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TED-Ed: How to manage your emotions | TED Talk
https://www.ted.com/talks/ted_ed_how_to_manage_your_emotions

All Words

IMPORTANT

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Session 1: Word List

ace *n.* a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field

synonym : expert, master, champion

(1) tennis **ace**, (2) **ace** in the hole

He was an **ace** at playing poker and often won the game.

confident *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym : certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark

I'm not **confident** in our victory.

grade *n.* a particular level of quality, size, importance, etc.

synonym : score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

devastate *v.* to wreck a place or an area or cause significant damage

synonym : demolish, destroy, crush

(1) **devastate** an area, (2) **devastate** the economy

Earthquakes can also trigger tsunamis, which **devastate**

coastal areas.

emotion

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

synonym: feeling, sentiment, passion

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

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

definitive

adj. serving to provide a final solution or to end a situation; final and not able to be changed

synonym: conclusive, final, decisive

(1) **definitive** answer, (2) a **definitive** edition

The study provided **definitive** proof of the effectiveness of the new drug.

numerous

adj. amounting to a large indefinite number

synonym: many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand

These descriptions are based on a number of **numerous** assumptions.

strategy

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

synonym: approach, procedure, scenario

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

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

regulate

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

synonym: control, restrain, handle

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

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

framework

n. the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text

synonym : structure, scheme, foundation

(1) legal **framework**, (2) the **framework** of a house

He devised a new analytical **framework** to capture the phenomenon.

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

identify

v. to recognize someone or something and say or prove who or what they are

synonym : determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

intervene

v. to intentionally get involved in a situation to improve it or prevent it from getting worse

synonym : interfere, mediate, intercede

(1) **intervene** in a dispute, (2) **intervene** between quarreling parties

Following international law, our country does not **intervene** in the internal affairs of our neighbors.

evaluate

v. to assess or estimate the quality, significance, quantity, or value of something

synonym : assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation

The meeting aims to **evaluate** possible choices.

appraise

v. to assess or evaluate the value, quality, or condition of something or someone, often in a professional or organized manner

synonym : evaluate, assess, judge

(1) **appraise** his property, (2) **appraise** the situation

The real estate agent will **appraise** the value of your property before listing it.

hinder

v. to make it difficult for someone to do something; to limit the development of something

synonym : frustrate, hamper, interfere

(1) **hinder** athletic performance, (2) **hinder** international exchanges

The pandemic **hindered** the growth of the airline industry.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym : flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

appraisal

n. an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

synonym : assessment, evaluation, judgment

(1) performance **appraisal**, (2) real estate **appraisal**

She received a positive **appraisal** from her boss for her outstanding performance at work.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

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

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

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

consciously

adv. with awareness; in a deliberate manner

synonym : intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

outline

v. to describe the main facts or aspects involved in something

synonym : recap, summarize, digest

(1) **outlined** the plan, (2) **outline** the findings

This page **outlines** our response planning for an emergency.

phase

n. any stage in a series of events, change, or development

synonym : degree, stage, step

(1) enter on the last **phase**, (2) two- **phase** structure

The era of the industrial revolution was a crucial **phase** of history.

skip

v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

synonym : bounce, spring, neglect

(1) **skip** across the country, (2) **skip** breakfast

We **skipped** the topic because it was too complicated.

attend

v. to be present at an event, to go to a place

synonym : go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

mod

n. a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their

clothes consciousness and opposition to the rockers
synonym : alteration, modification, tweak

(1) **mod** culture, (2) a house with **mod** cons

The **mod** for the video game added new features and improved gameplay.

interact

v. to communicate or react with somebody

synonym : cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

shift

n. a slight transition in position, direction, or trend

synonym : transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

temper

n. a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object

synonym : mood, disposition, nature

(1) a hasty **temper**, (2) bridle my **temper**

The **temper** of the steel needs to be just right to ensure the product's durability.

tricky

adj. requiring care and skill because challenging to do or deal with

synonym : thorny, problematic, crafty

(1) **tricky** problem, (2) a **tricky** recipe to follow

We have discussed the entirety of this **tricky** problem.

recreational

adj. relating to or for leisure or pleasure; done for enjoyment rather than work or duty

synonym : leisure, fun, entertaining

(1) a **recreational** center, (2) **recreational** drugs

I enjoy **recreational** activities such as hiking and swimming.

negative

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

synonym : minus, adverse, pessimistic

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

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

sustainable

adj. able to continue or be continued for a long time

synonym : continuable, enduring, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym : apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

mood

n. the way you feel at a particular time; an angry or impatient state of mind

synonym: mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

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.

tempting

adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe

synonym: alluring, attractive, inviting

(1) **tempting** offer, (2) sound very **tempting**

The chocolate cake was too **tempting** for me to resist.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym: intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike

Honesty is an **inherent** quality that everyone should strive to possess.

unhelpful

adj. not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal

synonym: useless, ineffective, detrimental

(1) **unhelpful** comments, (2) **unhelpful** for people

His **unhelpful** attitude made it difficult for the team to

complete the project on time.

appropriate

adj. suitable or proper in the circumstances; fitting

synonym : fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym : compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

converse

v. to talk informally

synonym : discourse, discuss, exchange

(1) **converse** with an acquaintance, (2) ask a **converse** question

She enjoyed the opportunity to **converse** with a person who spoke her language.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

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.

ignore

v. to intentionally not listen or pay attention to

synonym : neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

annoy

v. to make someone angry, anxious, or irritating slightly
synonym : aggravate, irritate, unsettle

(1) **annoy** at the time, (2) **annoy** everyone else

Her constant chatter was starting to **annoy** the neighbors.

upbeat

adj. positive, optimistic, or enthusiastic in attitude or outlook;
having a lively or energetic rhythm or tempo, especially
in music

synonym : optimistic, positive, hopeful

(1) **upbeat** attitude, (2) remain **upbeat** about the future

The **upbeat** music helped to lift her spirits and put her in a good mood.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym : equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

guilt

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

synonym : regret, remorse, blame

(1) criminal **guilt**, (2) feeling of **guilt**

Shame and **guilt** have significant social influences.

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.

disappointment

n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's

expectations or hopes

synonym : letdown, frustration, discouragement

(1) **disappointment** in the result, (2) **disappointment** with the service

The cancellation of the concert was a huge **disappointment** for the fans.

cultivate

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

synonym : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

Session 2: Spelling

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|--------------------------|------|--|
| 1. medical in___n | v. | to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |
| 2. ig___e a ban | v. | to intentionally not listen or pay attention to |
| 3. br___h of wind | n. | the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs |
| 4. m_d culture | n. | a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers |
| 5. sound very te_____ng | adj. | likely to attract or persuade someone to do something, especially something that may not be wise or safe |
| 6. tennis a_e | n. | a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field |
| 7. re_____te our conduct | v. | to control something, especially by means of rules or laws |

ANSWERS: 1. intern, 2. ignore, 3. breath, 4. mod, 5. tempting, 6. ace, 7. regulate

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|-------------------------------|-------------|---|
| 8. cu_____te a field | <i>v.</i> | to prepare and foster land for growing crops or plants |
| 9. criminal gu__t | <i>n.</i> | the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong |
| 10. enter on the last ph__e | <i>n.</i> | any stage in a series of events, change, or development |
| 11. an__y at the time | <i>v.</i> | to make someone angry, anxious, or irritating slightly |
| 12. psy_____gy of crowd | <i>n.</i> | the scientific study of mind and behavior |
| 13. nu_____us countries | <i>adj.</i> | amounting to a large indefinite number |
| 14. ig___e her advice | <i>v.</i> | to intentionally not listen or pay attention to |
| 15. s__p across the country | <i>v.</i> | to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do |
| 16. ou_____ed the plan | <i>v.</i> | to describe the main facts or aspects involved in something |
| 17. the ba_____e of power | <i>n.</i> | a condition in which everything has the same weight or force; something left after other parts have been taken away |
| 18. dis_____ent in the result | <i>n.</i> | the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes |

ANSWERS: 8. cultivate, 9. guilt, 10. phase, 11. annoy, 12. psychology, 13. numerous, 14. ignore, 15. skip, 16. outline, 17. balance, 18. disappointment

19. two-ph__e structure *n.* any stage in a series of events, change, or development
20. ask a co____se question *v.* to talk informally
21. em_____al distress *adj.* relating to people's feelings
22. re____te blood sugar levels *v.* to control something, especially by means of rules or laws
23. ap____se the situation *v.* to assess or evaluate the value, quality, or condition of something or someone, often in a professional or organized manner
24. an app_____te time *adj.* suitable or proper in the circumstances; fitting
25. express fru_____on *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
26. ev____te a situation *v.* to assess or estimate the quality, significance, quantity, or value of something
27. full of em____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
28. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
29. hold your br____h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
30. te____ng offer *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe

ANSWERS: 19. phase, 20. converse, 21. emotional, 22. regulate, 23. appraise, 24. appropriate, 25. frustration, 26. evaluate, 27. empathy, 28. consciously, 29. breath, 30. tempting

31. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
32. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
33. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
34. a rec_____nal center *adj.* relating to or for leisure or pleasure; done for enjoyment rather than work or duty
35. in_____nt risk *adj.* existing in something as a permanent, essential, or characteristic attribute
36. Doppler sh__t *n.* a slight transition in position, direction, or trend
37. bridle my te___r *n.* a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object
38. get up__t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
39. a hasty te___r *n.* a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object
40. psy_____gy experiment *n.* the scientific study of mind and behavior
41. in an ugly m__d *n.* the way you feel at a particular time; an angry or impatient state of mind

ANSWERS: 31. confident, 32. grade, 33. grade, 34. recreational, 35. inherent, 36. shift, 37. temper, 38. upset, 39. temper, 40. psychology, 41. mood

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| 42. dis_____ent with the service | <i>n.</i> the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes |
| 43. hi___r international exchanges | <i>v.</i> to make it difficult for someone to do something; to limit the development of something |
| 44. de___e my position | <i>v.</i> to state or explain precisely the nature, scope, or meaning of something |
| 45. military st____gy | <i>n.</i> a detailed plan of action designed to achieve a long-term or overall goal. |
| 46. in_____ct directly with customers | <i>v.</i> to communicate or react with somebody |
| 47. de_____te an area | <i>v.</i> to wreck a place or an area or cause significant damage |
| 48. in___n civilians | <i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |
| 49. de_____te the economy | <i>v.</i> to wreck a place or an area or cause significant damage |
| 50. principles of sus_____le development | <i>adj.</i> able to continue or be continued for a long time |
| 51. remain up___t about the future | <i>adj.</i> positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music |

ANSWERS: 42. disappointment, 43. hinder, 44. define, 45. strategy, 46. interact, 47. devastate, 48. intern, 49. devastate, 50. sustainable, 51. upbeat

52. un_____ul comments *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
53. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
54. major paradigm sh__t *n.* a slight transition in position, direction, or trend
55. un_____ul for people *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
56. s__p breakfast *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
57. id_____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
58. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
59. a house with m_d cons *n.* a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers
60. ev_____te the grant proposal *v.* to assess or estimate the quality, significance, quantity, or value of something

ANSWERS: 52. unhelpful, 53. fin, 54. shift, 55. unhelpful, 56. skip, 57. identify, 58. fin, 59. mod, 60. evaluate

61. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
62. a def_____ve edition *adj.* serving to provide a final solution or to end a situation; final and not able to be changed
63. a tr___y recipe to follow *adj.* requiring care and skill because challenging to do or deal with
64. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
65. feeling of gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
66. ap_____se his property *v.* to assess or evaluate the value, quality, or condition of something or someone, often in a professional or organized manner
67. asset on the company's ba_____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
68. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
69. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
70. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are

ANSWERS: 61. upset, 62. definitive, 63. tricky, 64. negative, 65. guilt, 66. appraise, 67. balance, 68. emotion, 69. technique, 70. identify

71. the m__d in a room
n. the way you feel at a particular time; an angry or impatient state of mind
72. fru_____on level
n. the feeling of being upset or annoyed as a result of being unable to change or achieve something
73. rec_____nal drugs
adj. relating to or for leisure or pleasure; done for enjoyment rather than work or duty
74. in_____ne between quarreling parties
v. to intentionally get involved in a situation to improve it or prevent it from getting worse
75. an op_____ne remark
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
76. app_____te behavior
adj. suitable or proper in the circumstances; fitting
77. act con_____ly
adv. with awareness; in a deliberate manner
78. a con_____ly varying mind
adv. all the time
79. control my em_____n
n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
80. a ne_____ve number
adj. having the quality of something bad or harmful; expressing refusal
81. up___t attitude
adj. positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music
82. real estate ap_____al
n. an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

ANSWERS: 71. mood, 72. frustration, 73. recreational, 74. intervene, 75. opportune, 76. appropriate, 77. consciously, 78. constantly, 79. emotion, 80. negative, 81. upbeat, 82. appraisal

83. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
84. co____se with an acquaintance *v.* to talk informally
85. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
86. post re_____ly to a blog *adv.* at regular intervals or times
87. legal fr_____rk *n.* the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text
88. re_____ly arranged *adv.* at regular intervals or times
89. an__y everyone else *v.* to make someone angry, anxious, or irritating slightly
90. in_____ne in a dispute *v.* to intentionally get involved in a situation to improve it or prevent it from getting worse
91. at___d a meeting *v.* to be present at an event, to go to a place
92. a con_____ly innovative enterprise *adv.* all the time
93. def_____ve answer *adj.* serving to provide a final solution or to end a situation; final and not able to be changed
94. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being

ANSWERS: 83. empathy, 84. converse, 85. opportune, 86. regularly, 87. framework, 88. regularly, 89. annoy, 90. intervene, 91. attend, 92. constantly, 93. definitive, 94. unhealthy

95. a_e in the hole *n.* a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field
96. ou_____e the findings *v.* to describe the main facts or aspects involved in something
97. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
98. tr___y problem *adj.* requiring care and skill because challenging to do or deal with
99. have an in_____nt dislike *adj.* existing in something as a permanent, essential, or characteristic attribute
100. the fr_____rk of a house *n.* the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text
101. hi___r athletic performance *v.* to make it difficult for someone to do something; to limit the development of something
102. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
103. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
104. performance ap_____al *n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

ANSWERS: 95. ace, 96. outline, 97. technique, 98. tricky, 99. inherent, 100. framework, 101. hinder, 102. strategy, 103. unhealthy, 104. appraisal

105. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
106. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
107. em_____al health *adj.* relating to people's feelings
108. at____d service *v.* to be present at an event, to go to a place
109. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
110. as nu_____us as the sand *adj.* amounting to a large indefinite number
111. in_____ct with one another *v.* to communicate or react with somebody
112. de____e a word *v.* to state or explain precisely the nature, scope, or meaning of something

ANSWERS: 105. sustainable, 106. confident, 107. emotional, 108. attend, 109. cultivate, 110. numerous, 111. interact, 112. define

Session 3: Fill in the Blanks

1. He felt a deep _____ as he realized the project would not be completed on time.
n. the feeling of being upset or annoyed as a result of being unable to change or achieve something
2. She had a master's degree in _____.
n. the scientific study of mind and behavior
3. He _____ criticizes her in the publicity.
adv. with awareness; in a deliberate manner
4. Following international law, our country does not _____ in the internal affairs of our neighbors.
v. to intentionally get involved in a situation to improve it or prevent it from getting worse
5. He was an ____ at playing poker and often won the game.
n. a playing card with a single symbol or mark that is typically the highest in value or rank in a particular card game; a person who is very skilled or successful in a specific activity or field
6. He bated his _____ when talking about this affair.
n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
7. Some _____ are common across cultures and backgrounds.
n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

ANSWERS: 1. frustration, 2. psychology, 3. consciously, 4. intervene, 5. ace, 6. breath, 7. emotions

8. I will introduce you to how to _____ the leading causes of the malfunction.
v. to recognize someone or something and say or prove who or what they are
9. Honesty is an _____ quality that everyone should strive to possess.
adj. existing in something as a permanent, essential, or characteristic attribute
10. His gaffe spoiled the _____ of the dinner party.
n. the way you feel at a particular time; an angry or impatient state of mind
11. This page _____ our response planning for an emergency.
v. to describe the main facts or aspects involved in something
12. The cancellation of the concert was a huge _____ for the fans.
n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
13. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
14. This site _____ shares high-quality academic materials.
adv. at regular intervals or times
15. Jockey's superior _____ brought him victory.
n. a particular way or art of doing something that needs skill
16. Her constant chatter was starting to _____ the neighbors.
v. to make someone angry, anxious, or irritating slightly
17. I'm not _____ in our victory.
adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

ANSWERS: 8. identify, 9. inherent, 10. mood, 11. outlines, 12. disappointment, 13. shift, 14. regularly, 15. technique, 16. annoy, 17. confident

18. To advance this discussion, we must _____ "success" rigorously.
- v. to state or explain precisely the nature, scope, or meaning of something
19. The navy _____ ships of defeated nations.
- v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
20. She enjoyed the opportunity to _____ with a person who spoke her language.
- v. to talk informally
21. University is a great place to _____ our minds and expertise.
- v. to prepare and foster land for growing crops or plants
22. He was awfully _____ by the news.
- adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
23. We must _____ to this matter.
- v. to be present at an event, to go to a place
24. Earthquakes can also trigger tsunamis, which _____ coastal areas.
- v. to wreck a place or an area or cause significant damage
25. Our plan includes a comprehensive marketing _____.
- n. a detailed plan of action designed to achieve a long-term or overall goal.
26. _____ is also necessary to understand history.
- n. the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 18. define, 19. interned, 20. converse, 21. cultivate, 22. upset, 23. attend, 24. devastate, 25. strategy, 26. Empathy

27. It would be _____ to dress nicely for the wedding.

adj. suitable or proper in the circumstances; fitting

28. The era of the industrial revolution was a crucial _____ of history.

n. any stage in a series of events, change, or development

29. She received a positive _____ from her boss for her outstanding performance at work.

n. an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

30. The meeting aims to _____ possible choices.

v. to assess or estimate the quality, significance, quantity, or value of something

31. The shark's powerful _____ allowed it to swim at high speeds.

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

32. These descriptions are based on a number of _____ assumptions.

adj. amounting to a large indefinite number

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

adj. relating to people's feelings

34. The mobile application industry is _____ changing.

adv. all the time

35. Sitting for long hours in front of the computer is considered _____.

adj. not conducive to good health; detrimental to physical or mental well-being

ANSWERS: 27. appropriate, 28. phase, 29. appraisal, 30. evaluate, 31. fins, 32. numerous, 33. emotional, 34. constantly, 35. unhealthy

36. I enjoy _____ activities such as hiking and swimming.

adj. relating to or for leisure or pleasure; done for enjoyment rather than work or duty

37. His _____ attitude made it difficult for the team to complete the project on time.

adj. not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal

38. Departments may set requirements for a higher _____ point average.

n. a particular level of quality, size, importance, etc.

39. The movie has received almost universally _____ criticism.

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

40. The _____ music helped to lift her spirits and put her in a good mood.

adj. positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music

41. The study provided _____ proof of the effectiveness of the new drug.

adj. serving to provide a final solution or to end a situation; final and not able to be changed

42. Since independence, the area has been completely _____.

v. to intentionally not listen or pay attention to

43. The phone rang at the most _____ time.

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 36. recreational, 37. unhelpful, 38. grade, 39. negative, 40. upbeat, 41. definitive, 42. ignored, 43. opportune

44. The government should do more to support environmentally _____ agriculture.

adj. able to continue or be continued for a long time

45. The pandemic _____ the growth of the airline industry.

v. to make it difficult for someone to do something; to limit the development of something

46. We have discussed the entirety of this _____ problem.

adj. requiring care and skill because challenging to do or deal with

47. The real estate agent will _____ the value of your property before listing it.

v. to assess or evaluate the value, quality, or condition of something or someone, often in a professional or organized manner

48. He devised a new analytical _____ to capture the phenomenon.

n. the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text

49. Try to keep a _____ between work and off.

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

50. The ____ for the video game added new features and improved gameplay.

n. a modification or alteration, typically one made to improve something or increase its functionality; a British teenager or young adult in the 1960s, noted for their clothes consciousness and opposition to the rockers

51. He should _____ more with his colleagues.

v. to communicate or react with somebody

ANSWERS: 44. sustainable, 45. hindered, 46. tricky, 47. appraise, 48. framework, 49. balance, 50. mod, 51. interact

52. The chocolate cake was too _____ for me to resist.

adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe

53. We must manage to _____ our expenditure.

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

54. Shame and _____ have significant social influences.

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

55. The _____ of the steel needs to be just right to ensure the product's durability.

n. a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object

56. We _____ the topic because it was too complicated.

v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

ANSWERS: 52. tempting, 53. regulate, 54. guilt, 55. temper, 56. skipped