My topic was about three apps I used to improve my English: YouTube, Chambly, and Duolingo.I think the listeners felt interested in this topic because as Omani students we all strive to learn English, and these applications can be useful to us as students.STRENGTHS:- I think that my voice is loud and clear, because I tried to use words that are easy to pronounce, so the pronunciation of the words was clear and I had confidence in pronouncing them.I didn't use my hands to convey information while speaking, and I probably looked at the ceiling and floor a little out of nervousness as well.Finally, I see that I must improve myself and develop my weaknesses, the most important of which is stress, which was the reason that made me forget what I was supposed to say and be unable to concentrate.Because of this, I forgot what I was supposed to say and repeated words and sentences more than once, which .was considered a mistake