Topic: Students need to take breaks to do things other than just studying.

Good morning, everyone!

I’m Jayden. Today, I deliver the speech on “Students need to take breaks

to do things other just studying”. There is no doubt that taking breaks is

important. Recently, I have read many passages about it and I also

communicate with my classmates about the issue. I will analysis the

importance from two aspects.

Taking breaks can improve efficiency of study.

Tricia Lockhart, a PGCE tutor at king’s college who has taught in UK for

thirty-three years, has ever carried a research. She found that when you

first start, it takes 15 minutes to get to peak concentration assuming you

have the right conditions around you. But you can only maintain the state

for about 30-40 minutes after which effectiveness drops off. However, if

问：如何用万用表判断二极管的正、负极性?

答：将万用表调到欧姆档，进行凋零后，将二极管接到万用表的两个表笔之间。若表盘指针指示的电阻值很小，说明二极管两端加的是正向电压，即黑表笔接的是二极管的正极，红表笔接的是二极管的负极；若表盘指针指示的电阻值很大，说明二极管两端加的是反向电压，黑表笔接的是二极管的负极，红表笔接的是正极。