

班会演讲稿三段式：失败、坚持、感悟这样搭

拿到这个题目先别急着写，先把600字分好：称呼和开头约60字，失败经历约200字，坚持到底约200字，感悟约100字，结尾致谢约40字。分配清楚后每段都有话可说，不会写到一半就没词。

开头两句话完成两件事：称呼加悬念。假设你写「敬爱的老师、亲爱的同学们：大家好！我想讲一件我到现在都记得的事，那天我考砸了，但我一点也不后悔。」听众马上想知道为什么考砸还不后悔，注意力就抓住了。别用「光阴似箭，日月如梭」这类开头，班会上一半人会走神。

失败经历部分只选一件事。选的标准：时间、地点、结果都能写具体。「我数学考了68分，卷子发下来时，最后一道大题整个空着，卷面上全是红色的叉」，比「我经历过一次失败」强十倍。写情绪别用「我很伤心」，写动作：把卷子塞进书包最底层，晚上躺在床上盯着天花板。动作让听众自己得出伤心的结论，这比直接说更有感染力。

坚持到底部分回答三个问题：做了什么、坚持了多久、中间有没有想放弃。假设你写「每天重做三道错题，坚持了六个星期，第三周的时候我烦了，把错题本推到一边，第二天又把它拉回来」。小行动加转折才可信，只写「我努力奋斗」，听众不会买账。

感悟部分只留一个道理，别贪多。假设你的故事讲的是坚持，感悟就写「结果不会马上变好，但坚持会让结果慢慢变好」，再用两三句话展开。感悟必须回扣前面的失败和坚持，前面讲坚持、结尾却感谢老师，就接不上了。

结尾一句致谢收住：「我的演讲完了，谢谢大家。」不重复感悟，不喊口号。上台前把长句改短，加上「同学们」「大家」这类称呼，在需要停顿和加重的地方做小记号，讲出来才不像念稿。

The Three-Part Class Meeting Speech: Failure, Persistence, Insight

When you get this title, do not start writing right away. First divide the 600 words: about 60 for the greeting and opening, about 200 for the failure, about 200 for the persistence, about 100 for the insight, and about 40 for the closing thanks. With the plan clear, every part has something to say, and you will not run out of words halfway.

The opening should do two things in two sentences: a greeting plus a hook. Suppose you write: Dear teachers and classmates, hello! I want to tell you something I still remember today. That day I failed a test badly, but I do not regret it at all. The audience immediately wonders why a failure brings no regret, and you have their attention. Do not open with stock phrases about time flying; half the class will drift off.

For the failure part, choose only one event. The standard: you can state the

time, the place, and the result concretely. I got 68 in math; when the paper came back, the last big question was completely blank, and the page was full of red crosses works ten times better than I once experienced a failure. To show feelings, do not write I was sad. Write actions: stuffing the paper into the bottom of the schoolbag, lying in bed staring at the ceiling. Actions let the audience reach the conclusion themselves, which is more moving than stating it.

The persistence part answers three questions: what did you do, how long did it last, and did you want to give up. Suppose you write: I redid three wrong problems every day for six weeks; in the third week I got fed up and pushed the notebook aside, then pulled it back the next day. Small actions plus a turn make it believable. If you only write I worked hard, the audience will not buy it.

Keep only one lesson in the insight part. If your story is about persistence, write something like results do not improve right away, but persistence slowly improves them, then expand in two or three sentences. The insight must connect back to the failure and the persistence. If the story is about persistence but the ending thanks the teacher, the parts do not fit.

Close with one line of thanks: That is the end of my speech. Thank you. Do not repeat the lesson or shout a slogan. Before going on stage, cut long sentences into short ones, add words like classmates and everyone, and mark where to pause or stress. Then it sounds like speaking, not reading.