# 英语课前一分钟演讲范文

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*【英语课前一分钟演讲稿(一)】　　How to Be Popular　　Most people would like to be popular with others, but not everyone can achieve this ...*

【英语课前一分钟演讲稿(一)】　　How to Be Popular　　Most people would like to be popular with others, but not everyone can achieve this goal. What is the secret to popularity? In fact, it is very simple. The first step is to improve our appearance. We should always make sure that we stay in good shape and dress well. When we are healthy and well-groomed, we will not only look better but also feel better. In addition, we should smile and appear friendly. After all, our facial expression is an important part of our appearance. If we can do this, people will be attracted to our good looks and impressed by our confidence.　　Another important step is developing more consideration for others. We should always put others first and place their interests before our own. It\'s also important to be good listeners; in this way people will feel comfortable enough to confide in us. However, no matter what we do, we must not gossip. Above all, we must remember to be ourselves, not phonies. Only by being sincere and respectful of others can we earn their respect. If we can do all of the above, I am sure popularity will come our way.　　如何才能受人欢迎　　大部分的人都想受人欢迎，但是并非每个人都能达到目标。受欢迎的秘诀何在?事实上是很简单的。步骤一，先改善我们的外表。我们得确保自己很健康，并且穿着体面。当我们既健康又穿戴整齐时，不仅看起来更有精神，自己也会觉得好多了。此外，我们要保持微笑并表现得很友善。毕竟，脸部表情是外观很重要的一环。如果我们能做到这一点，别人会被我们的美好外表所吸引，并对我们的自信印象深刻。　　另一个重要步骤，就是培养对别人的体贴。永远以他人为重，并把别人的利益放在自己的利益之前。当个好听众也是很重要的;如此一来，别人才能很自在地对我们吐露心事。然而，不管我们做什么事，绝对不要说闲言闲语。最重要的是，要做自己，不要当虚伪的人。只有对人真诚又尊重时，才能赢得他人的尊敬。如果我们能做到以上几点，我相信受人欢迎是指日可待的事。　　【英语课前一分钟演讲稿(二)】　　How to Sell Yourself　　In this competitive society it is essential to know how to sell yourself in order to get the job you want. That means you must be able to market your best features and present yourself in the best light. After all, you never get a second chance to make a first impression.　　There are several things you can do to project a good image in an interview. First of all, look like a winner. Dress conservatively and well, and you\'ll look like you\'re going to the top. Second, communicate clearly. Consider each question carefully and respond with total honesty. Remember to make eye contact and maintain good posture. You need to look attentive but also at ease. Third, have a positive and assertive attitude. It\'s important to appear confident of your ability and optimistic about your future. Finally, be prepared. Present a professional resume and be ready to explain everything in detail.　　By following the advice above, you are bound to make a good impression on potential employers. Then you will be able to choose the best opportunity for you and take that first step towards success.　　如何自我推销　　在这个竞争激烈的社会中，为了得到你想要的工作，知道如何自我推销是很重要的。也就是说，你必须能够销售你的特点，并把你的一面呈现出来。毕竟，第一印象定江山。　　要在面试时表现出好的一面，你可以做几件事情。首先，要看起来像个赢家。穿着保守而体面，会使你看起来像是就要成功了。第二，要能清楚地表达。仔细地考虑每个问题，并据实回答。记得要和对方有目光接触，并保持良好的姿势。你必须看起来专注而自在。第三，态度要积极而有自信。对你的能力有信心，并对你的未来感到乐观是很重要的。最后，要充分准备。递上一份专业的简历，并准备好详细解释每件事。　　遵照以上的建议，你就一定会给可能成为你老板的那些人，留下好的印象。然后你就可以选择对你而言的机会。并踏出迈向成功的第一步。　　Responsibility is a Badge of Honour for Youth　　(96年“21世纪杯全国大学生英语演讲比赛”二等奖获得者，北京外国语大学 徐义成)　　【英语课前一分钟演讲稿(三)】　　Learn How to Say No　　We\'ve all been taught that we should help people. It is the right thing to do and will make us popular with others. 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 would fail or go crazy for sure. Sometimes we simply don\'t have the time to help. In this case, we must know how to say no politely.　　When we need to say no, here is one method we can try. First, we should tell the truth. If we really can\'t do something, we should just say so. Second, we should remember to refuse requests politely. We must communicate clearly, but must also be sincere and sympathetic. A true friend will understand. Finally, we must not feel guilty about saying no. Sometimes refusing others is the right thing to do. It can save ourselves, and them, a lot of trouble. In short, we cannot please everyone all the time. Refusing favors is a part of life.　　学习如何说不　　我们都被教导说，我们应该要帮助别人。这是应该做的事，而且这样做会使我们受人欢迎。它甚至会为我们赢得一些回报。但是，我们必须要实际一点。我们不能答应每一个要求。如果我们这么做，我们就一定会失败或发疯。有时候我们确实没有时间去帮忙。既然如此，我们就必须知道如何有礼貌地说不。　　当我们需要说不的时候，有个办法我们可以试试。首先，我们应该要说实话。假如我们真的办不到某件事，我们就应该说不。第二，我们应该记得要客气地拒绝对方的要求。我们必须清楚地表达，但态度也必须真诚并且表示同情。一个真正的朋友会谅解的。最后，我们不必为了说不而觉得有罪恶感。有时候拒绝别人才是我们应该做的事。它可以替我们自己和别人，都省下许多麻烦。总而言之，我们无法一直取悦每个人。拒绝请求是人生的一部分。　　【英语课前一分钟演讲稿(四)】　　I received a devastating blow to my self-confidence in the first interview of my college years. I applied to be a host in our Student Acting Troupe and felt confident that I would be accepted. But one of the panel members told me: \"You seem inadequate and you are a little vertically-challenged.\" My life has never been the same since. I used bigger heels to complement my height and psychological maneuvers and tricks to hide my lack of confidence. But no matter how hard I tried to look the part, there was still something missing.　　As president of English Club, I organized the rehearsal of Snow White for an English party. Unfortunately, we could not find an actor to be the last dwarf. It had to be someone who was humorous by nature and fluent in English. Suddenly, all eyes turned to me, and I knew I would have to be the dwarf. To my great surprise and delight, once on stage, I was totally absorbed in the performance and my humorous nature was put to full use. As the dwarf, I was a big hit.　　Yes, each of us is only one among millions of others, but each of us is an inpidual and each of us is unique. Cultivating our inpiduality will transform our lives, making of them a kaleidoscope of new colors and textures.　　A world deprived of persity would be a bland and boring place. The real tragedy is not being short or shy or ugly, but having your identity lost in a world in which everyone is a clone of a model cool boy or a flawless charming girl.　　Given a choice, I would rather be ugly than live in such a world. I\'d rather be a genuine dwarf accompanying a Snow White than be a Snow White among nothing but Snow Whites. I would rather be myself. I would contribute my inpidual and unique colors to create a more perse universe. Please, be yourself.　　译文:我重树信心　　大学生活的几年里，当我参加第一次面试时，我的自信心受到了沉重的打击。我向“学生剧团”申请出演一个主角，而且我十分自信地认为我会被录用。但是,其中有个剧团成员告诉我:“你似乎不太合适出演这个角色，因为你的身高有点问题。”我从未遇到过这种情况。我穿着高跟鞋来弥补我的身高，采用心理策略和技巧来掩盖自己信心的缺乏。但是，不论我怎样努力进入角色，感觉还是缺少些什么。　　作为英语俱乐部的主席，我为英语晚会组织排演了《白雪公主》短剧。不幸的是，我们找不到合适的人选出演最后一个小矮人。这个角色必须生性幽默，英语流利。突然，所有人的目光都转向了我，我知道那个小矮人就是我了。让我极度奇怪而又高兴的是，一上台，我完全投入到演出中，而且我那幽默的天性被发挥得淋漓尽致。作为一个‘’小矮人”，我取得了巨大的成功。　　的确，我们中的任何一个人都是千百万中的一员，但我们中的每个人都是一个与众不同的个体。发挥我们自己的个性会改变我们的生活，使它们成为美丽的万花筒。　　失去了多样性的世界是个冷漠、乏味的地方。真正的悲剧不是个矮、害羞或丑陋，而是将自己的个性迷失在一个克隆的世界里，那里到处都是典型的酷男孩或无瑕、迷人的好姑娘。　　如果让我选择，我宁可面貌五陋，也不愿生活在这样一个世界里。我宁可做一个伴随“白雪公主”的真实的小矮人，也不愿做“白雪公主”世界里的一个白雪公主。

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