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TED-Ed: Why you procrastinate even when it feels bad | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

buckle

v. to bend out of shape, as under pressure or from heat;
(noun) a device used for fastening two loose ends of a belt or strap

synonym : bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym : delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym : minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym : result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

obvious

adj. easy to see, discover or understand

synonym : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

synonym : illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

specifically

adv. only associated with or meant for one thing

synonym : especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

threaten

v. to utter intentions of injury or punishment against someone

synonym : endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

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**.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

identification

n. the act or process of recognizing, proving, or designating someone or something

synonym: recognition, designation, label

(1) an **identification** tag for children, (2) personal **identification** number

Eye movements complicate **identification** by retinal scanning.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

induce

v. to persuade someone to do something; to cause to act in a specific manner

synonym: cause, encourage, persuade

(1) **induce** a crisis, (2) **induce** him to see a doctor

The lack of sleep **induces** both physical and psychological diseases.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym: confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

overpower

v. to conquer or establish complete control over someone by using superior strength

synonym: overwhelm, conquer, surpass

(1) **overpower** the suspect, (2) **overpower** the opponent

The shooter was eventually **overpowered** and arrested by

police.

impulse

n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

synonym: stimulation, provocation, urge

(1) a combative **impulse**, (2) profound religious **impulses**
Nerve **impulses** cross a synapse through the action of neurotransmitters.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

midst

n. the middle part of people or things

synonym: middle, core, bosom

(1) in the **midst** of the crowd, (2) in the **midst** of a scandal
He remained serene in the **midst** of turbulence.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

handle

v. to deal with a situation, problem, or strong emotion

synonym: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

extreme

adj. very great in amount or degree

synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

deadline

n. a date or period by which something must be done

synonym: time limit, period

(1) transfer **deadline** day, (2) the **deadline** for applications

No matter what, we must have this done before the **deadline**.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym: arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

incompetence

n. lack of physical or intellectual ability or qualifications to do something successfully or as it should be done

synonym: inability, incapacity, ineptitude

(1) have a feeling of **incompetence**, (2) **incompetence** of urine

Her behavior testified to her **incompetence**.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

perceive

v. to become aware or conscious of something through the senses

synonym: sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym : understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus

He is a man admired for the depth of his **perception**.

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.

consist

v. to be composed or made up of

synonym : lie in, comprise, exist

(1) **consist** mainly of cells, (2) **consist** only in knowing facts

This examination **consists** of five problems to solve.

motivate

v. to make someone want to do something, especially something that requires tremendous work and effort

synonym : boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**

The ability to **motivate** people is a priceless asset.

susceptible

adj. easily influenced, harmed, or affected by something

synonym : exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof

Well-stretched muscles are less **susceptible** to injury.

difficulty

n. a condition or state that causes problems

synonym : hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym : toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

esteem

n. great respect and approval for or a good opinion of someone

synonym: respect, admiration, regard

(1) **esteem** for the other person, (2) boost my self- **esteem**

He is our loyal customer who should be held in high **esteem**.

regardless

adv. not paying attention or considering something or someone even if the situation is bad or there are difficulties

synonym: anyhow, nevertheless, still

(1) **regardless** of the difficulties, (2) **regardless** tread

People can pick out superior products **regardless** of the quality of the advertising.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

apathy

n. lack of emotion, concern, or enthusiasm

synonym: affectlessness, dispassion, indifference

(1) **apathy** in the election, (2) political **apathy**

The global economic crisis has led to pervasive **apathy** and powerlessness.

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.

unimportant

adj. not important

synonym : inconsiderable, inconsequential, insignificant

(1) **unimportant** information, (2) **unimportant** event

He regretted having undertaken the **unimportant** job without thinking about the consequences.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

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

His heartaches are less **frequent** now.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

ongoing

adj. continuing to exist or develop, or currently happening

synonym : continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

ailment

n. a slight but often persistent illness

synonym : illness, disorder, infection

(1) heart **ailment**, (2) age-related **ailment**

He got timely treatment for his physical **ailment** of severe back pain.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

temporarily

adv. for a limited time only or not permanently

synonym : for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

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.

cultivate

v. to prepare and foster land for growing crops or plants

synonym : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships
University is a great place to **cultivate** our minds and expertise.

discipline

n. the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence

synonym: training, restraint, field

(1) break **discipline**, (2) rigid **discipline**
He quickly learned the military **discipline**.

strict

adj. strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

synonym: rigorous, inflexible, relentless

(1) **strict** compliance regime, (2) in **strict** secrecy
Too **strict** a regulation for the private sector will stifle innovation.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors
In **addition**, private corporations provide healthcare services.

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.

circuit

n. (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area

synonym: route, course, rotation

(1) **circuit** breaker, (2) federal **circuit** courts

An intelligent battery has a voltage monitoring **circuit**.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym : approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

journal

n. a newspaper or magazine specialized in a specific topic or profession

synonym : periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym : fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

impulsive

adj. acting suddenly without any planning and without considering the effects they may have

synonym : abrupt, hasty, capricious

(1) an **impulsive** force, (2) do **impulsive** buying

He regrets the **impulsive** behavior he took in his drunken state.

attitude

n. the way you think and feel about someone or something

synonym : mindset, perspective, philosophy

(1) **attitude** toward mistakes, (2) **attitude** control

She had the **attitude** that work was fun.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym : pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

perpetuate

v. to make something continue or prevail for a long time
synonym: eternalize, preserve, maintain

(1) **perpetuate** a myth, (2) **perpetuate** chronic pain

That work **perpetuates** his fame.

Session 2: Spelling

- | | |
|------------------------------------|--|
| 1. series of exp_____nts | <i>n.</i> the scientific test conducted to observe what happens and gain new knowledge |
| 2. co_____t mainly of cells | <i>v.</i> to be composed or made up of |
| 3. inc_____nce of urine | <i>n.</i> lack of physical or intellectual ability or qualifications to do something successfully or as it should be done |
| 4. in the mi__t of a scandal | <i>n.</i> the middle part of people or things |
| 5. dr__d failure | <i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen |
| 6. an ide_____ion tag for children | <i>n.</i> the act or process of recognizing, proving, or designating someone or something |
| 7. co_____t only in knowing facts | <i>v.</i> to be composed or made up of |
| 8. sus_____le of proof | <i>adj.</i> easily influenced, harmed, or affected by something |
| 9. st_____le to get the job | <i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction |
| 10. ha___ed the incident | <i>v.</i> to deal with a situation, problem, or strong emotion |
| 11. dif_____ty in breathing | <i>n.</i> a condition or state that causes problems |
| 12. afraid to show em_____n | <i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others |

ANSWERS: 1. experiment, 2. consist, 3. incompetence, 4. midst, 5. dread, 6. identification, 7. consist, 8. susceptible, 9. struggle, 10. handle, 11. difficulty, 12. emotion

13. adr_____ne receptor *n.* a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
14. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
15. age-related ai_____t *n.* a slight but often persistent illness
16. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
17. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
18. ap___y in the election *n.* lack of emotion, concern, or enthusiasm
19. mo_____te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
20. do im_____ve buying *adj.* acting suddenly without any planning and without considering the effects they may have
21. tem_____ly suspend the production *adv.* for a limited time only or not permanently
22. a sus_____le young woman *adj.* easily influenced, harmed, or affected by something
23. chemical ad_____on *n.* the act or process of adding something to something else; the process of adding numbers

ANSWERS: 13. adrenaline, 14. depression, 15. ailment, 16. cycle, 17. panic, 18. apathy, 19. motivate, 20. impulsive, 21. temporarily, 22. susceptible, 23. addition

24. fairly ty____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
25. ov_____er the suspect *v.* to conquer or establish complete control over someone by using superior strength
26. ex_____e weather events *adj.* very great in amount or degree
27. par_____te fully in conversation *v.* to take part in something
28. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
29. visual co____x neuron *n.* the outermost layer of an organ, especially the brain
30. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
31. co____x cells *n.* the outermost layer of an organ, especially the brain
32. re_____ce the military *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
33. ci_____t breaker *n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
34. the de_____ne for applications *n.* a date or period by which something must be done
35. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 24. typical, 25. overpower, 26. extreme, 27. participate, 28. panic, 29. cortex, 30. cultivate, 31. cortex, 32. reinforce, 33. circuit, 34. deadline, 35. anxiety

36. the decline in am_____la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
37. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
38. re_____te our conduct *v.* to control something, especially by means of rules or laws
39. scientific jo_____l *n.* a newspaper or magazine specialized in a specific topic or profession
40. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
41. ha_____e a precious object *v.* to deal with a situation, problem, or strong emotion
42. par_____te in the program *v.* to take part in something
43. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal
44. excite the ne_____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
45. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
46. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

ANSWERS: 36. amygdala, 37. prefrontal, 38. regulate, 39. journal, 40. sham, 41. handle, 42. participate, 43. negative, 44. neuron, 45. associate, 46. misconception

47. adr_____ne addiction *n.* a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
48. reg_____ss of the difficulties *adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties
49. federal ci_____t courts *n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
50. ev__e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind
51. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
52. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain
53. for spe_____lly American customers *adv.* only associated with or meant for one thing
54. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
55. on_____g support *adj.* continuing to exist or develop, or currently happening
56. pro_____ate on my homework *v.* to postpone doing what you should do, often because it is unpleasant or boring
57. personal ide_____ion number *n.* the act or process of recognizing, proving, or designating someone or something

ANSWERS: 47. adrenaline, 48. regardless, 49. circuit, 50. evoke, 51. sham, 52. prefrontal, 53. specifically, 54. threaten, 55. ongoing, 56. procrastinate, 57. identification

58. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
59. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
60. ne_____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
61. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
62. reg_____ss tread *adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties
63. cu_____te a field *v.* to prepare and foster land for growing crops or plants
64. break dis_____ne *n.* the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence
65. pe_____ve light *v.* to become aware or conscious of something through the senses
66. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
67. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

ANSWERS: 58. intense, 59. emotion, 60. neuron, 61. distract, 62. regardless, 63. cultivate, 64. discipline, 65. perceive, 66. brain, 67. irrational

68. em_____al distress *adj.* relating to people's feelings
69. em_____al health *adj.* relating to people's feelings
70. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
71. es___m for the other person *n.* great respect and approval for or a good opinion of someone
72. f___e their homes *v.* to leave by running away, especially out of fear or danger
73. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
74. per_____te a myth *v.* to make something continue or prevail for a long time
75. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
76. re_____ce good behavior *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
77. a hut made tem_____ly *adv.* for a limited time only or not permanently
78. have a feeling of inc_____nce *n.* lack of physical or intellectual ability or qualifications to do something successfully or as it should be done
79. in___e a crisis *v.* to persuade someone to do something; to cause to act in a specific manner
80. in___e him to see a doctor *v.* to persuade someone to do something; to cause to act in a specific manner

ANSWERS: 68. emotional, 69. emotional, 70. associate, 71. esteem, 72. flee, 73. addition, 74. perpetuate, 75. typical, 76. reinforce, 77. temporarily, 78. incompetence, 79. induce, 80. induce

81. in the mi__t of the crowd *n.* the middle part of people or things
82. profound religious im____es *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
83. pe____ve a threat *v.* to become aware or conscious of something through the senses
84. an in____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
85. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
86. a combative im____e *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
87. pro_____ate about a big challenge *v.* to postpone doing what you should do, often because it is unpleasant or boring
88. female ho____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
89. fr____nt absence *adj.* happening constantly
90. st____t compliance regime *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

ANSWERS: 81. midst, 82. impulse, 83. perceive, 84. insecure, 85. hormone, 86. impulse, 87. procrastinate, 88. hormone, 89. frequent, 90. strict

91. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
92. st____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
93. per____te chronic pain *v.* to make something continue or prevail for a long time
94. at____de toward mistakes *n.* the way you think and feel about someone or something
95. unintended con____ces *n.* the outcome of a particular action or event, especially relative to an individual
96. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
97. f__e abroad *v.* to leave by running away, especially out of fear or danger
98. the root problem of her dep____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
99. re____te blood sugar levels *v.* to control something, especially by means of rules or laws
100. at____de control *n.* the way you think and feel about someone or something
101. heart ai____t *n.* a slight but often persistent illness

ANSWERS: 91. cycle, 92. struggle, 93. perpetuate, 94. attitude, 95. consequence, 96. dread, 97. flee, 98. depression, 99. regulate, 100. attitude, 101. ailment

102. am_____la damage *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
103. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
104. uni_____nt information *adj.* not important
105. an im_____ve force *adj.* acting suddenly without any planning and without considering the effects they may have
106. transfer de_____ne day *n.* a date or period by which something must be done
107. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
108. rigid dis_____ne *n.* the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence
109. ov_____er the opponent *v.* to conquer or establish complete control over someone by using superior strength
110. ev__e sympathy *v.* to bring or recall a feeling, memory, or image into your mind
111. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck

ANSWERS: 102. amygdala, 103. misconception, 104. unimportant, 105. impulsive, 106. deadline, 107. consequence, 108. discipline, 109. overpower, 110. evoke, 111. compassion

112. political ap___y *n.* lack of emotion, concern, or enthusiasm
113. jo____l articles *n.* a newspaper or magazine specialized in a specific topic or profession
114. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
115. in____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
116. per_____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
117. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
118. have a ne____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
119. in____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
120. boost my self-es___m *n.* great respect and approval for or a good opinion of someone
121. uni_____nt event *adj.* not important
122. bu___e shoe *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
123. ob____s reasons *adj.* easy to see, discover or understand

ANSWERS: 112. apathy, 113. journal, 114. brain, 115. intense, 116. perception, 117. strategy, 118. negative, 119. insecure, 120. esteem, 121. unimportant, 122. buckle, 123. obvious

124. in st___t secrecy *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
125. fr_____nt use *adj.* happening constantly
126. still on_____g *adj.* continuing to exist or develop, or currently happening
127. keen per_____on *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
128. his conclusion was ob_____s *adj.* easy to see, discover or understand
129. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
130. bu___e down to study *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
131. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
132. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
133. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
134. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 124. strict, 125. frequent, 126. ongoing, 127. perception, 128. obvious, 129. distract, 130. buckle, 131. experiment, 132. irrational, 133. strategy, 134. anxiety

135. th____en national security *v.* to utter intentions of injury or punishment against someone
136. designed spe_____lly for men *adv.* only associated with or meant for one thing
137. an und_____ng motive *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
138. have com_____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
139. ex_____e sports *adj.* very great in amount or degree
140. all ability to mo_____te *v.* to make someone want to do something, especially something that requires tremendous work and effort
141. the degree of dif_____ty *n.* a condition or state that causes problems
142. an und_____ng cause of an accident *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly

ANSWERS: 135. threaten, 136. specifically, 137. underlying, 138. compassion, 139. extreme, 140. motivate, 141. difficulty, 142. underlying

Session 3: Fill in the Blanks

1. 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
2. The lack of sleep _____ both physical and psychological diseases.
v. to persuade someone to do something; to cause to act in a specific manner
3. That work _____ his fame.
v. to make something continue or prevail for a long time
4. Solar gravity creates _____ pressures and temperatures.
adj. very great in amount or degree
5. He got timely treatment for his physical _____ of severe back pain.
n. a slight but often persistent illness
6. Eye movements complicate _____ by retinal scanning.
n. the act or process of recognizing, proving, or designating someone or something
7. No matter what, we must have this done before the _____.
n. a date or period by which something must be done
8. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal
9. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 1. reinforce, 2. induces, 3. perpetuates, 4. extreme, 5. ailment, 6. identification, 7. deadline, 8. negative, 9. sham

10. The _____ principle of every business was identical.

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

11. The severe heat wave _____ railway tracks.

v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap

12. Research shows that damage to the _____ cortex leads to increased aggression.

adj. in or about the foremost part of the frontal lobe of the brain

13. Our body transfers information along each _____ using an electrical impulse.

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

14. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

15. The _____ has been associated with memories of past emotional events.

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

16. Some _____ are common across cultures and backgrounds.

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

17. In _____ private corporations provide healthcare services.

n. the act or process of adding something to something else; the process of adding numbers

ANSWERS: 10. underlying, 11. buckled, 12. prefrontal, 13. neuron, 14. emotional, 15. amygdala, 16. emotions, 17. addition,

18. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
19. This artwork is _____ of her work.
- adj.* having the usual characteristics or traits of a specific group of things
20. Our plan includes a comprehensive marketing _____.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
21. The band has released a lot of _____ rock music.
- n.* a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
22. We must manage to _____ our expenditure.
- v.* to control something, especially by means of rules or laws
23. An intelligent battery has a voltage monitoring _____.
- n.* (in electrical engineering) an electrical device that provides a path for electrical current to flow; a journey or route around a particular place or area
24. University is a great place to _____ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants
25. The cerebral _____ consists of six layers.
- n.* the outermost layer of an organ, especially the brain
26. The new prime minister has vowed to take measures against the _____ economic crisis.
- adj.* continuing to exist or develop, or currently happening

ANSWERS: 18. hormone, 19. typical, 20. strategy, 21. adrenaline-pumping, 22. regulate, 23. circuit, 24. cultivate, 25. cortex, 26. ongoing

27. His heartaches are less _____ now.

adj. happening constantly

28. There are _____ differences between the two wine-producing regions.

adj. easy to see, discover or understand

29. She waited for her daughter with _____.

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

30. Various artificially induced causes are _____ our ecosystem.

v. to utter intentions of injury or punishment against someone

31. People can pick out superior products _____ of the quality of the advertising.

adv. not paying attention or considering something or someone even if the situation is bad or there are difficulties

32. The global economic crisis has led to pervasive _____ and powerlessness.

n. lack of emotion, concern, or enthusiasm

33. He _____ the matter until it was almost too late.

v. to postpone doing what you should do, often because it is unpleasant or boring

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

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

35. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 27. frequent, 28. obvious, 29. anxiety, 30. threatening, 31. regardless, 32. apathy, 33. procrastinated, 34. distract, 35. struggle

36. The physician is reading the _____ related to medicine
n. a newspaper or magazine specialized in a specific topic or profession
37. Well-stretched muscles are less _____ to injury.
adj. easily influenced, harmed, or affected by something
38. He regrets the _____ behavior he took in his drunken state.
adj. acting suddenly without any planning and without considering the effects they may have
39. Her behavior testified to her _____.
n. lack of physical or intellectual ability or qualifications to do something successfully or as it should be done
40. She had the _____ that work was fun.
n. the way you think and feel about someone or something
41. We all _____ to think about what will happen if the company goes bankrupt.
v. to be very afraid of or worried about something that is going to happen or that might happen
42. The ability to _____ people is a priceless asset.
v. to make someone want to do something, especially something that requires tremendous work and effort
43. This ad campaign is aimed _____ at young women.
adv. only associated with or meant for one thing
44. He remained serene in the _____ of turbulence.
n. the middle part of people or things

ANSWERS: 36. journals, 37. susceptible, 38. impulsive, 39. incompetence, 40. attitude, 41. dread, 42. motivate, 43. specifically, 44. midst

45. The participation of oil-producing countries in the war caused _____ in the financial markets.
- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
46. Too _____ a regulation for the private sector will stifle innovation.
- adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
47. These economic activities had disastrous environmental _____.
- n.* the outcome of a particular action or event, especially relative to an individual
48. He has _____ exercising because of a back injury sustained in an accident.
- n.* a condition or state that causes problems
49. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
50. There are numerous _____ about food and health.
- n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
51. It is a basic instinct to _____ from a dangerous situation.
- v.* to leave by running away, especially out of fear or danger
52. They continued to endure _____ treatment by the dictatorship.
- adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

ANSWERS: 45. panic, 46. strict, 47. consequences, 48. difficulty, 49. associate, 50. misconceptions, 51. flee, 52. irrational

53. The shooter was eventually _____ and arrested by police.
v. to conquer or establish complete control over someone by using superior strength
54. Children in an unstructured environment often feel _____.
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety
55. He quickly learned the military _____.
n. the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence
56. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something
57. He is our loyal customer who should be held in high _____.
n. great respect and approval for or a good opinion of someone
58. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
59. That statement by the prime minister drew _____ international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe
60. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 53. overpowered, 54. insecure, 55. discipline, 56. participated, 57. esteem, 58. Depression, 59. intense, 60. cycle

61. We all should learn how to _____ stress.
v. to deal with a situation, problem, or strong emotion
62. Nerve _____ cross a synapse through the action of neurotransmitters.
n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
63. Some athletes take anabolic steroids to increase muscle size _____.
adv. for a limited time only or not permanently
64. He regretted having undertaken the _____ job without thinking about the consequences.
adj. not important
65. Australia is widely _____ as having low levels of corruption.
v. to become aware or conscious of something through the senses
66. This examination _____ of five problems to solve.
v. to be composed or made up of
67. This movie is likely to _____ strong emotions in the viewer.
v. to bring or recall a feeling, memory, or image into your mind
68. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge
69. His infinite love and _____ for everyone never weary.
n. a strong feeling of sympathy and sadness for another's suffering or bad luck

ANSWERS: 61. handle, 62. impulses, 63. temporarily, 64. unimportant, 65. perceived, 66. consists, 67. evoke, 68. experiments, 69. compassion

70. 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

71. He is a man admired for the depth of his _____.

- n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

ANSWERS: 70. brain, 71. perception