On Wednesday September 13th,I delivered my first presentation to the EAP class.The topic of the presentation is food supply chain management and it takes nearly 4.5minutes.In terms of the feeling,I felt extremely nervous before the presentation because I feared that my poor oral speaking would cause difficulties for the audience and my brain would went blank if I stood before the class,which ultimately will affect my grades.In addition,When during the presentation, I just forgot all the feared feeling and put all my attention to the presentation.Regarding to behaviour.One the one hand,fortunately,when I was standing before the class,I succeed to calm down and confidently finish the whole process.Even though during the Q&A section，I couldn’t understand what the myra’s meaning in a time,but I still constantly tell me to calm down so the confidence and power still surround me during the presentation.And this is what I was proud of most. What’s more,I felt fortunate that I had simulated and recited many times before the real presentation so that I didn’t have a big pause and relatively consistent throughout the process,which can help audiences understand my meaning fluently.One the other hand,however, there are certainly shortcomings.Firstly,I didn’t evaluate the time very well,which makes a timeout.What’s more,I reckon my PPT is too simple ,which may caused some confuse to audience for that they may not have a clear understanding when just listening to me to some specific words.Also,I hadn’t use enough conjunctions between different parts and different specific ways,which made my presentation a little illogical.What’s more,I have not enough citations when talking some methods that came from others,which may caused some misunderstanding and confusing in audience.In retrospect, practicing more times to control the time and add more information especially the citations to the PPT will be a good contributor for my improvement which can reinforce what I said.Also,improving my listening may make me more confident and can understand the audience’s meaning quicker.What’s more,practicing speaking skills like prosody can add color to my speech.With regard to the next presentation,I decided to listen to the one TED talks a day to imitate and follow their prosody.I would their every sentences .I would also make a record to my voice to adjust.What’s more,I need to practise giving the citations to all the contents that came from others.I can went to ask ARC before every presentation to check if my PPT is clear enough for presentation.