# 三分钟英语演讲稿高中

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*三分钟英语演讲稿高中（精选30篇）三分钟英语演讲稿高中 篇1　　The first step is to mix the flour with water. when the dough is ready we can begin to m*

三分钟英语演讲稿高中（精选30篇）

**三分钟英语演讲稿高中 篇1**

　　The first step is to mix the flour with water. when the dough is ready we can begin to make dumpling wrappers. we use a rolling pole to roll the dough into small thin and round pieces so that they will be easy to cook. when the wrappers are done it\' s time to prepare the filling. Usually we use meat such as beef or mutton and some vegetables such as cabbage or carrots for filling.You may actually choose whatever you like to put into it. we must chop those things into small pieces.Then put some salt oil and other condiments into it and stir it evenly. When all these preparations are done we can start making dumplings. First put a spoonful of filling in the center of the wrapper. Then stick the two opposite sides together and then the rest. Don\' t just cover the filling with the wrappers. The best shape of dumplings is that of a ship because when they are boilin

**三分钟英语演讲稿高中 篇2**

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**三分钟英语演讲稿高中 篇3**

　　you practiced over and over again; you e optimistic and expect the best to happen. it is certainly a state of mind that is well worth developing and strengthening.

　　so next time, you will practice just as much, still want it just as much, will study just as hard. what will be different is that you will also put on a smile. a positive attitude might just be the one thing that you need to succeed!

　　good afternoon, my dear fris.

　　i am very happy to meet you here.it is my great honor to communicate prehensive abilities.if e an outstanding man. but there are some students still pletely forget their task as college students.

　　finally, i hope everybody can try their best to become a worthy person to our country, and make great contributions to the society!

**三分钟英语演讲稿高中 篇4**

　　sara, who comes canada, is our oral english teacher. she is loved and respected by many students. what influences me most is that she is warm-hearted, generous and easy-going. she always stays optimistic and tries hard to understand every of her student. besides, she often tells us some interesting stories and jokes in class, so as to make a happy atmosphere for us to study english. she loves teaching so much and has the eagerness to devote her life to education. because of her outstanding achievements, she had won lots of rewards, one of which is “model teacher” prize.

　　萨拉是我们的英语口语老师,她来自加拿大。很多学生都很尊敬和喜爱她。她给我的最深刻的影响是她的热情、慷慨又随和的性格。萨拉总是很乐观，不断地努力了解每一个学生。她还会在课上给我讲有趣的故事和笑话，所以她教的英语课都很轻松有趣。她喜爱教学工作，渴望一生都献身教育事业。因为她的优秀表现，她获得了许多奖项，其中有模范教师奖。

**三分钟英语演讲稿高中 篇5**

　　Today I am very glad to be here to share es very complicated. Is fortune success? Is fame success? Is high social status success? No, I dont think so. I believe success is the realization of peoples hopes and ideals.Noe by, cause in the process of our striving for success, many other sources as e difficulty follo lectures and many other academic reports.

　　learning is a long process; ill keep exploring in the treasure house of knopilation and revision.

　　at the beginning i e outstanding. but there are indeed some students still under ignorance. they gather together for eating, drinking or playing cards. theyre busy in searching for a girlfriend or a boyfriend. they forget completely about their mission as college students and the hope of their motherland.

　　finally, i do hope everybody can try their best to become a ething that pierced my heart. I will never forget his words. Look, he said, petition!

　　As it turned out, my dear old professor was right. Now, here I am, once again standing before a microphone. My heart is beating fast, and my mouth is dry, but most importantly, I have faced my fears -- and that makes all the difference!

　　Thank you.

**三分钟英语演讲稿高中 篇6**

　　Somebody says\"Time is money\".But I think time even more important than money.Because when money is gone,we can get it back.But when time is gone,it\'ll never be back.

　　Every day we have 24 hours.We sleep,we have meals and we rest.They are necessery and will take a lot of time.Then how can we sp the rest of the time?

　　Someone do the reading,do exercises and learn a lot of things.They never waste(浪费）any time.They live happily and healthily.

　　However,someone just waste hour after hour doing nothing useful.They get up very late.They sp all day playing computer games.They hate to learn knowledges.Don\'t they know that they are wasting part of their own lives?

　　So please,please save time for ourselves,Our life is limited（有限）,and remember:we have no time to lose.

**三分钟英语演讲稿高中 篇7**

　　Good morning,ladies and gentlemen,today i am so happy to stand here to give you a speech.Or rather, a real story of mine.

　　Though with time going by,i can still remember what you once told me.You should be a brave girl.Smiling,you looked into my eyes.Year in,year out,nearly most of my memories are fading little by little.But only this simple sentence remained,without being forgotten in my life.

　　Again and again,i can not stop myself from thinking about it.So ordinary,but so impressive,so moving,just like the brightest sunshine,it helps me go through the darkest night.I am such a sensitive girl in your heart.You said,my sorroful facial expression made feel so distersssed.However,there is one thing i never tell you,that is ,i am becoming a big girl gradually with your words and smiles.I never tell you about it,for i believe oneday,you can see the great changes of mine for yourself.That is what i want to do in return.As i know,that will be the best gift for you.

**三分钟英语演讲稿高中 篇8**

　　Dear teacher, dear classmates:

　　Good morning everyone! Today the title of my speech is \"wisdom to open the door of wisdom to open the road to success with diligence\".

　　Students, you can still remember the first time into the school scenarios? Remember the first open textbooks, joy and novelty in writing the first word? That\'s one small step into the gate, but it is a big step in life. Life on this voyage, we sail with wisdom, hard for the pulp and began to sail to the very vast knowledge of the ocean!

　　Our school is a treasure house of knowledge, a cultural corridor, is Yuefu teachers and students, it is the cradle of talent. Students, in this treasure house, the corridor and the Yuefu, bathing in the morning, have you ever thought of, today the stem what? Inspired by the setting sun. Have you ever asked, today there are many harvest?

　　Dickens said, \"I have harvested, I planted the seeds.\" Everyone has a chance to become a talented person, it is to see you go not to fight for this opportunity. The key to the most commonly used light, can come from diligent study, history not millions of people with their own actions to prove this statement credible Su Qin to urge their own diligent study \"the first cantilever cone Cigu\" story, leaving the eternal fame. Kuangheng to learn, \"cutting the wall to steal light\"; Chen Yin to learn, \"firefly Yingxue capsule\"; Yang Shi to learn, \"Li Xue\" and so on. They not by diligence and wisdom beyond their own success. To change the fate of knowledge, knowledge of life. Do you also want to be like them, to work hard to acquire knowledge, improve your ability to change your life?

　　As Mr. Guo Moruo said, \"diligence and wisdom are the keys to success\". Today we should remember his words, flying their own youth, with industrious sweat paved road to success in the future. Maybe we have lost at the starting line, but never let ourselves lose at the end. Hard work can make up for congenital deficiency, cherish each moment, efforts to acquire knowledge. For the brothers and sisters in ninth grade, recruit exam is not very distant, facing life\'s first choice, you should redouble our efforts, study hard, make adequate preparations to meet recruit exam; for our eighth graders and eighth grade is a turning point in the junior high school learning, we should grasp well, study hard, and constantly improve themselves; and seventh grade we don\'t relax. Now our efforts is in learning for the future and lay a solid foundation, and only the foundations of the lay a solid foundation, the house will be built higher. Students, regardless of we are in what stage of learning, we should to seize the fleeting time, take advantage of, the knowledge the gleaming gem tightly in her hand. Each success to hard work and effort to succeed, they must pay the price. As Bingxin said: \"the success of the flowers, people only envy it present Mingyan, but I do not know it had Yaren, had soaked fighting leiquan, Sabian a sacrifice Xueyu!\" indeed, not by some cold biting, which the fragrance of plum flowers? We are in a golden age of learning, youth, let time wasted? Life can have a few back hard? Life can have several youth? Over the past can not be changed, the so-called black do not know diligence early, Whitehead study to regret later, is the truth. Only hard knowledge, enterprising, the strongest we can play the song of youth!

　　Students, as long as we establish lofty ideals, down-to-earth study hard, unremitting exploration, we will be able to toil and sweat to forge the beautiful life! Let us study hard, I start from, start from today, let diligent sweat pouring opening flower of knowledge! Let the light of wisdom illuminate our hearts! We struggle to write a youth without regret!

　　尊敬的各位老师，亲爱的同学们：

　　大家上午好!今天我发言的题目是《用智慧开启智慧之门 用勤奋开辟成功之路》。

　　同学们，你可还记得第一次背起书包走进学校的情景?可还记得打开第一本课本、学写第一个字的喜悦与新奇?那踏进校门的一小步，却是人生的一大步。人生的探索之旅由此启航，我们以智慧为帆，勤奋作浆，开始驶向 那无比浩瀚的知识海洋!

　　我们的学校，是知识的宝库，是文化的走廊，是师生的乐府，更是人才的摇篮。同学们，在这宝库中 、走廊上 、乐府里，沐着晨光，你是否想过，今天该干些什么?踏着夕阳，你是否问过，今天有多少收获?

　　狄更斯说过，“我所收获的，是我种下的。”每个人都有机会成为有才能的人，就看你去不去争取这个机会。常用的钥匙最光亮，才能来自勤奋学习，历史上不是有无数人用自己的行动在证明这句话的可信吗?苏秦为了督促自己勤奋学习\"头悬梁锥刺股\"的故事,留下了千古学习的美名.匡衡为了学习,\"凿壁偷光\";车胤为了学习,\"囊萤映雪\";杨时为了学习,\"程门立雪\"等等.他们无一不是由勤奋加智慧获得了超越自身的成功。知识改变命运，真知影响人生。你是否也渴望像他们一样，以勤奋去获取知识，提高你的才能，改变你的人生?

　　正如郭沫若先生所说：“勤奋和智慧是开启成功大门的钥匙”。今天的我们应谨记他的话，放飞自己的青春，用勤劳的汗水铺就未来的成功之路。 也许我们已经输在起跑线上，但决不能再让自己输在终点。后天的努力可以弥补先天的不足，珍惜现在的每一刻，努力获取知识。 对于九年级的哥哥、姐姐们来说，中招考试已并不遥远，面临着人生的第一次选择，你们应该加倍努力，刻苦学习，为迎接中招考试做充足的准备;对于我们八年级学生来说，八年级是初中学习的一个转折点，我们应该好好把握，努力学习，不断提高自己;而七年级的我们也千万不要放松，我们现在的努力是在为以后的学习打下坚实的基础，只有地基打牢了，房子才会盖得更高。同学们，无论我们处在哪个学习阶段，我们都应该努力，抓住这段易逝的光阴 ，好好把握，将知识这闪光的宝石紧紧握在手中。 每一次的成功都要付出艰辛和努力，要想取得成功就必须付出代价。正如冰心所说：“成功的花儿，人们只惊羡它现时的明艳，却不知当初它的芽儿，曾浸透了战斗的泪泉，洒遍了牺牲的血雨!”的确，不经一番寒彻骨，哪得梅花扑鼻香?我们正处于学习的黄金时代，大好韶华，岂能让光阴虚度?人生能有几回拼搏?人生能有几个花季?过去的就无法改变了，所谓黑发不知勤学早，白首方悔读书迟，就是这个道理。只有勤奋求知、拼搏进取，我们才能奏响青春之歌的最强音!

　　同学们，只要我们树立远大理想，脚踏实地刻苦学习，不懈探索，就一定能用辛勤和汗水铸就美丽人生!让我们努力学习，从我做起，从今天做起，让勤奋的汗水浇开知识之花!让智慧之光照亮我们的心田!我们用拼搏书写一个无悔的青春!

**三分钟英语演讲稿高中 篇9**

　　As the saying goes， what wakes you up in the morning is not your alarm clock， but you dream. The future is unknowable， but dream give us the direction some moment maybe the reality is harsh and you are suffering much. If you have a dream， even a very small one， it will light your life in the darkness and keep you hiding from the reality， for dream will give you the energy to fight.

　　However， sometimes it seems that what is practical and sensible does not connect with your most treasured dreams. I am a freshman ，indeed my college life is not as colorful as imagined before，all plans and goals just be hung up。I’m very afraid that even if I graduated from college， I still couldn’t find a job and then had a better life. Faced with the cruel reality，we college students should really make good use of these facilities and learn as much useful knowledge as possible。Then after graduation， we would find it’s much easier to get a decent job.

　　When I am a little girl，my father gave me two cups filled with soil，he asked me to water one cup every day。Two weeks later，tender leaves appeared in the cup that I watered everyday。Father said to me：“The seed represents for your dream，without sweat and effort，it won’t come out no means will your dream turn into reality if you never pay for it.”

　　From this story I learn that If I intend to full my dreams ，I must work hard，make efforts ，and get prepared ，otherwise I will get no possibility to succeed.

**三分钟英语演讲稿高中 篇10**

　　i have been in university for about one year. during my stay here, i came to realize that university life is like drinking coke. we experience all tastes of life here, sour, sweet, bitter and hot. i am from province, which is far away from here. i often miss my mum, friends, and relatives in my hometown. however, i can\'t see them very often. so loneliness always keeps me company. i am sad that i can\'t be there with them. lucky for me, life in university is rich and colorful. with more free time,we can do many more things besides study, such as joining societies clubs, and taking part-time jobs. such activities not only make our life more colorful, but also help us improve all kinds of skills. the university is a society miniature, what we learn here will benefit our future life. our path in life will not always be smooth. setbacks can\'t be avoided. failing an important exam, break up with boy or girl friend, or refused by a promising company, such setbacks are likely to get us down. sometimes we fell so frustrated that we even burst into tears. drinkin coke is wonderful, despite the undesirble consequent hiccups. it\'s bitter, sour and peppery, but also sweet. and you\'ll even feel excited after gulping down a glass. a college experience is part of growing up. we cry, smile, fall in love, get hurt, leave, learn and then we become a better person. university life is like drinking coke. i\'m experiencing it. and i know, i enjoy it!

**三分钟英语演讲稿高中 篇11**

　　My hometown is in Shaanxi, where there are many specialties and ough Shaanxi cuisine has not entered the eight major cuisines of China, themutton paomo and Qishan saozi noodles in Shaanxi are very good. Next, I willtalk about the mutton steamed bun in Shaanxi.

　　In fact, we all know how to eat lamb paomo. We must break the bun intopieces. It is said that the soup of lamb paomo is very mellow. If you dont eatmutton and steamed bun in Shaanxi, its white. Be sure to eat. There is also amirror cake here. Its sweet and delicious, and the color is very beautiful.

　　There are many delicacies in Shaanxi. I wont tell you one by one ome to Shaanxi.

　　Thank you!

**三分钟英语演讲稿高中 篇12**

　　Good evening, honorable judges, ladies and gentlemen.

　　it’s my great pleasure to stand here to present my speech—change the world, change ourselves.

　　it’s noticable that western holidays are becoming increasingly popular day by day, while chinese traditional festivals are being somewhat neglected. not long before about 10 doctors in beijing university and qinghua unversity announced that we should reject the invasion of western holidays ,because they regard western holidays as an challenge against our traditional festivals and culture.

　　frankly speaking, i don’t quite agree with them.indeed, we should never neglect or even discard our traditonal festivals as china boasts a brilliant history and splendid traditions.

　　(examples).but why can’t we absorb the meaningful western holidays and culture.

　　there are obvious reasons why some western holidays are so popular in china. on the one hand, some of the western holidays which we chinese don’t have are reasonable and meaningful, such as father’s day and april fool’s day etc. on the other hand,the prevalence of globalization enables western culture to prevail in china. overwhelmed by such a trend,chinese unconsiciously get involved in western holidays and culture.

　　with the further development of the whole world, the cultural communication between different countries and nations becomes faster and more and more important. we are indeed from different nations, but we are the citizens of the same world, so the outstanding culture of different nations is the commom wealth of everyone on the earth.the only way for us to protect our traditional culture is to reject the foreign culture? the answer is definitely no. what we ought to do is to spare no effort to educate chinese to get to know and treasure our splendid traditions instead of rejecting foreign culture. only by educating can we set our confidence and belief towards our culture.

**三分钟英语演讲稿高中 篇13**

　　I\'m sure everybody is interested in dream, so I will share a story with you.

　　When we talk about dreams,we are so excited.We all have our own dreams,some want to be teachers,others want to be doctors,others want to be scientists.However,not all dreams can come true,as people always give them up for some reason.

　　A dream is to a man what wings are to a bird. With a dream in the deep heart`s core, a man is spontaneously driven to hitch his wagon to a star. A dream is an inexhaustible source of energy that keeps our enthusiasm burning, and kindles our desire to enhance our spiritual cultivation, refine our character, and upgrade our quality of life. A life without a dream is like a bird with broken wings, confined to a cage and oblivious of what lies beyond the range of its vision. On the contrary, a man with a dream is like a warrior armed with ambition, foresight and gallantry, daring to step into an unknown domain to make a journey of adventure. It is dream that adds fullness, variety, and spice to our life and makes it worth living.

　　I would like to take Liu Xiang as an example.Liu,as the first chinese man to win an Olympic track and field medal,dreamed of defending his Olympic title on home soil.To achieve this dream,he was bathed with sweat on the training ground every day.What’s more,now and then he suffered injuries.However,neither the injury nor the pressure has prevented him from striving to achieve the goal.Eventually,he kept or even renewed his record in the men’s 110-meter hurdle with his perseverance.

　　It is true that barriers may sometimes stand in the way of your dreams,but remember success is hiding behind them.Instead of making dozens of excuses for your failure,just think about Liu Xiang’s story,hold on your dreams and never give up.

　　If you do not want your dreams to come to naught,then hold fast to your dreams and never give up.Just as the saying goes,”Do not,for one repulse,forgo the purpose that you resolved to effect.”

　　If you can do the following points,your dreams will come true one day.First,plant your dream in a fertilized soil.Second,water it with your diligence and give it the best food----knowledge.Third,remove the seeds of unhappiness for they can destory your dream.The most important is let the seed of your dream enjoy the beautiful sunshine,so what it can grow well.And however hard the situation is,o not give it up and always give it your best care.Then you will get a good harvest in the end.

　　Dreams are what we pursue for a lifetime,with many dreams,we have motivation to fight for our life.The opposite side of dream is reality.We have to face reality everyday,reality is what we perceive in our life.Reality always frustrates us to be successful.We need to balance them.

**三分钟英语演讲稿高中 篇14**

　　Good evening Ladies and Gentlemen:

　　Thank you very much for choosing to come in such a cold night.Today my topic is about choice and process.A research shows that a man has to make 73 choices one day.With so many choices one day people easily get so confused and afraid of making wrong choice that they hesitate and finally miss the true part of life. In my opinion the following part is of much more importance than the choice. There is no absolute right or wrong choice but wonderful or boring life which the process makes the difference.

**三分钟英语演讲稿高中 篇15**

　　Dear teachers and students：

　　Good afternoon， everyone！

　　Sometimes I will quietly think about what life is. A person comes to this world naked and leaves the world with his bare hands， turns into dust and goes into the universe. A person is just a passer—by of the whole world， whether he is poor or rich.

　　When people come to this world， they will leave something to prove that we have come， study hard and strive for our own ideals. In fact， a persons life is in your own hands， all of which depends on how you do it. Life is in our hands， bold forward， efforts may not be successful， but give up will certainly fail.

　　We should choose a good life when we are young， so that we can have a strong driving force for the learning in front of us.

　　Choosing life is no more than choosing a job. There are two ways to choose your life. For example， choosing life is like buying an egg， picking a fresh egg or buying a rotten egg. It depends on your choice.

　　With a long history and ups and downs， the cruelty of Xia Jie， Shang Zhou and Zhou has long been infamous； Wen Tianxiang died for the country for a long time； Lu Bu killed the Lord and betrayed him and became his father. Zhuge Liang went out of Qishan six times and devoted himself to his death， which is a good story

　　The choice of life is only between one thought， life needs to choose， but also needs the right choice.

**三分钟英语演讲稿高中 篇16**

　　hello,everyone. good afternoon. thank you for giving me this opportunity to talk about my top concern. i\'m no.26, i\'ll talk about friend.

　　everyone of us,rich or poor,should at least have one or two good friends. my friend will listen to me when i want to speak, will help me when i need,will take care of me when i am sick,and my friends will go together with me side by side through this journey of life.

　　when i was ten, i was suddenly confronted with the anguish of transferring to other school. i had to left my friends i had ever known. as a kid,i feel lonely when i study in a new environment without a person i had known. nobody i could talk,nobody could know when i feel lonely. the time when i couldn\'t sleep, i\'ll always miss them, then the tears filled my eyes.

　　later, i became familar with the environment ,and made some friends ,which became my best friends then. they talked with me when i felt lonely, they helped me when i needed, they took care of me when i was sick. even through we were part, we still keep in touch with each other.

　　in our whole lives,we\'ll meet too much people but only a few can be our best friends. when staying with them,we can release ourself completely. we can do whatever we want, we can laugh together, talk together, and even cry together. i should say that being together with our best friends is the most wonderful moment of our lives.

　　but in this fast-developing modern society, the reality is not that. more and more people forget to enjoy the beauty of friendship. they work hard in order to gain a higher position in the society and to earn more money for their work. they have few time to share with their friends. with the time goes by, they will be far away from each other.

**三分钟英语演讲稿高中 篇17**

　　Teachers，students：

　　Good afternoon!

　　honorable judges，dear teachers and close friends.i’m very glad to stand here to share my speech with y i’m going to talk about dreams.

　　everyone has a dream.

　　martin luther king had a dream-and we can all recall his civil rights knight had a dream-and now the whole world knows his nike slogan“just do it”!

　　i also have a dream，but not only a simple one.

　　when i was in primary school，my dream was that i would be a doctor when i grew up.i’ll be the first person who produces a new kind of medicine can make teachers relax when they are busy correcting their students’ exercises and preparing their use one day when i woke up at midnight，i found my father，a senior chinese teacher，was still busy with his work.i was deeply moved.i wish my father could be healthy and relaxed every minute.

　　now i’m a senior grade two student，all my classmates and i are working hard，we all know the college entrance examination which will come in the year of is a big problem for must study harder and harder in order to go to a good university，then when we finish our school，we can find a good job in dream is also gh now i’m not good at study，i’ll try my best.

　　i know fantasy is hard to come true，bue dream can.

　　i’ll work hard for my dreams，i’ll never give up.

　　thank you!

**三分钟英语演讲稿高中 篇18**

　　学生，嘉宾，老师和尊敬的评委

　　早上好！

　　我很高兴今天能和你分享我的梦想。我小时候想当老师。我父亲是一名教师，他教了我很多东西。我非常崇拜他。在我十岁生日那天，他问我。你长大后想做什么？”我自豪地回答说。我想成为像你一样的老师！”父亲一听，非常高兴，对我说，“努力工作，你的梦想就会实现。”前不久，我的一个小学老师生病了。她想让我代替她两周。我很高兴，但也很紧张。我父亲对我说，“这是一个很好的机会。抓住它！祝你成功！”当我走进教室时，孩子们非常高兴。

　　我向他们做了自我介绍。很快，我和他们相处得很好。他们都喜欢我，我也爱他们。与我的父亲和校长& # 39；在她的帮助下，我把工作做得很好。现在，我经常想念那些可爱的孩子。那次经历让我对将来当老师更感兴趣。

　　初中英语3分钟演讲文章3我妈妈是医生。她总是不得不加班，回家又晚又累。如果需要她，她必须立即去医院，不管晚上有多晚。在我很小还在上小学的时候，我曾经问过她为什么会选择这样一份枯燥又辛苦的`工作。她微笑着回答。是的，我有时很累，但看到我的病人越来越好，我从心底里感到高兴。”

　　随着我的成长，我逐渐理解了她的话，意识到医生是高尚的。我在初中的时候就下定决心要当一名医生，从那以后这一点一直没有改变。

　　我真的希望看到一个没有癌症、没有艾滋病、没有致命疾病、没有人生病的世界。但这只是幻想。现实呢？仍然有许多许多人面临灾难性的疾病，遭受持续的痛苦。仍然有许多许多人生活在令人难以忍受的条件下，过着悲惨的生活。还有很多很多人死于癌症，不情愿地离开了这个美丽的世界。所有这些事情让我感到悲伤，因为我认为每个人都有生存的权利。我想尽我所能帮助病人，减轻他们的痛苦。我想给病人带来健康的身体，尽我所能挽救他们的生命。我想看到人们被治愈，在我接受治疗后与家人和朋友幸福地生活在一起。所以我想成为一名医生，一名白衣天使。

　　当我成为一名医生时，我会珍惜每一个生命，无论种族、性别、年龄、职位和职业。我会尽我所能治愈不治之症。

　　我心里已经有一个梦想了，要尽一切努力去实现。作为一名现在的高中生，我会抓住每一个机会努力学习，用知识武装自己，为未来做好准备，为梦想而奋斗。我会下定决心，勇敢面对现实，不屈服于我遇到的任何问题。

　　就像哥特说的那样。人生重要的事情是要有一个伟大的目标，并决心实现它。”当医生是我的梦想。我觉得很简单但是很有意义。

**三分钟英语演讲稿高中 篇19**

　　Good afternoon,ladies and gentlemen!

　　I\'m very honored to stand here and give you a short speech! To begin with ,I want to ask a question .Does everybody dream a good dream last night? Actually ,today I want to talk about dream with you. Of course, What I want to talk is not a dream you have last night,but a dream—— about life.

　　Everyone has dreams about life, different dreams at different life stage,and we need dreams to support us. Dreams are like the stars we never reach in the sky,but like most mariners,we can chart our course by them. With the dream,we have a direction,with a direction, we were no longer confused.With the dream, there is hope,With hope, we have the strength to fight.

　　I have a dream: To be a doctor.，because doctor may relieve the pain of patients. May let the human change the health. At the same time, I believed that, those who help others may be able to obtain joyfully. Therefore, I hoped in the near future ,I might be a doctor.

　　But I know，life is tough,and there are always ups and downs, maybe we fail in the way to our aims,and we may feel depressed ,whenever at this time, the dream in our heart can always comfort us, encourage us ,and support us to move ahead.

　　Young!Fortunately, I am young now. Just due to it, I know that nothing is impossible.I firmly believe that nothing can stand in my way. If I can\'t realize my dream,it result from that I haven\'t work harder enough and I won\'t find other excuses. If no people believe you, you can make it to prove that you are right. If you think the god haven\'t blessed you and there is no truth here, you can become the god and create the truth.

　　“My breath swallows the sky and make the yellow river overflow, my sword is famous in Kyushu and it can collapse the five sacred mountains.” At some time in the past I also had am bitious words and I had some achievements. Each achievement results from my hard work. I always believe that “If you want to have more achievements than others, you must work harder.” In some extent, the dream is the hope. If you can insist on doing something, the victory will come.

**三分钟英语演讲稿高中 篇20**

　　Hello everyone.

　　my name is, today my topic is protect our earth.

　　my mom always told me protect yourself , then you can help others,

　　today i want to say protect yourself then you can protect the earth, cause if everyone can protect the earth, it will be better in the future. and we can do from ourselves, from the small things, when we see a trash we can pick up them to the dustbin, when we see a plastic we can never use it again, and told other person don\'t use it,

　　so totally speaking, if you willing do, you are the great person help world person,

　　thank all of the teachers and my classmates give me the chance, thank you all.

**三分钟英语演讲稿高中 篇21**

　　Friship is a kind of relationship that many accompany you all your life.The relationship with your wife or husband occurs only after you are married andruns the risks of being cut down by porce. The relationship with your parentswill be put to an with their passing away.

　　The relationship with yourchildren begins late in the middle of your life. You have an association withyour colleagues, but it is always changing, because one day, one or anothercolleague may disappear suddenly out of your routine by changing jobs and youmay similarly jump out of your colleagues\' lives. You have connection with yourneighbors only for the sake of living in the same neighborhood and it will breakdown when you or one of your neighbors moves.

**三分钟英语演讲稿高中 篇22**

　　We Are The World ,We Are The Future

　　Someone said “we are reading the first verse of the first chapter of a book, whose pages are infinite”. I don’t know who wrote these words, but I’ve always liked them as a reminder that the future can be anything we want it to be. We are all in the position of the farmers. If we plant a good seed ,we reap a good harvest. If we plant nothing at all, we harvest nothing at all.

　　We are young. “How to spend the youth?” It is a meaningful question. To answer it, first I have to ask “what do you understand by the word youth?” Youth is not a time of life, it’s a state of mind. It’s not a matter of rosy cheeks, red lips or supple knees. It’s the matter of the will. It’s the freshness of the deep spring of life.

　　A poet said “To see a world in a grain of sand, and a heaven in a wild flower, hold infinity in the palm of your hand, and eternity in an hour. Several days ago, I had a chance to listen to a lecture. I learnt a lot there. I’d like to share it with all of you. Let’s show our right palms. We can see three lines that show how our love.career and life is. I have a short line of life. What about yours? I wondered whether we could see our future in this way. Well, let’s make a fist. Where is our future? Where is our love, career, and life? Tell me.Yeah, it is in our hands. It is held in ourselves.

　　We all want the future to be better than the past. But the future can go better itself. Don’t cry because it is over, smile because it happened. From the past, we’ve learnt that the life is tough, but we are tougher. We’ve learnt that we can’t choose how we feel, but we can choose what about it. Failure doesn’t mean you don’t have it, it does mean you should do it in a different way. Failure doesn’t mean you should give up, it does mean you must try harder.

　　As what I said at the beginning, “we are reading the first verse of the first chapter of a book, whose pages are infinite”. The past has gone. Nothing we do will change it. But the future is in front of us. Believe that what we give to the world, the world will give to us. And from today on, let’s be the owners of ourselves, and speak out “We are the world, we are the future.”

**三分钟英语演讲稿高中 篇23**

　　It is undeniable that the worsening environment has become the biggest concern of the present-day world. Land resources are dwindling because of water loss and soil erosion. Waste gases poison the air we breathe. The rivers and lakes are polluted by waste dumped in them from factories. It is probably no exaggeration to say that deterioration of the quality of the environment threatens the existence of mankind itself.

　　Some people are of the opinion that the environmental problem is the price we have to pay for economic development. But I do not think that this argument is valid. After all, what is the point of economic growth if people’s lives are adversely alfected by worsening environmental pollution?

　　There is plenty of evidence to show that sustainable development can be achieved by balancing economic growth with protection of the environment. The key to achieving this is to make people aware of the seriousness of the problem. Both governments and ordinary citizens should join hands to make this world a better place to live in, not only for ourselves, but also for future generations.

**三分钟英语演讲稿高中 篇24**

　　Today is Monday; I wake up at 6 o’clock in the morning. Then I have my breakfast at home and take the subway to school. I am quite excited about this day, because our chemistry teacher will teach us to do an interesting experiment. This experiment is about how to create soap. Last week, the chemistry teacher promised that we would have something fun in this week. Making our own special soap is the mission in this class.

　　When the experience begins, the whole class is very exciting; we mix the oil, water and lye. You need to be very careful, because the lye is harmful to the skin. Then we will stir the oil and lye for about ten minutes, the chemistry reaction will make the liquid into solid. Then the soap comes into being. Although the process is tired, we have a lot of fun. The most important thing is we learn how to make soap. The time passes so quickly, we feel very busy but learn a lot of useful things.

　　今天是星期一，我早上六点就起床了。再吃过了早餐之后，我搭地铁去学校。对于今天要做的事情，我很兴奋。因为我们的化学老师要教我们做个有趣的实验。这个实验就是如何制作肥皂。上个星期，化学老师向我们保证这周会做个有趣的实验，而创造出属于自己的一块肥皂就是这次课的主要内容。

　　当实验开始的时候，整个班级都很兴奋。我们把油、水和碱液混合在一起。你必须非常小心，因为碱液会腐蚀皮肤。然后我们就开始搅拌液体。大约10分钟过后，发生的化学反应就把液体变成了固体，肥皂就形成了。虽然这个过程很累，但是我们得到了很多乐趣。最重要的是我们学会了如何制作肥皂。时间过得太快，我们感觉很忙碌，但也学到了很多有用的东西。

**三分钟英语演讲稿高中 篇25**

　　ladies and gentlemen :

　　today, my speech is about talents,in my opionion, talents are indispensable in nowadays society. as is known to all that the fight among countries is actually the fight among talents.

　　first, i\'d like to define the word\"talent\" in my idea, a talent is one person who is good at or expertised in some or multiple areas. nowadays, as the world developing goes on , if one country want to rank top or do a good job in the world, the country must have many talents.for example, china, the biggest developing country in the world, in the past 100 years, is always invaded by other countries, why ,the reason is that china at that time had not so many talents. if they had anti-intrusion leader talents in the war, needless to say,they would have beat those big powers.if they had talents in weapons manufacturing, nodody dares to provoke us.however, nowadays, it\'s a totally different situation, china has become powerfulin all over the world, why ? because there are many talents serving the country, the civilians become more and more literated.more and more people go to university,more and more people come to receive further education. so what is that in return,talents in army protect our country from invasion, talents in commerce help make our economy keep in improving, talents in aerospace make the world see chinese manned spacecraft flying. talents in sports make china rank the first in the olympic games......

　　to sum up, talents will play a more and more impoetant role in the world, if one country intends to flourish, he must foster talents as many as they can ,that\'s all,thank you.

**三分钟英语演讲稿高中 篇26**

　　I dream of being a doctor.

　　My mother is a doctor. She always has to wor k extra hours and comes home late and tired. She has to go to the hospital immediately any time she is needed, no matter how late it is at night. When I was very little , I once asked her why she chose such a boring and hard job. S he answered with a smile, “Yes I am sometim es very tired but seeing my patients getting b etter and better makes me happy from the bot tom of my heart.”

　　As I grow up, I gradually come t o understand her words and realize doctors are noble. I ma de up my mind to be a doctor when I was in ju nior school and this has never changed since then.

　　I really hope to see a world where there is no cancer, no Aids, no fatal disease, no one suffe ring from illness. But this is only a fantasy. W hat about the reality? There are still many ma ny people who are faced with disastrous dise ase and suffering from constant pain. There a re still many many people living in miserable condition and live miserably. There are still m any many people dying of cancer and leaving the beautiful world reluctantly. All those thing s make me feel sad because I think everyone has the right to live . I want to help the sick an d reduce their pain as much as I can. I want t o bring a healthy body to the patients and sav e their lives as many as I can. I want to see pe ople cured ,living happily with their families a nd friends after my treatment. So I want to be a doctor ,an angel in white.

　　When I become a doctor, I will cherish each lif e regardless of the races, sexes, ages, positio ns and occupations. I will do every bit to cure the incurable.

　　I already have a dream in my heart,so I have t o make every effort to realize it.I will be determined, face the reality bravely and not surrender to any pr oblems I meet.

　　Just as Gothe says,“The important thing in lif e is to have a great aim and be determined to attain it.”Being a doctor is my dream. I think it is simple but meanful

**三分钟英语演讲稿高中 篇27**

　　Let me begin my speech with a replay of scenes familiar to most, if not all, of those present here today.

　　take. take. take.. The relationship between a mother and a child always seems to follow such a pattern. I know my mother is always there for me, providing me with everything I need; from food to clothing, from tuition to pocket money. I never thought twice about all she did until one day she said,

　　Like a child endlessly asking, we humans, throughout history, have been continually demanding what we desire from nature. We enjoy the comfort and beauty of our furniture, yet we never bother to think about the serious soil erosion caused by deforestation. We take it for granted that we must warm ourselves in winter times, yet we seldom realize the burning away of precious natural resources.We appreciate all the prosperity from the development of modern industry, yet few would give the slightest consideration to the global air and water pollution caused by industrial wastes. Our ruthless exploitation has permanently impaired our mother earth.As we tragically learned from last summers floods. We cannot continue our carelessness. Finally, standing here at the threshold of the 21st century, we cannot help thinking of our posterity. Nature is not only the mother of the present generation, but

　　also the mother of the generations to come. How severely our descendents will criticize us if we leave them a barren and lifeless mother? How much more they will appreciate us if we give them a world of harmony to inherit? Let us start respecting and caring for nature from now on. Let us start the campaign of creating a mutually beneficial relationship between people and nature right from this moment. With this new start, I firmly believe that our children, and our childrens children will live in a brand new age of green trees, clean air, crystal water, blue sky and an even more promising world!

**三分钟英语演讲稿高中 篇28**

　　The pig & Watermelon

　　In spring, the mother pig took the little pig LuLu to the foot of the mountain. They planted some watermelon.

　　When summer came, there were many big round watermelons in the field.

　　One day, the sun was burning like a fire, it was terribly hot on the ground. The mother pig said to the little pig:\"Lulu, go to the field to pick a watermelon back,ok?\" Lulu said happily:\"Ok! No problem.\"

　　Then he ran to the watermelon field. When he got to the field, he was happy to find so many big green watermelons. He chose one of the biggest watermelon and picked it from the vine. Then he held it with his hands trying to lift is on his shoulder to carry it home.

　　\"Wow!It\'s so heavy!\" Lulu tried several times, but he failed. And he was socked with sweat. He wiped his sweat off and decided to have a rest.

　　Suddenly he saw the monkey Pipi. He was playing with a hoop. Lulu patted his head and said:\"I\'ve got it.\" He thought,the round hoop can roll, the watermelon round too,then it can roll too.He then put the big melon on the ground and rolled it forward quickly.

　　At last he got home with the watermelon.The mother pig knew the story, she exclaimed:\"My child, you\'re really clever!\"

**三分钟英语演讲稿高中 篇29**

　　a few years ago, i felt like i was stuck in a rut, so i decided to follow in the footsteps of the great american philosopher, morgan spurlock, and try something new for 30 days. the idea is actually pretty simple. think about something you’ve always wanted to add to your life and try it for the next 30 days. it turns out, 30 days is just about the right amount of time to add a new habit or subtract a habit — like watching the news — from your life.

　　几年前， 我感觉对老一套感到枯燥乏味， 所以我决定追随伟大的美国哲学家摩根·斯普尔洛克的脚步，尝试做新事情30天。这个想法的确是非常简单。考虑下，你常想在你生命中做的一些事情 接下来30天尝试做这些。 这就是，30天刚好是这么一段合适的时间 去养成一个新的习惯或者改掉一个习惯——例如看新闻——在你生活中。

　　there’s a few things i learned while doing these 30-day challenges. the first was, instead of the months flying by, forgotten, the time was much more memorable. this was part of a challenge i did to take a picture everyday for a month. and i remember exactly where i was and what i was doing that day. i also noticed that as i started to do more and harder 30-day challenges, my self-confidence grew. i went from desk-dwelling computer nerd to the kind of guy who bikes to work — for fun. even last year, i ended up hiking up mt. kilimanjaro, the highest mountain in africa. i would never have been that adventurous before i started my 30-day challenges.

　　当我在30天做这些挑战性事情时，我学到以下一些事。第一件事是，取代了飞逝而过易被遗忘的岁月的是 这段时间非常的更加令人难忘。挑战的一部分是要一个月内每天我要去拍摄一张照片。我清楚地记得那一天我所处的位置我都在干什么。我也注意到随着我开始做更多的，更难的30天里具有挑战性的事时，我自信心也增强了。我从一个台式计算机宅男极客变成了一个爱骑自行车去工作的人——为了玩乐。甚至去年，我完成了在非洲最高山峰乞力马扎罗山的远足。在我开始这30天做挑战性的事之前我从来没有这样热爱冒险过。

　　i also figured out that if you really want something badly enough, you can do anything for 30 days. have you ever wanted to write a novel? every november, tens of thousands of people try to write their own 50,000 word novel from scratch in 30 days. it turns out, all you have to do is write 1,667 words a day for a month. so i did. by the way, the secret is not to go to sleep until you’ve written your words for the day. you might be sleep-deprived, but you’ll finish your novel. now is my book the next great american novel? no. i wrote it in a month. it’s awful. but for the rest of my life, if i meet john hodgman at a ted party, i don’t have to say, “i’m a computer scientist.” no, no, if i want to i can say, “i’m a novelist.”

　　我也认识到如果你真想一些槽糕透顶的事，你可以在30天里做这些事。你曾想写小说吗?每年11月，数以万计的人们在30天里，从零起点尝试写他们自己的5万字小说。这结果就是，你所要去做的事就是每天写1667个字要写一个月。所以我做到了。顺便说一下，秘密在于除非在一天里你已经写完了1667个字，要不你就甭想睡觉。你可能被剥夺睡眠，但你将会完成你的小说。那么我写的书会是下一部伟大的美国小说吗?不是的。我在一个月内写完它。它看上去太可怕了。但在我的余生，如果我在一个ted聚会上遇见约翰·霍奇曼，我不必开口说，“我是一个电脑科学家。”不，不会的，如果我愿意我可以说，“我是一个小说家。”

　　(laughter)

　　(笑声)

　　so here’s one last thing i’d like to mention. i learned that when i made small, sustainable changes, things i could keep doing, they were more likely to stick. there’s nothing wrong with big, crazy challenges. in fact, they’re a ton of fun. but they’re less likely to stick. when i gave up sugar for 30 days, day 31 looked like this.

　　我这儿想提的最后一件事。当我做些小的、持续性的变化，我可以不断尝试做的事时，我学到我可以把它们更容易地坚持做下来。这和又大又疯狂的具有挑战性的事情无关。事实上，它们的乐趣无穷。但是，它们就不太可能坚持做下来。当我在30天里拒绝吃糖果，31天后看上去就像这样。

　　(laughter)

　　(笑声)

　　so here’s my question to you: what are you waiting for? i guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and give it a shot for the next 30 days.

　　所以我给大家提的问题是：大家还在等什么呀?我保准大家在未来的30天定会经历你喜欢或者不喜欢的事，那么为什么不考虑一些你常想做的尝试并在未来30天里试试给自己一个机会。

　　thanks.

　　谢谢。

**三分钟英语演讲稿高中 篇30**

　　my dream

　　hello everyone! it is my great pleasure to share my dream with you today.

　　my dream is to become a teacher.

　　you know being a teacher is a thing that is very valuable and very interesting. i suggest that it must be a great fun to be with children all the day. and if i am a teacher, i can teach my students a lot of knowledge. they might become stronger and cleverer because of me. that is a very contented feeling.

　　china is a developing country. chinese are not that excellent in their intellegent. so teachers in china might be very very important. they can provide the society with a lot of successful people, and make china a better place.

　　do you think that i have a good dream？ i will work hard to make my dream become true!

　　thanks~

　　我的梦想

　　你好大家！这是我很高兴能够分享我的梦想与你今天。

　　我的梦想是成为一名教师。

　　你知道作为一个教师，是一个东西，这是非常宝贵的，非常有趣。我认为它必须是一个伟大的乐趣与子女所有。如果我是一名教师，我可以教我的学生很多知识。他们可能会成为强大和聪明，因为我了。这是一个非常知足的感觉。

　　中国是一个发展中国家。中国人是不是优秀，在他们的智能。所以老师在中国可能非常非常重要的。他们可以提供社会了不少成功的人，使中国成为更美好的地方。

　　你认为我有一个很好的梦想，我将努力工作，使我的梦想变成真！

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