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Ayelet Fishbach: 4 proven ways to kick your procrastination habit | TED Talk

https://www.ted.com/talks/ayelet_fishbach_4_proven_ways_to_kick_your_procrastination_habit

All Words

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Session 1: Word List

accomplish

v. to finish or achieve something successfully

synonym: achieve, complete, execute

(1) **accomplish** a goal, (2) **accomplish** military operations
Humankind took centuries to **accomplish** true democracy.

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym: inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change
A significant amount of **motivation** is required to be a teacher.

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.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

willpower

n. the control exerted to do something or restrain impulses

synonym: determination, resolve, self-discipline

(1) demonstrate **willpower**, (2) lack of **willpower**

With strong **willpower** and determination, he could quit smoking for good.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

accord

n. an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

synonym: alliance, pact, agreement

(1) **accord** with public opinion, (2) binational **accord**

The organization finally signed a peace **accord**.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

motivate

v. to make someone want to do something, especially something that requires tremendous work and effort

synonym: boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**

The ability to **motivate** people is a priceless asset.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

outlook

n. the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture

synonym: perspective, view, overlook

(1) the **outlook** of the townsite, (2) a positive **outlook** on life

Our company's business **outlook** for next year is bright.

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.

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym: educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

immigrant

n. a person who has come to a country where they were not born to live there permanently

synonym: settler, expatriate, emigrant

(1) **immigrant** communities, (2) an **immigrant** from the country

Police received a report of illegal **immigrants** in the area.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

synonym: interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical

intervention

This **intervention** does not require the patient's consent.

monitor

v. to observe, check, and track the progress or quality of something over a period of time

synonym: proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully

They used a special receiver to **monitor** police radio channels.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

survey

n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

synonym: study, examination, poll

(1) a comprehensive **survey**, (2) recent **survey**

That **survey** shows that people are accepting the tax increase to some extent.

amusement

n. the state or experience of finding something humorous or entertaining

synonym: entertainment, diversion, fun

(1) **amusement** quarters, (2) source of **amusement**

We went to the **amusement** park and rode roller coasters all day.

uncommitted

adj. not pledged or bound to a specific opinion, belief, or course of action

synonym: undecided, neutral, nonaligned

(1) **uncommitted** voter, (2) **uncommitted** people

The politician should have taken a stance on the issue, remaining **uncommitted** until more information was available.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

extent

n. the point or degree or area to which something extends

synonym: amount, degree, intensity

(1) certain **extent**, (2) the **extent** of the damage

I was amazed at the **extent** of her generosity.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

diploma

n. a document showing the completion of a course of study or a portion of the education program; a course of study at a college or university

synonym: credential, certificate, degree

(1) university **diploma**, (2) **diploma** thesis

He completed his high school **diploma** via correspondence courses.

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.

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.

identical

adj. being the exact same one

synonym: duplicate, exact, analogous

(1) pair of **identical** twins, (2) an **identical** equation

Infant formulas are nutritionally almost **identical** to a mother's breast milk.

cheat

v. to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws

synonym: deceive, swindle, defraud

(1) **cheat** on my taxes, (2) **cheat** in a game

Even though he knew it was wrong, he **cheated** on the exam.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

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.

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.

bruise

n. a mark caused by a blow, typically one that is purple or black on the skin

synonym: contusion, injury, wound

(1) livid **bruise**, (2) earlier emotional **bruise**

She had a **bruise** on her arm from where she fell on the playground.

ego

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

synonym: self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

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.

cognitive

adj. of or relating to mental processes of understanding

synonym: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

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**.

infer

v. to form an opinion or conclude that something is true based on existing facts

synonym: guess, deduce, assume

(1) **infer** quality from price, (2) **infer** the possibility

Animal desire and preference are always **inferred** from their behavior.

overweight

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

synonym: heavy, obese, fat

(1) dangerously **overweight**, (2) an **overweight** patient

The doctor advised him to lose weight and maintain a healthy diet to avoid becoming **overweight**.

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

intrinsic

adj. belonging naturally; essential

synonym: inherent, innate, natural

(1) **intrinsic** value, (2) **intrinsic** nature

The **intrinsic** beauty of the painting was immediately apparent to all who viewed it.

intrinsically

adv. from the inherent nature or quality of something or arising from within

synonym: inherently, essentially, fundamentally

(1) **intrinsically** motivated, (2) **intrinsically** valuable

The kindness of strangers is **intrinsically** rewarding, even when no reward is expected.

sake

n. purpose; reason for wanting something done

synonym: purpose, reason, interest

(1) for your own **sake**, (2) for the **sake** of argument

He got a new job for the **sake** of his family.

workout

n. a session of physical exercise or training

synonym: exercise, training, physical activity

(1) **workout** at the health club, (2) boxing **workout**

He does a different **workout** every day to keep things interesting.

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.

alarm

n. a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

synonym: notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

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.

regret

v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

synonym: apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless

I **regret** to say that you did not gain admission to the university.

modify

v. to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

synonym: adjust, alter, revise

(1) genetically **modify** food, (2) **modify** my behavior

We use adverbs to **modify** verbs and adjectives.

purity

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

synonym: sinlessness, innocence, cleanliness

(1) the degree of **purity**, (2) high **purity**

Higher **purity** requires additional equipment and energy.

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.

intuitive

adj. obtained through feelings rather than facts or proof

synonym: involuntary, instinctive, innate

(1) **intuitive** eating, (2) **intuitive** judgment

I had an **intuitive** feeling that I might be pregnant.

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.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing

and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

prediction

n. the act of predicting the future by reasoning; a statement made about the future

synonym: forecast, anticipation, foretelling

(1) make my **predictions**, (2) gloomy **predictions**

These results muddled the **prediction**.

regimen

n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

synonym: routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy eating to help me lose weight.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym: acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value

We would **appreciate** an early reply.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

synonym: skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

Lean operational improvements often lead to better environmental performance.

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.

disengage

v. to withdraw or separate oneself from a situation or relationship

synonym: withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially

He **disengaged** from the conversation and walked away.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

elimination

n. the act or process of removing or getting rid of something or someone

synonym: removal, eradication, extinction

(1) waste **elimination**, (2) an **elimination** tournament

The government's efforts toward disease **elimination** have been successful in many regions.

unique

adj. being the only one of its kind; unlike anything else

synonym: one-of-a-kind, unparalleled, incomparable

(1) a **unique** teacher, (2) **unique** design

The painting is **unique**, and there is no other like it.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym:

prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

unemployed

adj. not having a job, although able to work

synonym: idle, inactive, jobless

(1) assignment for the **unemployed** youth, (2) people who are **unemployed**

My father was **unemployed** for so long.

tackle

v. to try to deal with a complex problem or situation

synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change

The government is determined to **tackle** sharp inflation.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym: border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

perseverance

n. steadfastness in doing something despite difficulty or delay in achieving success

synonym: persistence, tenacity, determination

(1) unwavering **perseverance**, (2) dogged **perseverance**

Despite facing numerous setbacks and obstacles, his **perseverance** and determination led him to success.

grit

n. very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

synonym: determination, fortitude, courage

(1) **grit** determination, (2) **grit** washer

She has a lot of **grit** and determination to succeed.

redefine

- v.* to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym: reconsider, reformulate, alter

- (1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we work.

timeline

- n.* a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom

synonym: agenda, timetable, chronology

- (1) **timeline** of science history, (2) lay out a **timeline**

He imposed a **timeline** on the project.

milestone

- n.* an important event or stage in the development or progress of something; a stone by the side of a road to show distances

synonym: landmark, turning point, touchstone

- (1) key **milestone**, (2) **milestone** event

Reaching the **milestone** of 1000 subscribers on her SNS channel was a major achievement for her.

ultimate

- adj.* furthest or highest in degree or order

synonym: highest, maximum, foremost

- (1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

retirement

- n.* the fact or act of stopping working and leaving one's job

synonym: resignation, withdrawal, retreat

- (1) **retirement** from politics, (2) impending **retirement**

This fund is responsible for disability and **retirement** benefits.

background

- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

synonym: ground, experience, backdrop

(1) a **background** color, (2) a criminal **background**

The company's hiring criteria emphasize personality, not a person's **background**.

gender

n. the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

synonym: sexuality

(1) **gender-blind** policies, (2) dual **gender**

Cultural norms strongly influence **gender** expectations.

variable

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

synonym: erratic, inconsistent, irregular

(1) a **variable** species, (2) a dependent **variable**

Rainfall in the tropics is highly **variable**.

compromise

v. to settle a problem or disagreement by mutual concession

synonym: agree, settle, negotiate

(1) **compromise** the matter, (2) cannot **compromise** anymore

They never **compromised** on development despite the lack of funds.

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.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

disappoint

v. to fail to meet someone or their hopes or expectations;
to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

frame

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

synonym: body, skeleton, scaffolding

(1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

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.

commitment

n. a promise or firm decision to do something or to behave in a certain way

synonym: burden, obligation, promise

(1) a **commitment** to an alliance, (2) meet his **commitments**

His business **commitments** took him to the United States.

interpretation

n. an explanation or opinion of something, especially that is not immediately obvious

synonym: rendering, explanation, understanding

(1) the **interpretation** of history, (2) open to **interpretation**
His **interpretations** of literary works are often unique.

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.

setback

n. an unfortunate happening that hinders or impedes; a reversal or check in progress

synonym: obstacle, hindrance, difficulty

(1) major **setback**, (2) suffer a **setback**

The team experienced a **setback** when their star player was injured during the game.

definitely

adv. without any question and beyond doubt; clearly

synonym: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

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.

handicap

n. a physical or mental condition that limits a person's movements, senses, or activities

synonym: disability, impairment, limitation

(1) **handicap** parking space, (2) mental **handicap**

The athlete overcame his physical **handicap** to become a world champion.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

purposely

adv. with the intention of doing something; deliberately

synonym: intentionally, deliberately, on purpose

(1) **purposely** ignored, (2) **purposely** vague

She **purposely** left her phone at home to disconnect and enjoy her vacation.

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.

probable

adj. likely to happen or likely to be true

synonym: likely, possible, potential

(1) **probable** outcome, (2) **probable** cause of a fire

It seems **probable** that he has forgotten our scheduled meeting.

enrich

v. to make better or improve in quality by adding something else

synonym: enhance, improve, augment

(1) **enrich** a gas with a balloon, (2) **enrich** public services

Reading not only increases knowledge but also **enriches** life.

unstick

v. to free something that is stuck or adhering to something else

synonym: detach, remove, free

(1) **unstick** the door, (2) **unstick** the pages of a book

I had to use a knife to **unstick** the envelope from the table.

medium

adj. of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

synonym: average, intermediate, (noun) channel

(1) **medium** color, (2) an advertising **medium**

The **medium** size shirt fits him perfectly.

loaf

n. a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle

synonym: bread, boule, brioche

(1) crusty **loaf**, (2) **loaf** around during the day

On my way home from work, I picked up a **loaf** of bread from the bakery.

engineer

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software

synonym: architect, creator, builder

(1) a civil **engineer**, (2) **engineer** shortage

The **engineer** will repair my telephone tomorrow morning.

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.

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.

contribution

n. the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

synonym: donation, gift, offering

(1) make a positive **contribution**, (2) **contribution** to society

His **contribution** to the charity was a generous donation of money.

pile

n. a collection of objects positioned one on top of another; a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

donation

n. a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them

synonym: contribution, gift, subsidy

(1) make a **donation**, (2) political **donation**

He made a generous **donation** to the charity.

charity

n. an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people

synonym: philanthropy, benevolence, generosity

(1) **charity** work, (2) ask **charity**

She volunteers at a local **charity** every weekend to help those in need.

bucket

n. an open container with a handle made of metal or plastic, often used for carrying liquids

synonym: pail, tub, can

(1) **bucket** list, (2) **bucket** of golf balls

She filled a **bucket** with water and carried it back to the house.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

problematic

adj. full of difficulties; difficult to deal with or solve

synonym: inappropriate, inconvenient, worrisome

(1) a **problematic** situation, (2) seems to be highly **problematic**

Direct democracy is effective in quickly resolving **problematic** situations within a community.

forbidding

adj. giving the impression that something is difficult or unpleasant; intimidating or uninviting

synonym: intimidating, uninviting, daunting

(1) **forbidding** atmosphere, (2) **forbidding** mountain

The teacher's stern expression and strict rules made her classroom feel **forbidding** to the students.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym: benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

urgent

adj. requiring immediate attention or action; pressing

synonym: pressing, critical, immediate

(1) an **urgent** telegram, (2) **urgent** situation

It is **urgent** that we leave for the airport now to catch our flight.

overlap

v. to partially cover something by going beyond its edge

synonym: overlay, cover, bespread

(1) **overlap** one another, (2) **overlap** in many areas

There was no **overlap** between their proposals.

bonus

n. an extra amount of money that is added to payment as a present or reward for good work

synonym: extra, perk, compensation

(1) **bonus** appraisal, (2) annual **bonus**

The committee abolished the controversial **bonus** system.

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.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

relieve

v. to make something burdensome, unpleasant, or painful less severe

synonym:

alleviate, ease, assuage

(1) **relieve** his thirst, (2) **relieve** stress

The medicine **relieved** his headache, and he felt much better.

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.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym: agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

anecdote

n. a short and amusing or interesting story about a real incident or person

synonym: story, account, tale

(1) personal **anecdote**, (2) funny **anecdote**

She entertained the guests with **anecdotes** about her travels and experiences.

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.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

suppress

v. to bring something under control by force or authority; to put an end by force

synonym: subdue, bury, stifle

(1) **suppress** a yawn, (2) **suppress** a revolt

The doctor prescribed medication to **suppress** the patient's appetite.

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.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

fan

n. a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

synonym: lover, devotee, blade

(1) a film **fan**, (2) engine cooling **fan**

I'm a big **fan** of French food.

strict

adj. strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

synonym: rigorous, inflexible, relentless

(1) **strict** compliance regime, (2) in **strict** secrecy

Too **strict** a regulation for the private sector will stifle innovation.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym: surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

alternative

n. one of two or more available possibilities or choice

synonym: choice, option

(1) an **alternative** plan, (2) there is no other **alternative**

Doctors are gradually coming around to the idea of using **alternative** medicines.

simultaneously

adv. at the same time

synonym: concurrently, coincidentally, together

(1) **simultaneously** affected, (2) take several inputs

simultaneously

Two students answered the teacher's question

simultaneously.

folk

n. people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

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.

fantasy

n. a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

synonym: fiction, illusion, fabrication

(1) **fantasy** novel, (2) confuse **fantasy** with reality

Composition by artificial intelligence is no longer a **fantasy**.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace
On three sides, mountains **surround** the settlement.

applicable

adj. fit or suitable to be applied; having relevance to a person or thing

synonym: practical, usable, useful

(1) give **applicable** examples, (2) accordance with **applicable** law

This regulation is not **applicable** to minors.

Session 2: Spelling

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|---------------------------|--|
| 1. in_____ic nature | <i>adj.</i> belonging naturally; essential |
| 2. give the al__m | <i>n.</i> a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger |
| 3. recent su___y | <i>n.</i> an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions |
| 4. a criminal bac_____nd | <i>n.</i> the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem |
| 5. un_____k the door | <i>v.</i> to free something that is stuck or adhering to something else |
| 6. st__k a key in a lock | <i>v.</i> to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material |
| 7. con_____ion in English | <i>n.</i> an informal talk between two or more people to exchange their views, ideas, information, etc. |
| 8. com_____se the matter | <i>v.</i> to settle a problem or disagreement by mutual concession |

ANSWERS: 1. intrinsic, 2. alarm, 3. survey, 4. background, 5. unstick, 6. stick, 7. conversation, 8. compromise

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|-----------------------------------|---|
| 9. en___h public services | <i>v.</i> to make better or improve in quality by adding something else |
| 10. f__k art | <i>n.</i> people in general, especially those of a particular group or type |
| 11. improve co_____ve function | <i>adj.</i> of or relating to mental processes of understanding |
| 12. the ex___t of the damage | <i>n.</i> the point or degree or area to which something extends |
| 13. seems to be highly pro_____ic | <i>adj.</i> full of difficulties; difficult to deal with or solve |
| 14. ret_____nt from politics | <i>n.</i> the fact or act of stopping working and leaving one's job |
| 15. app_____te her feedback | <i>v.</i> to value and acknowledge the worth of someone or something; to be grateful for something or someone |
| 16. help ta___e climate change | <i>v.</i> to try to deal with a complex problem or situation |
| 17. the ul_____te goal in life | <i>adj.</i> furthest or highest in degree or order |
| 18. honor gr_____te | <i>n.</i> a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree |
| 19. a comprehensive su___y | <i>n.</i> an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions |
| 20. pro_____on of disease | <i>n.</i> the act or process of changing to the next stage or phase or moving forward |

ANSWERS: 9. enrich, 10. folk, 11. cognitive, 12. extent, 13. problematic, 14. retirement, 15. appreciate, 16. tackle, 17. ultimate, 18. graduate, 19. survey, 20. progression

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|------------------------------|---|
| 21. have a ne____ve effect | <i>adj.</i> having the quality of something bad or harmful; expressing refusal |
| 22. acc_____sh a goal | <i>v.</i> to finish or achieve something successfully |
| 23. national e_o | <i>n.</i> a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one |
| 24. ge___r-blind policies | <i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology |
| 25. dogged per_____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 26. earlier emotional br___e | <i>n.</i> a mark caused by a blow, typically one that is purple or black on the skin |
| 27. engine cooling f_n | <i>n.</i> a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces |
| 28. en___e a new employee | <i>v.</i> to attract and keep someone's attention and interest; to participate in or obtain services of something |
| 29. pu___e a goal | <i>v.</i> to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them |

ANSWERS: 21. negative, 22. accomplish, 23. ego, 24. gender, 25. perseverance, 26. bruise, 27. fan, 28. engage, 29. pursue

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| 30. int_____ion by foreign powers | <i>n.</i> the action or process of being done to improve or help a circumstance, often they have not been asked to do so |
| 31. pr_____e changes | <i>v.</i> to make a proposal, declare a plan for something |
| 32. give the waiter a t_p. | <i>n.</i> 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 |
| 33. mot_____on for a change | <i>n.</i> the reason or enthusiasm for acting or behaving in a particular way |
| 34. major se_____k | <i>n.</i> an unfortunate happening that hinders or impedes; a reversal or check in progress |
| 35. bo__s appraisal | <i>n.</i> an extra amount of money that is added to payment as a present or reward for good work |
| 36. as_____te with people widely | <i>v.</i> to mentally connect someone or something with someone or something else |
| 37. fitness re_____n | <i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health |
| 38. un_____k the pages of a book | <i>v.</i> to free something that is stuck or adhering to something else |
| 39. po__t the existence of life after death | <i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration |

ANSWERS: 30. intervention, 31. propose, 32. tip, 33. motivation, 34. setback, 35. bonus, 36. associate, 37. regimen, 38. unstick, 39. posit

40. in____ct directly with customers	<i>v.</i> to communicate or react with somebody
41. unc_____ed voter	<i>adj.</i> not pledged or bound to a specific opinion, belief, or course of action
42. in st____t secrecy	<i>adj.</i> strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
43. an eli_____on tournament	<i>n.</i> the act or process of removing or getting rid of something or someone
44. co_____e fantasy with reality	<i>v.</i> to mistake one thing for another; to make somebody hard to understand
45. 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
46. the f__k songs of a particular district	<i>n.</i> people in general, especially those of a particular group or type
47. historical phe_____on	<i>n.</i> something that exists and can be perceptible, especially one that is not fully understood
48. st_____le to get the job	<i>v.</i> 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
49. par_____te fully in conversation	<i>v.</i> to take part in something
50. information ba_____r	<i>n.</i> a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

ANSWERS: 40. interact, 41. uncommitted, 42. strict, 43. elimination, 44. confuse, 45. disappointment, 46. folk, 47. phenomenon, 48. struggle, 49. participate, 50. barrier

51. university di____a	<i>n.</i> a document showing the completion of a course of study or a portion of the education program; a course of study at a college or university
52. develop a st____gy	<i>n.</i> a detailed plan of action designed to achieve a long-term or overall goal.
53. su____nd a town	<i>v.</i> to be all around something or somebody
54. re____on between cause and effect	<i>n.</i> the way two persons or groups of people feel and act toward one another
55. lack of wi____er	<i>n.</i> the control exerted to do something or restrain impulses
56. re____nd reading	<i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role
57. de____e a job offer	<i>v.</i> to become gradually smaller, fewer, worse, etc.; to refuse to accept
58. id____fy gene sequences	<i>v.</i> to recognize someone or something and say or prove who or what they are
59. a bac____nd color	<i>n.</i> the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
60. no asp____on for fame	<i>n.</i> a strong desire to achieve something; the action or process of drawing breath
61. ti____ne of science history	<i>n.</i> a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom

ANSWERS: 51. diploma, 52. strategy, 53. surround, 54. relation, 55. willpower, 56. recommend, 57. decline, 58. identify, 59. background, 60. aspiration, 61. timeline

62. financial cr___s	<i>n.</i> a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
63. understand his mot_____on	<i>n.</i> the reason or enthusiasm for acting or behaving in a particular way
64. app_____te the value	<i>v.</i> to value and acknowledge the worth of someone or something; to be grateful for something or someone
65. 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
66. po__t the premise	<i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration
67. eat a vegetarian d__t	<i>n.</i> the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
68. id_____fy handwriting	<i>v.</i> to recognize someone or something and say or prove who or what they are
69. annual bo__s	<i>n.</i> an extra amount of money that is added to payment as a present or reward for good work
70. make a do_____on	<i>n.</i> a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
71. open to int_____ion	<i>n.</i> an explanation or opinion of something, especially that is not immediately obvious

ANSWERS: 62. crisis, 63. motivation, 64. appreciate, 65. assume, 66. posit, 67. diet, 68. identify, 69. bonus, 70. donation, 71. interpretation

72. demonstrate wi_____er	<i>n.</i> the control exerted to do something or restrain impulses
73. par_____te in the program	<i>v.</i> to take part in something
74. re__t against his way of thinking	<i>v.</i> to take action in response to something
75. take im_____te effect	<i>adj.</i> happening or done without delay or occurring shortly after something else
76. source of am_____nt	<i>n.</i> the state or experience of finding something humorous or entertaining
77. pr_____ty call	<i>n.</i> something that is more important than other things and should be dealt with first
78. di_____a thesis	<i>n.</i> a document showing the completion of a course of study or a portion of the education program; a course of study at a college or university
79. an ur____t telegram	<i>adj.</i> requiring immediate attention or action; pressing
80. livid br____e	<i>n.</i> a mark caused by a blow, typically one that is purple or black on the skin
81. a per_____ve view	<i>n.</i> a confident attitude toward something; a particular style of thinking about something
82. ch_____y work	<i>n.</i> an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
83. me_____n name	<i>v.</i> to speak or write about something or someone briefly

ANSWERS: 72. willpower, 73. participate, 74. react, 75. immediate, 76. amusement, 77. priority, 78. diploma, 79. urgent, 80. bruise, 81. perspective, 82. charity, 83. mention

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| 84. ov____p one another | <i>v.</i> to partially cover something by going beyond its edge |
| 85. lay out a ti____ne | <i>n.</i> a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom |
| 86. gloomy pre____ons | <i>n.</i> the act of predicting the future by reasoning; a statement made about the future |
| 87. key mi____ne | <i>n.</i> an important event or stage in the development or progress of something; a stone by the side of a road to show distances |
| 88. re____t being so careless | <i>v.</i> to feel sad, repentant, or disappointed over something you have done or something you have not been able to do |
| 89. military st____gy | <i>n.</i> a detailed plan of action designed to achieve a long-term or overall goal. |
| 90. ch__t on my taxes | <i>v.</i> to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws |
| 91. g__t washer | <i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles |
| 92. ind____al freedom | <i>n.</i> a single person or thing, as distinct from a group |
| 93. fire st__k | <i>v.</i> to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material |

ANSWERS: 84. overlap, 85. timeline, 86. prediction, 87. milestone, 88. regret, 89. strategy, 90. cheat, 91. grit, 92. individual, 93. stick

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| 94. his conclusion was ob____s | <i>adj.</i> easy to see, discover or understand |
| 95. an id____al equation | <i>adj.</i> being the exact same one |
| 96. certain ex____t | <i>n.</i> the point or degree or area to which something extends |
| 97. confuse fa____y with reality | <i>n.</i> a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen |
| 98. meet his com____nts | <i>n.</i> a promise or firm decision to do something or to behave in a certain way |
| 99. a positive ou____k on life | <i>n.</i> the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture |
| 100. 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 |
| 101. ac____ic probation | <i>adj.</i> associated with schools, colleges, and universities, especially studying and thinking, not with practical skills |
| 102. l__n athletic figure | <i>adj.</i> having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture |
| 103. pair of id____al twins | <i>adj.</i> being the exact same one |
| 104. the height of a p__e | <i>n.</i> a collection of objects positioned one on top of another; a large sum of something, such as money |

ANSWERS: 94. obvious, 95. identical, 96. extent, 97. fantasy, 98. commitment, 99. outlook, 100. disappointment, 101. academic, 102. lean, 103. identical, 104. pile

105. in_____ic value	<i>adj.</i> belonging naturally; essential
106. w__p a fish in foil	<i>v.</i> to cover or enclose something entirely with paper, cloth, or other material
107. acc_____sh military operations	<i>v.</i> to finish or achieve something successfully
108. the t__e of a song	<i>n.</i> 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
109. en___h a gas with a balloon	<i>v.</i> to make better or improve in quality by adding something else
110. ch__t in a game	<i>v.</i> to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws
111. control my em_____n	<i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
112. take ad_____ge of his weak points	<i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
113. me_____n in a report	<i>v.</i> to speak or write about something or someone briefly
114. the int_____ion of history	<i>n.</i> an explanation or opinion of something, especially that is not immediately obvious
115. su_____ss a revolt	<i>v.</i> to bring something under control by force or authority; to put an end by force

ANSWERS: 105. intrinsic, 106. wrap, 107. accomplish, 108. tune, 109. enrich, 110. cheat, 111. emotion, 112. advantage, 113. mention, 114. interpretation, 115. suppress

116. bu___t of golf balls	<i>n.</i> an open container with a handle made of metal or plastic, often used for carrying liquids
117. abs_____ly against	<i>adv.</i> without restriction or limitation; completely or utterly
118. un___e design	<i>adj.</i> being the only one of its kind; unlike anything else
119. serial qu_____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
120. l__f around during the day	<i>n.</i> a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
121. a l__n horse	<i>adj.</i> having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
122. give app_____le examples	<i>adj.</i> fit or suitable to be applied; having relevance to a person or thing
123. a com_____nt to an alliance	<i>n.</i> a promise or firm decision to do something or to behave in a certain way
124. the per_____ve of the battle	<i>n.</i> a confident attitude toward something; a particular style of thinking about something
125. there is no other alt_____ve	<i>n.</i> one of two or more available possibilities or choice
126. pu_____ly vague	<i>adv.</i> with the intention of doing something; deliberately
127. re_____ne customer experience	<i>v.</i> to change the meaning or interpretation of something; to make people think about something in a new or different way

ANSWERS: 116. bucket, 117. absolutely, 118. unique, 119. quitter, 120. loaf, 121. lean, 122. applicable, 123. commitment, 124. perspective, 125. alternative, 126. purposely, 127. redefine

128. em_____al health	<i>adj.</i> relating to people's feelings
129. en_____ze the body	<i>v.</i> to give energy or vitality to someone or something; to invigorate
130. e_o defense mechanisms	<i>n.</i> a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
131. exp_____nt design	<i>n.</i> the scientific test conducted to observe what happens and gain new knowledge
132. impending ret_____nt	<i>n.</i> the fact or act of stopping working and leaving one's job
133. pr_____le cause of a fire	<i>adj.</i> likely to happen or likely to be true
134. con_____ion to society	<i>n.</i> the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
135. su_____ss a yawn	<i>v.</i> to bring something under control by force or authority; to put an end by force
136. cir_____nce of birth	<i>n.</i> the specific conditions or events that surround a particular situation or occurrence
137. mental ha_____ap	<i>n.</i> a physical or mental condition that limits a person's movements, senses, or activities
138. sim_____sly affected	<i>adv.</i> at the same time
139. im_____nt communities	<i>n.</i> a person who has come to a country where they were not born to live there permanently

ANSWERS: 128. emotional, 129. energize, 130. ego, 131. experiment, 132. retirement, 133. probable, 134. contribution, 135. suppress, 136. circumstance, 137. handicap, 138. simultaneously, 139. immigrant

140. the ou____k of the townsite	<i>n.</i> the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture
141. dangerously ove_____ht	<i>adj.</i> weighing more than is considered normal, desirable, or healthy for a particular height and build
142. an im_____nt from the country	<i>n.</i> a person who has come to a country where they were not born to live there permanently
143. series of exp_____nts	<i>n.</i> the scientific test conducted to observe what happens and gain new knowledge
144. for the s__e of argument	<i>n.</i> purpose; reason for wanting something done
145. re_____ne our role	<i>v.</i> to change the meaning or interpretation of something; to make people think about something in a new or different way
146. en___e in environmental protection activities	<i>v.</i> to attract and keep someone's attention and interest; to participate in or obtain services of something
147. in___t in stocks	<i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result
148. an advertising me___m	<i>adj.</i> of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information
149. genetically mo___y food	<i>v.</i> to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

ANSWERS: 140. outlook, 141. overweight, 142. immigrant, 143. experiment, 144. sake, 145. redefine, 146. engage, 147. invest, 148. medium, 149. modify

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|-----------------------------|---|
| 150. dual ge___r | <i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology |
| 151. an al__m clock | <i>n.</i> a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger |
| 152. am_____nt quarters | <i>n.</i> the state or experience of finding something humorous or entertaining |
| 153. unwavering per_____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 154. make my pre_____ons | <i>n.</i> the act of predicting the future by reasoning; a statement made about the future |
| 155. em_____al distress | <i>adj.</i> relating to people's feelings |
| 156. fa_____y novel | <i>n.</i> a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen |
| 157. a civil en_____er | <i>n.</i> a person whose job is designing, building, or maintaining something such as machines, structures, or software |
| 158. de_____e in quality | <i>v.</i> to become gradually smaller, fewer, worse, etc.; to refuse to accept |
| 159. D__t approval | <i>n.</i> the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan |

ANSWERS: 150. gender, 151. alarm, 152. amusement, 153. perseverance, 154. prediction, 155. emotional, 156. fantasy, 157. engineer, 158. decline, 159. diet

160. a private ind_____al	<i>n.</i> a single person or thing, as distinct from a group
161. gr_____te degree program	<i>n.</i> a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
162. a va_____le species	<i>adj.</i> likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
163. a stone wall su_____nds the palace	<i>v.</i> to be all around something or somebody
164. di_____ge the clutch	<i>v.</i> to withdraw or separate oneself from a situation or relationship
165. cr____s management	<i>n.</i> a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
166. t__e a piano	<i>n.</i> 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
167. an ove_____ht patient	<i>adj.</i> weighing more than is considered normal, desirable, or healthy for a particular height and build
168. personal an_____te	<i>n.</i> a short and amusing or interesting story about a real incident or person
169. in__r the possibility	<i>v.</i> to form an opinion or conclude that something is true based on existing facts

ANSWERS: 160. individual, 161. graduate, 162. variable, 163. surround, 164. disengage, 165. crisis, 166. tune, 167. overweight, 168. anecdote, 169. infer

170. re___t a decision	<i>v.</i> to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
171. arrange my sc_____le	<i>n.</i> a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
172. suffer a se_____k	<i>n.</i> an unfortunate happening that hinders or impedes; a reversal or check in progress
173. for your own s___e	<i>n.</i> purpose; reason for wanting something done
174. ur___t situation	<i>adj.</i> requiring immediate attention or action; pressing
175. st___t compliance regime	<i>adj.</i> strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
176. wo_____t at the health club	<i>n.</i> a session of physical exercise or training
177. as_____te alcohol with gambling	<i>v.</i> to mentally connect someone or something with someone or something else
178. the t_p of a paintbrush	<i>n.</i> 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
179. pu___e freedoms	<i>v.</i> to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 170. regret, 171. schedule, 172. setback, 173. sake, 174. urgent, 175. strict, 176. workout, 177. associate, 178. tip, 179. pursue

180. abs_____ly obsessed with the girl	<i>adv.</i> without restriction or limitation; completely or utterly
181. don't dis_____nt me	<i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad
182. the degree of pu____y	<i>n.</i> the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
183. asp_____on into the lungs	<i>n.</i> a strong desire to achieve something; the action or process of drawing breath
184. natural phe_____on	<i>n.</i> something that exists and can be perceptible, especially one that is not fully understood
185. in_____ct with one another	<i>v.</i> to communicate or react with somebody
186. a pro_____ic situation	<i>adj.</i> full of difficulties; difficult to deal with or solve
187. re_____e his thirst	<i>v.</i> to make something burdensome, unpleasant, or painful less severe
188. ov_____p in many areas	<i>v.</i> to partially cover something by going beyond its edge
189. re_____nd a hospitalization	<i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role
190. for_____ng mountain	<i>adj.</i> giving the impression that something is difficult or unpleasant; intimidating or uninviting
191. in__r quality from price	<i>v.</i> to form an opinion or conclude that something is true based on existing facts

ANSWERS: 180. absolutely, 181. disappoint, 182. purity, 183. aspiration, 184. phenomenon, 185. interact, 186. problematic, 187. relieve, 188. overlap, 189. recommend, 190. forbidding, 191. infer

192. the fr__e of the policy	<i>n.</i> a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
193. in_____ve eating	<i>adj.</i> obtained through feelings rather than facts or proof
194. political do_____on	<i>n.</i> a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
195. waste eli_____on	<i>n.</i> the act or process of removing or getting rid of something or someone
196. unc_____ed people	<i>adj.</i> not pledged or bound to a specific opinion, belief, or course of action
197. pr_____le outcome	<i>adj.</i> likely to happen or likely to be true
198. the im_____te past	<i>adj.</i> happening or done without delay or occurring shortly after something else
199. mo_____r the data carefully	<i>v.</i> to observe, check, and track the progress or quality of something over a period of time
200. in_____ve judgment	<i>adj.</i> obtained through feelings rather than facts or proof
201. 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
202. an alt_____ve plan	<i>n.</i> one of two or more available possibilities or choice
203. say def_____ly	<i>adv.</i> without any question and beyond doubt; clearly

ANSWERS: 192. frame, 193. intuitive, 194. donation, 195. elimination, 196. uncommitted, 197. probable, 198. immediate, 199. monitor, 200. intuitive, 201. routine, 202. alternative, 203. definitely

204. def_____ly become a problem	<i>adv.</i> without any question and beyond doubt; clearly
205. pro_____ate on my homework	<i>v.</i> to postpone doing what you should do, often because it is unpleasant or boring
206. high pu____y	<i>n.</i> the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
207. all ability to mo_____te	<i>v.</i> to make someone want to do something, especially something that requires tremendous work and effort
208. mo_____te the students	<i>v.</i> to make someone want to do something, especially something that requires tremendous work and effort
209. cir_____nce of injury	<i>n.</i> the specific conditions or events that surround a particular situation or occurrence
210. a dependent va_____le	<i>adj.</i> likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
211. crusty l____f	<i>n.</i> a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
212. afraid to show em_____n	<i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
213. di_____ge socially	<i>v.</i> to withdraw or separate oneself from a situation or relationship

ANSWERS: 204. definitely, 205. procrastinate, 206. purity, 207. motivate, 208. motivate, 209. circumstance, 210. variable, 211. loaf, 212. emotion, 213. disengage

214. a un___e teacher	<i>adj.</i> being the only one of its kind; unlike anything else
215. ta___e the issue	<i>v.</i> to try to deal with a complex problem or situation
216. research on co_____ve psychology	<i>adj.</i> of or relating to mental processes of understanding
217. boxing wo____t	<i>n.</i> a session of physical exercise or training
218. mi_____ne event	<i>n.</i> an important event or stage in the development or progress of something; a stone by the side of a road to show distances
219. in___t capital	<i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result
220. for_____ng atmosphere	<i>adj.</i> giving the impression that something is difficult or unpleasant; intimidating or uninviting
221. cost ba____r	<i>n.</i> a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
222. ha____ap parking space	<i>n.</i> a physical or mental condition that limits a person's movements, senses, or activities
223. re____e stress	<i>v.</i> to make something burdensome, unpleasant, or painful less severe
224. a friendly con_____ion	<i>n.</i> an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 214. unique, 215. tackle, 216. cognitive, 217. workout, 218. milestone, 219. invest, 220. forbidding, 221. barrier, 222. handicap, 223. relieve, 224. conversation

225. make a positive con_____ion	<i>n.</i> the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
226. re_____n of chemotherapy	<i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
227. a sand p__e	<i>n.</i> a collection of objects positioned one on top of another; a large sum of something, such as money
228. easy qu_____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
229. bl__e the lack of knowledge	<i>v.</i> to think or say that someone or something did something wrong or is responsible for something bad
230. people who are une_____ed	<i>adj.</i> not having a job, although able to work
231. ac___d with public opinion	<i>n.</i> an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
232. re_____on of inclusion	<i>n.</i> the way two persons or groups of people feel and act toward one another
233. score an ad_____ge	<i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
234. cannot com_____se anymore	<i>v.</i> to settle a problem or disagreement by mutual concession

ANSWERS: 225. contribution, 226. regimen, 227. pile, 228. quitter, 229. blame, 230. unemployed, 231. accord, 232. relation, 233. advantage, 234. compromise

235. accordance with app_____le law	<i>adj.</i> fit or suitable to be applied; having relevance to a person or thing
236. pr_____ty seating for elderly	<i>n.</i> something that is more important than other things and should be dealt with first
237. ob_____s reasons	<i>adj.</i> easy to see, discover or understand
238. funny an_____te	<i>n.</i> a short and amusing or interesting story about a real incident or person
239. surgical int_____ion	<i>n.</i> the action or process of being done to improve or help a circumstance, often they have not been asked to do so
240. w__p up a meeting	<i>v.</i> to cover or enclose something entirely with paper, cloth, or other material
241. int_____lly valuable	<i>adv.</i> from the inherent nature or quality of something or arising from within
242. pr_____e the amendment	<i>v.</i> to make a proposal, declare a plan for something
243. mo_____y my behavior	<i>v.</i> to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
244. st_____le against discrimination	<i>v.</i> 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
245. en_____er shortage	<i>n.</i> a person whose job is designing, building, or maintaining something such as machines, structures, or software

ANSWERS: 235. applicable, 236. priority, 237. obvious, 238. anecdote, 239. intervention, 240. wrap, 241. intrinsically, 242. propose, 243. modify, 244. struggle, 245. engineer

246. co____e the listener	<i>v.</i> to mistake one thing for another; to make somebody hard to understand
247. take several inputs sim_____sly	<i>adv.</i> at the same time
248. as____e a lousy attitude to his boss	<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
249. a built-in diagnostic ro____e	<i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
250. a ne____ve number	<i>adj.</i> having the quality of something bad or harmful; expressing refusal
251. a film f_n	<i>n.</i> a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
252. dis_____nt the audience	<i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad
253. me____m color	<i>adj.</i> of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information
254. pu_____ly ignored	<i>adv.</i> with the intention of doing something; deliberately
255. bu____t list	<i>n.</i> an open container with a handle made of metal or plastic, often used for carrying liquids
256. assignment for the une_____ed youth	<i>adj.</i> not having a job, although able to work

ANSWERS: 246. confuse, 247. simultaneously, 248. assume, 249. routine, 250. negative, 251. fan, 252. disappoint, 253. medium, 254. purposely, 255. bucket, 256. unemployed

257. pro_____on of civilization	<i>n.</i> the act or process of changing to the next stage or phase or moving forward
258. a heavy sc_____le	<i>n.</i> a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
259. g__t determination	<i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
260. binational ac____d	<i>n.</i> an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
261. pro_____ate about a big challenge	<i>v.</i> to postpone doing what you should do, often because it is unpleasant or boring
262. mo_____r an exam	<i>v.</i> to observe, check, and track the progress or quality of something over a period of time
263. an ac_____ic discussion	<i>adj.</i> associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
264. the ul_____te luxury	<i>adj.</i> furthest or highest in degree or order
265. bl__e circumstances for the failure	<i>v.</i> to think or say that someone or something did something wrong or is responsible for something bad
266. en_____ze a team	<i>v.</i> to give energy or vitality to someone or something; to invigorate
267. int_____lly motivated	<i>adv.</i> from the inherent nature or quality of something or arising from within

ANSWERS: 257. progression, 258. schedule, 259. grit, 260. accord, 261. procrastinate, 262. monitor, 263. academic, 264. ultimate, 265. blame, 266. energize, 267. intrinsically

- | | |
|----------------------------------|---|
| 268. re__t at a high temperature | <i>v.</i> to take action in response to something |
| 269. ask ch____y | <i>n.</i> an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people |
| 270. a picture fr__e | <i>n.</i> a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window |

ANSWERS: 268. react, 269. charity, 270. frame

Session 3: Fill in the Blanks

1. He made a generous _____ to the charity.
n. a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
2. Reading not only increases knowledge but also _____ life.
v. to make better or improve in quality by adding something else
3. He imposed a _____ on the project.
n. a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom
4. She was constantly trying to boost her ____ by talking about her accomplishments.
n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
5. We use adverbs to _____ verbs and adjectives.
v. to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
6. We went to the _____ park and rode roller coasters all day.
n. the state or experience of finding something humorous or entertaining
7. Two students answered the teacher's question _____.
adv. at the same time
8. He got a new job for the _____ of his family.
n. purpose; reason for wanting something done

ANSWERS: 1. donation, 2. enriches, 3. timeline, 4. ego, 5. modify, 6. amusement, 7. simultaneously, 8. sake

9. The government's efforts toward disease _____ have been successful in many regions.

n. the act or process of removing or getting rid of something or someone

10. It is _____ that we leave for the airport now to catch our flight.

adj. requiring immediate attention or action; pressing

11. She entertained the guests with _____ about her travels and experiences.

n. a short and amusing or interesting story about a real incident or person

12. His _____ of literary works are often unique.

n. an explanation or opinion of something, especially that is not immediately obvious

13. One of the main _____ of the new product is its increased efficiency.

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

14. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

15. Too _____ a regulation for the private sector will stifle innovation.

adj. strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

16. Doctors are gradually coming around to the idea of using _____ medicines.

n. one of two or more available possibilities or choice

ANSWERS: 9. elimination, 10. urgent, 11. anecdotes, 12. interpretations, 13. advantages, 14. surround, 15. strict, 16. alternative

17. 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

18. His business _____ took him to the United States.

- n.* a promise or firm decision to do something or to behave in a certain way

19. 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

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

- adv.* without restriction or limitation; completely or utterly

21. I had an _____ feeling that I might be pregnant.

- adj.* obtained through feelings rather than facts or proof

22. Cultural norms strongly influence _____ expectations.

- n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

23. I'm a big ____ of French food.

- n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

24. Despite facing numerous setbacks and obstacles, his _____ and determination led him to success.

- n.* steadfastness in doing something despite difficulty or delay in achieving success

ANSWERS: 17. invest, 18. commitments, 19. struggle, 20. absolutely, 21. intuitive, 22. gender, 23. fan, 24. perseverance

25. She _____ left her phone at home to disconnect and enjoy her vacation.
adv. with the intention of doing something; deliberately
26. Humankind took centuries to _____ true democracy.
v. to finish or achieve something successfully
27. The organization finally signed a peace _____.
n. an official agreement or treaty between two organizations, countries, etc.;
(verb) allow to have
28. The athlete overcame his physical _____ to become a world champion.
n. a physical or mental condition that limits a person's movements, senses, or activities
29. The kindness of strangers is _____ rewarding, even when no reward is expected.
adv. from the inherent nature or quality of something or arising from within
30. 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
31. The politician should have taken a stance on the issue, remaining _____ until more information was available.
adj. not pledged or bound to a specific opinion, belief, or course of action
32. She had a _____ on her arm from where she fell on the playground.
n. a mark caused by a blow, typically one that is purple or black on the skin

ANSWERS: 25. purposely, 26. accomplish, 27. accord, 28. handicap, 29. intrinsically, 30. assumes, 31. uncommitted, 32. bruise

33. Rainfall in the tropics is highly _____.

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

34. We would _____ an early reply.

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

35. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

36. There are _____ differences between the two wine-producing regions.

adj. easy to see, discover or understand

37. Higher _____ requires additional equipment and energy.

n. the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

38. The paper is _____ worth reading thoroughly.

adv. without any question and beyond doubt; clearly

39. Infant formulas are nutritionally almost _____ to a mother's breast milk.

adj. being the exact same one

40. 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

ANSWERS: 33. variable, 34. appreciate, 35. crisis, 36. obvious, 37. purity, 38. definitely, 39. identical, 40. identify

41. The teacher's stern expression and strict rules made her classroom feel _____ to the students.

adj. giving the impression that something is difficult or unpleasant; intimidating or uninviting

42. The painting is _____ and there is no other like it.

adj. being the only one of its kind; unlike anything else

43. He was labeled as a _____ after he abandoned the project halfway.

n. a person who gives up easily or does not have the determination to finish what they have started

44. The ability to _____ people is a priceless asset.

v. to make someone want to do something, especially something that requires tremendous work and effort

45. 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

46. Her _____ is to be a mother.

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

47. She worked very hard not to _____ her boss's expectations.

v. to fail to meet someone or their hopes or expectations; to make someone feel sad

48. 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

ANSWERS: 41. forbidding, 42. unique, 43. quitter, 44. motivate, 45. routine, 46. priority, 47. disappoint, 48. tune

49. 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
50. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal
51. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something
52. This fund is responsible for disability and _____ benefits.
n. the fact or act of stopping working and leaving one's job
53. The _____ beauty of the painting was immediately apparent to all who viewed it.
adj. belonging naturally; essential
54. Some seaweed was used as _____ medicine in ancient times.
n. people in general, especially those of a particular group or type
55. As people age, their digestive capacity also gradually _____.
v. to become gradually smaller, fewer, worse, etc.; to refuse to accept
56. Even though he knew it was wrong, he _____ on the exam.
v. to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws
57. As an _____ he had the right to make his own decisions and live his life as he saw fit.
n. a single person or thing, as distinct from a group

ANSWERS: 49. mentioned, 50. negative, 51. participated, 52. retirement, 53. intrinsic, 54. folk, 55. declines, 56. cheated, 57. individual,

58. Reaching the _____ of 1000 subscribers on her SNS channel was a major achievement for her.

- n.* an important event or stage in the development or progress of something; a stone by the side of a road to show distances

59. Police received a report of illegal _____ in the area.

- n.* a person who has come to a country where they were not born to live there permanently

60. I was amazed at the _____ of her generosity.

- n.* the point or degree or area to which something extends

61. He has an _____ to become a doctor.

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

62. She volunteers at a local _____ every weekend to help those in need.

- n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people

63. Management must take _____ responsibility for the accident.

- adj.* furthest or highest in degree or order

64. 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

65. Animal desire and preference are always _____ from their behavior.

- v.* to form an opinion or conclude that something is true based on existing facts

ANSWERS: 58. milestone, 59. immigrants, 60. extent, 61. aspiration, 62. charity, 63. ultimate, 64. pursue, 65. inferred

66. On my way home from work, I picked up a _____ of bread from the bakery.

- n.* a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle

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

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

68. Composition by artificial intelligence is no longer a _____.

- n.* a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

69. Our plan includes a comprehensive marketing _____.

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

70. The motivational speaker _____ the crowd with their words.

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

71. The company has made great strides in its _____ toward sustainability.

- n.* the act or process of changing to the next stage or phase or moving forward

72. We should _____ several hypotheses to discuss the matter.

- v.* to suggest or accept something as fact or as a basis for argument or consideration

73. So far, the meeting is going according to _____.

- n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

74. The majority of consumers _____ this brand with quality.

- v.* to mentally connect someone or something with someone or something else

ANSWERS: 66. loaf, 67. propose, 68. fantasy, 69. strategy, 70. energized, 71. progression, 72. posit, 73. schedule, 74. associate

75. The medicine _____ his headache, and he felt much better.
v. to make something burdensome, unpleasant, or painful less severe
76. How did he _____ to your idea?
v. to take action in response to something
77. He completed his high school _____ via correspondence courses.
n. a document showing the completion of a course of study or a portion of the education program; a course of study at a college or university
78. The committee abolished the controversial _____ system.
n. an extra amount of money that is added to payment as a present or reward for good work
79. It seems _____ that he has forgotten our scheduled meeting.
adj. likely to happen or likely to be true
80. They never _____ on development despite the lack of funds.
v. to settle a problem or disagreement by mutual concession
81. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
82. The video telephony application has _____ the way we work.
v. to change the meaning or interpretation of something; to make people think about something in a new or different way
83. 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

ANSWERS: 75. relieved, 76. react, 77. diploma, 78. bonus, 79. probable, 80. compromised, 81. emotional, 82. redefined, 83. tips

84. They used a special receiver to _____ police radio channels.
v. to observe, check, and track the progress or quality of something over a period of time
85. The detective looked for fingerprints on the window _____.
n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
86. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge
87. Both forts were subject to _____ attacks.
adj. happening or done without delay or occurring shortly after something else
88. An excellent historian must possess an _____ mentality.
adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
89. 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
90. Direct democracy is effective in quickly resolving _____ situations within a community.
adj. full of difficulties; difficult to deal with or solve
91. This _____ does not require the patient's consent.
n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

ANSWERS: 84. monitor, 85. frame, 86. experiments, 87. immediate, 88. academic, 89. emotions, 90. problematic, 91. intervention

92. His _____ to the charity was a generous donation of money.
n. the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
93. _____ the bandage tightly around the injured arm.
v. to cover or enclose something entirely with paper, cloth, or other material
94. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
95. _____ operational improvements often lead to better environmental performance.
adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
96. This regulation is not _____ to minors.
adj. fit or suitable to be applied; having relevance to a person or thing
97. She filled a _____ with water and carried it back to the house.
n. an open container with a handle made of metal or plastic, often used for carrying liquids
98. A rainbow is a natural _____.
n. something that exists and can be perceptible, especially one that is not fully understood
99. The team experienced a _____ when their star player was injured during the game.
n. an unfortunate happening that hinders or impedes; a reversal or check in progress

ANSWERS: 92. contribution, 93. Wrap, 94. confused, 95. Lean, 96. applicable, 97. bucket, 98. phenomenon, 99. setback

100. We _____ our impeded progress on lack of money.

- v.* to think or say that someone or something did something wrong or is responsible for something bad

101. A balanced _____ is more important for health than supplements.

- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

102. Our company's business _____ for next year is bright.

- n.* the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture

103. We _____ taking media training every six months.

- v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

104. The company's hiring criteria emphasize personality, not a person's _____.

- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

105. These results muddled the _____.

- n.* the act of predicting the future by reasoning; a statement made about the future

106. Your _____ reflects your thoughts.

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

107. His _____ faculties were getting worse because of a lack of sleep.

- adj.* of or relating to mental processes of understanding

ANSWERS: 100. blamed, 101. diet, 102. outlook, 103. recommend, 104. background, 105. prediction, 106. conversation, 107. cognitive

108. He does a different _____ every day to keep things interesting.

n. a session of physical exercise or training

109. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming _____.

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

110. Many multinational companies are _____ in the reconstruction of that country.

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

111. The _____ announcing an enemy attack went off this morning.

n. a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

112. That _____ shows that people are accepting the tax increase to some extent.

n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

113. His father's death changed his whole _____ on life.

n. a confident attitude toward something; a particular style of thinking about something

114. I had to use a knife to _____ the envelope from the table.

v. to free something that is stuck or adhering to something else

115. Many employers hire _____ trainees to train as managers.

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

ANSWERS: 108. workout, 109. overweight, 110. engaged, 111. alarm, 112. survey, 113. perspective, 114. unstick, 115. graduate

116. The government is determined to _____ sharp inflation.

v. to try to deal with a complex problem or situation

117. 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

118. There was no _____ between their proposals.

v. to partially cover something by going beyond its edge

119. With strong _____ and determination, he could quit smoking for good.

n. the control exerted to do something or restrain impulses

120. He should _____ more with his colleagues.

v. to communicate or react with somebody

121. The _____ will repair my telephone tomorrow morning.

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software

122. A significant amount of _____ is required to be a teacher.

n. the reason or enthusiasm for acting or behaving in a particular way

123. 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

124. He _____ the matter until it was almost too late.

v. to postpone doing what you should do, often because it is unpleasant or boring

ANSWERS: 116. tackle, 117. relations, 118. overlap, 119. willpower, 120. interact, 121. engineer, 122. motivation, 123. disappointment, 124. procrastinated

125. The _____ size shirt fits him perfectly.

adj. of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

126. She explained the _____ surrounding the accident.

n. the specific conditions or events that surround a particular situation or occurrence

127. He _____ from the conversation and walked away.

v. to withdraw or separate oneself from a situation or relationship

128. My father was _____ for so long.

adj. not having a job, although able to work

129. I _____ to say that you did not gain admission to the university.

v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

130. My doctor prescribed a strict _____ of exercise and healthy eating to help me lose weight.

n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

131. After the party, they had to clean up _____ of dirty dishes.

n. a collection of objects positioned one on top of another; a large sum of something, such as money

132. She has a lot of _____ and determination to succeed.

n. very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

ANSWERS: 125. medium, 126. circumstances, 127. disengaged, 128. unemployed, 129. regret, 130. regimen, 131. piles, 132. grit

133. The doctor prescribed medication to _____ the patient's appetite.

- v.* to bring something under control by force or authority; to put an end by force

134. The police placed a _____ across the street to halt traffic.

- n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

135. You _____ a bill in the change machine, and the coins pop out.

- v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 133. suppress, 134. barrier, 135. stick