# 202\_英语演讲比赛稿5篇范文

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*英语演讲比赛旨在以丰富的内容与严谨的形式，通过各地高校、大学外语教学研究会以及主办单位有组织、分层次的选拔，为全国大学生创造一个激励外语学习、展示综合能力、培养人才的平台，同时推动高校英语教学，创新教学方法，展现教学水平，促进教师发展。下面...*

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**20\_英语演讲比赛稿(1)**

Honorable Judges， fellow students：

Good afternoon!

Recently， ther is a heated debate in our society. The college students arethe beneficiaries of a rare privilege， who receive exceptional education atextraordinary places. But will we be able to face the challenge and supportourselves against all odds? Will we be able to better the lives of others? Willwe be able to accept the responsibility of building the future of ourcountry?

The cynics say the college students are the pampered lost generation， whichwould cringe at the slightest discomfort. But the cynics are wrong. The collegestudents I see are eagerly learning about how to live independently. We helpeach other clean the dormitory， go shopping and bargain together， and take parttime jobs to supplement our pocket money.

The cynics say we care for nothing other than grades; and we neglect theneed for character cultivation. But again， the cynics are wrong. We care deeplyfor each other， we cherish freedom， we treasure justice， and we seek truth. Lastweek， thousands of my fellow students had their blood type tested in order tomake a contribution for the children who suffer from blood cancer.

As college students， we are adolescents at the critical turning point inour lives. We all face a fundamental choice： cynicism or faith， each willprofoundly impact our future， or even the future of our country. I believe inall my fellow classmates. Though we are still inexperienced and even a littlebit childish. I believe that we have the courage and faith to meet any challengeand take on our responsibilities. We are preparing to assume newresponsibilities and tasks， and to use the education we have received to makeour world a better place. I believe in our future.

thank you!

**20\_英语演讲比赛稿(2)**

good evening ，ladies and gentlemen：

thank you very much for choosing to e in such a cold night。today my topicis about choice and process。a research shows that a man has to make 73 choicesone day。with so many choices one day， people easily get so confused and afraidof making wrong choice that they hesitate and finally miss the true part oflife。 in my opinion， the following part is of much more importance than thechoice。 there is no absolute right or wrong choice but wonderful or boring life，which the process makes the difference。

life is a box of chocolate，you never know what you will get。 forrest gumpmade no decision by and for himself but he acplished great success with hisstrong will in the process。 the process is not the road itself but the attitudesand feelings ，the caution， courage and persistance we have as we encounter newexperience and unexpected obstacles。 take myself as an example， i changed mymajor when i became a postgraduate。 after the choice，days have been harsh forme。i cannot understand the new lessons at all。 for they are closely related tomathmatics which i learned nothing about before。 however wuth the belief thatthis is the great chance for me to experience new ideas and challenge myself，ipersisted。 i asked for help from every channel and reorgonized my life。gradually i could understand some parts and even found mathsinteresting。moreover， i learned to act instead of plaining。 in retrospect，thechoice left no trace in my mind but the happiness and bitterness of the pastfour months bees an unforgetable experience in my life。

no matter what the choice is， enjoy the process。 in the process， yourpotential will be inspired and new discoveries，improvement and progress will eto you。 these are the most beautiful sceneries and only on the way can you seeit。these make your life colorful。

there is no need and i donnot want to judge whether it right or wrong forme to be here，but i congratulate to myself for i gain and enjoy this fantasticexperience。 so my dear friends，never worry about your choice and enjoy theprocess。 i am sure you will get something new and intersting tonight after youchose to e here。

thank you!

**20\_英语演讲比赛稿(3)**

ladies and gentlemen， boys and girls，

i am chinese。 i am proud of being a chinese with five thousand years ofcivilization behind。 i’ve learned about the four great inventions made by ourforefathers。 i’ve learned about the great wall and the yangtze river。 i’velearned about zhang heng and i’ve learned about zheng he。who says the yellowriver civilization has vanished?i know that my ancestors have made miracles onthis fertile land and we’re still making miracles。 who can ignore the fact thatwe have established ourselves as a great state in the world， that we havedevised our own nuclear weapons， that we have successfully sent our satellitesinto space， and that our gnp ranks no。 7 in the world? we have experienced theplunders by other nations， and we have experienced the war。 yet， based on suchruins， there still stands our nation----china， unyielding and unconquerable!

i once came across an american tourist。 she said， “china has a history offive thousand years， but the us only has a history of 200 years。 five thousandyears ago， china took the lead in the world， and now it is the us that isleading。” my heart was deeply touched by these words。 it is true that we’restill a developing nation， but it doesn’t mean that we can despise ourselves。 wehave such a long-standing history， we have such abundant resources， we have suchintelligent and diligent people， and we have enough to be proud of。 we havereasons to say proudly： we are sure to take the lead in the world in the futureagain， for our problems are big， but our ambition is even bigger， our challengesare great， but our will is even greater。

i am chinese。 i have inherited black hair and black eyes。 i have inheritedthe virtues of my ancestors。 i have also taken over responsibility。 i am sure，that wherever i go， whatever i do， i shall never forget that i am chinese!

**20\_英语演讲比赛稿(4)**

the vast historical tide， some successful， some failure; some a fair deathhonors the whole life， some thing never dies。 ebb and flow， raise a number of\"confucius\"， which is mixed with many \"qin gui\"， carried away， that he wants tosucceed by hook or by crook to get success， desire to have at the end of the dayis celebrated， and find the right choice， but achievements generation ofcelebrities。 success， there are many paths， seeking a shortcut， tend to be atthe end of the day to understand gave up a optimal choice and effort was not tomake choices as it landed at all costs。

reese， a desire for success， but \"achievement\" his \"disease xian can envy\"，he should have been a generation of names， for the emperor should share， from adesire for success， by hook or by crook， he hit the han fei， creates the tragedyof burying confucian。 history is suppressed， the trend of the development ofculture is suppressed， qin， reese also destroyed， people took down the emperor，also remember the lis。

and qu yuan， created a new genre of chinese literature， in a new way to theright interpretation of chinese culture。 mr yu optimal such a sentence: \"the eraof cultural celebrities， the more often not patible with his age。\" qu yuan is noexception， he king， dragon\'s loyal due diligence， was shangguan doctor again andagain of slander， and king huai， in the adulation of again and again to pleaseblinds， unexpectedly also close， far from xian。 qu yuan to get the release timeof exile， destroyed， chu qu yuan died also。 can he live in people\'s hearts， thespirit of eternal。 \"world-wide all muddy i alone， public all drunk i wake upalone， 500 - word article 15 and successful position

once together at the same time， but reese is celebrated \"disease virtuousenvy can\" synonymous with， they are eager to be the world recognize， in theirtime， reese seems to be just， and qu yuan， under the scholar of whitewash， helost， lost to their eras。

today， history proves that everything: qu yuan remain through the ages，reese thing never dies。

investigate the root cause， they choose different， however， made of quyuan， has produced reese。

need a lot of success: timing， location， and; one percent talent andninety-nine percent effort， but the most important thing is how to choose， theright choice is necessary for success。 nature is the choice of drop of water inthe sea， and it will never dried up， the eagle chose the blue sky， so it\'sachievements dream。

**20\_英语演讲比赛稿(5)**

good evening , ladies and gentlemen . i am joy and glad to give you aspeech about stress , yes , just the topic you see on the screen.

psychologist tell us that stress is a state of worry caused by the problemof living , such as too much work or study , heavy responsibilities , andquickened pace of life .

statistics show that stress comes from every detail in our life . financialproblems , poor health , being laid off may be the stress that most adults nowsuffering . as students in the university , we are also under our special stress. while study , having to take various tests and submit a project against adeadline may put a great pressure on us . and the things make us felt stressedmay be our parents’s greater expectations on us than we could reach . later ,when we are likely to graduate , some other problems will also annoy us . ithink we will worry a lot about our ability to compete in the job market and howwe can best use what we’ve learned at college in our future job .

the chief problem we should face to is our atitude towards stress .peopleusually say they can not live in the sun except they escape from stress . it’sunwelcome ! yes , however , very necessary . just image a world where stressdoes not exist and people lead their life in a very comfortable way . but isthis kind of living condition as perfect as we hope ? without stress , they mayfeel very satisfied with the current life but lack of power to discover newthings . too much satisfaction result in nothing except a countermarch of thesociety . no stress , no development . so a certain amount of stress is good .it can stimulate us and increase our level of alertness .

and our answer to stress is another vital problem . how to do withourselves when stress suddenly break into our life ? to wave the white flag andadmit our unability , to give up to our ideality , or worstly , just to suicideas to put an end to everything … of cause not . the principle is to tackle withstress gentlely and harmoniously. we should try our best to release ourselves .such as to do some exercise , to linsen to traditional chinese music orclassical music to ease our minds and to learn to view these changes of life aschallenges .it’s no use crying over spilt milk . only to accept what hashappened can solve the problem .

ok , i think i was under large stress 3 minutes before , but now i am hereand have finished my speech . here is the last thing i want to add to my topic,face to it and overcome it ,stress is also a piece of cake.

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