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## Vocabulary Builder Reference from...

Shannon Odell: How puberty changes your brain |  
TED Talk

[https://www.ted.com/talks/shannon\\_odell\\_how\\_puberty\\_changes\\_your\\_brain](https://www.ted.com/talks/shannon_odell_how_puberty_changes_your_brain)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### puberty

*n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

*synonym*: adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

### overlook

*v.* to fail to notice something; to watch over someone; to provide a view from above

*synonym*: disregard, look down, supervise

(1) **overlook** a street, (2) **overlook** that fact

We cannot **overlook** an opportunity for great success.

### ripen

*v.* to cause something to be fully developed; to become ripe

*synonym*: mature, grow, age

(1) **ripen** the fruit, (2) **ripen** naturally

His tireless efforts **ripen** into success.

### hypothalamus

*n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the

## hypothalamus.

### ovary

*n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower

(1) **ovary** atrophy, (2) salted **ovary** of walleye pollack  
They found **ovary** cancer in an early stage.

### hitch

*v.* to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle

*synonym*: fasten, jerk, tether

(1) **hitch** a ride, (2) **hitch** up my trousers

The mechanics **hitched** the trailer to the broken-down car.

### bloodstream

*n.* the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain  
Cancer cells are often carried throughout the body by the **bloodstream**.

### 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.

### excitable

*adj.* easily responding to something new or stimuli

*synonym*: agitated, demonstrative, impulsive

(1) non- **excitable** cell, (2) an **excitable** people

He has an **excitable** temperament.

### reshape

*v.* to change the form or structure of something

*synonym*: alter, adjust, modify

(1) **reshape** education policy, (2) **reshape** my thoughts

The advent of the Internet completely **reshaped** the

manufacturing industry.

## remodel

*v.* to change the structure or form of something  
*synonym*: refurbish, remake, revamp

(1) **remodel** the car, (2) **remodel** portfolio

We are **remodeling** these rooms now.

## limbic

*adj.* of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction

(1) **limbic** cortex, (2) **limbic** epilepsy

The **limbic** brain region responded readily to negative or sad sounds.

## 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.

## restructure

*v.* to organize a company, business, or system in a new and different way to make it work more effectively

*synonym*: reorganize, revamp, reconstruct

(1) **restructure** sentence, (2) **restructure** my debts

The economic downturn made it necessary to **restructure** the business.

## accumbens

*n.* (nucleus accumbens) an area of the brain located in the basal forebrain that has a significant role in the cognitive processing of motivation, aversion, reward

(1) nucleus **accumbens** neurons, (2) cells of the nucleus **accumbens**

Dopamine is released into the nucleus **accumbens**.

## dopamine

*n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and

hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

**pleasurable**

*adj.* giving satisfaction or pleasure; enjoyable

*synonym*: comforting, enjoyable, gratifying

(1) a **pleasurable** experience, (2) have a very **pleasurable** time

Our marital life was full of happiness and **pleasurable** excitement.

**sever**

*v.* to break or separate something by cutting, especially suddenly and forcibly

*synonym*: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

**stereotype**

*n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

**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.

**adaptable**

*adj.* able or willing to modify or be modified to deal with new situations

*synonym*: flexible, adjustable, elastic

(1) **adaptable** enough for the environment, (2) an

**adaptable** person

We seek a candidate who possesses **adaptable** fighting potential.

**unanswered**

*adj.* not responded to or explained

*synonym*: ignored, unrequited, undecided

(1) **unanswered** love, (2) **unanswered** e-mail

Pardon me for leaving some of your questions **unanswered**.

**steer**

*v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

*synonym*: guide, direct, control

(1) **steer** a steady course, (2) **steer** a conversation

The captain told him to **steer** the ship north.

## Session 2: Spelling

1. 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
2. ov\_\_\_\_\_ok that fact *v.* to fail to notice something; to watch over someone; to provide a view from above
3. res\_\_\_\_\_re my debts *v.* to organize a company, business, or system in a new and different way to make it work more effectively
4. an ex\_\_\_\_\_le people *adj.* easily responding to something new or stimuli
5. a ple\_\_\_\_\_le experience *adj.* giving satisfaction or pleasure; enjoyable
6. negative ste\_\_\_\_\_pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
7. re\_\_\_\_\_l the car *v.* to change the structure or form of something
8. res\_\_\_\_\_re sentence *v.* to organize a company, business, or system in a new and different way to make it work more effectively
9. non-ex\_\_\_\_\_le cell *adj.* easily responding to something new or stimuli

ANSWERS: 1. neuron, 2. overlook, 3. restructure, 4. excitable, 5. pleasurable, 6. stereotype, 7. remodel, 8. restructure, 9. excitable

- |                               |      |  |
|-------------------------------|------|--|
| 10. ov_____ok a street        | v.   | to fail to notice something; to watch over someone; to provide a view from above   |
| 11. re_____e education policy | v.   | to change the form or structure of something   |
| 12. st__r a steady course     | v.   | to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone                                    |
| 13. re_____l portfolio        | v.   | to change the structure or form of something   |
| 14. 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 |
| 15. antagonism of do_____ne   | n.   | a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension                         |
| 16. hi__h a ride              | v.   | to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle                         |
| 17. una_____ed e-mail         | adj. | not responded to or explained  |
| 18. 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                               |
| 19. blo_____am in an artery   | n.   | the blood flowing through the body   |

ANSWERS: 10. overlook, 11. reshape, 12. steer, 13. remodel, 14. amygdala, 15. dopamine, 16. hitch, 17. unanswered, 18. neuron, 19. bloodstream

20. 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
21. ov\_\_y atrophy      *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
22. salted ov\_\_y of walleye pollack      *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
23. una\_\_\_\_\_ed love      *adj.* not responded to or explained
24. an im\_\_\_\_\_ve force      *adj.* acting suddenly without any planning and without considering the effects they may have
25. do\_\_\_\_\_ne-inhibiting agent      *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
26. li\_\_\_c cortex      *adj.* of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction
27. re\_\_\_\_\_e my thoughts      *v.* to change the form or structure of something
28. nucleus ac\_\_\_\_\_ns neurons      *n.* (nucleus accumbens) an area of the brain located in the basal forebrain that has a significant role in the cognitive processing of motivation, aversion, reward

ANSWERS: 20. amygdala, 21. ovary, 22. ovary, 23. unanswered, 24. impulsive, 25. dopamine, 26. limbic, 27. reshape, 28. accumbens





38. blo\_\_\_\_\_am to the brain *n.* the blood flowing through the body
39. li\_\_\_c epilepsy *adj.* of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction
40. avoid ste\_\_\_\_\_pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
41. se\_\_r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
42. do im\_\_\_\_\_ve buying *adj.* acting suddenly without any planning and without considering the effects they may have
43. se\_\_r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
44. have a very ple\_\_\_\_\_le time *adj.* giving satisfaction or pleasure; enjoyable
45. cells of the nucleus ac\_\_\_\_\_ns *n.* (nucleus accumbens) an area of the brain located in the basal forebrain that has a significant role in the cognitive processing of motivation, aversion, reward
46. ad\_\_\_\_\_le enough for the environment *adj.* able or willing to modify or be modified to deal with new situations

ANSWERS: 38. bloodstream, 39. limbic, 40. stereotype, 41. sever, 42. impulsive, 43. sever, 44. pleasurable, 45. accumbens, 46. adaptable

## Session 3: Fill in the Blanks

1. Pardon me for leaving some of your questions \_\_\_\_\_.  
*adj.* not responded to or explained
2. He regrets the \_\_\_\_\_ behavior he took in his drunken state.  
*adj.* acting suddenly without any planning and without considering the effects they may have
3. In this culture, men are initiated when they reach \_\_\_\_\_.  
*n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
4. His tireless efforts \_\_\_\_\_ into success.  
*v.* to cause something to be fully developed; to become ripe
5. Dopamine is released into the nucleus \_\_\_\_\_.  
*n.* (nucleus accumbens) an area of the brain located in the basal forebrain that has a significant role in the cognitive processing of motivation, aversion, reward
6. We seek a candidate who possesses \_\_\_\_\_ fighting potential.  
*adj.* able or willing to modify or be modified to deal with new situations
7. 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
8. The captain told him to \_\_\_\_\_ the ship north.  
*v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

ANSWERS: 1. unanswered, 2. impulsive, 3. puberty, 4. ripen, 5. accumbens, 6. adaptable, 7. neuron, 8. steer

9. The drug controls the level of \_\_\_\_\_ in the brain.  
*n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
10. Cancer cells are often carried throughout the body by the \_\_\_\_\_.  
*n.* the blood flowing through the body
11. They found \_\_\_\_\_ cancer in an early stage.  
*n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
12. He \_\_\_\_\_ a branch from a tree quickly.  
*v.* to break or separate something by cutting, especially suddenly and forcibly
13. Our marital life was full of happiness and \_\_\_\_\_ excitement.  
*adj.* giving satisfaction or pleasure; enjoyable
14. Oxytocin is also produced in the nucleus of the \_\_\_\_\_.  
*n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
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. The mechanics \_\_\_\_\_ the trailer to the broken-down car.  
*v.* to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle

ANSWERS: 9. dopamine, 10. bloodstream, 11. ovary, 12. severed, 13. pleasurable, 14. hypothalamus, 15. amygdala, 16. hitched

17. The \_\_\_\_\_ brain region responded readily to negative or sad sounds.

*adj.* of or relating to the system of the brain that supports a variety of functions, including emotion, behavior, long-term memory, and olfaction

18. We cannot \_\_\_\_\_ an opportunity for great success.

*v.* to fail to notice something; to watch over someone; to provide a view from above

19. The advent of the Internet completely \_\_\_\_\_ the manufacturing industry.

*v.* to change the form or structure of something

20. We are \_\_\_\_\_ these rooms now.

*v.* to change the structure or form of something

21. He has an \_\_\_\_\_ temperament.

*adj.* easily responding to something new or stimuli

22. The economic downturn made it necessary to \_\_\_\_\_ the business.

*v.* to organize a company, business, or system in a new and different way to make it work more effectively

23. Changing \_\_\_\_\_ about LGBTQ requires considerable effort.

*n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 17. limbic, 18. overlook, 19. reshaped, 20. remodeling, 21. excitable, 22. restructure, 23. stereotypes