ourselves, the people around us, even our relatives or close friends, will eventually leave us.Let alone to love us.With these characters, whether you are active or quite, extroverted or introverted, you’re sure to become a popular person.22.Learn how to say no.We’ve been taught from a young age that we should help people.It’s the right thing to do and will make us popular.It may even win us favors in return.However, we must be realistic.We can’t say yes to every request.If we did, we could feel tired or go crazy for sure.Sometimes we simply don’t have time to help others.In this case, we must know how to say no politely.When we need to say no, there is one method we can try.Firstly, we should tell the truth if we really can’t do something.We should say no directly.Then we should refuse the request politely.Finally, we don’t have to feel guilty about saying no.sometimes refusing others is the right thing.It can help us to get rid of troubles.After all, we can’t please every one all the time and saying no is a part of life.23.Nowadays western festivals are increasingly welcome in china.Do you think it is good or not? Nowadays, people in china are increasingly interested in celebrating western festivals.Some critics are arguing that people are losing their traditional values and respect historical heritage.I do not completely agree with it.In my eyes, the celebrating of western festivals has more advantages than disadvantages.Festivals are appreciated by almost everyone.I don’t it is a bad thing that our life has more festivals.Also, celebrating foreign festivals can benefit to increase the communication between different countries.People can feel other culture atmosphere and enjoy a lot in these festivals.What’s more, I don’t think we Chinese will lose respect to our own festivals.We regard our traditional festivals such as Spring Festival and the National Day just as important as usual.In my opinion, the prevalence of western festivals is just a way to make our life more colorful and joyful.24.Could you talk about the reasons why there are so many “DINK”(Double Income No Kids)families continually appearing in our society? Nowadays, there are more and more DINK families continually appearing in our society.The reason is complicated.Overall, it has something to do with society and inpidual’s concept.Owing to the fast develop of economy, commodity price is rising all the time.While all people want to lead a comfortable life, so they have to work hard for money.However, young couples can not have a child rashly.After all, raising a child is big project.They have to consider whether they have the economic ability as well as enough time to raise a child.Even if they do have the ability, some couples still wouldn’t like to have a child.They think having a child will cause a lot of inconvenience for them.One of them have to stay at home to take care of the newborn bay and this may make them lose a job.Some women don’t want to have a baby simply because they are afraid that their figure will go bad.In a word, they don’t want to lose their leisure life.

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