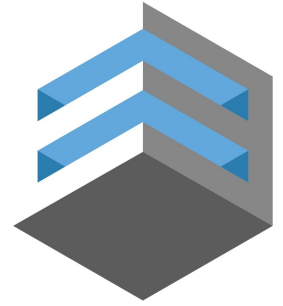


# Englist.me

## Vocabulary Builder from...

Annie Bosler and Don Greene: How to practice effectively...for just about anything | TED Talk



### Advanced Words Only

## Session 1: Word List

### mast

*n.* a long pole aboard a boat or ship that holds up the sails

(1) **mast** height, (2) built-up **mast**

The main cabin is located in front of the **mast**.

### pirouette

*n.* a rapid spin of the body on the toes or the front part of the foot, especially performed by a ballet dancer

*synonym* : gyration, whirl, gyration

(1) perform a **pirouette**, (2) moves into a **pirouette**

She turned a triple **pirouette** on the ice.

### axon

*n.* a long and slender projection of a nerve cell, or neuron, that sends out signals away from the nerve cell

(1) an **axon** of a nerve cell, (2) the **axon** terminals

We are developing a technology to promote the elongation and regeneration of sensory nerve **axons**.

### myelin

*n.* a white fatty substance that covers around nerves, helping them to send signals effectively

*synonym* : medulla

(1) **myelin** encasing the axons, (2) **myelin** protein

**Myelin** sheath allows electrical impulses to travel quickly and efficiently along the nerve cells.

### sheath

*n.* a close-fitting cover to protect something such as the blade of a knife, sword, or other sharp objects

*synonym* : covering, case

(1) a sword **sheath**, (2) peripheral nerve **sheath**

He had long suffered from inflammation of a tendon **sheath**.

## insulate

*v.* to protect something by interposing material that prevents heat, noise, electricity, etc.

*synonym*: isolate, protect, seclude

(1) **insulate** the room from sound, (2) **insulate** electricity

We had our bedroom **insulated** before winter came.

## superhighway

*n.* a large, wide road designed for high-speed traffic

*synonym*: expressway, motorway, artery

(1) six-lane **superhighway**, (2) a tollgate of a **superhighway**

The University provides a wireless Internet **superhighway** to its students.

## mastery

*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

*synonym*: proficiency, aptitude, domination

(1) **mastery** of mathematics, (2) strive for **mastery**

The country finally gained **mastery** over the whole land of its neighbors.

## distract

*v.* to draw someone's attention away from what they are trying to do

*synonym*: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

## smartphone

*n.* a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict

Internet traffic volumes have increased significantly with the advent of **smartphones**.

## allot

*v.* to give or apportion something, especially a share of something available, to someone

*synonym*: assign, allocate, apportion

(1) **allot** an important role to him, (2) **allot** shares  
I **allot** two hours early in the morning to my study.

## **unravel**

v. undo twisted, knitted, or woven threads by separating it  
*synonym*: separate, unknot, ravel

(1) **unravel** a knit, (2) **unravel** a plot

Detectives are still attempting to **unravel** the mystery of his death.

## Session 2: Spelling

- |                                           |    |                                                                                                                            |
|-------------------------------------------|----|----------------------------------------------------------------------------------------------------------------------------|
| 1. di____ct attention from the real issue | v. | to draw someone's attention away from what they are trying to do                                                           |
| 2. in____te the room from sound           | v. | to protect something by interposing material that prevents heat, noise, electricity, etc.                                  |
| 3. strive for ma____y                     | n. | complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity |
| 4. di____ct public opinion                | v. | to draw someone's attention away from what they are trying to do                                                           |
| 5. in____te electricity                   | v. | to protect something by interposing material that prevents heat, noise, electricity, etc.                                  |
| 6. an a__n of a nerve cell                | n. | a long and slender projection of a nerve cell, or neuron, that sends out signals away from the nerve cell                  |
| 7. peripheral nerve sh____h               | n. | a close-fitting cover to protect something such as the blade of a knife, sword, or other sharp objects                     |
| 8. the a__n terminals                     | n. | a long and slender projection of a nerve cell, or neuron, that sends out signals away from the nerve cell                  |
| 9. un____l a plot                         | v. | undo twisted, knitted, or woven threads by separating it                                                                   |
| 10. m__t height                           | n. | a long pole aboard a boat or ship that holds up the sails                                                                  |

ANSWERS: 1. distract, 2. insulate, 3. mastery, 4. distract, 5. insulate, 6. axon, 7. sheath, 8. axon, 9. unravel, 10. mast

- |                                    |           |                                                                                                             |
|------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------|
| 11. al__t an important role to him | <i>v.</i> | to give or apportion something, especially a share of something available, to someone                       |
| 12. perform a pi_____te            | <i>n.</i> | a rapid spin of the body on the toes or the front part of the foot, especially performed by a ballet dancer |
| 13. un_____l a knit                | <i>v.</i> | undo twisted, knitted, or woven threads by separating it                                                    |
| 14. moves into a pi_____te         | <i>n.</i> | a rapid spin of the body on the toes or the front part of the foot, especially performed by a ballet dancer |
| 15. a sword sh___h                 | <i>n.</i> | a close-fitting cover to protect something such as the blade of a knife, sword, or other sharp objects      |
| 16. six-lane sup_____way           | <i>n.</i> | a large, wide road designed for high-speed traffic                                                          |
| 17. sma_____ne addict              | <i>n.</i> | a mobile phone that functions as a computer and connects to the Internet                                    |
| 18. al__t shares                   | <i>v.</i> | to give or apportion something, especially a share of something available, to someone                       |
| 19. my___n protein                 | <i>n.</i> | a white fatty substance that covers around nerves, helping them to send signals effectively                 |
| 20. a tollgate of a sup_____way    | <i>n.</i> | a large, wide road designed for high-speed traffic                                                          |
| 21. built-up m__t                  | <i>n.</i> | a long pole aboard a boat or ship that holds up the sails                                                   |
| 22. my___n encasing the axons      | <i>n.</i> | a white fatty substance that covers around nerves, helping them to send signals effectively                 |

ANSWERS: 11. allot, 12. pirouette, 13. unravel, 14. pirouette, 15. sheath, 16. superhighway, 17. smartphone, 18. allot, 19. myelin, 20. superhighway, 21. mast, 22. myelin

23. sma\_\_\_\_\_ne app developer

*n.* a mobile phone that functions as a computer and connects to the Internet

24. ma\_\_\_\_\_y of mathematics

*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

ANSWERS: 23. smartphone, 24. mastery

## Session 3: Fill in the Blanks

1. The country finally gained \_\_\_\_\_ over the whole land of its neighbors.  
*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
  
2. Internet traffic volumes have increased significantly with the advent of \_\_\_\_\_.  
*n.* a mobile phone that functions as a computer and connects to the Internet
  
3. Please don't \_\_\_\_\_ me while I'm studying.  
*v.* to draw someone's attention away from what they are trying to do
  
4. We are developing a technology to promote the elongation and regeneration of sensory nerve \_\_\_\_\_.  
*n.* a long and slender projection of a nerve cell, or neuron, that sends out signals away from the nerve cell
  
5. He had long suffered from inflammation of a tendon \_\_\_\_\_.  
*n.* a close-fitting cover to protect something such as the blade of a knife, sword, or other sharp objects
  
6. I \_\_\_\_\_ two hours early in the morning to my study.  
*v.* to give or apportion something, especially a share of something available, to someone
  
7. Detectives are still attempting to \_\_\_\_\_ the mystery of his death.  
*v.* undo twisted, knitted, or woven threads by separating it

ANSWERS: 1. mastery, 2. smartphones, 3. distract, 4. axons, 5. sheath, 6. allot, 7. unravel

8. The University provides a wireless Internet \_\_\_\_\_ to its students.  
*n.* a large, wide road designed for high-speed traffic
9. She turned a triple \_\_\_\_\_ on the ice.  
*n.* a rapid spin of the body on the toes or the front part of the foot, especially performed by a ballet dancer
10. The main cabin is located in front of the \_\_\_\_\_.  
*n.* a long pole aboard a boat or ship that holds up the sails
11. \_\_\_\_\_ sheath allows electrical impulses to travel quickly and efficiently along the nerve cells.  
*n.* a white fatty substance that covers around nerves, helping them to send signals effectively
12. We had our bedroom \_\_\_\_\_ before winter came.  
*v.* to protect something by interposing material that prevents heat, noise, electricity, etc.

ANSWERS: 8. superhighway, 9. pirouette, 10. mast, 11. Myelin, 12. insulated