

诚信班会演讲稿三步写法：一次守信、一次失信、一个号召

班会演讲稿的骨架就三块：一次守信经历、一次失信教训、一个号召。先把三块料备齐，再排结构，最后改口语。

第一步，选故事。守信经历选有过程的那种：答应帮同学补课，连着四周每周三下午都到了，哪怕那周自己感冒。失信教训选有后果的那种：答应还书拖了两周，结果那本书被同学转借去了外地，还不上。两个故事要一正一反、时间不同、对象不同，不能都是借东西。选料时问自己：这个故事说出来，同学会追问细节吗？会追问的才是好故事，不会追问的说明太平，换一个。

第二步，排结构。开头称呼：亲爱的老师、同学们，大家好。第一段直接进守信故事，不铺垫，别从我从小就听妈妈讲狼来了开始。第二段进失信故事，重点讲后果和当时的难受，别只讲道理。第三段讲自己对守信的理解，从两个故事里长出来：守信不是不吃亏，是让别人敢把事交给你。第四段号召，号召要小，别喊让诚信之光照亮每一个角落，改成从这周开始，借别人的东西当天记在手机备忘录里，到期前主动送回去。结尾致谢：我的演讲完了，谢谢大家。字数分配按六百字算：称呼加开场八十，守信故事一百八，失信故事一百八，理解八十，号召八十，致谢二十。

第三步，口语化打磨。演讲稿是说给同学听的，不是交作业。方法一，朗读法：出声读，读到拗口的地方就拆短，一句话超过二十个字就断成两句。方法二，删书面词：把倘若、因此、由此可见换成如果、所以、你看。方法三，加现场感：在失信故事里加一句同学们，你们有没有过这种时候，说完停两秒，让会场安静一下再讲后果。排练时对着镜子或手机录音讲两遍，掐时间，六百字大约讲三分半到四分钟，超时就从两个故事里各删一个细节，别删号召。

上台前记住三点：开头称呼要看一圈同学再开口；故事部分语速放慢；号召部分声音抬高，最后一句致谢要干脆，说完鞠个躬就下台，别加再补充两句。

A Three-Step Way to Write an Honesty Class-Meeting Speech: One Kept Promise, One Broken One, One Call

The skeleton of a class-meeting speech has three blocks: one kept-promise experience, one broken-promise lesson, one call to action. Gather the three pieces first, then arrange the structure, then polish for speech.

Step one: pick the stories. For the kept promise, choose one with a process: I agreed to tutor a classmate, and for four weeks straight I showed up every Wednesday afternoon, even the week I had a cold. For the broken promise, choose one with consequences: I promised to return a book and kept putting it off for two weeks, only to learn the classmate had lent it on to someone in another city - I could not return it anymore. The two stories should be one positive, one negative, in different times, with different people; they cannot both be about borrowing things. When choosing, ask yourself: if I tell this story, will classmates press me for details? If they will,

it is a good story; if not, it is too flat – swap it out.

Step two: arrange the structure. Open with the greeting: Dear teachers and classmates, hello. The first paragraph goes straight into the kept-promise story, no setup – do not start with I have heard the story of the boy who cried wolf since childhood. The second paragraph tells the broken-promise story, focusing on the consequences and how awful I felt then, not just the moral. The third paragraph gives my understanding of trustworthiness, grown out of the two stories: keeping promises is not about refusing to lose out; it is about making others dare to hand things to you. The fourth paragraph is the call, and the call must be small. Do not shout let the light of honesty shine on every corner; say instead: starting this week, whenever you borrow something, write it in your phone notes the same day, and return it on your own before the due date. Close with thanks: That is the end of my speech, thank you all. For a six-hundred-word speech, budget it like this: greeting and opening eighty words, kept-promise story one hundred eighty, broken-promise story one hundred eighty, understanding eighty, call eighty, thanks twenty.

Step three: polish for the spoken ear. A speech is said to classmates, not handed in as homework. Method one, read aloud: wherever the tongue trips, shorten it; break any sentence over twenty characters into two. Method two, delete bookish words: swap formal conjunctions for the plain ones – if, so, look. Method three, add presence: in the broken-promise story insert one line – classmates, have you ever had a moment like that? – then pause two seconds, let the room go quiet before telling the consequence. Rehearse twice in front of a mirror or a phone recording, and time it: six hundred characters take about three and a half to four minutes. If it runs over, cut one detail from each story; do not cut the call.

Three things to remember before going on stage: at the greeting, sweep your eyes across the class before you speak; slow down during the stories; raise your voice for the call, and keep the final thanks crisp – bow once you finish and walk off, without adding just one more thing.