

# Englist.me



## Vocabulary Builder Reference from...

*Valérie Courtois: How Indigenous guardians protect the planet and humanity | TED Talk*

[https://www.ted.com/talks/valerie\\_courtois\\_how\\_indigenous\\_guardians\\_protect\\_the\\_planet\\_and\\_humanity](https://www.ted.com/talks/valerie_courtois_how_indigenous_guardians_protect_the_planet_and_humanity)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### aspiration

*n.* a strong desire to achieve something; the action or process of drawing breath

*synonym*: ambition, inhalation, intake

(1) no **aspiration** for fame, (2) **aspiration** into the lungs  
He has an **aspiration** to become a doctor.

### turmoil

*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

*synonym*: chaos, confusion, disorder

(1) political **turmoil**, (2) the **turmoil** of the war  
The company experienced financial **turmoil** after the CEO was arrested.

### unnatural

*adj.* not in accordance with the normal or natural order or not normal, typical, or expected

*synonym*: abnormal, bizarre, artificial

(1) **unnatural** death, (2) **unnatural** disaster  
The **unnatural** growth of the city has disrupted wildlife habitats.

### boreal

*adj.* relating to the Northern Hemisphere or relating to the northern forests called taiga

*synonym*: arctic, northern, tundra

(1) **boreal** conifer, (2) **boreal** ecosystem

The **boreal** forest covers vast areas of Canada and Alaska.

## caribou

*n.* a large North American deer that is found in Arctic and sub-Arctic regions

*synonym* : reindeer, deer

(1) **caribou** herd, (2) reintroduce **caribou**

**Caribou** migrate long distances across the tundra in search of food.

## firsthand

*adv.* from the source; directly; (adjective) received directly from a source

*synonym* : direct

(1) hear customer's voices **firsthand**, (2) conduct **firsthand** research

The manager tried to hear customers' voices **firsthand**.

## colonize

*v.* to establish a colony in or on a specific place; to settle or occupy in large numbers

*synonym* : settle, occupy, inhabit

(1) **colonize** planets, (2) **colonize** for cultivation

European powers **colonized** much of the Americas in the 16th and 17th centuries.

## conserve

*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

*synonym* : preserve, save, maintain

(1) means to **conserve** energy, (2) **conserve** coal resources

Children must be taught to **conserve** our natural environment.

## moose

*n.* a large deer native to the northern forests of North America and Eurasia

*synonym* : elk, deer, antelope

(1) **moose** hunting, (2) **moose** population

The antlers of a bull **moose** can grow up to 6 feet in width and weigh over 60 pounds.

## intergenerational

*adj.* relating to, involving, or affecting different generations

(1) **intergenerational** conflict, (2) promote **intergenerational** ties

The results of that survey clearly show **intergenerational** differences in attitudes toward LGBTQ.

## forcibly

*adv.* done by physical power or violence; against someone's will

*synonym*: violently, roughly, aggressively

(1) **forcibly** remove, (2) **forcibly** taken into a car

The police officer **forcibly** removed the protesters from the public park.

## indoctrinate

*v.* to teach a person or group of people to accept a set of beliefs uncritically

*synonym*: brainwash, educate, instruct

(1) **indoctrinate** youth, (2) **indoctrinate** ideology

The government attempted to **indoctrinate** the population with its propaganda.

## nurture

*v.* to take care of, feed, and protect someone or something while they are growing and developing

*synonym*: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

## incarceration

*n.* the state of being confined in prison or jail

*synonym*: confinement, imprisonment, detention

(1) mass **incarceration**, (2) **incarceration** rates

The judge sentenced him to five years of **incarceration** for embezzlement.

## 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.

## 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**.

## wolverine

*n.* a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia

*synonym* : glutton, devil bear, skunk bear

(1) **wolverine** habitat, (2) reintroduction of **wolverine**  
The **wolverine** population has declined in many areas due to habitat loss and human activity.

## lynx

*n.* a wild cat with tufted ears, native to Eurasia and North America

*synonym* : feline, wildcat, bobcat

(1) **lynx** habitat, (2) **lynx** population  
The Siberian **lynx** is a solitary hunter native to the boreal forests.

## songbird

*n.* a bird with a musical call, such as a blackbird or thrush

*synonym* : songster

(1) migratory **songbird**, (2) tropical **songbird**  
Federal law protects the majority of **songbirds**.

## medicinal

*adj.* of or relating to the treatment or cure of disease

*synonym* : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**  
The **medicinal** properties of this herb have been known to

help with various ailments.

## beluga

*n.* a type of whale found mainly in Arctic and sub-Arctic waters

*synonym*: white whale, sea canary, beluga sturgeon

(1) **beluga** sturgeon, (2) **beluga** caviar

**Beluga** whales are known for their distinctive white color and vocalizations.

## storehouse

*n.* a large building or room used for storing goods

*synonym*: warehouse, depository, repository

(1) **storehouse** supplies, (2) **storehouse** inventory

The security of a **storehouse** is essential to prevent theft or damage to the stored items.

## decompose

*v.* to break down or cause to break down over time into simpler substances or elements

*synonym*: break down, rot, spoil

(1) **decompose** matter, (2) **decompose** into simpler molecules

After the earthquake, many of the buildings in the city were left in ruins and began to **decompose**.

## hectare

*n.* a unit of area equal to 10,000 square meters

(1) **hectare** land, (2) housing per **hectare**

The farm spans over 100 **hectares** of land.

## 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.

## uplift

*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

*synonym*:

upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

## **ancestor**

*n.* a person from whom one is descended; a forefather

*synonym*: forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

## Session 2: Spelling

- |                                |  |
|--------------------------------|--|
| 1. no asp_____on for fame      | <i>n.</i> a strong desire to achieve something; the action or process of drawing breath                                |
| 2. fo_____ly remove            | <i>adv.</i> done by physical power or violence; against someone's will   |
| 3. imp_____ion on stage        | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation           |
| 4. asp_____on into the lungs   | <i>n.</i> a strong desire to achieve something; the action or process of drawing breath                                |
| 5. the tu_____l of the war     | <i>n.</i> a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions |
| 6. reintroduction of wo_____ne | <i>n.</i> a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia                |
| 7. the wel_____ng of a nation  | <i>n.</i> the state of being happy and healthy and prosperous  |
| 8. promote int_____nal ties    | <i>adj.</i> relating to, involving, or affecting different generations   |
| 9. housing per he_____e        | <i>n.</i> a unit of area equal to 10,000 square meters   |
| 10. a sense of wel_____ng      | <i>n.</i> the state of being happy and healthy and prosperous  |
| 11. inc_____ion rates          | <i>n.</i> the state of being confined in prison or jail  |
| 12. int_____nal conflict       | <i>adj.</i> relating to, involving, or affecting different generations   |

ANSWERS: 1. aspiration, 2. forcibly, 3. improvisation, 4. aspiration, 5. turmoil, 6. wolverine, 7. well-being, 8. intergenerational, 9. hectare, 10. well-being, 11. incarceration, 12. intergenerational

- |                                |   |
|--------------------------------|---|
| 13. tropical so_____rd         | <i>n.</i> a bird with a musical call, such as a blackbird or thrush   |
| 14. un_____al disaster         | <i>adj.</i> not in accordance with the normal or natural order or not normal, typical, or expected                        |
| 15. up____t my spirit          | <i>n.</i> the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits |
| 16. a ri____e of laughter      | <i>n.</i> a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind         |
| 17. bo____l ecosystem          | <i>adj.</i> relating to the Northern Hemisphere or relating to the northern forests called taiga                          |
| 18. un_____al death            | <i>adj.</i> not in accordance with the normal or natural order or not normal, typical, or expected                        |
| 19. ind_____ate youth          | <i>v.</i> to teach a person or group of people to accept a set of beliefs uncritically                                    |
| 20. l__x population            | <i>n.</i> a wild cat with tufted ears, native to Eurasia and North America  |
| 21. he_____e land              | <i>n.</i> a unit of area equal to 10,000 square meters  |
| 22. conduct fi_____nd research | <i>adv.</i> from the source; directly; (adjective) received directly from a source  |
| 23. co_____ze for cultivation  | <i>v.</i> to establish a colony in or on a specific place; to settle or occupy in large numbers                           |
| 24. ind_____ate ideology       | <i>v.</i> to teach a person or group of people to accept a set of beliefs uncritically                                    |

ANSWERS: 13. songbird, 14. unnatural, 15. uplift, 16. ripple, 17. boreal, 18. unnatural, 19. indoctrinate, 20. lynx, 21. hectare, 22. firsthand, 23. colonize, 24. indoctrinate



25. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
26. de\_\_\_\_\_se matter *v.* to break down or cause to break down over time into simpler substances or elements
27. bo\_\_\_\_l conifer *adj.* relating to the Northern Hemisphere or relating to the northern forests called taiga
28. mass inc\_\_\_\_\_ion *n.* the state of being confined in prison or jail
29. sto\_\_\_\_\_se inventory *n.* a large building or room used for storing goods
30. sto\_\_\_\_\_se supplies *n.* a large building or room used for storing goods
31. hear customer's voices fi\_\_\_\_\_nd *adv.* from the source; directly; (adjective) received directly from a source
32. co\_\_\_\_\_ze planets *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
33. nu\_\_\_\_\_e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
34. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
35. up\_\_\_\_t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
36. de\_\_\_\_\_se into simpler molecules *v.* to break down or cause to break down over time into simpler substances or elements

ANSWERS: 25. improvisation, 26. decompose, 27. boreal, 28. incarceration, 29. storehouse, 30. storehouse, 31. firsthand, 32. colonize, 33. nurture, 34. medicinal, 35. uplift, 36. decompose

- |                               |  |
|-------------------------------|--|
| 37. earliest human an____or   | <i>n.</i> a person from whom one is descended; a forefather  |
| 38. mo__e population          | <i>n.</i> a large deer native to the northern forests of North America and Eurasia                                     |
| 39. reintroduce ca____u       | <i>n.</i> a large North American deer that is found in Arctic and sub-Arctic regions                                   |
| 40. wo_____ne habitat         | <i>n.</i> a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia                |
| 41. an____or language         | <i>n.</i> a person from whom one is descended; a forefather  |
| 42. political tu____l         | <i>n.</i> a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions |
| 43. co____ve coal resources   | <i>v.</i> to protect something, especially the natural environment or culture, from change, damage, or destruction     |
| 44. mo__e hunting             | <i>n.</i> a large deer native to the northern forests of North America and Eurasia                                     |
| 45. fo____ly taken into a car | <i>adv.</i> done by physical power or violence; against someone's will   |
| 46. means to co____ve energy  | <i>v.</i> to protect something, especially the natural environment or culture, from change, damage, or destruction     |
| 47. ri____e in the water      | <i>n.</i> a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind      |
| 48. be____a sturgeon          | <i>n.</i> a type of whale found mainly in Arctic and sub-Arctic waters   |

ANSWERS: 37. ancestor, 38. moose, 39. caribou, 40. wolverine, 41. ancestor, 42. turmoil, 43. conserve, 44. moose, 45. forcibly, 46. conserve, 47. ripple, 48. beluga

49. migratory so\_\_\_\_rd *n.* a bird with a musical call, such as a blackbird or thrush
50. be\_\_\_a caviar *n.* a type of whale found mainly in Arctic and sub-Arctic waters
51. ca\_\_\_\_u herd *n.* a large North American deer that is found in Arctic and sub-Arctic regions
52. nu\_\_\_\_e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
53. l\_\_x habitat *n.* a wild cat with tufted ears, native to Eurasia and North America
54. traditional me\_\_\_\_al *adj.* of or relating to the treatment or cure of disease

ANSWERS: 49. songbird, 50. beluga, 51. caribou, 52. nurture, 53. lynx, 54. medicinal

## Session 3: Fill in the Blanks

1. The antlers of a bull \_\_\_\_\_ can grow up to 6 feet in width and weigh over 60 pounds.  
*n.* a large deer native to the northern forests of North America and Eurasia
2. The \_\_\_\_\_ in the stock market has been a relief to investors.  
*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
3. The farm spans over 100 \_\_\_\_\_ of land.  
*n.* a unit of area equal to 10,000 square meters
4. \_\_\_\_\_ migrate long distances across the tundra in search of food.  
*n.* a large North American deer that is found in Arctic and sub-Arctic regions
5. The security of a \_\_\_\_\_ is essential to prevent theft or damage to the stored items.  
*n.* a large building or room used for storing goods
6. The \_\_\_\_\_ forest covers vast areas of Canada and Alaska.  
*adj.* relating to the Northern Hemisphere or relating to the northern forests called taiga
7. 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
8. European powers \_\_\_\_\_ much of the Americas in the 16th and 17th centuries.  
*v.* to establish a colony in or on a specific place; to settle or occupy in large numbers

ANSWERS: 1. moose, 2. uplift, 3. hectares, 4. Caribou, 5. storehouse, 6. boreal, 7. ripple, 8. colonized

9. The manager tried to hear customers' voices \_\_\_\_\_.
- adv.* from the source; directly; (adjective) received directly from a source
10. Children must be taught to \_\_\_\_\_ our natural environment.
- v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
11. After the earthquake, many of the buildings in the city were left in ruins and began to \_\_\_\_\_.
- v.* to break down or cause to break down over time into simpler substances or elements
12. My remote \_\_\_\_\_ immigrated to the United States from Ireland in the 1800s.
- n.* a person from whom one is descended; a forefather
13. 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
14. The judge sentenced him to five years of \_\_\_\_\_ for embezzlement.
- n.* the state of being confined in prison or jail
15. The government attempted to \_\_\_\_\_ the population with its propaganda.
- v.* to teach a person or group of people to accept a set of beliefs uncritically
16. \_\_\_\_\_ whales are known for their distinctive white color and vocalizations.
- n.* a type of whale found mainly in Arctic and sub-Arctic waters

ANSWERS: 9. firsthand, 10. conserve, 11. decompose, 12. ancestor, 13. improvisation, 14. incarceration, 15. indoctrinate, 16. Beluga

17. The police officer \_\_\_\_\_ removed the protesters from the public park.

*adv.* done by physical power or violence; against someone's will

18. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.

*adj.* of or relating to the treatment or cure of disease

19. The \_\_\_\_\_ growth of the city has disrupted wildlife habitats.

*adj.* not in accordance with the normal or natural order or not normal, typical, or expected

20. We are responsible for the care and \_\_\_\_\_ of all our employees.

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

21. He has an \_\_\_\_\_ to become a doctor.

*n.* a strong desire to achieve something; the action or process of drawing breath

22. The \_\_\_\_\_ population has declined in many areas due to habitat loss and human activity.

*n.* a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia

23. The Siberian \_\_\_\_\_ is a solitary hunter native to the boreal forests.

*n.* a wild cat with tufted ears, native to Eurasia and North America

24. Federal law protects the majority of \_\_\_\_\_.

*n.* a bird with a musical call, such as a blackbird or thrush

25. Schools should \_\_\_\_\_ children's mutual interest spirit.

*v.* to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 17. forcibly, 18. medicinal, 19. unnatural, 20. well-being, 21. aspiration, 22. wolverine, 23. lynx, 24. songbirds, 25. nurture

26. The company experienced financial \_\_\_\_\_ after the CEO was arrested.

*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

27. The results of that survey clearly show \_\_\_\_\_ differences in attitudes toward LGBTQ.

*adj.* relating to, involving, or affecting different generations

ANSWERS: 26. turmoil, 27. intergenerational