# 英语三分钟励志演讲稿简单

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*英语三分钟励志演讲稿简单(通用18篇)英语三分钟励志演讲稿简单要怎么写，才更标准规范？根据多年的文秘写作经验，参考优秀的英语三分钟励志演讲稿简单样本能让你事半功倍，下面分享【英语三分钟励志演讲稿简单(通用18篇)】，供你选择借鉴。>英语三分...*

英语三分钟励志演讲稿简单(通用18篇)

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>英语三分钟励志演讲稿简单篇1

Life is not about just getting by. Life is about reaching ever higher, building one achievement on top of another, and creating real, meaningful value in each moment.

A common stone on the ground does a great job of just getting by. You, on the other hand, are destined1 for much more spectacular things. Yes, indeed, you will certainly meet a number of challenges when you make the effort to raise your world even a little bit higher. The good thing is, you are superbly equipped to thrive on those challenges.

If life seems unsuccessful, it’s not because of the challenges or limitations that stand in your way. It’s because you refuse to see the exceptional opportunities that those challenges represent.

This is your precious and unique life, and it is absolutely worth all the trouble and effort you must go through to make it great. Within you at this moment are beautiful dreams, and you can begin to live in the direction of those dreams whenever you choose.

Let go of the false security of just getting by, and get yourself into focus on a purpose that will bring your life gloriously to life. Your very own pathway to success is just one quick step away.

生活并不是过得去就行,而是需要我们每时每刻都有所超越,不断取得成就,并且创造真正的、有意义的价值。

地上的一块普通的石子只是躺在那里就做得很好了。然而,你注定是要做大事的。是的,当你努力提升自己时,你的确会遇到许多困难,哪怕只是提升一点点。幸运的是,你有能力战胜那些挑战。

如果生活看起来并不是一帆风顺的,那并不是因为你前方的道路上有挑战或阻碍,而是因为你没有看到那些挑战中蕴藏的良机。

这是你所珍爱的、独一无二的生活。为了让它变得更美好,经历困难、付出努力都是值得的。此刻,你的内心充满着美好的梦想,只要你选择,你就可以朝着梦想的方向生活。

摒弃生活只要过得去就行这样的错误观点,全心投入一个目标——让你的生活更加精彩。成功之路离你仅一步之遥。

>英语三分钟励志演讲稿简单篇2

Success is not final and failure is not fatal: it is the courage to continue that counts.

成功不是终点，失败也不是终结，只有勇气才是永恒。

Never cease to outdo yourself. There are no limits to the success you can acquire when you have an duanwenw uncontrollable drive to achieve. Any obstacles you encounter along the way are life’s test to establish strength and perseverance. If you continually possess determination and self-confidence throughout any situation, you will prevail.

超越你自己,永远不要停止。当你拥有无法過制的获胜冲动,你的成功将不可限量。前进路上的任何障碍都是用以确立力量和毅力的人生考验。 倘若你在任何情况下都始终拥有决心和信心,你将会无往不胜。

>英语三分钟励志演讲稿简单篇3

We all live in this world.We maybe feel unlucky sometimes.But, as you know, in this world there have been a lot of people who can\'t talk, walk, speak, listen to and see anything.

The invalid need our concerns.If you see an invalid person,you should not just watch him all the time. You can show your respect to him. Let him feel the good of the world.

Our government should put benefits into its policy that can make the invalid happier. The invalid need our help. Please don\'t grudge your smile .You can keep it on you face.

If we concern more of the invaild, our society will become more and more friendly.Violence will cease.We\'ll live safely.

>英语三分钟励志演讲稿简单篇4

you will live every single day of your life with absolute passion, and you will show your passion through the words you speak and the actions you take.

you will focus all your time and effort on the most important goals of your life. you will never succumb to challenges of hardships.

you will never waver in your pursuit of excellence. after all,you are the best, and you deserve the best! 　as your coach and friend, i can assure you the door to all the best things in the world will open to you, but the key to that door is in your hand. you must do your part, you must faithfully follow the plans you make and take the actions you plan, you must never quit, you must never fear. i know you must do it, you can do it, you will do it, and you will succeed!

now stand firm and tall, make a fist, get excited, and yell it out:

i must do it! i can do it! i will do it! i will succeed!

>英语三分钟励志演讲稿简单篇5

eagle acquired in a strong wind and rain in the wings, the plum blossom in full bloom in the cold weather assail the nostrils of the fragrance. in today\'s competitive times, we will not be timid, looking over, we will learn to survive in the competition, in the face of adversity in life to write music. as a philosopher said: the above on the fate of the people, confidence is the key to the fate! thorns in front of any problems, we will hold it constant. xue-hai vast, we have to do down the brave sailors, wind and the waves, the future together, the ancient saying goes: the trials and tribulations, as in ru yu. \"youth in the footsteps of firms such as flow goes, the prime years of fighting can not afford to waste points. fellow students, let us seize the good life every day, towards the other side of the gold before. pro-yuan xian fish, it is better still active and networks. we use the wisdom and courage raised the ideal of sailing, with our youth and life played a strong tone of the times! when we abandoned the confusion, take the course; ground when we blinded, tireleyaojiang, the fate of the gates will be open to us, tempting time will come! the future is not a dream today, in our hands!

if i were a boy again, i would practice perseverance(毅力)more often, and never give up a thing because it was hard or inconvenient. if we want light, we must conquer darkness. perseverance can sometimes equal genius in its results. “there are only two creatures,” says a proverb, “who can surmount the pyramids—the eagle and the snail.”

if i were a boy again, i would school myself into a habit of attention; i would let nothing come between me and the subject in hand. i would remember that a good skater never tries to skate in two directions at once. the habit of attention becomes part of our life, if we begin early enough. i often hear grown-up people say “i could not fix my attention on the lecture or book, although i wished to do so” , and the reason is, the habit was not formed in youth.

if i were to live my life over again, i would pay more attention to the cultivation of the memory. i would strengthen that faculty by every possible means, and on every possible occasion. it takes a little hard work at first to remember things accurately; but memory soon helps itself, and gives very little trouble. it only needs early cultivation to become a power.

if i were a boy again, i would look on the cheerful side. life is very much like a mirror: if you smile upon it, i smile back upon you; but if you frown and look doubtful on it, you will get a similar look in return.

inner sunshine warms not only the heart of the owner, but of all that come in contact with it. “who shuts love out ,in turn shall be shut out from love.”

finally, instead of trying hard to be happy, as if that were the sole purpose of life, i would, if i were a boy again, i would still try harder to make others happy.

>英语三分钟励志演讲稿简单篇6

Life hard。 We should not give up hope。 By the time we have given up， we are finhed。 Chances are always there。 We have to grab every single opportunity。。。to help， to love and to serve。 To live our life happier， full of joy， we have to set our goal and even dream big。

生活总是充满挑战。我们不应当放下期望。我们放下了，我们被完成。机会永远都在那里。我们必须抓住每一个机会，去帮忙他们，去爱和服务。来过我们的生活更欢乐，充满了欢乐，我们得把我们的目标，甚至更大的梦想。

If we choose the shortest path in life， we will never learn。 To be or not to be， we have to be SOMEBODY。 The fastest way to gain love to love others first!Do not hide your talent， your knowledge and your beautiful heart。 Go for your dream and live for it。

如果我们选择最短路径在生活中，我们学不会的。做还是不做，我们要出人头地。最快捷的方式获得的爱在于无条件地爱别人不要隐藏你的才华，你的知识和你的美丽的心。去找你的梦想并为它而生活。

>英语三分钟励志演讲稿简单篇7

Compared with the forty year old shabby dormitory I am living in now, the one I lived in for three years in high school was heaven: three students shared one brand new suite with air conditioners and a bathroom.

In three years time we changed it thoroughly:the color of the floor turned from bright pink into muddy gray, and the closet a hive of insects proliferating among piles of rotten fruit.And our masterpiece was the bathroom, a never drying swamp which served as the habitat of various kinds of mold, and even rodents, rats would occasionally take the trouble to pay us a visit, and.., all three of us felt like sobbing when we at last had to say good bye to our lovely filthy dormitory. Maybe it is because that the dormitory had changed us as well as we\'d changed it.

The first lesson our dormitory taught us was to look after ourselves. Frankly speaking, we were not good students at all. I still remember the underwear that was soaked in soapy water for one and a half years before it was finally thrown away. Almost each of the boys\' dormitories had gradually developed its own unique \"fragrance\" usually a mixture of rotten fruit, unwashed socks, stunk towels and some junk food. We could tell one dormitory from another by sniffing instead of looking. Our tolerance towards untidiness was amazing.

However, in spite of all this, we really did make some progress. Bit by bit, we started to wash dirty clothes before they stunk, cleaned the garbage bin when it could hold no more trash, we even used brushes in a not-sc-successful attempt to refurbish the floor. The point was that we were not obeying any order, we did every bit of the cleaning for ourselves, because we wanted to live in a better place. Though nothing we did could be called an achievement, it was the first time we fully bore the consequences of our behavior, and took the responsibility.

Thus it was not surprising that I often found myself the only one to clean up my university dormitory which looked no better than a garbage bin when my roommates felt normal of it.

When talking about our dormitory life, and probably all the dormitory life, we should never leave out one thing. This was what we called \"bed talks\". Though it was considered \"illegal,\"there was nothing to stop us from deliberately starting a heated discussion right after lights were out. It was our favorite and the only way of ending our day, and we were as punctual for it as our parents are for work. What was the most common topic?Girls, of course! What other topics were there for three energetic adolescent males lying comfortably in bed? We judged them,ranked them, argued over them night after night without feeling the slightest sense of boredom for three whole years. Were we

maniacs? Who is not a maniac at eighteen?

>英语三分钟励志演讲稿简单篇8

the importance of time good morning,dear teacher and my friends!

my name is ----.i’m a student of great 7 from --xmiddle school. i ’m very glad to stand here and give you a short speech today. my topic is “the importance of time”.

someone says: “time is money!” but i think time is even more important than money. why? because when money is spent, we can get it back. however, when time is gone,it will never return no matter how rich you are.

but it is a pity that there are a lot of people who do not know the importance of time . they spend all day on smorking, drinking and playing.they do not know that wasting time means wasting life.

as to us, a middle schoole student, school time is a very important period for our growing up. we should make full use of it to do something usefull, just like learning different kinds of knowledge , taking exercise for a good health and so on.

in a word , we should save time.time is limited and so，very precious. it will not return any more when it is gone.

that’s all for my speech.thank you!(或者 thanks for your listening!)

>英语三分钟励志演讲稿简单篇9

when i was seven, i started learning english. i played games and sang english songs with other children. sometimes, i watched english cartoons. it\'s funny. then i discovered the beauty of the language, and began my colorful dream in the english world.

i hope i can travel around the world someday. i want to go to america to visit washington, because my cousin is over there. of course, i want to go to london too, because england is where english language developed. if i can ride my bike in cambridge university, i will be very happy.

i hope i can speak english with everyone in the world. also i\'ll introduce china to them, such as the great wall, and the gardens in suzhou. i will teaching people of the world about the beautiful language of our country.

i like the english language. to learn english is wonderful. i once wanted to be an english teacher . i also like chinese literature. when i was really young, i was able to remember lots of poems. i also wanted to be a teacher of chinese. now i think that both of my dreams can come true: i will be able to use english to teach foreign friends chinese and share chinese culture with them. so that more and more people will be able to get to know the 5000 years\' history culture, and the prosperity of our great china.

my future is not a dream.

>英语三分钟励志演讲稿简单篇10

Self-confidence, as is approved by research and practice, has an amazingly powerful influence on the output of people’s activities. Patients who believe that they’ll recover soon generally cures faster than those who think they won’t. Students with optimistic characters usually provide better performance, even if they work the same hard as others. Although someone may regard such conclusion as superstitious, it does take place everyday and everywhere. Neural scientists have discovered that, when a man feels confident, his brain will secrete some kinds of hormone that boost brain activity and improve the efficiency of his immune system. In contrast, a melancholic brain is suppressed by other chemicals and cannot fully exhibit its potential.

To help building up self-confidence, you can take the following two steps. First, identify your merits and value them. If you constantly compare your weakness to others’ advantages, you’d only gain frustration rather than confidence. Second, track every little progress you’ve made and review them frequently. You may not possibly become perfectly successful in one day, but if only you can see yourself growing gradually, surely you’re on the right way. There’re also other methods making you more confident that depend on yourself to find out, and they’re all necessary elements to make you more competitive in your area.

>英语三分钟励志演讲稿简单篇11

To be or nor to be, that is a question. To succeed or to fail? How to succeed and how to achieve? These problems confuse many teenagers in nowadays.

We all have dreams, and we all work hard to realize them. But there will always be some problems and setbacks to stop the pace of advance. When they appear, what should we do? To stop or to go on? Mrs. Curie told us the answer. We all know that Mrs. Curie discovered radium, but how many people really know how hard she worked? At that time, there were many people disapprove of Mrs. Curie. Although she got over hundreds of difficulties, she still believed in herself and never gave up. Finally, she succeeded to discover radium. She proved that she was right by her continuous hard work and her strong spirit. We should learn from Mrs. Curie. She told us the truth through her own experiences that believe in yourself, you can do it! Never give up, face the difficulties with a smile, someday, you will be proud of yourself.

The key to success is confidence. It makes you brave, helps you get over the troubles, and brings motivation to you. For example, somebody always get nervous when they have an important speech, if they are in a nervous mood, the results are always terrible. But if they are confident to themselves, the results turn out to be better. Therefore, be confident, believe in yourself, keep smile in your face when comes to difficulties, and you will achieve more.

>英语三分钟励志演讲稿简单篇12

Today I am very glad to be here to share with you my ideas of success. What is success? It is what everyone is longing for.Sometimes success would be rather simple. Winning a game is success; getting a high grade in the exam is success; making a new friend is success; even now I amstanding here giving my speech is somehow also success.

However, as a person’s whole life is concerned, success becomes verycomplicated. Is fortune success? Is fame success? Is high social status success? No, I don’t think so. I believe success is the realization of people’s hopes and ideals.Nowadays, in the modern society there are many peoplewho are regarded as the successful. And the most obvious characteristics of hem are money, high position and luxurious life. So most people believe that s success and all that they do is for this purpose. But the problem is wether it is real success. We all know there are always more money, higher position and better condition in front of us. If we keep chasing them, where is the end? What will satisfy us at last? Therefore, we can see, to get the real Success we must need something inside, which is the realization ofpeople’ hopes and ideals.

Different people have different ideas about success; cause people’s hopes and ideas vary from one another. But I am sure every success is dear to everybody, cause it is not easy to come by, cause in the process of our striving for success, we got both our body and soul tempted, meanwhile we are enlightened by the most valuable qualities of human beings: love, patient, courage and sense of responsibility. These are the best treasures. So now I am very proud that I have this opportunity to stand here speaking to all of you. It is my success, cause I raise up to challenge my hope.

What is success? Everyone has his own interpretation as I do. But I am sureevery success leads to an ever-brighter future. So ladies and gentlemen, believe in our hopes, believe in ourselves, we, every one of us, can make asuccessful life! Wish you all good success!

>英语三分钟励志演讲稿简单篇13

everyone has his ownunderstanding of young,it is a period of time of beauty and wonders,only after you have

experienced the sour ,sweet ,bitter and salty can you really become a person of significance.thre time of young is limitted,it may paby without your attention,and when you discover what has happened ,it is always too late.grasping the young well means a better time is waiting for you in the near future,or the situation may be opposite .

having a view on these great men in the history of hunmanbeing,they all made full use of their youth time ,to do things that are useful to society,to the whole mankind,and as a cosquencyanjianggao/e ,they are remembered by later

generations,admired by everyone.so do something in the time of young,although you may not get achievements as these greatmen did ,though not for the whole word,just for youeself,for those around!

the young is just like blooming flowers,they are so beautiful when blooming,they make people feel happy,but with time passing by,after they withers ,moet people think they are ugly.and so it is the same with young,we are enthusiastic when we are young,then we may lose our passion when getting older and older.so we must treasure it ,don\'t let the limitted time paby ,leaving nothing of significance.

as you slowly open your eyes, look around, notice where the light comes into your room; listen carefully, see if there are new sounds you can recognize; feel with your body and spirit, and see if you can sense the freshnein the air.

yes, yes, yes, it’s a new day, it’s a different day, and it’s a bright day! and most importantly, it’s a new beginning for your life, a beginning where you are going to make new decisions, take new actions, make new friends, and take your life to a totally unprecedented(空前的) level.

in your mind’s eye, you can see clearly the things you want to have, the paces you intend to go, the relationships you desire to develop, and the positions you aspire(励志) to reach.

you can hear your laughters of joy and happineon the day when everything happens as you dream. you can see the smiles on the people around you when the magic moment strikes. you can feel your face is getting red, your heart is beating fast, and your blood is rushing all over your body, to every single corner of your being!

you know all this is real as long as you are confident, passionate and committed!(效忠的) and you are confident, you are passionate, you are committed!

you will no longer fear ma-ki-ng new sounds, showing new facial expressions, using your body in new ways, approaching new people, and asking new questions.

you will live every single day of your life with absolute passion, and you will show your passion through the words you speak and the actions you take.

you will focus all your time and effort on the most important goals of your life. you will never succumb(屈服,屈从) to challenges of hardships.

you will never waver(动摇) in your pursuit of excellence. after all, you are the best, and you deserve the best!

as your coach and friend, i can assure you the door to all the best things in the world will open to you, but the key to that door is in your hand. you must do your part. you must faithfully follow the plans you make and take the actions you plan; you must never quit and you must never fear. i know you must do it, you can do it, you will do it, and you will succeed! now stand firm and tall, make a fist, get excited, and yell it out:

i must do it! i can do it! i will do it! i will succeed!

i must do it! i can do it! i will do it! i will succeed!

i must do it! i can do it! i will do it! i will succeed!

>英语三分钟励志演讲稿简单篇14

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。 only by educating can we preserve and promote the wealth that our ancesters left for us。

at last i’d like to share a famouse saying of gandhi with all of you ，that is:if you want to change the world， then you must change yourself first。”

>英语三分钟励志演讲稿简单篇15

a poet leads me to a branch road: on one side, there are lots of sweet apples, lovely and charming; on the other, there is a patch of thorn, what hides behind the success of struggling against the thorn is a splendid palace. i deeply know that if i choose the apples, i will give up a precious opportunity of becoming a queen; while if i choose to challenge, i have to say farewell to the apples. which one should i choose?

just like the branch road, we have to make a lot of choices during our lifetime. it is usually considered that we are choosing what to gain, to own, but in my opinion, we are just choosing to give up.

choosing to be a teacher means giving up the life as rich as a business man;

choosing to be a top student means giving up much leisure time in front of the tv.

sure, it\'s a torture, but we must judge carefully what is more important, then give up the others. don\'t think of them any more, just focus all your spirit on what you are doing.

i myself, who is standing here, have already chosen to challenge in such a great competition, so i have to give up ten days of normal classes in school and relaxation without pressure. but i am still pleased, because giving up properly makes me stick to my choice.

let\'s return to our branch road, which one will your choose? i choose to challenge here!

>英语三分钟励志演讲稿简单篇16

today i am very glad to be here to share with you my ideas of success. what is success? it is what everyone is longing for.sometimes success would be rather simple. winning a game is success; getting a high grade in the exam is success; making a new friend is success; even now i am standing here giving my speech is somehow also success.

however, as a person\'s whole life is concerned, success becomes very complicated. is fortune success? is fame success? is high social status success? no, i don’t think so. i believe success is the realization of people\'s hopes and ideals.nowadays, in the modern society there are many people who are regarded as the successful. and the most obvious characteristics of them are money, high position and luxurious life. so most people believe that s success and all that they do is for this purpose. but the problem is wether it is real success. we all know there are always more money, higher position and better condition in front of us. if we keep chasing them, where is the end? what will satisfy us at last? therefore, we can see, to get the real success we must need something inside, which is the realization of people\'s hopes and ideals.

different people have different ideas about success; cause people\'s hopes and ideas vary from one another. but i am sure every success is dear to everybody, cause it is not easy to come by, cause in the process of our striving for success, we got both our body and soul tempted, meanwhile we are enlightened by the most valuable qualities of human beings: love, patient, courage and sense of responsibility. these are the best treasures. so now i am very proud that i have this opportunity to stand here speaking to all of you. it is my success, cause i raise up to challenge my hope.

what is success? everyone has his own interpretation as i do. but i am sure every success leads to an ever-brighter future. so ladies and gentlemen, believe in our hopes, believe in ourselves, we, every one of us, can make a successful life!

wish you all good success!

>英语三分钟励志演讲稿简单篇17

Last night, I watched a tennis game, it was the US open, because there was a Chinese female player came to the semi-final, so I stayed up to watched the game. Unluckily, she was injured twice, though she still wanted to finish the game, her body situation did not allow her to do so. Her insistence moved so many audience, they gave her the biggest applause.

The power of insistence is great, it will help you set free your potential and keep move on. Just for the players, they will face all kinds of incidences now and then, but the will to insist will make them finish the game. Sometimes, people win the game not because of their excellent skills, but their strong will. Those who can stick on to the final line will win people’s applause.

What’s more, when people insist to finish the game, it is the respect that they show to their opponents. Their spirit deserves people’s applause. Insistence is a merit, we should keep it, no matter what we do, we must remember to insist.

昨晚，我看了一场网球比赛，那是美国网球公开赛，因为有中国女选手来到了半决赛，所以我熬夜看了比赛。很不幸地，她两次受伤，虽然她仍然想要完成比赛，但是她的身体状况不允许她坚持下去。她的坚持感动了很多观众，他们给予了她最大的掌声。

坚持的力量是很伟大的，它能让你发挥你的潜力，并且一直走下去。对于运动员，他们会时而不时地面对各种各样的意外，但是坚持比赛的意志会让他们完成比赛。有时候，人们赢得比赛并不是因为他们出色的技巧，而是他们坚强的意志。那些能坚持到终点的人会赢得人们的掌声。

而且，当人们坚持完成比赛，也是对对手的一种尊重。他们的精神值得人们鼓掌。坚持是一种美德，我们应该保持，无论做什么，我们都要记得坚持。

>英语三分钟励志演讲稿简单篇18

classmates:

As a teacher of class teacher, I am very happy now, because the students with a calm mind and nervous review together to support the May bright sky, and will be confident to usher in the harvest of June passion. Now you have to leave this hard work, full of sweat of the classroom, we must go to the examination room, and today the theme will be identified as:

Backpack, to their own life

Perhaps this way is not smooth, perhaps the voice of criticism is still echoed in your ear, maybe your inspection is still on my desk, perhaps inadvertently stabbed everyone. But I want to say: I am so in love with everyone!

I can not bear to let you take the way, so the supervision of more than praise; I could not let you spend time, so gentle eyes into sharp eyes; I can not bear you in the low hovering, so try to hold up your wings, make you change Into the eagle in the high altitude soar. So I said: Please understand the teacher\'s earnest hope!

In this is about to enter the examination room at the moment, I would like to remind you how many points:

First of all for the knowledge of things, must not be too exaggerated in the past few days the teacher talk about the content of knowledge and answer skills, of course, listen carefully and absorb the knowledge or necessary, I want to emphasize is: to try to remind themselves of the subjects Knowledge pressure to the same psychological time on the plane, so that it is conducive to the examination room to make their comprehensive ability to fully reflect, because in such a short period of time, the teacher will not be able to talk about more and more sparse, smart students should In this period of time weaving a three-year comprehensive and balanced knowledge of the power network, the final maximum harvest is necessarily yours.

Second, to adjust their own mentality: college entrance examination is the candidates knowledge and ability, problem-solving strategies and skills of the competition is the psychological quality of competition. So students should pay attention to the following:

(1) a correct understanding of the college entrance examination, in the college entrance examination, there must be many people to retire. There is no way out of retreat? Practice has proved that people from the college entrance examination on the battlefield, as long as there is the courage to overcome life, still make a difference in the community. Admitted to the University of course, the future is bright, not on the future is still bright, it is important that we have to take the usual mentality of the success of the examination, realize that college entrance examination is only an important way to achieve the ideal, but not the only way. Before the college entrance examination to think of a few retreat, you can ease their psychological pressure.

(2) a correct understanding of their own, you have prepared very full, as long as the target is reasonable, you can face the best in college entrance examination. For the college entrance examination, there must be a peace of mind, acting in people, things in the day, reduce the target, let it be.

(3) appropriate tension and anxiety is not a bad thing, but it is conducive to raising awareness of the degree of awareness and the sensitivity of thinking, not nervous is not anxious but not normal.

Third, in the knowledge of the knowledge to determine the circumstances, the level of the score depends mainly on the spot to play, to remember the previous test some successful e

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