

# Englist.me



## Vocabulary Builder Reference from...

*Kate Ackerman: What women athletes need to unlock their full potential | TED Talk*

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### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### puberty

*n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

*synonym* : adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

### menstrual

*adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month

*synonym* : catamenial

(1) a **menstrual** period, (2) **menstrual** blood

The average length of a woman's **menstrual** cycle is 21 to 35 days.

### postpartum

*adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

*synonym* : afterbirth, postnatal, postdelivery

(1) **postpartum** workout, (2) lose **postpartum** belly fat

Many women experience **postpartum** depression after giving birth.

## menopause

*n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

*synonym* : climacteric, midlife transition

(1) **menopause** symptoms, (2) before **menopause**

The onset of **menopause** can bring about various physical and emotional changes in women.

## correlate

*v.* to have a connection or relationship in which one thing affects or depends on another

*synonym* : associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

## opportune

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

*synonym* : suitable, timely, practical

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

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

## medicinal

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

*synonym* : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

## sack

*v.* to remove or dismiss someone from a position or place;  
(noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things

*synonym* : discharge, remove, (noun) bag

(1) **sack** an employee, (2) a sleep **sack**

He was **sacked** from his job for stealing company property.

## pliers

*n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects

*synonym* : tongs, pincers, nippers

(1) needle-nose **pliers**, (2) locking **pliers**

John used **pliers** to fix the loose wire on the lamp.

## sporty

*adj.* having a stylish, athletic, or active appearance or character

*synonym* : athletic, active, stylish

(1) **sporty** car, (2) **sporty** outfit

The new car has a **sporty** design and a powerful engine, making it fun to drive on winding roads.

## teamwork

*n.* the combined action of a group of people working together towards a common goal

*synonym* : collaboration, cooperation, coordination

(1) poor **teamwork**, (2) **teamwork** in business

Harmonious **teamwork** is essential to the success of this project.

## 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.

## reap

*v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

*synonym* : collect, harvest, derive

(1) **reap** the benefits, (2) **reap** crops

He **reaped** a significant profit from the listing of his company's stock.

## improvisation

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

*synonym*: spontaneity, ad-lib, extemporization

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

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

## varsity

*n.* a team representing a college or university in sports, typically composed of the best players

*synonym*: team, squad, first-string

(1) a **varsity** player, (2) **varsity** sport

Jane made the **varsity** team and was thrilled to compete at the highest level.

## lactation

*n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy

*synonym*: nursing, breastfeeding, milk production

(1) **lactation** period, (2) **lactation** support

After giving birth, the mother's body produces milk through **lactation**.

## triad

*n.* a group of three people or things; a group of three musical notes played in one chord

*synonym*: trio, trinity, threesome

(1) a **triad** of nuclear forces, (2) major **triad**

The three friends formed a tight-knit **triad**, always supporting and helping each other.

## expend

*v.* to use or spend time, money, energy, etc.

*synonym*: disburse, spend, pay

(1) **expend** a great deal of energy, (2) **expend** time and resources

Billionaires tend to **expend** private funds on a public

undertaking.

## incontinence

*n.* the involuntary leakage of urine or feces from the body  
*synonym*: leakage, urinary incontinence, fecal incontinence

(1) urinary **incontinence**, (2) fecal **incontinence**

The elderly patient is experiencing **incontinence** and requires assistance with toileting.

## rib

*n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

*synonym*: costa

(1) brake a **rib**, (2) **rib** cage

The accident caused a cracked **rib**.

## overtraining

*n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm

*synonym*: overexertion, overwork, burnout

(1) **overtraining** syndrome, (2) **overtraining** reversal effect

Athletes who engage in **overtraining** risk experiencing various physical and mental health problems, including injuries and depression.

## underfueling

*n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue

*synonym*: malnourishing, undereating, undernourishing

(1) **underfueling** the body, (2) **underfueling** during exercise

**Underfueling** your body can lead to fatigue, dizziness, and weakness, so it is important to consume adequate food and nutrients to support your energy needs.

## overeducated

*adj.* having more education than is necessary for a particular job or position

*synonym*: overqualified, hypereducated, excessively educated

(1) **overeducated** worker, (2) **overeducated** job applicant  
Despite his impressive academic achievements, some people thought he was **overeducated** and lacked practical experience.

## overcompensate

*v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection

*synonym*: overcorrect, overdo, make up for

(1) **overcompensate** for mistakes, (2) **overcompensate** for lack of experience

After missing a deadline, he worked late into the night to **overcompensate** for his mistake.

## biostatistics

*n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology

*synonym*: bioinformatics, biometrics, biometry

(1) **biostatistics** research, (2) **biostatistics** program

The **biostatistics** department at the university is known for its cutting-edge research in epidemiology and clinical trials.

## endocrine

*adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes

*synonym*: hormonal, glandular, secretory

(1) **endocrine** disorders, (2) **endocrine** cell

The **endocrine** system regulates many bodily functions, including metabolism and growth.

## orthopedic

*adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments

*synonym*: skeletal, musculoskeletal, bone-related

(1) **orthopedic** shoes, (2) **orthopedic** clinic

The athlete visited the **orthopedic** surgeon to have her

injured knee examined and treated.

## reconstruct

v. to build or form something again that has been damaged or destroyed

*synonym*: rebuild, revamp, reorganize

(1) **reconstruct** an image, (2) **reconstruct** the original text  
They've decided to **reconstruct** a ruined castle.

## confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

*synonym*: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

## biennial

*adj.* occurring every two years

*synonym*: every other year, two-year, occurring bi-yearly

(1) **biennial** event, (2) **biennial** report

The **biennial** art festival is famous and draws artists and art lovers worldwide.

## dropout

n. a person who leaves school, college, or a training program before completing it

*synonym*: noncompleter, quitter, school leaver

(1) the **dropout** rate, (2) **dropout** student

The high school **dropout** rate has decreased significantly in recent years thanks to educational initiatives and support programs.

## widen

v. to become or make something broader, wider, more extensive

*synonym*: broaden, enlarge, extend

(1) **widen** in excitement, (2) **widen** a narrowed heart valve  
He **widened** his investigation into a medical clinic.

## propel

v. to move, drive or push something forward or in a particular direction, often with a lot of force

*synonym*: drive, push, move

(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

## screech

v. to make a loud, high-pitched, piercing sound, often indicating pain or fear

*synonym*: shriek, scream, yelp

(1) **screech** out a slogan, (2) **screech** with laughter

The brakes on the car began to **screech** as the driver suddenly stopped at the intersection.

## postpone

v. to delay or reschedule something to a later time or date

*synonym*: delay, defer, reschedule

(1) **postpone** meeting, (2) **postpone** event

Due to inclement weather, the game has been **postponed** until next week.

## explode

v. to burst or break open violently and noisily; to cause something to burst or break open

*synonym*: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

## overexercising

n. engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm

*synonym*: overtraining, excessive exercise, obsessive exercise

(1) symptoms of **overexercising**, (2) **overexercising** leads to burnout

Some people with eating disorders may engage in **overexercising** to purge or compensate for food intake.

## cochair

n. a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair

*synonym*: co-leader, joint chair, codirector

(1) act as **cochair** of the committee, (2) **cochair** the event

The conference was organized by two **cochair** persons who



worked together to ensure its success.

## philanthropy

*n.* the practice of voluntarily helping the poor, especially by giving money

*synonym*: altruism, benevolence, generosity

(1) **philanthropy** organization, (2) private **philanthropy**  
Tech billionaires often spend the majority of their time on **philanthropy**.

## resilient

*adj.* able to withstand or recover quickly from difficult conditions

*synonym*: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population  
She is a **resilient** person and has always bounced back from setbacks.

## woo

*v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

*synonym*: court, pursue, charm

(1) **woo** consumers, (2) **woo** voters with promises  
He tried to **woo** her with his charm and wit.

## generosity

*n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely

*synonym*: goodness, hospitality, unselfishness

(1) act of **generosity**, (2) boundless **generosity**  
He is remembered for his **generosity** and civilization.

## shingle

*n.* a thin piece of wood, slate, or other material used as a roof covering or siding

*synonym*: tile, slate, clapboard

(1) asphalt **shingle**, (2) wooden **shingle**  
The roofer installed new **shingles** on the roof to replace the old and worn-out ones.

## sneak

*v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do

something secretly or stealthily

*synonym* : creep, tiptoe, smuggle

(1) **sneak** a cigarette, (2) **sneak** out of danger

The children tried to **sneak** out and eat the candy.

## Session 2: Spelling

1. ex\_\_\_d a great deal of energy      *v.* to use or spend time, money, energy, etc.
2. sc\_\_\_\_\_h out a slogan      *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
3. sn\_\_k out of danger      *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
4. bi\_\_\_\_\_al report      *adj.* occurring every two years
5. a sleep s\_\_k      *v.* to remove or dismiss someone from a position or place; (noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things
6. en\_\_\_\_\_ne cell      *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
7. needle-nose pl\_\_\_\_s      *n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects
8. at the height of pu\_\_\_\_\_y.      *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
9. act as co\_\_\_\_\_r of the committee      *n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair

ANSWERS: 1. expend, 2. screech, 3. sneak, 4. biennial, 5. sack, 6. endocrine, 7. pliers, 8. puberty, 9. cochair

10. pos\_\_\_\_\_um workout *adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth
11. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
12. g\_\_t washer *n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
13. locking pl\_\_\_\_s *n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects
14. g\_\_t determination *n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
15. dogged per\_\_\_\_\_nce *n.* steadfastness in doing something despite difficulty or delay in achieving success
16. r\_\_p crops *v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
17. r\_b cage *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
18. wooden sh\_\_\_\_\_e *n.* a thin piece of wood, slate, or other material used as a roof covering or siding

ANSWERS: 10. postpartum, 11. improvisation, 12. grit, 13. pliers, 14. grit, 15. perseverance, 16. reap, 17. rib, 18. shingle



29. co\_\_\_\_\_r the event *n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair
30. ove\_\_\_\_\_ted job applicant *adj.* having more education than is necessary for a particular job or position
31. ex\_\_\_\_d time and resources *v.* to use or spend time, money, energy, etc.
32. la\_\_\_\_\_on support *n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy
33. me\_\_\_\_\_se symptoms *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
34. ex\_\_\_\_\_e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
35. bi\_\_\_\_\_al event *adj.* occurring every two years
36. me\_\_\_\_\_al blood *adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
37. pr\_\_\_\_l the ship *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
38. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
39. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 29. cochair, 30. overeducated, 31. expend, 32. lactation, 33. menopause, 34. explode, 35. biennial, 36. menstrual, 37. propel, 38. improvisation, 39. opportune

40. ove\_\_\_\_\_ing leads to burnout *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
41. a hard and re\_\_\_\_\_nt steel *adj.* able to withstand or recover quickly from difficult conditions
42. po\_\_\_\_\_ne meeting *v.* to delay or reschedule something to a later time or date
43. boundless gen\_\_\_\_\_ty *n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
44. lose pos\_\_\_\_\_um belly fat *adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth
45. und\_\_\_\_\_ing during exercise *n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue
46. pr\_\_\_\_l growth *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
47. rec\_\_\_\_\_ct the original text *v.* to build or form something again that has been damaged or destroyed
48. va\_\_\_\_\_y sport *n.* a team representing a college or university in sports, typically composed of the best players
49. private phi\_\_\_\_\_opy *n.* the practice of voluntarily helping the poor, especially by giving money
50. before me\_\_\_\_\_se *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

ANSWERS: 40. overexercising, 41. resilient, 42. postpone, 43. generosity, 44. postpartum, 45. underfueling, 46. propel, 47. reconstruct, 48. varsity, 49. philanthropy, 50. menopause

51. bio\_\_\_\_\_ics program      *n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology
52. r\_\_p the benefits      *v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
53. me\_\_\_\_\_al chemistry      *adj.* of or relating to the treatment or cure of disease
54. ort\_\_\_\_\_ic clinic      *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
55. act of gen\_\_\_\_\_ty      *n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
56. the dr\_\_\_\_\_t rate      *n.* a person who leaves school, college, or a training program before completing it
57. fecal inc\_\_\_\_\_nce      *n.* the involuntary leakage of urine or feces from the body
58. ort\_\_\_\_\_ic shoes      *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
59. wi\_\_n in excitement      *v.* to become or make something broader, wider, more extensive

ANSWERS: 51. biostatistics, 52. reap, 53. medicinal, 54. orthopedic, 55. generosity, 56. dropout, 57. incontinence, 58. orthopedic, 59. widen



60. w\_o voters with promises      *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
61. major tr\_\_d      *n.* a group of three people or things; a group of three musical notes played in one chord
62. re\_\_\_\_\_nt population      *adj.* able to withstand or recover quickly from difficult conditions
63. sn\_\_k a cigarette      *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
64. a va\_\_\_\_\_y player      *n.* a team representing a college or university in sports, typically composed of the best players
65. an op\_\_\_\_\_ne remark      *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
66. the onset of pu\_\_\_\_\_y      *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
67. co\_\_\_\_r honor      *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
68. ex\_\_\_\_\_e in popularity      *v.* to burst or break open violently and noisily; to cause something to burst or break open
69. ove\_\_\_\_\_ted worker      *adj.* having more education than is necessary for a particular job or position

ANSWERS: 60. woo, 61. triad, 62. resilient, 63. sneak, 64. varsity, 65. opportune, 66. puberty, 67. confer, 68. explode, 69. overeducated

70. und\_\_\_\_\_ing the body *n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue
71. traditional me\_\_\_\_\_al *adj.* of or relating to the treatment or cure of disease
72. rec\_\_\_\_\_ct an image *v.* to build or form something again that has been damaged or destroyed
73. a tr\_\_d of nuclear forces *n.* a group of three people or things; a group of three musical notes played in one chord
74. a me\_\_\_\_\_al period *adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
75. ove\_\_\_\_\_ing reversal effect *n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm
76. te\_\_\_\_\_rk in business *n.* the combined action of a group of people working together towards a common goal
77. la\_\_\_\_\_on period *n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy
78. unwavering per\_\_\_\_\_nce *n.* steadfastness in doing something despite difficulty or delay in achieving success
79. sc\_\_\_\_\_h with laughter *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
80. po\_\_\_\_\_ne event *v.* to delay or reschedule something to a later time or date

ANSWERS: 70. underfueling, 71. medicinal, 72. reconstruct, 73. triad, 74. menstrual, 75. overtraining, 76. teamwork, 77. lactation, 78. perseverance, 79. screech, 80. postpone

81. symptoms of ove\_\_\_\_\_ing      *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
82. sp\_\_\_y car      *adj.* having a stylish, athletic, or active appearance or character
83. phi\_\_\_\_\_opy organization      *n.* the practice of voluntarily helping the poor, especially by giving money
84. en\_\_\_\_\_ne disorders      *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
85. ove\_\_\_\_\_ing syndrome      *n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm
86. bio\_\_\_\_\_ics research      *n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology
87. w\_o consumers      *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
88. co\_\_\_\_\_te to the size      *v.* to have a connection or relationship in which one thing affects or depends on another
89. dr\_\_\_\_\_t student      *n.* a person who leaves school, college, or a training program before completing it
90. sp\_\_\_y outfit      *adj.* having a stylish, athletic, or active appearance or character

ANSWERS: 81. overexercising, 82. sporty, 83. philanthropy, 84. endocrine, 85. overtraining, 86. biostatistics, 87. woo, 88. correlate, 89. dropout, 90. sporty

## Session 3: Fill in the Blanks

1. The children tried to \_\_\_\_\_ out and eat the candy.  
*v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
2. The \_\_\_\_\_ system regulates many bodily functions, including metabolism and growth.  
*adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
3. The \_\_\_\_\_ department at the university is known for its cutting-edge research in epidemiology and clinical trials.  
*n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology
4. The average length of a woman's \_\_\_\_\_ cycle is 21 to 35 days.  
*adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
5. They've decided to \_\_\_\_\_ a ruined castle.  
*v.* to build or form something again that has been damaged or destroyed
6. Billionaires tend to \_\_\_\_\_ private funds on a public undertaking.  
*v.* to use or spend time, money, energy, etc.
7. After missing a deadline, he worked late into the night to \_\_\_\_\_ for his mistake.  
*v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection

ANSWERS: 1. sneak, 2. endocrine, 3. biostatistics, 4. menstrual, 5. reconstruct, 6. expend, 7. overcompensate

8. The leaders of the two countries met to \_\_\_\_\_ on the issue.
- v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
9. The new car has a \_\_\_\_\_ design and a powerful engine, making it fun to drive on winding roads.
- adj.* having a stylish, athletic, or active appearance or character
10. The three friends formed a tight-knit \_\_\_\_\_ always supporting and helping each other.
- n.* a group of three people or things; a group of three musical notes played in one chord
11. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
12. Due to inclement weather, the game has been \_\_\_\_\_ until next week.
- v.* to delay or reschedule something to a later time or date
13. The high school \_\_\_\_\_ rate has decreased significantly in recent years thanks to educational initiatives and support programs.
- n.* a person who leaves school, college, or a training program before completing it
14. John used \_\_\_\_\_ to fix the loose wire on the lamp.
- n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects
15. In this culture, men are initiated when they reach \_\_\_\_\_.
- n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

ANSWERS: 8. confer, 9. sporty, 10. triad, 11. medicinal, 12. postponed, 13. dropout, 14. pliers, 15. puberty

16. Harmonious \_\_\_\_\_ is essential to the success of this project.
- n.* the combined action of a group of people working together towards a common goal
17. 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
18. The old building \_\_\_\_\_ in a fiery inferno.
- v.* to burst or break open violently and noisily; to cause something to burst or break open
19. He is remembered for his \_\_\_\_\_ and civilization.
- n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
20. Tech billionaires often spend the majority of their time on \_\_\_\_\_.
- n.* the practice of voluntarily helping the poor, especially by giving money
21. We may frequently \_\_\_\_\_ age with the frequency of disease.
- v.* to have a connection or relationship in which one thing affects or depends on another
22. The accident caused a cracked \_\_\_\_\_.
- n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
23. The roofer installed new \_\_\_\_\_ on the roof to replace the old and worn-out ones.
- n.* a thin piece of wood, slate, or other material used as a roof covering or siding

ANSWERS: 16. teamwork, 17. grit, 18. exploded, 19. generosity, 20. philanthropy, 21. correlate, 22. rib, 23. shingles

24. He tried to \_\_\_\_ her with his charm and wit.

- v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

25. Many women experience \_\_\_\_\_ depression after giving birth.

- adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

26. The brakes on the car began to \_\_\_\_\_ as the driver suddenly stopped at the intersection.

- v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear

27. The elderly patient is experiencing \_\_\_\_\_ and requires assistance with toileting.

- n.* the involuntary leakage of urine or feces from the body

28. He was \_\_\_\_\_ from his job for stealing company property.

- v.* to remove or dismiss someone from a position or place; (noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things

29. 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

30. The phone rang at the most \_\_\_\_\_ time.

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

ANSWERS: 24. woo, 25. postpartum, 26. screech, 27. incontinence, 28. sacked, 29. perseverance, 30. opportune

31. After giving birth, the mother's body produces milk through \_\_\_\_\_.
- n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy
32. She is a \_\_\_\_\_ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions
33. The athlete visited the \_\_\_\_\_ surgeon to have her injured knee examined and treated.
- adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
34. Despite his impressive academic achievements, some people thought he was \_\_\_\_\_ and lacked practical experience.
- adj.* having more education than is necessary for a particular job or position
35. An increase in employment helps \_\_\_\_\_ economic growth.
- v.* to move, drive or push something forward or in a particular direction, often with a lot of force
36. \_\_\_\_\_ your body can lead to fatigue, dizziness, and weakness, so it is important to consume adequate food and nutrients to support your energy needs.
- n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue
37. He \_\_\_\_\_ his investigation into a medical clinic.
- v.* to become or make something broader, wider, more extensive

ANSWERS: 31. lactation, 32. resilient, 33. orthopedic, 34. overeducated, 35. propel, 36. Underfueling, 37. widened



38. The \_\_\_\_\_ art festival is famous and draws artists and art lovers worldwide.  
*adj.* occurring every two years
39. He \_\_\_\_\_ a significant profit from the listing of his company's stock.  
*v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
40. Jane made the \_\_\_\_\_ team and was thrilled to compete at the highest level.  
*n.* a team representing a college or university in sports, typically composed of the best players
41. Athletes who engage in \_\_\_\_\_ risk experiencing various physical and mental health problems, including injuries and depression.  
*n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm
42. The onset of \_\_\_\_\_ can bring about various physical and emotional changes in women.  
*n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
43. He created a beautiful piece of music using only \_\_\_\_\_.  
*n.* the act of making something up on the spot or creating or performing something without preparation
44. The conference was organized by two \_\_\_\_\_ persons who worked together to ensure its success.  
*n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair

ANSWERS: 38. biennial, 39. reaped, 40. varsity, 41. overtraining, 42. menopause, 43. improvisation, 44. cochair

45. Some people with eating disorders may engage in \_\_\_\_\_ to purge or compensate for food intake.
- n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm

ANSWERS: 45. overexercising