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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_team_player_without_burning_out

Advanced Words Only

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Session 1: Word List

brainstorming

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

(1) **brainstorming** session, (2) do a **brainstorming** about a new product

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

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.

pandemic

n. 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.

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.

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.

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

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

synonym : blockage, obstacle, barrier

(1) performance **bottleneck**, (2) **bottleneck** in production

Memory bandwidth is a significant **bottleneck** in this computational simulation.

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.

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.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

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

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.

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

(1) **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.

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

n. 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

n. 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!"

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: juggle, 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.

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.

self-reliant

adj. able to rely on oneself or one's abilities; not needing or depending on others for support or guidance

synonym: 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.

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.

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.

Session 2: Spelling

1. sel_____ant person *adj.* able to rely on oneself or one's abilities; not needing or depending on others for support or guidance
2. do a bra_____ing 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
3. ch__t melodies *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
4. bo__y land *adj.* containing a lot of soft, wet soil; marshy, swampy, or waterlogged
5. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
6. bo_____r the economy *v.* to support or strengthen, often by adding extra assistance or resources
7. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
8. f__y tempers *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
9. mental bu_____t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

ANSWERS: 1. self-reliant, 2. brainstorming, 3. chant, 4. boggy, 5. pandemic, 6. bolster, 7. empower, 8. fray, 9. burnout

10. with fr____c haste *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
11. bo____r confidence *v.* to support or strengthen, often by adding extra assistance or resources
12. ju____e a job and motherhood *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
13. ov____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
14. ju____e with facts *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
15. unp____ive industries *adj.* not producing or able to produce very much or desired results
16. fr____c pace *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
17. f__y our relationship *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
18. performance bot____ck *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
19. n_g political leaders *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

ANSWERS: 10. frantic, 11. bolster, 12. juggle, 13. overwhelm, 14. juggle, 15. unproductive, 16. frantic, 17. fray, 18. bottleneck, 19. nag

20. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
21. th___y problem *adj.* full of or covered with thorns; prickly; (of a problem) difficult to deal with
22. su_____b 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
23. personality tr__ts *n.* a particular feature of your nature
24. bu_____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
25. flu pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
26. sl__k performance *adj.* lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude
27. su_____b 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
28. sel_____ant community *adj.* able to rely on oneself or one's abilities; not needing or depending on others for support or guidance
29. chemical tr__t *n.* a particular feature of your nature
30. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 20. opportune, 21. thorny, 22. succumb, 23. trait, 24. burnout, 25. pandemic, 26. slack, 27. succumb, 28. self-reliant, 29. trait, 30. opportune

31. bot_____ck 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
32. the th___y path of life *adj.* full of or covered with thorns; prickly; (of a problem) difficult to deal with
33. bo__y area *adj.* containing a lot of soft, wet soil; marshy, swampy, or waterlogged
34. a sl__k rope *adj.* lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude
35. pri_____ze people over cars *v.* to assign a higher level of importance to something compared to other things
36. ch__t 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
37. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
38. n_g about the minor thing *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
39. bra_____ing 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

ANSWERS: 31. bottleneck, 32. thorny, 33. boggy, 34. slack, 35. prioritize, 36. chant, 37. overwhelm, 38. nag, 39. brainstorming

40. em____r my life *v.* to give someone the power or authority to do something
41. in an unp_____ive manner *adj.* not producing or able to produce very much or desired results
42. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things

ANSWERS: 40. empower, 41. unproductive, 42. prioritize

Session 3: Fill in the Blanks

1. The rose bush had _____ branches.

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

2. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

3. Multiple genes may influence behavioral _____ concurrently.

n. a particular feature of your nature

4. Too much variety may _____ and confuse viewers.

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

5. The negotiations between labor and management were _____.

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

6. The trail through the forest was so _____ that our shoes became soaked.

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

7. They fear a _____ of a new type of virus.

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

8. After moving to a new city, she became more _____ and learned to navigate the streets independently.

adj. able to rely on oneself or one's abilities; not needing or depending on others for support or guidance

ANSWERS: 1. thorny, 2. empowered, 3. traits, 4. overwhelm, 5. unproductive, 6. boggy, 7. pandemic, 8. self-reliant

9. The mother was _____ as she searched for her lost child.
adj. marked by uncontrolled excitement or emotion; wild; frenzied
10. The organization _____ the needs of the community in its decision-making.
v. to assign a higher level of importance to something compared to other things
11. The edges of the old blanket had started to _____ so I decided to sew them up.
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
12. He finally _____ to temptation.
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
13. She couldn't stop _____ her husband to take out the trash.
v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
14. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
15. The soccer game crowd broke into a _____ of "Go, team, go!"
n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
16. He suffered from job _____ because of hard work.
n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

ANSWERS: 9. frantic, 10. prioritized, 11. fray, 12. succumbed, 13. nagging, 14. opportune, 15. chant, 16. burnout

17. The company hired a new advertising agency to _____ its marketing efforts.

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

18. The team's _____ attitude towards deadlines caused the project to fall behind schedule.

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

19. It can be difficult to _____ work, family, and social life, but finding balance is important.

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

20. Memory bandwidth is a significant _____ in this computational simulation.

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

21. Many companies employ _____ as a good way of generating innovative ideas.

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

ANSWERS: 17. bolster, 18. slack, 19. juggle, 20. bottleneck, 21. brainstorming