# 英语演讲稿 ：课前三分钟英语演讲稿范文精选

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*篇一：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 p...*

篇一：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.

　　译文：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。

　　篇二：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.

　　译文：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。

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