

# Englist.me



## Vocabulary Builder Reference from...

*TED-Ed: How to manage your emotions | TED Talk*  
[https://www.ted.com/talks/ted\\_ed\\_how\\_to\\_manage\\_your\\_emotions](https://www.ted.com/talks/ted_ed_how_to_manage_your_emotions)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### 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.

### 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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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**.

## 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.

## 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

1. un\_\_\_\_\_ul for people *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
2. cu\_\_\_\_\_te a field *v.* to prepare and foster land for growing crops or plants
3. hi\_\_\_r athletic performance *v.* to make it difficult for someone to do something; to limit the development of something
4. con\_\_\_\_\_ly aware of a problem *adv.* with awareness; in a deliberate manner
5. full of em\_\_\_\_\_y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
6. un\_\_\_\_\_hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
7. de\_\_\_\_\_te the economy *v.* to wreck a place or an area or cause significant damage
8. cu\_\_\_\_\_te relationships *v.* to prepare and foster land for growing crops or plants
9. 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
10. co\_\_\_\_\_se with an acquaintance *v.* to talk informally
11. in\_\_\_n civilians *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

ANSWERS: 1. unhelpful, 2. cultivate, 3. hinder, 4. consciously, 5. empathy, 6. unhealthy, 7. devastate, 8. cultivate, 9. appraise, 10. converse, 11. intern

12. an\_\_y everyone else *v.* to make someone angry, anxious, or irritating slightly
13. remain up\_\_\_t about the future *adj.* positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music
14. 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
15. de\_\_\_\_\_te an area *v.* to wreck a place or an area or cause significant damage
16. un\_\_\_\_\_hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
17. 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
18. sound very te\_\_\_\_\_ng *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
19. an\_\_y at the time *v.* to make someone angry, anxious, or irritating slightly
20. hi\_\_\_r international exchanges *v.* to make it difficult for someone to do something; to limit the development of something
21. act con\_\_\_\_\_ly *adv.* with awareness; in a deliberate manner
22. 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

ANSWERS: 12. annoy, 13. upbeat, 14. appraise, 15. devastate, 16. unhealthy, 17. temper, 18. tempting, 19. annoy, 20. hinder, 21. consciously, 22. temper

23. up\_\_\_t attitude *adj.* positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music
24. ask a co\_\_\_\_\_se question *v.* to talk informally
25. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
26. 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
27. un\_\_\_\_\_ul comments *adj.* not providing assistance or support; not contributing to the solution of a problem or the achievement of a goal
28. te\_\_\_\_\_ng offer *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
29. em\_\_\_\_\_y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
30. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 23. upbeat, 24. converse, 25. opportune, 26. intern, 27. unhelpful, 28. tempting, 29. empathy, 30. opportune

## Session 3: Fill in the Blanks

1. The pandemic \_\_\_\_\_ the growth of the airline industry.  
*v.* to make it difficult for someone to do something; to limit the development of something
2. He \_\_\_\_\_ criticizes her in the publicity.  
*adv.* with awareness; in a deliberate manner
3. She enjoyed the opportunity to \_\_\_\_\_ with a person who spoke her language.  
*v.* to talk informally
4. 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
5. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
6. Her constant chatter was starting to \_\_\_\_\_ the neighbors.  
*v.* to make someone angry, anxious, or irritating slightly
7. Earthquakes can also trigger tsunamis, which \_\_\_\_\_ coastal areas.  
*v.* to wreck a place or an area or cause significant damage
8. 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

ANSWERS: 1. hindered, 2. consciously, 3. converse, 4. unhelpful, 5. opportune, 6. annoy, 7. devastate, 8. tempting



9. 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
10. Sitting for long hours in front of the computer is considered \_\_\_\_\_.  
*adj.* not conducive to good health; detrimental to physical or mental well-being
11. University is a great place to \_\_\_\_\_ our minds and expertise.  
*v.* to prepare and foster land for growing crops or plants
12. \_\_\_\_\_ is also necessary to understand history.  
*n.* the ability to share another person's feelings or experiences by imagining that person's situation
13. 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
14. 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
15. 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

ANSWERS: 9. appraise, 10. unhealthy, 11. cultivate, 12. Empathy, 13. interned, 14. upbeat, 15. temper