# **Englist.me**

# Vocabulary Builder Reference from...

Rob Cross: How to be a team player -- without

burning out | TED Talk

https://www.ted.com/talks/rob\_cross\_how\_to\_be\_a\_t

eam\_player\_without\_burning\_out



## All Words

#### **IMPORTANT**

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## **Session 1: Word List**

#### collaborate

v. to work with someone else to produce or achieve something

*synonym*: cooperate, unite, get together

(1) **collaborate** with the police, (2) **collaborate** on a press release

She agreed to collaborate with him in creating new artwork.

#### modern

adj. of or belonging to the present time or recent timessynonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society Their headquarters are in a **modern** skyscraper.

#### foster

 to promoto growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym: nurture, nourish, cultivate

(1) foster a better relationship, (2) foster two kids The pastor contributed to fostering the sense of a community embracing all classes.

#### collaboration

 the act or situation of working together to create or produce something

*synonym*: affiliation, alliance, coalition

(1) **collaboration** between companies, (2) **collaboration** platform

The partnership program requires a mutual **collaboration** between both agencies.

## brainstorming

- a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas
- (1) **brainstorming** session, (2) do a **brainstorming** about a new product

Many companies employ **brainstorming** as a good way of generating innovative ideas.

#### session

 a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

synonym: conference, gathering

(1) the morning **session**, (2) the court **session** Parliament is now in **session**.

#### slack

 adj. lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude

synonym: loose, lax, floppy

(1) a slack rope, (2) slack performance

The team's **slack** attitude towards deadlines caused the project to fall behind schedule.

#### instant

adj. happening immediately, with no delay

*synonym*: immediate, urgent, moment

(1) get **instant** access, (2) an **instant** reply His pleasant face turned cold in an **instant**.

#### aspect

- n. one part or feature of a situation, problem, subject, etc. synonym: characteristic, element, factor
- (1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

#### overload

- v. to put too much a load in or on something synonym: overfill, excess, weigh down
- (1) **overload** the circulatory system, (2) **overload** a muscle Be careful not to **overload** the laundry machine.

#### launch

- v. to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
- synonym: start, initiate, begin
- (1) **launch** a spaceship into orbit, (2) **launch** a big attack The company is set to **launch** its new product line next month.

#### vaccine

 a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

synonym: vaccinum

(1) development of **vaccines**, (2) an oral **vaccine**The mRNA **vaccine** was approved in less than a year because it did not contain the fragments of the target virus.

#### endeavor

v. to make an earnest attempt or effort; to strive or work hard towards a goal or objective

synonym: attempt, strive, undertake

(1) **endeavor** to succeed, (2) **endeavor** as much as possible

We will **endeavor** to find a solution to the problem as quickly as possible.

#### execute

v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

synonym: direct, conduct, enforce

(1) **execute** a bold strategy, (2) **execute** a double play

The mafioso who collaborated with the police was **executed**.

## pandemic

 an outbreak of a disease that affects many people over a very wide area

synonym: outbreak

(1) flu pandemic, (2) global pandemic

They fear a **pandemic** of a new type of virus.

drift

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

synonym: float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft I **drifted** around for years in Europe before going to university.

#### convinced

 adj. completely certain about something; having a strong belief or conviction in a particular religion

synonym: confident, positive, indoctrinated

(1) **convinced** of the idea, (2) **convinced** criminal The public is **convinced** that the prime minister has committed fraud.

#### external

adj. belonging to or situated outside of someone or something

synonym: outside, exterior, foreign

(1) external factors, (2) external commerce

When a company discloses information to the market, an **external** auditor verifies them.

zone

 a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

## discovery

 the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

## 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.

## eager

adj. showing enthusiasm and a strong desire or interest to do something

synonym: keen, enthusiastic, ardent

(1) eager anticipation, (2) with eager eyes

The children were **eager** to start the treasure hunt.

## fray

v. to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict

synonym: tangle, brawl, skirmish

(1) fray tempers, (2) fray our relationship

The edges of the old blanket had started to **fray**, so I decided to sew them up.

## colleague

 one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

collaborate with colleagues,
 former colleague
 decided to seek counseling on the advice of my colleague.

examine

v. to study or consider a person or object attentively and thoroughly to learn something about them

synonym: study, probe, analyze

(1) **examine** the data studiously, (2) **examine** the issue Initially, we must **examine** all project-related expenses.

## trigger

- v. to make something happen suddenly; to cause something such as a device, machine, etc. to functionsynonym: activate, spark, drive
- (1) **trigger** a biochemical response, (2) **trigger** inflation The incident **triggered** a political controversy.

#### spark

v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

synonym: start, inspire, provoke

(1) **spark** his interest, (2) **spark** a chain reaction

The bankruptcy of the giant conglomerate **sparked** turmoil in the stock market.

#### desire

- n. a strong feeling of wanting to have or do somethingsynonym: ambition, appetite, greed
- (1) unsatisfied **desire**, (2) fleshly **desire**Low sexual **desire** typically correlates with low testosterone levels.

## accomplishment

 the successful completion of a task or goal; an ability that has been acquired by training

synonym: success, achievement, complete

proud of his accomplishments, (2) the accomplishment of a social goal

Graduating from college was a major **accomplishment** for her.

#### construct

v. to build or create something; to assemble or combine different parts to form something whole

synonym: build, assemble, create

(1) **construct** a 3D image, (2) **construct** a dam

He **constructs** hypotheses that no mathematician has ever

imagined before.

#### fulfill

v. to meet the requirements or expectations; to achieve or realize

synonym: satisfy, complete, accomplish

(1) fulfill a contract, (2) fulfill a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

#### bolster

v. to support or strengthen, often by adding extra assistance or resources

synonym: reinforce, support, strengthen

(1) bolster confidence, (2) bolster the economy

The company hired a new advertising agency to **bolster** its marketing efforts.

## identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual The terrorist's **identity** remains unknown.

## boggy

adj. containing a lot of soft, wet soil; marshy, swampy, or waterlogged

*synonym*: swampy, marshy, mucky

(1) boggy land, (2) boggy area

The trail through the forest was so **boggy** that our shoes became soaked.

#### bottleneck

 a narrow or busy section of road or a junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry

synonym: blockage, obstacle, barrier

(1) performance **bottleneck**, (2) **bottleneck** in production Memory bandwidth is a significant **bottleneck** in this computational simulation.

#### admire

v. to have regard for or respect for someone's qualities or the actions they have performed

synonym: esteem, respect, marvel

(1) **admire** the subtlety of the distinctions, (2) **admire** kids with attitude

We all **admire** him because he is a nobleman.

#### trait

n. a particular feature of your nature

synonym: attribute, feature, quality

(1) chemical trait, (2) personality traits

Multiple genes may influence behavioral **traits** concurrently.

#### satisfaction

 a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

*synonym*: delight, pleasure, content

- (1) a sense of **satisfaction**, (2) customer **satisfaction**The mediated settlement brought **satisfaction** to both sides
- The mediated settlement brought **satisfaction** to both sides.

#### cycle

an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle** 

The food chain causes a material cycle.

#### addictive

 adj. causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming

synonym: habit-forming, captivating, compelling

(1) highly addictive, (2) addictive substance

The new video game was so **addictive** that he stayed up all night playing it.

#### thorny

adj. full of or covered with thorns; prickly; (of a problem) difficult to deal with

synonym: prickly, spiky, bristly

(1) the **thorny** path of life, (2) **thorny** problem The rose bush had **thorny** branches.

## inevitably

adv. in a manner that cannot be avoided or prevented synonym: unavoidably, necessarily, surely

(1) **inevitably** decline with age, (2) **inevitably** reach the consumer

Because of his excellent performance, he will **inevitably** be promoted.

jam

 a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit

synonym: difficulty, mess, preserve

(1) a traffic **jam**, (2) a jar of **jam** 

The shredder in the print room often has paper **jams**.

## ignore

- v. to intentionally not listen or pay attention to synonym: neglect, disregard, shun
- (1) **ignore** her advice, (2) **ignore** a ban Since independence, the area has been completely **ignored**.

#### coordination

 the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

synonym: cooperation, teamwork, collaboration

 data coordination, (2) loss of muscle coordination
 Synchronized swimming needs close coordination between six performers.

#### overwhelm

- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebodysynonym: conquer, crush, dominate
- (1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

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#### 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.

## persistent

 adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

synonym: tenacious, steadfast, unrelenting

(1) persistent cough, (2) persistent data

Despite the setbacks, he remained **persistent** in his pursuit of his dreams.

## nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym: hassle, bother, badger

nag about the minor thing, (2) nag political leaders
 She couldn't stop nagging her husband to take out the trash.

#### frantic

adj. marked by uncontrolled excitement or emotion; wild; frenzied

synonym: wild, frenzied, manic

(1) frantic pace, (2) with frantic haste

The mother was **frantic** as she searched for her lost child.

#### reluctant

adj. unwilling or hesitant to do something because of doubts or fears

synonym: hesitant, unwilling, unenthusiastic

(1) slowly becoming more **reluctant**, (2) **reluctant** readers He was **reluctant** to share his thoughts on the matter.

delegate

 a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

synonym: representative, envoy, agent

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(1) delegate a routine task, (2) send a delegate

The **delegate** from the small country was not allowed to speak at the meeting.

jerk

v. to make a sudden, sharp movement, or cause something to do this

synonym: wrench, jolt, twitch

(1) **jerk** her head back, (2) **jerk** the rope

The driver suddenly **jerked** the steering wheel to the left to avoid hitting the deer.

## unfortunately

adv. by bad luck; unluckily

synonym: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately** 

The treatments were done but, **unfortunately**, were unsuccessful.

## unproductive

adj. not producing or able to produce very much or desired results

*synonym*: fruitless, ineffective, idle

(1) in an **unproductive** manner, (2) **unproductive** industries

The negotiations between labor and management were unproductive.

#### burnout

the state of being exceedingly exhausted or unwell,
 either physically or mentally, as a result of overworking

synonym: breakdown, exhaustion, fatigue

(1) burnout syndrome, (2) mental burnout

He suffered from job burnout because of hard work.

#### chant

 a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

synonym: hymn, mantra, (verb) recite

## (1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

## binary

- n. a system of numbers that uses only two digits, 0 and 1synonym: twofold, double
- (1) a **binary** number, (2) trading in **binary** options

  A **binary** star is a system in which two stars revolve around each other.

## obligation

 the state of being morally or legally bound to do or pay something

synonym: burden, commitment, debt

(1) a deep obligation, (2) pay an obligation

You are under no **obligation** to finish the job.

## juggle

v. to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act

synonym: jiggle, balance, handle

(1) **juggle** a job and motherhood, (2) **juggle** with facts It can be difficult to **juggle** work, family, and social life, but finding balance is important.

#### deadline

- n. a date or period by which something must be donesynonym: time limit, period
- (1) transfer **deadline** day, (2) the **deadline** for applications No matter what, we must have this done before the **deadline**.

## prioritize

v. to assign a higher level of importance to something compared to other things

synonym: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

#### bandwidth

 the amount of data that can be transmitted or processed at one time often used to describe the capacity of electronic communication or computing systems

synonym: capacity, data transfer rate, network speed

(1) **bandwidth** allocation, (2) increase **bandwidth**I don't have the **bandwidth** to take on any new projects, as I'm already working on multiple assignments.

## 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.

## opt

- v. to make a choice from a range of possibilities synonym: choose, select, pick
- (1) **opt** out of society, (2) **opt** for a traditional wedding I decided to **opt** for premature retirement.

#### self-reliant

- adj. able to rely on oneself or one's abilities; not needing or depending on others for support or guidancesynonym: independent, self-sufficient, autonomous
- (1) **self-reliant** person, (2) **self-reliant** community

  After moving to a new city, she became more **self-reliant** and learned to navigate the streets independently.

## involve

- v. to include or affect someone or something as a necessary part of something else
- synonym: implicate, include, engage
- (1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## empower

- v. to give someone the power or authority to do something synonym: authorize, endow, entitle
- (1) **empower** my life, (2) **empower** the secretary to do the

#### same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

#### celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym: praise, glorify, honor

celebrate his election, (2) celebrate Christmas
 He celebrated the 10th anniversary of his tenure.

#### succumb

v. to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

synonym: surrender, break down, die

(1) **succumb** to cancer, (2) **succumb** to old age He finally **succumbed** to temptation.

## temptation

n. the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire

synonym: allure, attraction, enticement

(1) withstand **temptation**, (2) many **temptations**Researchers often succumb to the **temptation** of accolades and commit research misconduct.

#### intentional

adj. done, made or performed with purpose and intent synonym: deliberate, intended, preplanned

(1) **intentional** destruction of evidence, (2) an **intentional** walk

The law distinguishes between accidental and **intentional** killing.

#### craft

 an activity that requires a particular skill in making things with one's hands

synonym: art, skill, workmanship

(1) **craft** arts of Japan, (2) **craft** manufacture

His hometown was where he first acquired the **craft** of wood carving.

## strategy

 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**.

## identify

 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.

priority

 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.

#### horizon

 the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated

*synonym*: skyline, view, visible boundary

(1) the event **horizon** of a black hole, (2) business **horizon** As the sun set, the colors of the sky merged with the **horizon**, creating a beautiful orange and pink hue.

#### emotional

adj. relating to people's feelingssynonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress Human **emotional** responses vary widely depending on the society to which they belong.

#### decision

 the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) decision authority, (2) a selfish decision

She was struggling to make a **decision** between two job offers.

## align

v. to put or arrange two or more things in a straight line or to form a straight line

synonym: coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with a historical trend

Both parties are now entirely ideologically **aligned**.

## upside

 the positive aspect or potential of something; the upper side of something

synonym: advantage, benefit, top

(1) have no **upside**, (2) market **upside** 

Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

#### outcome

n. the result or effect of an action, event, etc.

synonym: result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome** They awaited news of the **outcome** of the election.

#### maximum

adj. the largest or greatest amount or value attainable or attained

synonym: peak, top, highest

(1) maximum limit, (2) the maximum speed

The **maximum** temperature recorded this summer was higher than average.

#### contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

*synonym*: donate, devote, commit

- (1) contribute a large sum of money to the fund,
- (2) contribute to society

Government workers cannot **contribute** to political campaigns.

crazy

adj. stupid or not sensible; very angrysynonym: insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme The rain and thunder are **crazy** today.

downward

adj. moving towards a lower position or a lower level synonym: lower, earthward, descending

(1) a **downward** slope, (2) maintain **downward** compatibility

The stock market has been in a **downward** trend for the past month.

spiral

- a curve that coils around a central point and gets progressively farther away from it as it goes around
   synonym: coil, helix, twist
- spiral staircase, (2) spiral design
   The leaves of the fern were arranged in a spiral pattern.

# **Session 2: Spelling**

1.	10	r	two	KIGS

- 2. par\_\_\_\_te in the program
- 3. get in taccess
- 4. ig\_\_\_e a ban
- 5. ov\_\_\_\_Im opponents by numbers
- 6. dr\_t down the stream
- 7. id fy handwriting
- 8. an oral va e
- 9. ju e with facts
- 10. in an unp\_\_\_\_ive manner

- v. to promoto growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
- v. to take part in something
- adj. happening immediately, with no delay
- v. to intentionally not listen or pay attention to
- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
- v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
- to recognize someone or something and say or prove who or what they are
- a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
- v. to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act
- adj. not producing or able to produce very much or desired results

ANSWERS: 1. foster, 2. participate, 3. instant, 4. ignore, 5. overwhelm, 6. drift, 7. identify, 8. vaccine, 9. juggle, 10. unproductive

11. chemical tr t a particular feature of your nature n. 12. fo\_\_\_r a better relationship to promoto growth; to take care of ν. another person's child, usually for a limited time, without becoming their legal parents 13. ex\_\_\_\_e the issue to study or consider a person or object ν. attentively and thoroughly to learn something about them 14. em\_\_\_r the secretary to do the to give someone the power or authority to do something same one of a group of a coworker, especially 15. former co\_\_\_\_ue n. in a profession or a business a specific area, region, or section that is 16. time z e n. marked off or defined in some way 17. th\_\_\_y problem adj. full of or covered with thorns; prickly; (of a problem) difficult to deal with 18. j\_\_k the rope to make a sudden, sharp movement, or ν. cause something to do this 19. con\_\_\_\_te to society to give something, especially money or ν. goods, to provide or achieve something together with other people to annoy or irritate someone persistently 20. n g about the minor thing with repeated complaints, requests, or criticism; (noun) an old or over-worked horse 21. de\_\_\_\_te a routine task a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

ANSWERS: 11. trait, 12. foster, 13. examine, 14. empower, 15. colleague, 16. zone, 17. thorny, 18. jerk, 19. contribute, 20. nag, 21. delegate

22.	j_k her head back	<i>v</i> .	to make a sudden, sharp movement, or cause something to do this
23.	idty as an individual	n.	the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
24.	global paic	n.	an outbreak of a disease that affects many people over a very wide area
25.	emal health	adj.	relating to people's feelings
26.	colion platform	n.	the act or situation of working together to create or produce something
27.	emr my life	<i>v</i> .	to give someone the power or authority to do something
28.	improved student oues	n.	the result or effect of an action, event, etc.
29.	prize tasks	<i>v</i> .	to assign a higher level of importance to something compared to other things
30.	coed criminal	adj.	completely certain about something; having a strong belief or conviction in a particular religion
31.	exal factors	adj.	belonging to or situated outside of someone or something
32.	bor the economy	<i>v</i> .	to support or strengthen, often by adding extra assistance or resources
33.	bath allocation	n.	the amount of data that can be transmitted or processed at one time often used to describe the capacity of electronic communication or computing systems

ANSWERS: 22. jerk, 23. identity, 24. pandemic, 25. emotional, 26. collaboration, 27. empower, 28. outcome, 29. prioritize, 30. convinced, 31. external, 32. bolster, 33. bandwidth

34.	many temons	n.	the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire
35.	cht in the chapel	n.	a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
36.	a traffic j_m	n.	a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit
37.	transfer dene day	n.	a date or period by which something must be done
38.	customer sation	n.	a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
39.	botck in production	n.	a narrow or busy section of road or a junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry
40.	ine a lot of paperwork	v.	to include or affect someone or something as a necessary part of something else
41.	an int reply	adj.	happening immediately, with no delay
42.	ovad a muscle	<i>v</i> .	to put too much a load in or on something

ANSWERS: 34. temptation, 35. chant, 36. jam, 37. deadline, 38. satisfaction, 39. bottleneck, 40. involve, 41. instant, 42. overload

43.	pernt cough	adj.	continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
44.	mistaken idty	n.	the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
45.	mon poetry	adj.	of or belonging to the present time or recent times
46.	the dene for applications	<i>n</i> .	a date or period by which something must be done
47.	mental but	n.	the state of being exceedingly exhausted or unwell, either physically o mentally, as a result of overworking
48.	do a braing about a new product	n.	a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas
49.	ovad the circulatory system	<i>v</i> .	to put too much a load in or on something
50.	parte fully in conversation	<i>v</i> .	to take part in something
51.	an intal walk	adj.	done, made or performed with purpose and intent
52.	a jar of j_m	n.	a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit
53.	business hon	n.	the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated

ANSWERS: 43. persistent, 44. identity, 45. modern, 46. deadline, 47. burnout, 48. brainstorming, 49. overload, 50. participate, 51. intentional, 52. jam, 53. horizon

54.	slowly becoming more rent	adj.	unwilling or hesitant to do something because of doubts or fears
55.	accsh military operations	<i>v</i> .	to finish or achieve something successfully
56.	a selfish deon	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
57.	braing session	n.	a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas
58.	emal distress	adj.	relating to people's feelings
59.	crt arts of Japan	n.	an activity that requires a particular skill in making things with one's hands
60.	mam limit	adj.	the largest or greatest amount or value attainable or attained
61.	frc pace	adj.	marked by uncontrolled excitement or emotion; wild; frenzied
62.	spI staircase	n.	a curve that coils around a central point and gets progressively farther away from it as it goes around
63.	adve substance	adj.	causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
64.	market upe	n.	the positive aspect or potential of something; the upper side of something

ANSWERS: 54. reluctant, 55. accomplish, 56. decision, 57. brainstorming, 58. emotional, 59. craft, 60. maximum, 61. frantic, 62. spiral, 63. addictive, 64. upside

65.	colte with the police	<i>v</i> .	to work with someone else to produce or achieve something
66.	cry about cars and racing	adj.	stupid or not sensible; very angry
67.	enor to succeed	<i>v</i> .	to make an earnest attempt or effort; to strive or work hard towards a goal or objective
68.	a deep oblon	n.	the state of being morally or legally bound to do or pay something
69.	o_t for a traditional wedding	<i>v</i> .	to make a choice from a range of possibilities
70.	trr inflation	ν.	to make something happen suddenly; to cause something such as a device, machine, etc. to function
71.	trading in biy options	n.	a system of numbers that uses only two digits, 0 and 1
72.	ade the subtlety of the distinctions	ν.	to have regard for or respect for someone's qualities or the actions they have performed
73.	unsatisfied dee	n.	a strong feeling of wanting to have or do something
74.	exe the data studiously	<i>v</i> .	to study or consider a person or object attentively and thoroughly to learn something about them
75.	cete his election	ν.	to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
76.	the accent of a social goal	n.	the successful completion of a task or goal; an ability that has been acquired by training

ANSWERS: 65. collaborate, 66. crazy, 67. endeavor, 68. obligation, 69. opt, 70. trigger, 71. binary, 72. admire, 73. desire, 74. examine, 75. celebrate, 76. accomplishment

a system of numbers that uses only two 77. a bi y number n. digits, 0 and 1 78. performance bot\_\_\_\_ck a narrow or busy section of road or a n. junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry a particular feature of your nature 79. personality tr\_\_ts n. 80. ea\_r anticipation adj. showing enthusiasm and a strong desire or interest to do something the positive aspect or potential of 81. have no up e something; the upper side of something 82. the cy\_\_e of the seasons an interval during which a recurring n. sequence of events occurs; a bicycle or motorcycle 83. co ed of the idea adj. completely certain about something; having a strong belief or conviction in a particular religion to finish or achieve something 84. acc sh a goal successfully 85. go to the workplace by cy\_e an interval during which a recurring n. sequence of events occurs; a bicycle or motorcycle 86. ju e a job and motherhood to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act to put or arrange two or more things in a 87. al\_n the economic interest of each ν. straight line or to form a straight line other

ANSWERS: 77. binary, 78. bottleneck, 79. trait, 80. eager, 81. upside, 82. cycle, 83. convinced, 84. accomplish, 85. cycle, 86. juggle, 87. align

88.	cht melodies	n.	a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
89.	develop a stgy	n.	a detailed plan of action designed to achieve a long-term or overall goal.
90.	ze defense	n.	a specific area, region, or section that is marked off or defined in some way
91.	rent readers	adj.	unwilling or hesitant to do something because of doubts or fears
92.	proud of his accents	n.	the successful completion of a task or goal; an ability that has been acquired by training
93.	a sense of sation	n.	a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
94.	development of vaes	n.	a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
95.	pernt data	adj.	continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
96.	aln with a historical trend	<i>v</i> .	to put or arrange two or more things in a straight line or to form a straight line
97.	o_t out of society	v.	to make a choice from a range of possibilities

ANSWERS: 88. chant, 89. strategy, 90. zone, 91. reluctant, 92. accomplishment, 93. satisfaction, 94. vaccine, 95. persistent, 96. align, 97. opt

98. unfely caught in a shower	adv.	by bad luck; unluckily
99. send a dete	n.	a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone
100. exe a double play	v.	to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
101. intal destruction of evidence	adj.	done, made or performed with purpose and intent
102. a slk rope	adj.	lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude
103. exal commerce	adj.	belonging to or situated outside of someone or something
104. coct a dam	<i>v</i> .	to build or create something; to assemble or combine different parts to form something whole
105. the great diry of the century	n.	the act or process of finding information, a place, or an object, or learning about something that was previously not known
106. he was ovlmed with gratitude	<i>v</i> .	to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
107. lah a spaceship into orbit	v.	to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

ANSWERS: 98. unfortunately, 99. delegate, 100. execute, 101. intentional, 102. slack, 103. external, 104. construct, 105. discovery, 106. overwhelm, 107. launch

108. conte a large sum of money to the fund	v.	to give something, especially money or goods, to provide or achieve something together with other people
109. fuI a lifetime dream	ν.	to meet the requirements or expectations; to achieve or realize
110. inely reach the consumer	adv.	in a manner that cannot be avoided or prevented
111. spk his interest	<i>v</i> .	to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
112. an opne remark	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
113. withstand temon	n.	the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire
114. a scientific diry	n.	the act or process of finding information, a place, or an object, or learning about something that was previously not known
115. fuI a contract	<i>v</i> .	to meet the requirements or expectations; to achieve or realize
116. lah a big attack	ν.	to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
117. ade kids with attitude	<i>v</i> .	to have regard for or respect for someone's qualities or the actions they have performed

ANSWERS: 108. contribute, 109. fulfill, 110. inevitably, 111. spark, 112. opportune, 113. temptation, 114. discovery, 115. fulfill, 116. launch, 117. admire

118. fy our relationship	<i>v</i> .	to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
119. deon authority	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
120. fleshly dee	n.	a strong feeling of wanting to have or do something
121. spk a chain reaction	v.	to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
122. n_g political leaders	v.	to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
123. ine a high degree of risk	v.	to include or affect someone or something as a necessary part of something else
124. a desirable oue	n.	the result or effect of an action, event, etc.
125. exe a bold strategy	v.	to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
126. prty call	n.	something that is more important than other things and should be dealt with first
127. colion between companies	n.	the act or situation of working together to create or produce something

ANSWERS: 118. fray, 119. decision, 120. desire, 121. spark, 122. nag, 123. involve, 124. outcome, 125. execute, 126. priority, 127. collaboration

128. collaborate with coues	n.	one of a group of a coworker, especially in a profession or a business
129. the court sen	n.	a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
130. even more unfely	adv.	by bad luck; unluckily
131. boy land	adj.	containing a lot of soft, wet soil; marshy, swampy, or waterlogged
132. boy area	adj.	containing a lot of soft, wet soil; marshy, swampy, or waterlogged
133. ige her advice	<i>v</i> .	to intentionally not listen or pay attention to
134. nontechnical asts of the job	n.	one part or feature of a situation, problem, subject, etc.
135. colte on a press release	<i>v</i> .	to work with someone else to produce or achieve something
136. with frc haste	adj.	marked by uncontrolled excitement or emotion; wild; frenzied
137. crt manufacture	n.	an activity that requires a particular skill in making things with one's hands
138. drt away on a raft	v.	to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
139. enor as much as possible	v.	to make an earnest attempt or effort; to strive or work hard towards a goal or objective
140. military stgy	n.	a detailed plan of action designed to achieve a long-term or overall goal.

ANSWERS: 128. colleague, 129. session, 130. unfortunately, 131. boggy, 132. boggy, 133. ignore, 134. aspect, 135. collaborate, 136. frantic, 137. craft, 138. drift, 139. endeavor, 140. strategy

141. fy tempers	ν.	to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
142. selant person	adj.	able to rely on oneself or one's abilities; not needing or depending on others for support or guidance
143. coct a 3D image	ν.	to build or create something; to assemble or combine different parts to form something whole
144. the event hon of a black hole	n.	the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated
145. highly adve	adj.	causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming
146. asts of social, political, and economic life	n.	one part or feature of a situation, problem, subject, etc.
147. increase bath	n.	the amount of data that can be transmitted or processed at one time often used to describe the capacity of electronic communication or computing systems
148. flu paic	n.	an outbreak of a disease that affects many people over a very wide area
149. prty seating for elderly	n.	something that is more important than other things and should be dealt with first

ANSWERS: 141. fray, 142. self-reliant, 143. construct, 144. horizon, 145. addictive, 146. aspect, 147. bandwidth, 148. pandemic, 149. priority

150. unpive indust	tries a	-	not producing or able to produce very much or desired results
151. a dord slope	а		moving towards a lower position or a lower level
152. slk performance	а		lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude
153. inely decline w	vith age a		in a manner that cannot be avoided or prevented
154. but syndrome	n		the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
155. sub to old age	v		to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury
156. pre-mon agricultu	ural society a		of or belonging to the present time or recent times
157. selant comm	nunity a		able to rely on oneself or one's abilities; not needing or depending on others for support or guidance
158. the mam speed	d a		the largest or greatest amount or value attainable or attained
159. idfy gene seque	ences v		to recognize someone or something and say or prove who or what they are
160. data cooion	n		the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively

ANSWERS: 150. unproductive, 151. downward, 152. slack, 153. inevitably, 154. burnout, 155. succumb, 156. modern, 157. self-reliant, 158. maximum, 159. identify, 160. coordination

161. sub to cancer	v.	to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury
162. the morning sen	n.	a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
163. opne occasion	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
164. trr a biochemical response	ν.	to make something happen suddenly; to cause something such as a device, machine, etc. to function
165. maintain dord compatibility	adj.	moving towards a lower position or a lower level
166. prize people over cars	<i>v</i> .	to assign a higher level of importance to something compared to other things
167. loss of muscle cooion	n.	the act of making all the people involved in a plan or activity work together effectively; the ability to control different parts of the body effectively
168. with ear eyes	adj.	showing enthusiasm and a strong desire or interest to do something
169. spI design	n.	a curve that coils around a central point and gets progressively farther away from it as it goes around
170. a cry scheme	adj.	stupid or not sensible; very angry
171. cete Christmas	ν.	to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

ANSWERS: 161. succumb, 162. session, 163. opportune, 164. trigger, 165. downward, 166. prioritize, 167. coordination, 168. eager, 169. spiral, 170. crazy, 171. celebrate

- 172. the th\_\_\_y path of life
- 173. pay an obl\_\_\_\_on
- 174. bo\_\_\_\_r confidence

- adj. full of or covered with thorns; prickly; (of a problem) difficult to deal with
- *n*. the state of being morally or legally bound to do or pay something
- v. to support or strengthen, often by adding extra assistance or resources

ANSWERS: 172. thorny, 173. obligation, 174. bolster

# **Session 3: Fill in the Blanks**

1.	The new video game was so that he stayed up all night playing it.					
adj	causing a strong desire or compulsion to use or consume repeatedly, often to the point of dependency or harm; habit-forming					
2.	The incident a political controversy.					
v.	to make something happen suddenly; to cause something such as a device, machine, etc. to function					
3.	We will to find a solution to the problem as quickly as possible.					
<i>v</i> .	to make an earnest attempt or effort; to strive or work hard towards a goal or objective					
4.	He hypotheses that no mathematician has ever imagined before.					
v.	to build or create something; to assemble or combine different parts to form something whole					
5.	I don't have the to take on any new projects, as I'm already working on multiple assignments.					
n.	n. the amount of data that can be transmitted or processed at one time often used to describe the capacity of electronic communication or computing systems					
6.	The pastor contributed to the sense of a community embracing all classes.					
v.	to promoto growth; to take care of another person's child, usually for a limited time, without becoming their legal parents					
7.	Both parties are now entirely ideologically					
v.	to put or arrange two or more things in a straight line or to form a straight line					
	SWERS: 1. addictive, 2. triggered, 3. endeavor, 4. constructs, 5. bandwidth, 6. ering, 7. aligned					

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ANSWERS: 8. vaccine, 9. colleague, 10. accomplishment, 11. horizon, 12. opt, 13.

collaborate, 14. bolster, 15. cycle

ANSWERS: 16. slack, 17. zone, 18. eager, 19. ignored, 20. collaboration, 21. satisfaction, 22. thorny, 23. delegate

a person sent or authorized to represent others, in particular, an elected representative sent to a conference; (verb) to transfer power to someone

ANSWERS: 32. chant, 33. overwhelm, 34. frantic, 35. downward, 36. intentional, 37. persistent, 38. accomplish, 39. celebrated, 40. admire

ANSWERS: 41. fulfilled, 42. coordination, 43. contribute, 44. participated, 45. drifted, 46. maximum, 47. jerked, 48. traits

Vocab-Builder Ref from "Rob Cross: How to be a team player -- without burning out | TED Talk" (87 words)

ANSWERS: 57. session, 58. brainstorming, 59. discovery, 60. inevitably, 61. launch, 62. binary, 63. strategy, 64. boggy

65. The rain and thunder are today.
adj. stupid or not sensible; very angry
66. Low sexual typically correlates with low testosterone levels.
n. a strong feeling of wanting to have or do something
67. 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
68. She was struggling to make a between two job offers.
n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options
69. The public is that the prime minister has committed fraud.
adj. completely certain about something; having a strong belief or conviction in a particular religion
70. When a company discloses information to the market, an auditor verifies them.
adj. belonging to or situated outside of someone or something
71. The leaves of the fern were arranged in a pattern.
<ul> <li>a curve that coils around a central point and gets progressively farther away from it as it goes around</li> </ul>
72. His professional experience includes all of media production.
n. one part or feature of a situation, problem, subject, etc.
73. The negotiations between labor and management were
adj. not producing or able to produce very much or desired results
ANSWERS: 65. crazy, 66. desire, 67. identify, 68. decision, 69. convinced, 70. external, 71. spiral, 72. aspects, 73. unproductive

to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

81. He finally \_\_\_\_\_ to temptation.

ANSWERS: 74. self-reliant, 75. emotional, 76. unfortunately, 77. fray, 78. outcome, 79. empowered, 80. identity, 81. succumbed

ANSWERS: 82. juggle, 83. burnout, 84. executed, 85. instant, 86. jams, 87. reluctant

adj. unwilling or hesitant to do something because of doubts or fears