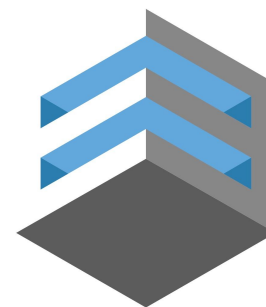


Englist.me



Vocabulary Builder Reference from...

Robert Waldinger: The secret to a happy life -- lessons from 8 decades of research | TED Talk
https://www.ted.com/talks/robert_waldinger_the_secret_to_a_happy_life_lessons_from_8_decades_of_research

All Words

IMPORTANT

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Session 1: Word List

delight

n. a feeling of great pleasure or happiness

synonym: pleasure, joy, satisfaction

(1) a tremor of **delight**, (2) with **delight**

The **delight** on the child's faces when they received the toy was priceless.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

auditorium

n. a room or building used for concerts, plays, or other public performances

synonym: hall, theater, amphitheater

(1) open-air **auditorium**, (2) **auditorium** annex

The **auditorium** seating was filled with people waiting for the concert to begin.

convey

v. to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another

synonym: communicate, transfer, deliver

(1) **convey** a complex idea, (2) **convey** goods by truck
An ironic remark often **conveys** an intended meaning obliquely.

explore

v. to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

synonym: analyze, delve into, examine

(1) **explore** the world, (2) **explore** our options

The management must **explore** strategies to increase office security.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

adolescent

n. a young person who is in the process of developing from a child into an adult

synonym: teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

startling

adj. extremely surprising, astonishing, and sometimes worrying

synonym: alarming, astonishing, shocking

(1) **startling** earthquake shocks, (2) **startling** discovery

He describes the story with **startling** reality.

well-being

n. the state of being happy and healthy and prosperous

synonym: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

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.

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**.

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.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

inevitable

adj. certain to happen and unavoidable

synonym: inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result
In times of recession, an increase in unemployment is **inevitable**.

regulator

n. a person or thing that controls or balances something; a person or an organization that is responsible for control and supervision of a particular activity or area of public interest

synonym: controller, supervisor, monitor

(1) **regulator** body, (2) a speed **regulator**

The financial industry **regulator** was responsible for ensuring that companies followed the laws.

upset

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

synonym: disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach

He was awfully **upset** by the news.

ruminate

v. to think deeply about something; to ponder

synonym: ponder, meditate, contemplate

(1) **ruminate** about the past, (2) **ruminate** over a problem

After a long work day, she likes to **ruminate** on her accomplishments and plan for the next day.

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.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

equilibrium

n. a state in which opposing forces or influences are balanced

synonym: balance, stability, harmony

(1) **equilibrium** point, (2) political **equilibrium**

The company struggled to maintain an **equilibrium** between its profits and social responsibilities.

stressor

n. something that causes stress or emotional tension

synonym: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym: quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

subside

v. to become less intense or widespread; to sink to a lower level

synonym: decrease, decline, diminish

(1) **subside** an argument, (2) **subside** after a short time

The storm **subsided**, leaving the town in peace.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient
You should not **isolate** them from the community.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym: rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

circulate

v. to move continuously or freely around a place or closed system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

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.

essential

adj. indispensable; fundamental

synonym: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

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.

scared

adj. afraid or frightened

synonym: frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

award

n. a prize or other mark of recognition given in honor of an achievement

synonym: prize, honor, accolade

(1) **award** ceremony, (2) participation **award**

He won the **award** for best actor at the film festival.

mentor

n. a person who helps and advises a younger or less experienced person over time, usually at work or school

synonym: adviser, coach, tutor

(1) **mentor** for life, (2) fashion **mentor**

As a **mentor**, he helped me realize my career.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

intimate

adj. having a very close friendship, personal

synonym: close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship

He has an **intimate** knowledge of American history.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

relative

adj. considered and evaluated through comparison with something else

synonym: comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

casual

adj. relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

synonym: informal, relaxed, offhand

(1) **casual** dress, (2) take a **casual** glance

They had a **casual** conversation over coffee at the local cafe.

grocery

n. a shop that sells food and other household items

synonym: foodstuff, market

(1) the **grocery** business, (2) run a **grocery**

I will go to the **grocery** store to buy food for dinner.

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.

assign

v. to give a specific job or piece of work to a someone

synonym: entrust, delegate, designate

(1) **assign** projects, (2) **assign** top priority

Please **assign** a different color to each other kind of item.

subway

n. an underground railway system, typically in a city

synonym: underground, metro, tube

(1) **subway** train, (2) rapid transit **subway**

He took the **subway** to work every day to avoid traffic congestion.

strengthen

v. to become stronger or more effective; to make someone or something stronger or more effective

synonym: reinforce, harden, boost

(1) **strengthen** the immune system, (2) **strengthen** a border patrol

Difficulties **strengthen** the mind, as labor does the body.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

proactive

adj. acting in advance to deal with an expected difficulty or to take advantage of an opportunity.

synonym: gung-ho, anticipatory, forward-thinking

(1) **proactive** approach, (2) **proactive** about doing the task

The company implemented **proactive** measures to prevent future issues.

laptop

n. a portable computer that is small enough to be carried around easily and used on your lap

(1) bring my **laptop**, (2) thin-and-light **laptop**

I need to finish this report by tonight, so I'll be working on my **laptop** all day.

establishment

n. a business or organization, especially a well-established one; the act of starting or forming something that is meant to last for a long time

synonym: institution, organization, business

(1) run a large **establishment**, (2) **establishment** of a new government

The community celebrated the **establishment** of the new school.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

regularly

adv. at regular intervals or times

synonym: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

coworker

n. a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

liven

v. to make something more interesting, exciting, or active

synonym: enliven, animate, revive

(1) **liven** up a boring meeting, (2) **liven** up atmosphere

The party was boring, but the drinks helped **liven** things up.

standing

adj. existing or remaining upright; having a vertical position;
(noun) social, financial, or professional status or reputation

synonym : upright, vertical, (noun) position

(1) **standing** water, (2) his social **standing**

The **standing** concert was packed with fans.

grant

v. to agree to give or allow somebody

synonym : allocate, authorize, give

(1) **grant** a new license, (2) **grant** a land

The chairperson **granted** him the right to speak.

propose

v. to make a proposal, declare a plan for something

synonym : suggest, offer, recommend

(1) **propose** the amendment, (2) **propose** changes

I want to **propose** a toast in honor of our longstanding relationship.

volunteer

n. a person who performs or offers to perform a job or service without being paid for or forced to do

synonym : unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym : collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

league

n. an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

synonym : association, organization, alliance

(1) **league** championship, (2) a baseball **league**

He was recruited to play in the professional **league**.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

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.

striking

adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

synonym : arresting, astonishing, exceptional

(1) **striking** innovation, (2) **striking** evidence

The two plays have many **striking** parallels.

ripple

n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

synonym : wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

snippet

n. a small piece or brief extract of something

synonym: fragment, excerpt, brief

(1) **snippet** of wisdom, (2) code **snippet**

The journalist saved a **snippet** of the interview for later reference.

undergraduate

n. a student who is studying for their first degree at a university or other higher education institution

synonym: college student, freshman

(1) engineering **undergraduate**, (2) **undergraduate** course

The class was composed of both **undergraduate** and graduate students.

disadvantage

n. a drawback or a negative aspect of something; (verb) to put someone or something in an unfavorable position

synonym: detriment, drawback, (verb) disfavor

(1) the **disadvantage** of a plan, (2) **disadvantage** small businesses

A lack of education can be a significant **disadvantage** in today's job market.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity

synonym: cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym : sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

gap

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

synonym : opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**

Many people are working together to close the gender **gap**.

proof

n. a fact or piece of information that shows something is true or exists

synonym : testimony, evidence, assurance

(1) documentary **proof**, (2) a geometric **proof**

Proof is better than argument.

ethnic

adj. relating or belonging to a group of people who share a cultural tradition

synonym : racial, ethnical, tribal

(1) **ethnic** minority, (2) single **ethnic** group

Each **ethnic** group has its unique rituals.

geography

n. a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth

synonym : landscape, terrain, topography

(1) **geography** class, (2) economic **geography**

She did well on her **geography** exam.

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.

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.

outcome

n. the result or effect of an action, event, etc.

synonym: result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome**

They awaited news of the **outcome** of the election.

guarantee

v. to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

synonym: assure, promise, warrant

(1) **guarantee** a high quality, (2) **guarantee** women equality

We cannot **guarantee** enough raw material sources.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym: element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

abuse

n. the use of something in an incorrect or harmful manner

synonym: misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**

Our company has an audit team that monitors directors for **abuse** of authority.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

differ

v. to be not like someone or something in some way

synonym: vary, diverge, disagree

(1) **differ** from the majority, (2) **differ** according to species

The two products **differed** in their quality and price.

introvert

n. a shy and reticent person

synonym: observer, loner, solitary

(1) **introvert** personality, (2) **introvert** behavior

Being an **introvert** is not a weakness, and it's just a different way of interacting with the world.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

exhaust

n. the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

synonym: emission, fumes, (verb) deplete

(1) **exhaust** pipe, (2) **exhaust** a topic

The factory's **exhaust** fumes polluted the air and affected the health of the nearby residents.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

tune

n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

synonym : melody, harmony, (verb) adjust

(1) the **tune** of a song, (2) **tune** a piano

The band played a beautiful **tune** on their instruments.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

exhausted

adj. extremely tired

synonym : drowsy, depleted, fatigued

(1) the **exhausted** food sources, (2) **exhausted** parents

The **exhausted** runner fell to the ground and gasped.

interpersonal

adj. connected with relationships between people

synonym : social

(1) communication and **interpersonal** skills,

(2) **interpersonal** situations

Interpersonal rejection and acceptance are both psychologically significant events.

realm

n. a domain of activity, interest, or knowledge

synonym : domain, empire, kingdom

(1) public **realm**, (2) beyond the **realm** of possibility

Her passions are in the **realm** of real-world political affairs.

discerning

adj. able to make good judgments about what is true or right

synonym : discriminating, perceptive, insightful

(1) **discerning** reader, (2) have a **discerning** palate
She has a **discerning** eye for art and can spot a fake a mile away.

playground

n. an area where many people go for recreation, especially at a school or in a park

synonym: park, garden, sandbox

(1) a well-equipped **playground**, (2) a **playground** on the roof

There is a woods with a creek near the school **playground**.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

butterfly

n. a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings

(1) **butterfly** effect, (2) the life cycle of a **butterfly**

He enjoys collecting **butterfly** specimens.

extrovert

n. a person who is outgoing, sociable, and confident

synonym: outgoing, sociable, gregarious

(1) **extrovert** social skills, (2) natural **extrovert**

She intentionally acts like an **extrovert**.

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.

assess

v. to judge or decide the nature or quality of someone or something

synonym: estimate, evaluate, consider

(1) **assess** a tax of 10 pounds, (2) **assess** the quality

Our company needs to **assess** the business impact of climate change.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym: maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

intentional

adj. done, made or performed with purpose and intent

synonym: deliberate, intended, preplanned

(1) **intentional** destruction of evidence, (2) an **intentional** walk

The law distinguishes between accidental and **intentional** killing.

adviser

n. a person who gives advice about a particular subject

synonym: consultant, guide, expert

(1) a medical **adviser**, (2) chief **adviser**

After retiring, he continued to be an **adviser** to politicians.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

authentic

adj. known to be real and what people say it is; not a fake or copy

synonym: genuine, bona fide, original

(1) an **authentic** signature, (2) the sets were meticulously **authentic**

The stages of the play were meticulously **authentic**

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.

beloved

adj. loved very much

synonym: adored, cherished, dear

(1) **beloved** author, (2) **beloved** by many people

I am here to save my **beloved**.

facade

n. the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant

synonym: front, camouflage, masquerade

(1) the outside **facade** of a castle, (2) **facade** of wealth

A gentle **facade** concealed his powerfulness.

romantic

adj. of or relating to love or a sexual relationship

synonym: idealistic, unrealistic, amatory

(1) **romantic** movies, (2) **romantic** breakup

It was his first **romantic** love.

acquaintance

n. a person one knows but who is not a close friend

synonym: friend, associate, contact

(1) **acquaintance** with a language, (2) business

acquaintance

I met him at a party, and we quickly became **acquaintances**.

attachment

n. a feeling of affection for someone or something

synonym: adoration, affection, extension

(1) **attachment** to a formal plan, (2) stand mixer fitted with

the paddle **attachment**

I have no **attachment** to the countryside.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym : inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

endemic

adj. (of a disease or other problem) regularly found among particular people or in a certain area

synonym : prevalent, widespread, native

(1) **endemic** disease, (2) cholera- **endemic** area

Malaria is **endemic** in many tropical countries.

obtain

v. to get something, especially by making a great effort

synonym : accept, acquire, receive

(1) **obtain** a license, (2) **obtain** a bid

Where can I **obtain** the application form?

disguise

v. to hide or alter someone's appearance to deceive or mislead others

synonym : mask, misinterpret, cloak

(1) **disguise** my feelings, (2) **disguise** his voice

Later it turned out that the politician **disguised** the fact from the public.

confidential

adj. intended to be kept secret

synonym : secret, private, classified

(1) **confidential** information, (2) strictly **confidential** data

The **confidential** documents were only available to authorized personnel.

turnaround

n. the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something

synonym :

recovery, improvement, reversal

(1) miraculous **turnaround**, (2) **turnaround** strategy

The company's **turnaround** was a result of new management strategies.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym: seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

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.

priority

n. something that is more important than other things and should be dealt with first

synonym: importance, precedence, primacy

(1) **priority** call, (2) **priority** seating for elderly

Her **priority** is to be a mother.

edit

v. to prepare written material for publication by correcting, condensing, or otherwise modifying it
synonym: revise, modify, adjust

(1) **edit** a history book, (2) **edit** a video

I need to **edit** this document before submitting it to my boss.

comical

adj. funny, especially in a strange or absurd way
synonym: amusing, funny, humorous

(1) a **comical** way to speaking, (2) cast **comical** eyes

He covered up his failure with **comical** laughter.

disagree

v. to have or express a different opinion, idea, etc.
synonym: discord, oppose, dissent

(1) **disagree** about a particular issue, (2) **disagree** with a plan

I **disagree** for reasons already stated above.

buffet

n. a meal where guests serve themselves from a counter or sideboard
synonym: sideboard, counter, smorgasbord

(1) **buffet** style, (2) have a **buffet** meal

The **buffet** at the hotel had a wide variety of food options.

pandemic

n. an outbreak of a disease that affects many people over a very wide area
synonym: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

collaborate

v. to work with someone else to produce or achieve something
synonym: cooperate, unite, get together

(1) **collaborate** with the police, (2) **collaborate** on a press release

She agreed to **collaborate** with him in creating new artwork.

trove

n. a valuable collection of rare or interesting things, usually on the earth

synonym: hoard, collection, assemblage

(1) **trove** of information, (2) stumble on a **trove**

The treasure **trove** of ancient artifacts was a museum's dream come true.

publicly

adv. in a manner accessible to or observable by the public; by the government

synonym: candidly, openly, honestly

(1) **publicly** accessible record, (2) **publicly** financed schools

She **publicly** denounced the government's mishandling of the economic crisis.

government

n. the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

taxpayer

n. a person who pays taxes to the government

synonym: contributor, payer, financier

(1) **taxpayer** money, (2) delinquent **taxpayer**

As a **taxpayer**, he felt his money was wasted on unnecessary government projects.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

absorb

v. to take in a fluid or other substance gradually

synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

nugget

n. a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

synonym: chunk, clod, clump

(1) a gold **nugget**, (2) **nugget** of truth

It took a few weeks to extract the **nugget** of information from those complicated sources.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

Session 2: Spelling

1. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
2. participation aw__d *n.* a prize or other mark of recognition given in honor of an achievement
3. phy_____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
4. the ex_____ed food sources *adj.* extremely tired
5. ge_____hy class *n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
6. es_____al amino acid *adj.* indispensable; fundamental
7. str_____en a border patrol *v.* to become stronger or more effective; to make someone or something stronger or more effective
8. st_____ng earthquake shocks *adj.* extremely surprising, astonishing, and sometimes worrying
9. cholera-en_____c area *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
10. a geometric pr__f *n.* a fact or piece of information that shows something is true or exists
11. aw__d ceremony *n.* a prize or other mark of recognition given in honor of an achievement
12. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous

ANSWERS: 1. calm, 2. award, 3. physically, 4. exhausted, 5. geography, 6. essential, 7. strengthen, 8. startling, 9. endemic, 10. proof, 11. award, 12. well-being

13. co___y goods by truck *v.* to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another
14. sn_____t of wisdom *n.* a small piece or brief extract of something
15. di_____ee with a plan *v.* to have or express a different opinion, idea, etc.
16. in_____rt personality *n.* a shy and reticent person
17. ci_____te a rumor *v.* to move continuously or freely around a place or closed system
18. stand mixer fitted with the paddle
att_____nt *n.* a feeling of affection for someone or something
19. pr_____ve about doing the task *adj.* acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
20. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
21. bu_____ly effect *n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
22. ab___b a shock *v.* to take in a fluid or other substance gradually
23. le___e championship *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

ANSWERS: 13. convey, 14. snippet, 15. disagree, 16. introvert, 17. circulate, 18. attachment, 19. proactive, 20. absolutely, 21. butterfly, 22. absorb, 23. league

24. beyond the re__m of possibility *n.* a domain of activity, interest, or knowledge
25. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
26. co__y a complex idea *v.* to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another
27. political equ_____um *n.* a state in which opposing forces or influences are balanced
28. di_____se his voice *v.* to hide or alter someone's appearance to deceive or mislead others
29. abs_____ly against *adv.* without restriction or limitation; completely or utterly
30. gr__t a land *v.* to agree to give or allow somebody
31. ex_____rt social skills *n.* a person who is outgoing, sociable, and confident
32. con_____ial information *adj.* intended to be kept secret
33. fashion me____r *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
34. 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
35. pr_____e the amendment *v.* to make a proposal, declare a plan for something

ANSWERS: 24. realm, 25. abuse, 26. convey, 27. equilibrium, 28. disguise, 29. absolutely, 30. grant, 31. extrovert, 32. confidential, 33. mentor, 34. hormone, 35. propose

36. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
37. 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
38. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
39. st_____ng water *adj.* existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
40. a gold nu____t *n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
41. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
42. att_____nt to a formal plan *n.* a feeling of affection for someone or something
43. equ_____um point *n.* a state in which opposing forces or influences are balanced
44. gu_____ee women equality *v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met
45. ci_____te an agenda before the meeting *v.* to move continuously or freely around a place or closed system

ANSWERS: 36. brain, 37. struggle, 38. abuse, 39. standing, 40. nugget, 41. isolate, 42. attachment, 43. equilibrium, 44. guarantee, 45. circulate

46. tr__e of information *n.* a valuable collection of rare or interesting things, usually on the earth
47. pr____e changes *v.* to make a proposal, declare a plan for something
48. nec____ly true *adv.* in an essential manner; in such a way as could not be otherwise
49. ado____nt girl *n.* a young person who is in the process of developing from a child into an adult
50. gov____nt funding *n.* the group of people with authority to control a country or state
51. communication and int____nal skills *adj.* connected with relationships between people
52. ob____s reasons *adj.* easy to see, discover or understand
53. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
54. flu pa____ic *n.* an outbreak of a disease that affects many people over a very wide area
55. cultural n__m *n.* something that is regarded as usual, typical, or standard
56. ex____ed parents *adj.* extremely tired
57. re____r a loss *v.* to return to a former condition, health, mind, or strength
58. my vo____er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
59. ru____te about the past *v.* to think deeply about something; to ponder

ANSWERS: 46. trove, 47. propose, 48. necessarily, 49. adolescent, 50. government, 51. interpersonal, 52. obvious, 53. decide, 54. pandemic, 55. norm, 56. exhausted, 57. recover, 58. volunteer, 59. ruminate

60. run a gr_____y *n.* a shop that sells food and other household items
61. argue with a co_____er *n.* a person who works with another in the same company or organization
62. delinquent ta_____er *n.* a person who pays taxes to the government
63. not nec_____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
64. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
65. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
66. f__e abroad *v.* to leave by running away, especially out of fear or danger
67. ine_____le changes of the seasons *adj.* certain to happen and unavoidable
68. pu___e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
69. a pla_____nd on the roof *n.* an area where many people go for recreation, especially at a school or in a park
70. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
71. en_____ze a team *v.* to give energy or vitality to someone or something; to invigorate

ANSWERS: 60. grocery, 61. coworker, 62. taxpayer, 63. necessarily, 64. inflammation, 65. communal, 66. flee, 67. inevitable, 68. pursue, 69. playground, 70. experiment, 71. energize

72. an au_____ic signature *adj.* known to be real and what people say it is; not a fake or copy
73. int_____nal situations *adj.* connected with relationships between people
74. par_____te fully in conversation *v.* to take part in something
75. 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
76. en_____ze the body *v.* to give energy or vitality to someone or something; to invigorate
77. di_____ee about a particular issue *v.* to have or express a different opinion, idea, etc.
78. re_____or body *n.* a person or thing that controls or balances something; a person or an organization that is responsible for control and supervision of a particular activity or area of public interest
79. pr_____ty call *n.* something that is more important than other things and should be dealt with first
80. di_____se my feelings *v.* to hide or alter someone's appearance to deceive or mislead others
81. su_____y train *n.* an underground railway system, typically in a city
82. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 72. authentic, 73. interpersonal, 74. participate, 75. tip, 76. energize, 77. disagree, 78. regulator, 79. priority, 80. disguise, 81. subway, 82. improvisation

83. n__m of action	<i>n.</i> something that is regarded as usual, typical, or standard
84. wi___m literature	<i>n.</i> the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
85. the outside fa___e of a castle	<i>n.</i> the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant
86. engineering und_____ate	<i>n.</i> a student who is studying for their first degree at a university or other higher education institution
87. ru_____te over a problem	<i>v.</i> to think deeply about something; to ponder
88. int_____al destruction of evidence	<i>adj.</i> done, made or performed with purpose and intent
89. ob___n a bid	<i>v.</i> to get something, especially by making a great effort
90. g_m membership	<i>n.</i> a place equipped for exercise and other physical training
91. in___t in stocks	<i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result
92. his conclusion was ob_____s	<i>adj.</i> easy to see, discover or understand
93. improved student ou_____es	<i>n.</i> the result or effect of an action, event, etc.
94. as___e an important role	<i>v.</i> to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

ANSWERS: 83. norm, 84. wisdom, 85. facade, 86. undergraduate, 87. ruminate, 88. intentional, 89. obtain, 90. gym, 91. invest, 92. obvious, 93. outcome, 94. assume

95. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
96. stumble on a tr___e *n.* a valuable collection of rare or interesting things, usually on the earth
97. und_____ate course *n.* a student who is studying for their first degree at a university or other higher education institution
98. with de_____t *n.* a feeling of great pleasure or happiness
99. pu_____ly financed schools *adv.* in a manner accessible to or observable by the public; by the government
100. my in_____te affairs *adj.* having a very close friendship, personal
101. ro_____ic breakup *adj.* of or relating to love or a sexual relationship
102. bu___t style *n.* a meal where guests serve themselves from a counter or sideboard
103. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
104. a co_____l way to speaking *adj.* funny, especially in a strange or absurd way
105. gr___t a new license *v.* to agree to give or allow somebody
106. save the pl___t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
107. par_____te in the program *v.* to take part in something
108. nu___t of truth *n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

ANSWERS: 95. experiment, 96. trove, 97. undergraduate, 98. delight, 99. publicly, 100. intimate, 101. romantic, 102. buffet, 103. responsible, 104. comical, 105. grant, 106. planet, 107. participate, 108. nugget

109. li__n up a boring meeting *v.* to make something more interesting, exciting, or active
110. st____le to get the job *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
111. e__t a video *v.* to prepare written material for publication by correcting, condensing, or otherwise modifying it
112. still on____g *adj.* continuing to exist or develop, or currently happening
113. me____n in a report *v.* to speak or write about something or someone briefly
114. designed spe____lly for men *adv.* only associated with or meant for one thing
115. su____n a wellness lifestyle *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
116. con____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
117. su____n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
118. a built-in diagnostic ro____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
119. sc____d dog *adj.* afraid or frightened

ANSWERS: 109. liven, 110. struggle, 111. edit, 112. ongoing, 113. mention, 114. specifically, 115. sustain, 116. conversation, 117. sustain, 118. routine, 119. scared

120. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
121. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
122. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
123. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
124. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
125. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
126. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
127. a fountain of wi____m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
128. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
129. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

ANSWERS: 120. inflammation, 121. involve, 122. strength, 123. planet, 124. decide, 125. conversation, 126. ingredient, 127. wisdom, 128. contribute, 129. alcohol

130. col_____te on a press release *v.* to work with someone else to produce or achieve something
131. the t__e of a song *n.* a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
132. strictly con_____ial data *adj.* intended to be kept secret
133. be_____d author *adj.* loved very much
134. a medical ad_____r *n.* a person who gives advice about a particular subject
135. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
136. the sets were meticulously au_____ic *adj.* known to be real and what people say it is; not a fake or copy
137. put a gr_____ul expression *adj.* feeling or showing an appreciation of kindness; thankful
138. rapid transit su_____y *n.* an underground railway system, typically in a city
139. the dis_____age of a plan *n.* a drawback or a negative aspect of something; (verb) to put someone or something in an unfavorable position
140. as_____n projects *v.* to give a specific job or piece of work to a someone
141. business acq_____nce *n.* a person one knows but who is not a close friend
142. dis_____ng reader *adj.* able to make good judgments about what is true or right

ANSWERS: 130. collaborate, 131. tune, 132. confidential, 133. beloved, 134. adviser, 135. ingredient, 136. authentic, 137. grateful, 138. subway, 139. disadvantage, 140. assign, 141. acquaintance, 142. discerning

143. est_____ent of a new government *n.* a business or organization, especially a well-established one; the act of starting or forming something that is meant to last for a long time
144. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
145. ex_____t a topic *n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
146. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
147. di____r according to species *v.* to be not like someone or something in some way
148. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
149. single et____c group *adj.* relating or belonging to a group of people who share a cultural tradition
150. ob____n a license *v.* to get something, especially by making a great effort
151. 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
152. economic ge_____hy *n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
153. a desirable ou_____e *n.* the result or effect of an action, event, etc.

ANSWERS: 143. establishment, 144. improvisation, 145. exhaust, 146. pandemic, 147. differ, 148. confidence, 149. ethnic, 150. obtain, 151. depression, 152. geography, 153. outcome

154. re____r approval ratings *v.* to return to a former condition, health, mind, or strength
155. pu___e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
156. fa___e of wealth *n.* the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant
157. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
158. code sn____t *n.* a small piece or brief extract of something
159. as___s the quality *v.* to judge or decide the nature or quality of someone or something
160. aud____um annex *n.* a room or building used for concerts, plays, or other public performances
161. stop drinking al____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
162. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
163. a sense of wel____ng *n.* the state of being happy and healthy and prosperous
164. in____rt behavior *n.* a shy and reticent person
165. chief ad____r *n.* a person who gives advice about a particular subject

ANSWERS: 154. recover, 155. pursue, 156. facade, 157. relation, 158. snippet, 159. assess, 160. auditorium, 161. alcohol, 162. define, 163. well-being, 164. introvert, 165. adviser

166. et___c minority	<i>adj.</i> relating or belonging to a group of people who share a cultural tradition
167. ro_____e business	<i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
168. on_____g support	<i>adj.</i> continuing to exist or develop, or currently happening
169. public re__m	<i>n.</i> a domain of activity, interest, or knowledge
170. tur_____nd strategy	<i>n.</i> the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something
171. pre-ado_____nt children	<i>n.</i> a young person who is in the process of developing from a child into an adult
172. the Great Dep_____on	<i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
173. in_____e a high degree of risk	<i>v.</i> to include or affect someone or something as a necessary part of something else
174. a g_m suit	<i>n.</i> a place equipped for exercise and other physical training
175. di_____es patient	<i>n.</i> a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
176. f__e their homes	<i>v.</i> to leave by running away, especially out of fear or danger

ANSWERS: 166. ethnic, 167. routine, 168. ongoing, 169. realm, 170. turnaround, 171. adolescent, 172. depression, 173. involve, 174. gym, 175. diabetes, 176. flee

177. gu_____ee a high quality *v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met
178. li__n up atmosphere *v.* to make something more interesting, exciting, or active
179. me_____n name *v.* to speak or write about something or someone briefly
180. st_____or event *n.* something that causes stress or emotional tension
181. es_____al commodities of life *adj.* indispensable; fundamental
182. a ri___e of laughter *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
183. an int_____al walk *adj.* done, made or performed with purpose and intent
184. miraculous tur_____nd *n.* the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something
185. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
186. dis_____age small businesses *n.* a drawback or a negative aspect of something; (verb) to put someone or something in an unfavorable position
187. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

ANSWERS: 177. guarantee, 178. liven, 179. mention, 180. stressor, 181. essential, 182. ripple, 183. intentional, 184. turnaround, 185. volunteer, 186. disadvantage, 187. upset

188. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
189. for spe_____lly American customers *adv.* only associated with or meant for one thing
190. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
191. a speed re_____or *n.* a person or thing that controls or balances something; a person or an organization that is responsible for control and supervision of a particular activity or area of public interest
192. collaborate with co_____ues *n.* one of a group of a coworker, especially in a profession or a business
193. get up___t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
194. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
195. a well-equipped pla_____nd *n.* an area where many people go for recreation, especially at a school or in a park
196. ri___e in the water *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
197. have a bu___t meal *n.* a meal where guests serve themselves from a counter or sideboard
198. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

ANSWERS: 188. government, 189. specifically, 190. strength, 191. regulator, 192. colleague, 193. upset, 194. responsible, 195. playground, 196. ripple, 197. buffet, 198. gap

199. 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
200. have a dis_____ng palate *adj.* able to make good judgments about what is true or right
201. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
202. a remote re_____ve *adj.* considered and evaluated through comparison with something else
203. pu_____ly accessible record *adv.* in a manner accessible to or observable by the public; by the government
204. in_____t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
205. str_____en the immune system *v.* to become stronger or more effective; to make someone or something stronger or more effective
206. re_____ly arranged *adv.* at regular intervals or times
207. me_____r for life *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
208. st_____ng discovery *adj.* extremely surprising, astonishing, and sometimes worrying
209. ca_____l dress *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

ANSWERS: 199. hormone, 200. discerning, 201. chronic, 202. relative, 203. publicly, 204. invest, 205. strengthen, 206. regularly, 207. mentor, 208. startling, 209. casual

210. ex_____e the world
v. to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
211. de___e my position
v. to state or explain precisely the nature, scope, or meaning of something
212. post re_____ly to a blog
adv. at regular intervals or times
213. in_____te relationship
adj. having a very close friendship, personal
214. t__e a piano
n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
215. risk of ch_____c disease
adj. being long-lasting and recurrent or characterized by long suffering; habitual
216. acq_____nce with a language
n. a person one knows but who is not a close friend
217. a baseball le___e
n. an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters
218. su_____e you're right
v. to think that something is likely to be actual or possible
219. co_____al swimming pool
adj. belonging to or used by a group rather than individuals; for common use
220. 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

ANSWERS: 210. explore, 211. define, 212. regularly, 213. intimate, 214. tune, 215. chronic, 216. acquaintance, 217. league, 218. suppose, 219. communal, 220. confidence

221. thin-and-light la___p *n.* a portable computer that is small enough to be carried around easily and used on your lap
222. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
223. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
224. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
225. cast co_____l eyes *adj.* funny, especially in a strange or absurd way
226. the gr_____y business *n.* a shop that sells food and other household items
227. the life cycle of a bu_____ly *n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
228. st_____ng innovation *adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner
229. di____r from the majority *v.* to be not like someone or something in some way
230. ro_____ic movies *adj.* of or relating to love or a sexual relationship
231. ex_____t pipe *n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

ANSWERS: 221. laptop, 222. sweat, 223. sweat, 224. generation, 225. comical, 226. grocery, 227. butterfly, 228. striking, 229. differ, 230. romantic, 231. exhaust

232. re____ve factors	<i>adj.</i> considered and evaluated through comparison with something else
233. natural ex_____rt	<i>n.</i> a person who is outgoing, sociable, and confident
234. is_____e a compound	<i>v.</i> to physically or socially separate someone or something from other people or things
235. the g_p between ideal and reality	<i>n.</i> a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
236. pr_____ve approach	<i>adj.</i> acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
237. a tremor of de_____t	<i>n.</i> a feeling of great pleasure or happiness
238. former co_____ue	<i>n.</i> one of a group of a coworker, especially in a profession or a business
239. run a large est_____ent	<i>n.</i> a business or organization, especially a well-established one; the act of starting or forming something that is meant to last for a long time
240. con_____te a large sum of money to the fund	<i>v.</i> to give something, especially money or goods, to provide or achieve something together with other people
241. ab___b energy	<i>v.</i> to take in a fluid or other substance gradually
242. su_____e after a short time	<i>v.</i> to become less intense or widespread; to sink to a lower level
243. the gen_____on of electricity	<i>n.</i> all the people born and living at about the same time, regarded collectively; the production of heat or electricity

ANSWERS: 232. relative, 233. extrovert, 234. isolate, 235. gap, 236. proactive, 237. delight, 238. colleague, 239. establishment, 240. contribute, 241. absorb, 242. subside, 243. generation

244. take a ca___l glance *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
245. as___s a tax of 10 pounds *v.* to judge or decide the nature or quality of someone or something
246. pr____ty seating for elderly *n.* something that is more important than other things and should be dealt with first
247. st____ng evidence *adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner
248. open-air aud____um *n.* a room or building used for concerts, plays, or other public performances
249. ine____le result *adj.* certain to happen and unavoidable
250. e__t a history book *v.* to prepare written material for publication by correcting, condensing, or otherwise modifying it
251. st____or management *n.* something that causes stress or emotional tension
252. sc___d all the time *adj.* afraid or frightened
253. as___n top priority *v.* to give a specific job or piece of work to a someone
254. co____er relationship *n.* a person who works with another in the same company or organization
255. as___e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

ANSWERS: 244. casual, 245. assess, 246. priority, 247. striking, 248. auditorium, 249. inevitable, 250. edit, 251. stressor, 252. scared, 253. assign, 254. coworker, 255. assume

256. col_____te with the police *v.* to work with someone else to produce or achieve something
257. ex_____e our options *v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
258. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
259. su_____e an argument *v.* to become less intense or widespread; to sink to a lower level
260. en_____c disease *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
261. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
262. a gr_____ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
263. documentary pr__f *n.* a fact or piece of information that shows something is true or exists
264. his social st_____ng *adj.* existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
265. 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

ANSWERS: 256. collaborate, 257. explore, 258. brain, 259. subside, 260. endemic, 261. diabetes, 262. grateful, 263. proof, 264. standing, 265. tip

266. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
267. stay phy_____ly fit *adv.* in a way related to a person's body or appearance rather than their mind
268. be_____d by many people *adj.* loved very much
269. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
270. ta_____er money *n.* a person who pays taxes to the government
271. bring my la____p *n.* a portable computer that is small enough to be carried around easily and used on your lap
272. su_____e beforehand *v.* to think that something is likely to be actual or possible

ANSWERS: 266. relation, 267. physically, 268. beloved, 269. calm, 270. taxpayer, 271. laptop, 272. suppose

Session 3: Fill in the Blanks

1. Malaria is _____ in many tropical countries.

adj. (of a disease or other problem) regularly found among particular people or in a certain area

2. He describes the story with _____ reality.

adj. extremely surprising, astonishing, and sometimes worrying

3. 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

4. It was his first _____ love.

adj. of or relating to love or a sexual relationship

5. He has an _____ knowledge of American history.

adj. having a very close friendship, personal

6. They fear a _____ of a new type of virus.

n. an outbreak of a disease that affects many people over a very wide area

7. She has a _____ eye for art and can spot a fake a mile away.

adj. able to make good judgments about what is true or right

8. 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

ANSWERS: 1. endemic, 2. startling, 3. hormone, 4. romantic, 5. intimate, 6. pandemic, 7. discerning, 8. confidence

9. A lack of education can be a significant _____ in today's job market.
n. a drawback or a negative aspect of something; (verb) to put someone or something in an unfavorable position
10. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
11. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
12. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
13. The following example _____ that the capacity of each battery is the same.
v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
14. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
15. In times of recession, an increase in unemployment is _____.
adj. certain to happen and unavoidable
16. The community celebrated the _____ of the new school.
n. a business or organization, especially a well-established one; the act of starting or forming something that is meant to last for a long time
17. Greed is the primary _____ in the making of criminals.
n. one of the things used to make something, especially one of the foods used to make a particular dish

ANSWERS: 9. disadvantage, 10. Chronic, 11. conversation, 12. mentioned, 13. assumes, 14. norms, 15. inevitable, 16. establishment, 17. ingredient

18. Many businesses felt the _____ effect of the economy's decline.
- n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
19. Many people are working together to close the gender ____.
- n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
20. Mercury is the closest _____ to the sun.
- n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
21. A gentle _____ concealed his powerfulness.
- n.* the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant
22. She intends to _____ a political career.
- v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
23. The teachers make full use of _____ assistance.
- n.* a person who performs or offers to perform a job or service without being paid for or forced to do
24. The class was composed of both _____ and graduate students.
- n.* a student who is studying for their first degree at a university or other higher education institution
25. We cannot _____ enough raw material sources.
- v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

ANSWERS: 18. ripple, 19. gap, 20. planet, 21. facade, 22. pursue, 23. volunteer, 24. undergraduate, 25. guarantee

26. Where can I _____ the application form?

v. to get something, especially by making a great effort

27. I'm _____ of insects.

adj. afraid or frightened

28. _____ rejection and acceptance are both psychologically significant events.

adj. connected with relationships between people

29. Difficulties _____ the mind, as labor does the body.

v. to become stronger or more effective; to make someone or something stronger or more effective

30. The _____ at the hotel had a wide variety of food options.

n. a meal where guests serve themselves from a counter or sideboard

31. She wiped the _____ off her forehead with a towel.

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

32. After retiring, he continued to be an _____ to politicians.

n. a person who gives advice about a particular subject

33. She struggled to _____ the children's reading habits.

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

34. I will go to the _____ store to buy food for dinner.

n. a shop that sells food and other household items

ANSWERS: 26. obtain, 27. scared, 28. Interpersonal, 29. strengthen, 30. buffet, 31. sweat, 32. adviser, 33. sustain, 34. grocery

35. She _____ denounced the government's mishandling of the economic crisis.

adv. in a manner accessible to or observable by the public; by the government

36. He won the _____ for best actor at the film festival.

n. a prize or other mark of recognition given in honor of an achievement

37. My ex-_____ and I had different working styles but managed to get along.

n. a person who works with another in the same company or organization

38. Please _____ a different color to each other kind of item.

v. to give a specific job or piece of work to a someone

39. They awaited news of the _____ of the election.

n. the result or effect of an action, event, etc.

40. There is a clear association between _____ consumption and cognitive decline.

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

41. Each _____ group has its unique rituals.

adj. relating or belonging to a group of people who share a cultural tradition

42. It took a few weeks to extract the _____ of information from those complicated sources.

n. a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

43. The new prime minister has vowed to take measures against the _____ economic crisis.

adj. continuing to exist or develop, or currently happening

ANSWERS: 35. publicly, 36. award, 37. coworker, 38. assign, 39. outcome, 40. alcohol, 41. ethnic, 42. nugget, 43. ongoing

44. Trial and error is an _____ part of education.

adj. indispensable; fundamental

45. She intentionally acts like an _____.

n. a person who is outgoing, sociable, and confident

46. The _____ concert was packed with fans.

adj. existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation

47. He enjoys collecting _____ specimens.

n. a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings

48. Government workers cannot _____ to political campaigns.

v. to give something, especially money or goods, to provide or achieve something together with other people

49. Later it turned out that the politician _____ the fact from the public.

v. to hide or alter someone's appearance to deceive or mislead others

50. 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

51. I want to _____ a toast in honor of our longstanding relationship.

v. to make a proposal, declare a plan for something

52. She studies gardening on a _____ basis.

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 44. essential, 45. extrovert, 46. standing, 47. butterfly, 48. contribute, 49. disguised, 50. struggle, 51. propose, 52. routine

53. He created a beautiful piece of music using only _____.

- n.* the act of making something up on the spot or creating or performing something without preparation

54. We are responsible for the care and _____ of all our employees.

- n.* the state of being happy and healthy and prosperous

55. The two plays have many _____ parallels.

- adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

56. Our company has an audit team that monitors directors for _____ of authority.

- n.* the use of something in an incorrect or harmful manner

57. The federal _____ is planning to increase taxes for the next fiscal year.

- n.* the group of people with authority to control a country or state

58. It was the first time in a long time that I felt truly _____ and at peace.

- adj.* not excited, angry, or nervous; free from wind, large waves

59. He covered up his failure with _____ laughter.

- adj.* funny, especially in a strange or absurd way

60. 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

61. Health and _____ are, above all, gold.

- n.* the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 53. improvisation, 54. well-being, 55. striking, 56. abuse, 57. government, 58. calm, 59. comical, 60. brain, 61. strength

62. The management must _____ strategies to increase office security.
- v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
63. My father was tested for _____.
- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
64. I need to _____ this document before submitting it to my boss.
- v.* to prepare written material for publication by correcting, condensing, or otherwise modifying it
65. She agreed to _____ with him in creating new artwork.
- v.* to work with someone else to produce or achieve something
66. I need to finish this report by tonight, so I'll be working on my _____ all day.
- n.* a portable computer that is small enough to be carried around easily and used on your lap
67. The _____ runner fell to the ground and gasped.
- adj.* extremely tired
68. This ad campaign is aimed _____ at young women.
- adv.* only associated with or meant for one thing
69. This accident was something that happened _____.
- adv.* in an essential manner; in such a way as could not be otherwise
70. The _____ on the child's faces when they received the toy was priceless.
- n.* a feeling of great pleasure or happiness

ANSWERS: 62. explore, 63. diabetes, 64. edit, 65. collaborate, 66. laptop, 67. exhausted, 68. specifically, 69. necessarily, 70. delight

71. The government should view children as national assets and actively _____ in them.

v. to put money, effort, time, etc. into something to make a profit or achieve a result

72. As a _____ he felt his money was wasted on unnecessary government projects.

n. a person who pays taxes to the government

73. I am here to save my _____.

adj. loved very much

74. The stages of the play were meticulously _____

adj. known to be real and what people say it is; not a fake or copy

75. The company's _____ was a result of new management strategies.

n. the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something

76. The journalist saved a _____ of the interview for later reference.

n. a small piece or brief extract of something

77. The two products _____ in their quality and price.

v. to be not like someone or something in some way

78. The law distinguishes between accidental and _____ killing.

adj. done, made or performed with purpose and intent

79. 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

ANSWERS: 71. invest, 72. taxpayer, 73. beloved, 74. authentic, 75. turnaround, 76. snippet, 77. differed, 78. intentional, 79. physically

80. The factory's _____ fumes polluted the air and affected the health of the nearby residents.
- n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
81. What do you _____ the culprit's motive was?
- v.* to think that something is likely to be actual or possible
82. The younger _____ has different values and beliefs than the older one.
- n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
83. The chairperson _____ him the right to speak.
- v.* to agree to give or allow somebody
84. Being an _____ is not a weakness, and it's just a different way of interacting with the world.
- n.* a shy and reticent person
85. She did well on her _____ exam.
- n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
86. _____ 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
87. I decided to seek counseling on the advice of my _____.
- n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 80. exhaust, 81. suppose, 82. generation, 83. granted, 84. introvert, 85. geography, 86. Depression, 87. colleague

88. _____ elections were held in several European countries.

adj. belonging to or used by a group rather than individuals; for common use

89. 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

90. Our company needs to _____ the business impact of climate change.

v. to judge or decide the nature or quality of someone or something

91. I am _____ opposed to his idea because of morality.

adv. without restriction or limitation; completely or utterly

92. The medicine soothes the pain of chronic _____.

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

93. She was _____ for the help he provided.

adj. feeling or showing an appreciation of kindness; thankful

94. The investigation _____ several government agencies and is expected to take several months.

v. to include or affect someone or something as a necessary part of something else

95. As a _____ he helped me realize my career.

n. a person who helps and advises a younger or less experienced person over time, usually at work or school

ANSWERS: 88. Communal, 89. tips, 90. assess, 91. absolutely, 92. inflammation, 93. grateful, 94. involves, 95. mentor,

96. There is a woods with a creek near the school _____.
- n.* an area where many people go for recreation, especially at a school or in a park
97. The _____ documents were only available to authorized personnel.
- adj.* intended to be kept secret
98. The motivational speaker _____ the crowd with their words.
- v.* to give energy or vitality to someone or something; to invigorate
99. The party was boring, but the drinks helped _____ things up.
- v.* to make something more interesting, exciting, or active
100. Her _____ is to be a mother.
- n.* something that is more important than other things and should be dealt with first
101. She is still _____ from a shot to her shoulder.
- v.* to return to a former condition, health, mind, or strength
102. The company struggled to maintain an _____ between its profits and social responsibilities.
- n.* a state in which opposing forces or influences are balanced
103. The financial industry _____ was responsible for ensuring that companies followed the laws.
- n.* a person or thing that controls or balances something; a person or an organization that is responsible for control and supervision of a particular activity or area of public interest

ANSWERS: 96. playground, 97. confidential, 98. energized, 99. liven, 100. priority, 101. recovering, 102. equilibrium, 103. regulator

104. The storm _____ leaving the town in peace.

v. to become less intense or widespread; to sink to a lower level

105. The community greatly respected and sought after the older adult's _____.

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

106. The majority of students actively _____ in the college's intramural sports program.

v. to take part in something

107. They had a _____ conversation over coffee at the local cafe.

adj. relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

108. The fan _____ the air in the room quickly.

v. to move continuously or freely around a place or closed system

109. He was awfully _____ by the news.

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

110. The sponge _____ water well.

v. to take in a fluid or other substance gradually

111. Timely education about birth control might help reduce _____ pregnancies.

n. a young person who is in the process of developing from a child into an adult

ANSWERS: 104. subsided, 105. wisdom, 106. participated, 107. casual, 108. circulates, 109. upset, 110. absorbs, 111. adolescent

112. The treasure _____ of ancient artifacts was a museum's dream come true.
n. a valuable collection of rare or interesting things, usually on the earth
113. The _____ seating was filled with people waiting for the concert to begin.
n. a room or building used for concerts, plays, or other public performances
114. I have no _____ to the countryside.
n. a feeling of affection for someone or something
115. He took the _____ to work every day to avoid traffic congestion.
n. an underground railway system, typically in a city
116. She went to the fully equipped ____ to work out every day.
n. a place equipped for exercise and other physical training
117. You should not _____ them from the community.
v. to physically or socially separate someone or something from other people or things
118. The band played a beautiful _____ on their instruments.
n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
119. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand
120. I _____ for reasons already stated above.
v. to have or express a different opinion, idea, etc.

ANSWERS: 112. trove, 113. auditorium, 114. attachment, 115. subway, 116. gym, 117. isolate, 118. tune, 119. obvious, 120. disagree

121. I met him at a party, and we quickly became _____.

n. a person one knows but who is not a close friend

122. An ironic remark often _____ an intended meaning obliquely.

v. to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another

123. His _____ showed highly positive results.

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

124. To advance this discussion, we must _____ "success" rigorously.

v. to state or explain precisely the nature, scope, or meaning of something

125. This site _____ shares high-quality academic materials.

adv. at regular intervals or times

126. Her passions are in the _____ of real-world political affairs.

n. a domain of activity, interest, or knowledge

127. The company implemented _____ measures to prevent future issues.

adj. acting in advance to deal with an expected difficulty or to take advantage of an opportunity.

128. She couldn't _____ whether to order the pizza or the pasta for dinner.

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

129. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

ANSWERS: 121. acquaintances, 122. conveys, 123. experiments, 124. define, 125. regularly, 126. realm, 127. proactive, 128. decide, 129. relations

130. It is a basic instinct to _____ from a dangerous situation.

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

131. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.

adj. answerable or accountable for something within one's power, control, or management

132. After a long work day, she likes to _____ on her accomplishments and plan for the next day.

v. to think deeply about something; to ponder

133. He was recruited to play in the professional _____.

n. an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

134. Most countries prohibit sexual activity between certain close _____.

adj. considered and evaluated through comparison with something else

135. The deadline for the project was a major _____ for the team.

n. something that causes stress or emotional tension

136. _____ is better than argument.

n. a fact or piece of information that shows something is true or exists

ANSWERS: 130. flee, 131. responsible, 132. ruminate, 133. league, 134. relatives, 135. stressor, 136. Proof