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Vocabulary Builder Reference from...

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

Advanced Words Only

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.

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

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|--|----|--|
| 1. in_____te electricity | v. | to protect something by interposing material that prevents heat, noise, electricity, etc. |
| 2. di_____ct public opinion | v. | to draw someone's attention away from what they are trying to do |
| 3. di_____ct attention from the real issue | v. | to draw someone's attention away from what they are trying to do |
| 4. un_____l a knit | v. | undo twisted, knitted, or woven threads by separating it |
| 5. m__t height | n. | a long pole aboard a boat or ship that holds up the sails |
| 6. 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 |
| 7. 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 |
| 8. six-lane sup_____way | n. | a large, wide road designed for high-speed traffic |
| 9. my_____n encasing the axons | n. | a white fatty substance that covers around nerves, helping them to send signals effectively |
| 10. un_____l a plot | v. | undo twisted, knitted, or woven threads by separating it |
| 11. al__t an important role to him | v. | to give or apportion something, especially a share of something available, to someone |

ANSWERS: 1. insulate, 2. distract, 3. distract, 4. unravel, 5. mast, 6. mastery, 7. pirouette, 8. superhighway, 9. myelin, 10. unravel, 11. allot

- | | | |
|---------------------------------|-----------|--|
| 12. a tollgate of a sup_____way | <i>n.</i> | a large, wide road designed for high-speed traffic |
| 13. 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 |
| 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. 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 |
| 17. strive for ma_____y | <i>n.</i> | complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity |
| 18. sma_____ne app developer | <i>n.</i> | a mobile phone that functions as a computer and connects to the Internet |
| 19. al__t shares | <i>v.</i> | to give or apportion something, especially a share of something available, to someone |
| 20. sma_____ne addict | <i>n.</i> | a mobile phone that functions as a computer and connects to the Internet |
| 21. my___n protein | <i>n.</i> | a white fatty substance that covers around nerves, helping them to send signals effectively |
| 22. built-up m__t | <i>n.</i> | a long pole aboard a boat or ship that holds up the sails |

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

23. in____te the room from sound

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

24. 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

ANSWERS: 23. insulate, 24. axon

Session 3: Fill in the Blanks

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

2. The University provides a wireless Internet _____ to its students.
 - n. a large, wide road designed for high-speed traffic

3. The main cabin is located in front of the _____.
 - n. a long pole aboard a boat or ship that holds up the sails

4. I _____ two hours early in the morning to my study.
 - v. to give or apportion something, especially a share of something available, to someone

5. Please don't _____ me while I'm studying.
 - v. to draw someone's attention away from what they are trying to do

6. Internet traffic volumes have increased significantly with the advent of _____.
 - n. a mobile phone that functions as a computer and connects to the Internet

7. _____ 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

8. 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

ANSWERS: 1. insulated, 2. superhighway, 3. mast, 4. allot, 5. distract, 6. smartphones, 7. Myelin, 8. mastery

9. 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
10. 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
11. Detectives are still attempting to _____ the mystery of his death.
- v.* undo twisted, knitted, or woven threads by separating it
12. 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

ANSWERS: 9. sheath, 10. axons, 11. unravel, 12. pirouette