Hello every one, sorry to get your attention, by the arrangement, it's my turn to give the speech, while not very clear what to present, just short and brief content about the topic "what could be done in one hour".

There are many choices that we could make, while one of them is to sleep, if it's after lunch, maybe you expect to have a break for nap, one hour is enough and luxury for relax, after which we can work well with high spirits.

Next, if we are on the progress of learning or improving our English, one hour is precious resources hard to get, it could be used for a lot. However, basic vocabulary is important anytime, if attention and time is paid, we will have a good review about hundreds or more words and phrases in one hour, besides, some new vocabulary could be chosen to study or keep in mind.

In one hour, we could also choose to improve English speaking or listening, compared to basic vocabulary, it needs more practice, however, there are some misunderstanding about this, maybe it’s not scientific to practice speaking or listening without learn new words or phrases, especially when people that sit around you are all Chinese, maybe someone of them have a long experience in English culture, or someone could speak normal and fruitful English, while many of them are limited in English, mistakes are usually hidden in words or sentences, and no one pay much attention to it, as a result, mistakes will be spread here and there all the time, besides, without constant review or study in English, many of them are limited in vocabulary and words, and we are all accustomed to it, limited by each other.

In one hour, there are many ways to improve English listening or speaking, while constant review and learning is also necessary any time. If proper method is chosen, we will gain a lot in sixty minutes.

Above all, I’m not very clear what’s the value of one hour, maybe it should be measured by real arrangement, it could be used for sleep, relax, English learning, English communication, and it’s also suitable for a code review or an unit meeting, while most importantly, we can use it for Toast Master.