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

https://www.ted.com/talks/annie_bosler_and_don_greene_how_to_practice_effectively_for_just_about_anything

All Words

IMPORTANT

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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.

instrument

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

synonym: apparatus, tool, device

(1) musical **instruments**, (2) surgical **instruments**

This electronic **instrument** is required to undergo periodic inspections to ensure precision.

repetition

n. the act of doing or saying something many times

synonym: duplication, iteration, recurrence

(1) **repetition** of the word, (2) habitual **repetition**

Repetition is the mother of all learning.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

neural

adj. of or relating to a nerve or the nervous system that includes the brain

synonym : sensory, neuron, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym : structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

sensory

adj. of or relating to the physical senses

synonym : receptive, sensuous, neural

(1) a **sensory** organ, (2) a child with **sensory** issues

Sharks have highly developed **sensory** systems and are

extremely sensitive creatures.

stimulus

n. something that causes growth or arouses action

synonym : incitement, inspiration, motivation

(1) a response to a **stimulus**, (2) economic **stimulus**

This book provides children with ideas and a **stimulus** for outside recreation.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

fatty

adj. containing a lot of fat

synonym : greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

fiber

n. thread or filament used to make a vegetable tissue, mineral material, or textile

synonym : yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

spinal

adj. of or relating to the spine (= the long bone in the body's back)

(1) **spinal** injury, (2) brain and **spinal** cord

The surgeon carefully confirmed how to remove the tumor to avoid damaging the **spinal** nerves.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym : wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

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**.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym : surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

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**.

insulation

n. the act or process of covering something to stop heat, sound, electricity, etc. from passing through; the materials used for this

synonym : cushioning, covering, nonconductor

(1) additional sound **insulation**, (2) **insulation** board

He installed fiberglass **insulation** in the wall.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

cable

n. a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

synonym : wire, cord, rope

(1) **cable** television, (2) coaxial **cable**

This system uses submarine **cables** to exchange information between continents.

efficiently

adv. in a way that produces maximum output with minimum effort or expense

synonym : expeditiously, skillfully, ably

(1) **efficiently** combined, (2) develop software more **efficiently**

We can resolve support requests quickly and **efficiently** by utilization of AI.

pathway

n. a track that constitutes or serves as a path; an approach or a way of doing something

synonym : route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling **pathways**

When the first molecule in the **pathway** receives a signal, it activates other molecules.

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.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**
His dream is to become an Olympic **athlete**.

attribute

v. to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;

synonym: ascribe, blame, (noun) feature

(1) **attribute** the change to their marriage, (2) **attribute** directly to sales

He **attributes** the disappointing results to the economic downturn.

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

quantity

n. the amount or number of something; magnitude

synonym: abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

magic

n. beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

synonym: fascination, illusion, wizardry

(1) a **magic** spell, (2) she is **magic**

He performed **magic** tricks with sophisticated moves.

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.

effectiveness

n. the fact or quality of producing the result that is wanted or intended

synonym : efficacy, usefulness, significance

(1) teaching **effectiveness**, (2) **effectiveness** against insomnia

This product is a durable material that combines cost-**effectiveness** and quality.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym : coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym : extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym : edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

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**.

slow-motion

n. an effect in film-making whereby time appears to be slowed down

synonym: turtle's pace, slow-mo

(1) **slow-motion** movie, (2) frame-by-frame **slow-motion**

Baseball umpires often overturn decisions with **slow-motion** replay.

coordination

n. the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

synonym: cooperation, teamwork, collaboration

(1) data **coordination**, (2) loss of muscle **coordination**

Synchronized swimming needs close **coordination** between six performers.

incorrect

adj. not in accordance with fact or truth or not accurate

synonym: unsound, wrong, inaccurate

(1) make an **incorrect** report, (2) an **incorrect** translation
He found my English sentences are **incorrect**.

gradual

adj. happening slowly over a long period of time or distance;
not steep or abrupt

synonym : incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

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.

elite

adj. belonging to the wealthiest, most potent, best-educated,
or best-trained group in a society

synonym : privileged, favored, elect

(1) earn **elite** status, (2) **elite** athlete

Very few educational **elites** go to Oxford or Cambridge.

craft

n. an activity that requires a particular skill in making things
with one's hands

synonym : art, skill, workmanship

(1) **craft** arts of Japan, (2) **craft** manufacture

His hometown was where he first acquired the **craft** of wood
carving.

divide

v. to separate or cause to separate into parts or groups

synonym : separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money

equally

Can you **divide** 123321 by eleven?

session

n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

synonym: conference, gathering

(1) the morning **session**, (2) the court **session**

Parliament is now in **session**.

duration

n. the length of time something lasts or continues

synonym: period, span, course

(1) the **duration** of insurance, (2) short **duration**

The military incarcerated him for the **duration** of the war.

vivid

adj. producing very clear, powerful, and detailed images in the mind

synonym: intense, powerful, dazzling

(1) **vivid** colors, (2) still **vivid** in my memory

She made a **vivid** impression.

reinforce

v. to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger

synonym: strengthen, fortify, support

(1) **reinforce** the military, (2) **reinforce** good behavior

We should **reinforce** the troops at the front line.

physically

adv. in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**
His **experiments** showed highly positive results.

intermediate

adj. situated between two locations, things, states, etc.;
around the middle of a scale of evaluation

synonym: middle, medium, central

(1) **intermediate** sanction, (2) **intermediate** level
Purple is **intermediate** between blue and red.

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.

maxim

n. a well-known phrase that expresses a general or
fundamental truth, principle, or rule for behavior

synonym: adage, proverb, aphorism

(1) old **maxim**, (2) act upon a **maxim**

A good **maxim** is never out of season.

Session 2: Spelling

1. un_____l a plot
v. undo twisted, knitted, or woven threads by separating it
2. ne___l stem cells
adj. of or relating to a nerve or the nervous system that includes the brain
3. fa__y acid
adj. containing a lot of fat
4. exp_____nt design
n. the scientific test conducted to observe what happens and gain new knowledge
5. six-lane sup_____way
n. a large, wide road designed for high-speed traffic
6. half qu_____ty
n. the amount or number of something; magnitude
7. an in_____ct translation
adj. not in accordance with fact or truth or not accurate
8. way to mi_____ze conflict
v. to make something, especially something bad, small or less serious
9. mi_____ze a loss
v. to make something, especially something bad, small or less serious
10. electrical c__d
n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
11. coaxial ca__e
n. a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

ANSWERS: 1. unravel, 2. neural, 3. fatty, 4. experiment, 5. superhighway, 6. quantity, 7. incorrect, 8. minimize, 9. minimize, 10. cord, 11. cable

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|----------------------------------|---|
| 12. carbon fi__r | <i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile |
| 13. di____ct public opinion | <i>v.</i> to draw someone's attention away from what they are trying to do |
| 14. my___n encasing the axons | <i>n.</i> a white fatty substance that covers around nerves, helping them to send signals effectively |
| 15. fr_____nt absence | <i>adj.</i> happening constantly |
| 16. frame-by-frame slo_____on | <i>n.</i> an effect in film-making whereby time appears to be slowed down |
| 17. do on a con_____nt basis | <i>adj.</i> always behaving or happening in the same way, or having the same thoughts, standards, etc. |
| 18. surgical ins_____nts | <i>n.</i> an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work |
| 19. di___e money equally | <i>v.</i> to separate or cause to separate into parts or groups |
| 20. a facial ti___e | <i>n.</i> an ensemble of similar cells of the animal or plant that together carry out a specific function |
| 21. an a__n of a nerve cell | <i>n.</i> a long and slender projection of a nerve cell, or neuron, that sends out signals away from the nerve cell |
| 22. eff_____ess against insomnia | <i>n.</i> the fact or quality of producing the result that is wanted or intended |

ANSWERS: 12. fiber, 13. distract, 14. myelin, 15. frequent, 16. slow-motion, 17. consistent, 18. instrument, 19. divide, 20. tissue, 21. axon, 22. effectiveness

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|---|---|
| 23. additional sound ins_____on | <i>n.</i> the act or process of covering something to stop heat, sound, electricity, etc. from passing through; the materials used for this |
| 24. series of exp_____nts | <i>n.</i> the scientific test conducted to observe what happens and gain new knowledge |
| 25. the at_____t to rescue the hostages | <i>n.</i> an act or effort of trying to do something, especially something difficult |
| 26. a gr_____l process | <i>adj.</i> happening slowly over a long period of time or distance; not steep or abrupt |
| 27. an ele_____al storm | <i>adj.</i> relating to electricity |
| 28. brain and sp____l cord | <i>adj.</i> of or relating to the spine (= the long bone in the body's back) |
| 29. di____e the cake into two pieces | <i>v.</i> to separate or cause to separate into parts or groups |
| 30. re_____ce good behavior | <i>v.</i> to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger |
| 31. sma_____ne app developer | <i>n.</i> a mobile phone that functions as a computer and connects to the Internet |
| 32. int_____ate sanction | <i>adj.</i> situated between two locations, things, states, etc.; around the middle of a scale of evaluation |
| 33. in_____e heat | <i>adj.</i> (especially of a feeling) very strong; extremely sharp or severe |
| 34. less fa__y meat | <i>adj.</i> containing a lot of fat |
| 35. economic st_____us | <i>n.</i> something that causes growth or arouses action |

ANSWERS: 23. insulation, 24. experiment, 25. attempt, 26. gradual, 27. electrical, 28. spinal, 29. divide, 30. reinforce, 31. smartphone, 32. intermediate, 33. intense, 34. fatty, 35. stimulus

36. pa____y to understanding *n.* a track that constitutes or serves as a path; an approach or a way of doing something
37. built-up m__t *n.* a long pole aboard a boat or ship that holds up the sails
38. a se____y organ *adj.* of or relating to the physical senses
39. a sword sh___h *n.* a close-fitting cover to protect something such as the blade of a knife, sword, or other sharp objects
40. in____te electricity *v.* to protect something by interposing material that prevents heat, noise, electricity, etc.
41. residual qu____ty *n.* the amount or number of something; magnitude
42. im____e a process *v.* to make or become better
43. 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
44. my___n protein *n.* a white fatty substance that covers around nerves, helping them to send signals effectively
45. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
46. data coo_____ion *n.* the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

ANSWERS: 36. pathway, 37. mast, 38. sensory, 39. sheath, 40. insulate, 41. quantity, 42. improve, 43. axon, 44. myelin, 45. cord, 46. coordination

47. cellular signaling pa_____ys *n.* a track that constitutes or serves as a path; an approach or a way of doing something
48. the court se_____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
49. the t_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
50. vi__d colors *adj.* producing very clear, powerful, and detailed images in the mind
51. a tollgate of a sup_____way *n.* a large, wide road designed for high-speed traffic
52. im_____e the test score *v.* to make or become better
53. loss of muscle coo_____ion *n.* the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively
54. rep_____on of the word *n.* the act of doing or saying something many times
55. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
56. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
57. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 47. pathway, 48. session, 49. tip, 50. vivid, 51. superhighway, 52. improve, 53. coordination, 54. repetition, 55. wrap, 56. tissue, 57. athlete

58. ne___l networks in AI *adj.* of or relating to a nerve or the nervous system that includes the brain
59. become a professional at____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
60. at_____te the change to their marriage *v.* to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;
61. perform a pi_____te *n.* a rapid spin of the body on the toes or the front part of the foot, especially performed by a ballet dancer
62. un_____l a knit *v.* undo twisted, knitted, or woven threads by separating it
63. a response to a st____us *n.* something that causes growth or arouses action
64. al__t an important role to him *v.* to give or apportion something, especially a share of something available, to someone
65. fr_____nt use *adj.* happening constantly
66. cr__t arts of Japan *n.* an activity that requires a particular skill in making things with one's hands
67. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
68. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
69. make an in_____ct report *adj.* not in accordance with fact or truth or not accurate

ANSWERS: 58. neural, 59. athlete, 60. attribute, 61. pirouette, 62. unravel, 63. stimulus, 64. allot, 65. frequent, 66. craft, 67. distract, 68. smartphone, 69. incorrect

70. still vi__d in my memory *adj.* producing very clear, powerful, and detailed images in the mind
71. moves into a pi_____te *n.* a rapid spin of the body on the toes or the front part of the foot, especially performed by a ballet dancer
72. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
73. el__e athlete *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
74. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
75. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
76. int_____ate level *adj.* situated between two locations, things, states, etc.; around the middle of a scale of evaluation
77. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
78. a gr_____l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
79. she is ma__c *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
80. ca__e television *n.* a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

ANSWERS: 70. vivid, 71. pirouette, 72. brain, 73. elite, 74. consistent, 75. wrap, 76. intermediate, 77. confidence, 78. gradual, 79. magic, 80. cable

81. old ma__m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
82. a ma__c spell *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
83. the morning se____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
84. develop software more eff_____ly *adv.* in a way that produces maximum output with minimum effort or expense
85. degree in ele_____al engineering *adj.* relating to electricity
86. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
87. slo_____on movie *n.* an effect in film-making whereby time appears to be slowed down
88. give the waiter a t_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
89. 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
90. short du_____on *n.* the length of time something lasts or continues

ANSWERS: 81. maxim, 82. magic, 83. session, 84. efficiently, 85. electrical, 86. fiber, 87. slow-motion, 88. tip, 89. mastery, 90. duration

91. eff_____ly combined *adv.* in a way that produces maximum output with minimum effort or expense
92. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
93. sp___l injury *adj.* of or relating to the spine (= the long bone in the body's back)
94. m__t height *n.* a long pole aboard a boat or ship that holds up the sails
95. stay phy_____ly fit *adv.* in a way related to a person's body or appearance rather than their mind
96. at_____te directly to sales *v.* to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;
97. a reckless at_____t *n.* an act or effort of trying to do something, especially something difficult
98. earn el__e status *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
99. in_____te the room from sound *v.* to protect something by interposing material that prevents heat, noise, electricity, etc.
100. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
101. phy_____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
102. re_____ce the military *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger

ANSWERS: 91. efficiently, 92. brain, 93. spinal, 94. mast, 95. physically, 96. attribute, 97. attempt, 98. elite, 99. insulate, 100. nervous, 101. physically, 102. reinforce

103. get ne_____s	<i>adj.</i> worried and anxious about something; relating to the nerves
104. peripheral nerve sh___h	<i>n.</i> a close-fitting cover to protect something such as the blade of a knife, sword, or other sharp objects
105. ma_____y of mathematics	<i>n.</i> complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
106. teaching eff_____ess	<i>n.</i> the fact or quality of producing the result that is wanted or intended
107. con_____ce as a teacher	<i>n.</i> the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
108. ins_____on board	<i>n.</i> the act or process of covering something to stop heat, sound, electricity, etc. from passing through; the materials used for this
109. musical ins_____nts	<i>n.</i> an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
110. cr__t manufacture	<i>n.</i> an activity that requires a particular skill in making things with one's hands
111. develop in_____e itching	<i>adj.</i> (especially of a feeling) very strong; extremely sharp or severe
112. al__t shares	<i>v.</i> to give or apportion something, especially a share of something available, to someone

ANSWERS: 103. nervous, 104. sheath, 105. mastery, 106. effectiveness, 107. confidence, 108. insulation, 109. instrument, 110. craft, 111. intense, 112. allot

- | | |
|----------------------------------|--|
| 113. a child with se____y issues | <i>adj.</i> of or relating to the physical senses |
| 114. the du____on of insurance | <i>n.</i> the length of time something lasts or continues |
| 115. habitual rep_____on | <i>n.</i> the act of doing or saying something many times |
| 116. act upon a ma__m | <i>n.</i> a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior |

ANSWERS: 113. sensory, 114. duration, 115. repetition, 116. maxim

Session 3: Fill in the Blanks

1. I bought a gadget before my trip to help _____ stress during the flight.
v. to make something, especially something bad, small or less serious

2. His heartaches are less _____ now.
adj. happening constantly

3. We had our bedroom _____ before winter came.
v. to protect something by interposing material that prevents heat, noise, electricity, etc.

4. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge

5. Synchronized swimming needs close _____ between six performers.
n. the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

6. He found my English sentences are _____.
adj. not in accordance with fact or truth or not accurate

7. Actuators convert _____ pulses into motion.
adj. relating to electricity

8. This electronic _____ is required to undergo periodic inspections to ensure precision.
n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

ANSWERS: 1. minimize, 2. frequent, 3. insulated, 4. experiments, 5. coordination, 6. incorrect, 7. electrical, 8. instrument

9. 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
10. She made a _____ impression.
adj. producing very clear, powerful, and detailed images in the mind
11. Skill and _____ are an unconquered army.
n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
12. He performed _____ tricks with sophisticated moves.
n. beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
13. When the first molecule in the _____ receives a signal, it activates other molecules.
n. a track that constitutes or serves as a path; an approach or a way of doing something
14. We should _____ the troops at the front line.
v. to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
15. This product is a durable material that combines cost-_____ and quality.
n. the fact or quality of producing the result that is wanted or intended
16. I will introduce some _____ on learning English in this class.
n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

ANSWERS: 9. mastery, 10. vivid, 11. confidence, 12. magic, 13. pathway, 14. reinforce, 15. effectiveness, 16. tips

17. Please don't _____ me while I'm studying.

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

18. Baseball umpires often overturn decisions with _____ replay.

n. an effect in film-making whereby time appears to be slowed down

19. The surgeon carefully confirmed how to remove the tumor to avoid damaging the _____ nerves.

adj. of or relating to the spine (= the long bone in the body's back)

20. We want to _____ ties between our two countries.

v. to make or become better

21. This system uses submarine _____ to exchange information between continents.

n. a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

22. A good _____ is never out of season.

n. a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

23. The third _____ was far more successful.

n. an act or effort of trying to do something, especially something difficult

24. Having a _____ healthy physique is essential for a great life.

adv. in a way related to a person's body or appearance rather than their mind

25. Parliament is now in _____.

n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

ANSWERS: 17. distract, 18. slow-motion, 19. spinal, 20. improve, 21. cables, 22. maxim, 23. attempt, 24. physically, 25. session

26. Detectives are still attempting to _____ the mystery of his death.
v. undo twisted, knitted, or woven threads by separating it
27. I _____ two hours early in the morning to my study.
v. to give or apportion something, especially a share of something available, to someone
28. Purple is _____ between blue and red.
adj. situated between two locations, things, states, etc.; around the middle of a scale of evaluation
29. Sharks have highly developed _____ systems and are extremely sensitive creatures.
adj. of or relating to the physical senses
30. _____ is the mother of all learning.
n. the act of doing or saying something many times
31. 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
32. _____ the bandage tightly around the injured arm.
v. to cover or enclose something entirely with paper, cloth, or other material
33. In southward, the average annual water _____ increases.
n. the amount or number of something; magnitude

ANSWERS: 26. unravel, 27. allot, 28. intermediate, 29. sensory, 30. Repetition, 31. axons, 32. Wrap, 33. quantity

34. 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

35. The country experienced a _____ increase in population.

- adj.* happening slowly over a long period of time or distance; not steep or abrupt

36. This book provides children with ideas and a _____ for outside recreation.

- n.* something that causes growth or arouses action

37. His dream is to become an Olympic _____.

- n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

38. We can resolve support requests quickly and _____ by utilization of AI.

- adv.* in a way that produces maximum output with minimum effort or expense

39. He suffers from _____ breakdowns.

- adj.* worried and anxious about something; relating to the nerves

40. _____ 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

41. We must consume dietary _____ to maintain good health.

- n.* thread or filament used to make a vegetable tissue, mineral material, or textile

42. Your spinal _____ is located deep within your body.

- n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

ANSWERS: 34. sheath, 35. gradual, 36. stimulus, 37. athlete, 38. efficiently, 39. nervous, 40. Myelin, 41. fiber, 42. cord

43. Internet traffic volumes have increased significantly with the advent of _____.

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

44. Very few educational _____ go to Oxford or Cambridge.

adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

45. 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

46. He _____ the disappointing results to the economic downturn.

v. to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;

47. Can you _____ 123321 by eleven?

v. to separate or cause to separate into parts or groups

48. The main cabin is located in front of the _____.

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

49. That statement by the prime minister drew _____ international criticism.

adj. (especially of a feeling) very strong; extremely sharp or severe

50. You should keep away from _____ foods.

adj. containing a lot of fat

51. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 43. smartphones, 44. elites, 45. pirouette, 46. attributes, 47. divide, 48. mast, 49. intense, 50. fatty, 51. brain

52. The researcher separated the nervous _____ for microscopic examinations.
n. an ensemble of similar cells of the animal or plant that together carry out a specific function
53. There was a disturbance of _____ function.
adj. of or relating to a nerve or the nervous system that includes the brain
54. You are not _____ in your behavior.
adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.
55. He installed fiberglass _____ in the wall.
n. the act or process of covering something to stop heat, sound, electricity, etc. from passing through; the materials used for this
56. The University provides a wireless Internet _____ to its students.
n. a large, wide road designed for high-speed traffic
57. His hometown was where he first acquired the _____ of wood carving.
n. an activity that requires a particular skill in making things with one's hands
58. The military incarcerated him for the _____ of the war.
n. the length of time something lasts or continues

ANSWERS: 52. tissue, 53. neural, 54. consistent, 55. insulation, 56. superhighway, 57. craft, 58. duration