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Vocabulary Builder Reference from...

Bruce Feiler: The secret to mastering life's biggest transitions | TED Talk

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

All Words

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Session 1: Word List

naval

adj. of or relating to ships, sailors, or the navy

synonym : marine, seafaring, maritime

(1) **naval** battles, (2) **naval** base

The **naval** officer was responsible for the safety and well-being of the crew on his ship.

veteran

n. a person who has had long experience in a particular area or activity

synonym : expert, pro, vet

(1) A 20-year **veteran** in the industry, (2) **veteran** teacher

The **veteran** soldiers have the role of teaching recruits the stringencies of training.

civic

adj. of or relating to a town, city, or the people who live in it

synonym : community, civic, communal

(1) **civic** activity, (2) **civic** center

The city promotes **civic** collaboration in community development

depressed

adj. sad and without any hope

synonym : despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**

After his mother died, he got **depressed**.

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

imaginable

adj. capable of being imagined

synonym: conceivable, plausible, possible

(1) easily **imaginable**, (2) worst **imaginable** case

This is the only **imaginable** strategy.

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.

restart

v. to start something again, especially after a pause or interruption

synonym: continue, resume, begin anew

(1) **restart** a game, (2) **restart** a nuclear reactor

She tried to **restart** the conversation after the awkward silence.

toy

n. a thing, typically a small model or replica of something that is played with, especially by children

synonym: plaything, game, trinket

(1) **toy** store, (2) **toy** box

He gave his daughter a new **toy** for her birthday.

reimagine

v. to imagine or conceive of something in a new or different way

synonym: re-conceptualize, re-envision, re-create

(1) **reimagine** the future, (2) **reimagine** the possibilities
The company is trying to **reimagine** its business model to stay competitive.

background

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

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

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

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
synonym: cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

fundamental

adj. forming an essential base or core from which everything else develops or is affected
synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

misplace

v. to put something in the wrong place or lose it temporarily
synonym: lose, mislay, misfile

(1) to **misplace** the figure, (2) **misplace** documents

I have **misplaced** my keys again and need help finding them.

- plot** *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
synonym : scheme, plan, design
(1) **plot** twist, (2) **plot** a revolution
The **plot** of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.
- sidetrack** *v.* to divert or deflect from the main topic or goal; to cause someone or something to take a different direction or course
synonym : divert, distract, derail
(1) **sidetrack** a discussion, (2) **sidetrack** his attention
Don't let small setbacks **sidetrack** you from achieving your long-term goals.
- pitfall** *n.* a hidden or unsuspected danger or difficulty; a trap or snare
synonym : trap, snare, hazard
(1) potential **pitfall**, (2) **pitfall** to be avoided
One of the biggest **pitfalls** of starting a new business is underestimating the costs.
- pothole** *n.* a hole or depression in a road surface, usually caused by wear, weathering, or erosion; can be dangerous to drivers and cause damage to vehicles
synonym : chuckhole, pit, depression
(1) deep **pothole**, (2) **pothole** repair
The car hit a **pothole** and caused a flat tire.
- 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.

fairy

n. a mythical being of folklore and romance usually depicted as having magic powers

synonym : sprite, pixie, elf

(1) **fairy** tale, (2) a water **fairy**

The mischievous **fairy** flew gracefully through the forest, spreading magic wherever she went.

tale

n. a story made up in someone's imagination, especially one full of action and adventure

synonym : canard, fiction, fable

(1) a fairy **tale**, (2) **tale** of horror

Ghosts in folk **tales** are almost always malicious.

awry

adv. in a wrong or crooked position; out of order; amiss

synonym : amiss, askew, incorrect

(1) **awry** plan, (2) **awry** hair

The plans for the surprise party went **awry** when the cake was ruined.

stick

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

synonym : pierce, adhere, stay

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

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

unstick

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

synonym : detach, remove, free

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

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

linear

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

synonym : straight, direct, right

(1) **linear** trend, (2) a **linear** equation
People tend to make **linear** predictions.

wallop

n. a heavy blow or punch; a sudden, powerful impact; a defeat or setback that is particularly severe or decisive
synonym: whack, punch, hit

(1) pack a **wallop**, (2) emotional **wallop**

The boxer delivered a **wallop** to his opponent's chin, knocking him out.

identical

adj. being the exact same one
synonym: duplicate, exact, analogous

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

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

twin

n. either of two children born at the same time from the same mother

(1) a **twin-lens** camera, (2) a **twin** room

Its **twin** brothers are difficult to tell apart except for their parents.

bankrupt

adj. unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental

synonym: insolvent, broke, ruined

(1) **bankrupt** business, (2) financially **bankrupt**

Unfortunately, the company went **bankrupt** and had to close its doors permanently.

suicide

n. the act of killing yourself intentionally
synonym: self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

spree

n. a short period of indulgence or excessive activity, often involving spending money or engaging in risky or impulsive behavior

synonym : binge, fling, spree

(1) shopping **spree**, (2) crime **spree**

She went on a travel **spree** and visited six countries in one month.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

discovery

n. 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**.

upend

v. to turn or flip over; to overthrow or upset the established order

synonym : overturn, upset, invert

(1) **upend** a table, (2) **upend** a tradition

The sudden news **upended** their plans for the weekend.

schedule

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

synonym : agenda, program, itinerary

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

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

offtrack

adj. deviating from the expected or intended course; not following a planned or established path

synonym: off-course, diverted, wayward

(1) **offtrack** behavior, (2) **offtrack** career

The company's financials have gone **offtrack** this year, leading to a decline in profits.

kilter

n. a state of proper balance or adjustment, a state of good order or organization

synonym: balance, alignment, equilibrium

(1) off- **kilter**, (2) in good **kilter**

The door was out of **kilter** and wouldn't close properly.

crisscross

v. to move or make lines that intersect or cross each other in a pattern resembling a series of X's

(1) **crisscross** over the edges of the walls, (2) **crisscross** my heart

The roads **crisscrossed** through the countryside, creating a beautiful scenic drive.

limb

n. an arm and leg of a person or animal

synonym: arm, appendage, branch

(1) a prosthetic **limb**, (2) **limb** amputation

You should wrap the bandage carefully and firmly around the injured **limb**.

gender

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

synonym: sexuality

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

Cultural norms strongly influence **gender** expectations.

sober

adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

synonym: calm, lucid, temperate

(1) **sober** discussion, (2) as **sober** as a judge
He led a **sober** life.

transcript

n. a written or printed version of something, especially a dictated or recorded speech, interview, or conversation; an official record of a student's coursework and grades at a school or university

synonym: record, certificate, report

(1) academic **transcript**, (2) official **transcript**

The court reporter was responsible for creating a **transcript** of the trial proceedings.

variable

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

synonym: erratic, inconsistent, irregular

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

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

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

adolescent

n. a young person who is in the process of developing from a child into an adult

synonym: teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

assist

v. to help someone in doing anything

synonym: help, support, aid

(1) **assist** a patient, (2) **assist** his goal

Please **assist** her with the furniture relocation.

hopeless

adj. having no hope; despairing; having no chance of success

synonym : despairing, helpless, futile

(1) **hopeless** situation, (2) **hopeless** at everything

After months of job searching, he felt **hopeless** and unsure of his future.

outdated

adj. no longer useful or valid because of being old-fashioned

synonym : obsolete, ancient, bygone

(1) become **outdated**, (2) **outdated** technology

We replaced **outdated** equipment to improve factory productivity.

historic

adj. famous or significant in history, or potentially so

synonym : memorable, momentous, historical

(1) **historic** accomplishment, (2) achieve the **historic** feat

The Chinese people have accomplished several **historic** feats.

anomaly

n. something or someone that deviates from what is expected or normal, often in a way that is difficult to explain or understand

synonym : abnormality, irregularity, deviation

(1) **anomaly** detection, (2) global temperature **anomaly**

The sudden drop in the stock market was an **anomaly** that puzzled many investors.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

cycle

n. 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**.

agriculture

n. the practice or science of cultivating the land or raising stock

synonym : farming, husbandry, agribusiness

(1) organic **agriculture**, (2) intensive **agriculture**

Agriculture is the foundation of our economy.

staircase

n. a set of stairs inside a building, usually with posts and bars that are fixed at the side

synonym : stairway, stairwell

(1) spiral **staircase**, (2) beetle up the **staircase**

She walked urgently down the emergency **staircase**.

retiring

adj. withdrawing from a position or activity, or becoming more secluded or reserved

synonym : shy, leaving, quitting

(1) near **retiring** age, (2) a **retiring** pension

The **retiring** CEO passed on the reins to his successor.

adopt

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym : accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

precede

v. to happen or go before something or someone in time or space

synonym : lead, forego, antecede

(1) men often **precede** women when walking, (2) **precede** any discussion

Agricultural development generally **precedes** economic growth.

industrial

adj. of or relating to or resulting from industry

synonym : manufacturing, mechanical

(1) beginning of the **industrial** revolution, (2) **industrial** alcohol

Industrial design has become more focused on human nature aspect than ever before.

psychosexual

adj. relating to the psychological and sexual aspects of a person's development, behavior, or identity

synonym : sexual, erotic, libidinal

(1) **psychosexual** development, (2) **psychosexual** disorders

The therapist used **psychosexual** techniques to help the couple improve their intimacy.

moral

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

synonym : honest, ethical, conscientious

(1) **moral** hazard, (2) **moral** burden

Ethics deals with **moral** conduct.

grief

n. a very great sadness, especially when somebody dies

synonym : anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

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.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym : summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

midlife

n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness

(1) **midlife** depression, (2) **midlife** changes

Many people go through a **midlife** crisis and contemplate major life changes.

crisis

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

synonym : concern, problem, emergency

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

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

overstate

v. to exaggerate or make something seem more important or serious than it is

synonym : exaggerate, embellish, magnify

(1) **overstate** the issue, (2) **overstate** the importance

He tends to **overstate** his accomplishments to impress others.

chaos

n. a state of complete confusion or disorder, often characterized by a lack of predictability or control

synonym : disorder, turmoil, confusion

(1) **chaos** theory, (2) midst of **chaos**

The conference room was in **chaos** as everyone tried to speak at once.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

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.

transition

n. the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

conduct

v. to organize and carry out a particular activity

synonym: behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

redirect

v. to change the direction or course of something; to send in a different direction

synonym: turn, divert, steer

(1) **redirect** traffic, (2) **redirect** attention

The government decided to **redirect** funding towards education and healthcare.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

deck

n. a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure

synonym : platform, veranda, patio

(1) **deck** chairs, (2) hands on **deck**

She sat on the ship's **deck**, watching the sunset over the ocean.

ankle

n. the part or joint connecting the foot to the leg

synonym : mortise joint

(1) **ankle** injury, (2) pair of **ankle** boots

He accidentally sprained his **ankle** playing squash.

fender

n. a barrier that surrounds the wheels of a vehicle to block splashing water or mud; a cushion-like device that reduces shock due to an impact

synonym : cover, bumper, cushion

(1) front **fender**, (2) vehicle **fender**

He had a **fender** bender last night.

relative

adj. considered and evaluated through comparison with something else

synonym : comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

lifequake

n. a sudden and significant change or upheaval in one's life, often resulting in a period of personal reassessment, transformation, and growth

synonym : transition, upheaval, crisis

(1) **lifequake** recovery, (2) surviving a **lifequake**

Moving to a new country is a **lifequake** for most people.

massive

adj. enormous amount; very heavy and solid

synonym: enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

upheaval

n. great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

synonym: disturbance, turmoil, upheaval

(1) **upheaval** of society, (2) the big **upheaval** of my life

The recent political **upheaval** has left the country in a state of chaos.

renewal

n. the process of making something new or active again; the act of renewing a subscription, license, etc.

synonym: rejuvenation, revival, refreshment

(1) **renewal** process, (2) license **renewal**

The city is undergoing a **renewal** project that will transform the downtown area.

mathematics

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

clump

n. a small group of bushes, trees, flowers, people, etc.

synonym: cluster, bunch, bundle

(1) **clump** of bacteria, (2) a **clump** of trees

I heard the **clump** of his boots in the hallway.

exclusive

adj. not divided or shared with others

synonym: sole, deluxe, limited

(1) **exclusive** authority, (2) **exclusive** clubs

The condo offers **exclusive** access to the beach.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge
She waited for her daughter with **anxiety**.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

predictable

adj. capable of being known, seen or declared in advance

synonym: foreseeable, expectable, likely

(1) **predictable** pattern, (2) in a **predictable** manner

The economy becomes more volatile and less **predictable**.

timetable

n. a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals

synonym: schedule, itinerary, agenda

(1) exam **timetable**, (2) adjust the **timetable**

The airline's **timetable** showed a delay of three hours for our flight to London.

haunted

adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

synonym: spooky, eerie, ghostly

(1) **haunted** house, (2) **haunted** by memories

The old mansion was known to be **haunted**, with strange noises and eerie sightings reported by visitors.

unnerve

v. to cause someone to feel anxious, frightened, or unsettled; to deprive someone of their composure, confidence, or courage

synonym : unsettle, intimidate, disturb

(1) **unnerve** opponent, (2) **unnerve** crowd

The unpredictable weather pattern **unnerved** the farmers as it affected their crops.

craft

n. 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.

pole

n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

synonym : rod, staff, shaft

(1) a fishing **pole**, (2) the plus **pole**

The North **Pole** is the northernmost point on Earth.

voluntary

adj. done of one's own free will; without being forced or coerced

synonym : voluntary, self-willed, spontaneous

(1) **voluntary** action, (2) **voluntary** participation

The program is **voluntary**, so participants can choose whether or not to take part.

involuntary

adj. acting or done without or against one's will

synonym : coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

mere

adj. used to emphasize how insignificant or minor someone or something is

synonym : bare, minor, sheer

(1) **mere** acquaintance, (2) **mere** incident

He lost the election by **mere** votes.

disaster

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym : catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

recession

n. a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases

synonym : downturn, slump, contraction

(1) **recession** period, (2) recover from a **recession**

The country is facing a **recession**, with high unemployment and low GDP.

unique

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

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

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

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

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym : edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

superpower

n. a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities

synonym: great power, empire, hegemony

(1) **superpower** country, (2) **superpower** leader

The ability to fly like a bird is often considered a **superpower** in comic books and movies.

heel

n. the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something

synonym: hindfoot

(1) **heel** bone, (2) **heel** wrestler

She wore high **heels** to the party.

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.

fetus

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

(1) development of the **fetus**, (2) an aborted **fetus**

The female vagina is elastic enough to allow the passage of a **fetus**.

phase

n. any stage in a series of events, change, or development

synonym: degree, stage, step

(1) enter on the last **phase**, (2) two- **phase** structure

The era of the industrial revolution was a crucial **phase** of

history.

mourn

v. to feel or express sorrow, grief, or sadness, especially over the death of someone

synonym: grieve, lament, weep

(1) **mourn** with deep grief, (2) **mourn** death

We **mourned** the loss of our dear friend at the memorial service.

messy

adj. disorganized and untidy

synonym: cluttered, disorganized, untidy

(1) **messy** data, (2) **messy** handling

His **messy** bedroom is always a source of frustration for his mother.

unveil

v. to reveal or make something publicly known, especially for the first time

synonym: reveal, uncover, expose

(1) **unveil** a monument, (2) **unveil** a comprehensive plan

The company plans to **unveil** its new product at the trade show next week.

gravitation

n. the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass

synonym: attraction, pull, gravity

(1) terrestrial **gravitation**, (2) universal **gravitation**

The force of **gravitation** keeps the planets in our solar system in orbit around the sun.

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.

excel

v. to be extremely good at or proficient in doing something
synonym: outdo, shine, surpass

(1) **excel** in description, (2) **excel** at communication

The company **excels** in customer service.

analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

uncomfortable

adj. providing or feeling physical discomfort or slight pain

synonym: comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

thrive

v. to grow vigorously; to make steady progress

synonym: bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym: guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

ashamed

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

synonym: regretful, repentant, mortified

(1) feel **ashamed** of him, (2) cast **ashamed** eyes

You don't have to be **ashamed**.

buckle

v. to bend out of shape, as under pressure or from heat;
(noun) a device used for fastening two loose ends of a belt or strap

synonym: bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

ritual

n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies

synonym: tradition, ceremony, routine

(1) a **ritual** dance, (2) morning **ritual**

The woman of the house does the holy **ritual** of lighting two candles.

pharmaceutical

adj. relating to the production and selling of the medical drugs

synonym: drug, medication, prescription

(1) major **pharmaceutical** companies, (2) commercial **pharmaceutical** products

She gave money to help set up a **pharmaceutical** laboratory.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

tattoo

n. a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design

synonym: emblem, symbol

(1) a **tattoo** artist, (2) a person who has a **tattoo**

Any activity on the Internet will be stored as a digital **tattoo** for life.

corporate

adj. of or relating to a large company

synonym : business, commercial, organizational

(1) **corporate** right, (2) **corporate** environment

The **corporate** office has decided to lay off 10% of the workforce.

ray

n. a narrow line of light, heat, or another form of energy

synonym : beam, light, glimmer

(1) opaque to X- **rays**, (2) effect of cosmic **rays**

Gamma **rays** penetrate body tissues and cause cell damage.

horrible

adj. extremely unpleasant or bad; causing fear or disgust

synonym : dreadful, terrible, awful

(1) **horrible** accident, (2) **horrible** smell

The experience was **horrible** and left a lasting impression.

dishearten

v. to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

synonym : discourage, dismay, demoralize

(1) **dishearten** employees, (2) **dishearten** the hopeful job applicant

The team's loss in the semifinals did not **dishearten** their determination to return stronger next season.

disorient

v. to make someone confused about where they are or where they should go

synonym : confuse, flummox, perplex

(1) **disorient** his audience, (2) **disorient** and wrong-foot viewers

Several studies have indicated that human activity at sea might **disorient** dolphins and whales.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education

system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

molt

v. to shed feathers, skin, or hair, especially in the process of growing a new coat or plumage; to undergo a process of renewal or transformation, often by shedding the old or outdated

synonym: shed, exuviate, doff

(1) **molt** its feathers, (2) **molt** at regular intervals

The snake **molted** its skin to grow bigger.

cast

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

synonym: throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye

This accident **cast** a dark shadow over their lives.

spar

v. to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills

synonym: fight, wrestle

(1) **spar** with a partner, (2) **spar** over ideas

The kayakers had to **spar** with the strong winds and waves to reach the shore.

reliance

n. the state of depending on or needing something or someone

synonym: dependence, support, confidence

(1) **reliance** on social media, (2) self- **reliance** and solidarity

He acted in **reliance** on her naked promises.

paycheck

n. a check issued to an employee as payment for work or services rendered; the amount of money received in this check

synonym : salary, earnings, income

(1) electronic **paycheck**, (2) monthly **paycheck**

I received a bonus on top of my regular **paycheck** this month.

nonprofit

adj. not established for commercial profit

synonym : charitable

(1) a **nonprofit** organization, (2) **nonprofit** agency

Our law firm also focuses on **nonprofit** activities.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

divorce

n. the legal dissolution of a marriage

synonym : separation, dissolution, breakup

(1) **divorce** settlement, (2) a consensual **divorce**

The couple decided to get a **divorce** after many years of marriage.

fridge

n. a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

synonym : refrigerator

(1) **fridge** magnet, (2) fill the **fridge**

She left the **fridge** door open inadvertently.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

shed

v. to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage

synonym : discard, drop, cast off

(1) **shed** an old skin, (2) a cow **shed**

He **shed** a secret tear when he heard the news of his friend's death.

astonishing

adj. surprising or shocking; difficult to believe

synonym : surprising, shocking, astounding

(1) **astonishing** achievement, (2) make **astonishing** gains

The news of her sudden death was **astonishing** to everyone who knew her.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

ukulele

n. a small, four-stringed instrument of Hawaiian origin that is similar to a guitar and is played by strumming or plucking the strings

synonym : uke, small guitar

(1) tune the **ukulele**, (2) **ukulele** music

He played the **ukulele** and sang sweet Hawaiian songs on the beach.

sergeant

n. a rank of non-commissioned officer in the armed forces, typically above corporal but below staff sergeant or sergeant first class

synonym : officer, serjeant, noncommissioned officer

(1) police **sergeant**, (2) army **sergeant**

The fire department **sergeant** instructed the firefighters on how to tackle the blaze.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym : operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

chin

n. the lowermost part of a person's face, below the mouth and above the neck

synonym : jaw, mandible, mentum

(1) a jutting **chin**, (2) **chin** rest

He scraped his **chin** when he fell off his bike.

ideate

v. to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort

synonym : conceive, think up, brainstorm

(1) **ideate** solutions, (2) **ideate** process

The team met to **ideate** new marketing strategies for the upcoming product launch.

poetry

n. poems in general as a genre of literature

synonym : ode, poesy, verse

(1) modern **poetry**, (2) book of **poetry**

Different cultures have different comfortable word rhythms, so the composition of **poetry** varies greatly.

hostility

n. aggressive or unfriendly feelings or behavior

synonym : antagonism, antipathy, estrangement

(1) an act of **hostility**, (2) bitter **hostility**

Her unconcealed **hostility** made us unpleasant.

splatter

v. to scatter or spray liquid, mud, or a similar substance in small droplets or flecks; to stain or cover with such droplets or specks

synonym : swash, splash, spray

(1) **splatter** paint, (2) **splatter** all over the floor

The construction workers wore protective gear to avoid being **splattered** with wet cement.

bullet

n. a metal projectile that is shot from a gun

synonym : projectile, slug, shot

(1) **bullet** wound, (2) **bullet** train

The stray **bullet** went through the window and hit the wall.

canvas

n. the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on

(1) blank **canvas**, (2) oil on **canvas**

Life is a vast **canvas**; you should put as much paint on it as possible.

cliche

n. a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

synonym : truism, platitude, stereotype

(1) **cliche** plot, (2) age-old **cliche**

Using the same **cliche** phrase in every conversation can take time and effort.

sour

adj. having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative

synonym : acidic, tangy, tart

(1) turn **sour**, (2) a dollop of **sour** cream

The pickles had a tangy and **sour** flavor that went well with the sandwich.

dough

n. a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

synonym : flour, mix

(1) work **dough**, (2) **dough** for pastry

She mixed flour, yeast, sugar, and water to make **dough** for the bread.

loaf

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

synonym: bread, boule, brioche

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

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

poem

n. a piece of writing that emphasizes the expression of feelings and ideas by paying particular attention to diction (sometimes rhyme), rhythm, and imagery

synonym: ballad, lyric, verse

(1) a narrative **poem**, (2) **poem** to the dead

A great **poem** is a fountain forever overflowing with the waters of wisdom and delight.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

loneliness

n. a state or feeling of being unhappy because you have no connection with other people

synonym: isolation, alienation, desolation

(1) a strong sense of **loneliness**, (2) remedy **loneliness**

I realize the **loneliness** of a single life.

essential

adj. indispensable; fundamental

synonym : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

crave

v. to have a strong desire for something; to long for or want intensely

synonym : desire, yearn, long for

(1) **crave** chocolate, (2) **crave** advice from others

She **craves** success and is always pushing herself to do better.

phenotype

n. the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives

synonym : trait, characteristic, attribute

(1) **phenotype** variation, (2) dominant **phenotype**

Our genetic **phenotype** determines the color of our eyes.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym : ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

quarter

n. one of four equal parts; a fourth part or portion

synonym : fourth, one-fourth

(1) a **quarter** mile, (2) end of the first **quarter**

The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.

nudge

v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or

behavior

synonym: bump, elbow, (noun) prod

(1) **nudge** price levels up, (2) give a person a **nudge**

The teacher **nudged** the student to get his attention and asked him a question.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym: smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine

The politician tried to **slap** down the rumors about his personal life.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

rewrite

v. to write something such as a book or speech again in a different way, usually to improve it or add new information

synonym: revise, edit, rework

(1) **rewrite** a composition, (2) **rewrite** a world record

I need to **rewrite** most of the essay with feedback from my teacher.

autobiographical

adj. relating to or based on the experiences, thoughts, or life story of oneself; about one's own life history or personal narrative

synonym: self-written, self-told, personal

(1) **autobiographical** narrative, (2) **autobiographical**

memory

The author wrote an **autobiographical** novel about growing up in a small town.

occasion

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym : event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands

She wore her best dress for the special **occasion**.

revisit

v. to go to a place again, especially after a long period

synonym : reexplore, review, reexamine

(1) **revisit** a place, (2) **revisit** an old friend

We need to **revisit** this proposal as soon as the budget is more apparent than before.

retell

v. to tell someone about something again or differently

synonym : reiterate, repeat, restate

(1) **retell** a story, (2) **retell** an old tale

He **retells** the truth to plead not guilty.

chapter

n. a separate section of a written work usually numbered and titled

synonym : section, phase, episode

(1) an introductory **chapter**, (2) **chapter** of a political party

The final **chapter** provides a summary of the discussion.

memo

n. a short written message or communication intended for internal use within an organization or company

synonym : memorandum, note, reminder

(1) a **memo** pad, (2) **memo** content

I received a **memo** from the CEO outlining the new company policies.

memoir

n. a historical account or biography written from the writer's knowledge of famous people, places, or events

synonym : bio, biography

(1) family **memoir**, (2) publish a **memoir**

He wrote his **memoirs** while awaiting trial.

affirm

v. to assert that something is true or real; to state positively

synonym : declare, avow, assert

(1) **affirm** old traditions, (2) **affirm** strong identity

I **affirm** that I will always stand by my beliefs.

storytelling

n. the act or art of narrating or writing stories

synonym : narrating, relating, recounting

(1) **storytelling** performance, (2) courtroom **storytelling**

She was skilled in **storytelling** techniques, such as using different voices for other characters.

bleak

adj. unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

synonym : miserable, pathetic, dim

(1) prospects were **bleak**, (2) **bleak** future

The political landscape looks **bleak** without a change of administration.

miserable

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

synonym : unhappy, wretched, cheerless

(1) **miserable** weather, (2) **miserable** experience

She felt **miserable** after her dog passed away.

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.

grind

v. to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time

synonym : mill, crush, grate

(1) **grind** away at my work, (2) **grind** your teeth

She had to **grind** the coffee beans before making a fresh cup.

healing

n. the process of becoming or making somebody or something well again

synonym : recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process

Each ancient tribe has its **healing** traditions.

fable

n. a short story, often with animal characters, that teaches a general truth or a moral lesson

synonym : fantasy, story, legend

(1) classic **fable**, (2) moralize a **fable**

In his speech, he quoted a passage from a well-known **fable**.

fairytale

n. a type of story that typically involves magic, traditional folklore, or fantastical elements; often features talking animals, enchanted objects, and heroic characters who overcome obstacles to achieve their goals

synonym : fable, myth, legend

(1) **fairytale** romance, (2) popular **fairytale**

The children's book was a **fairytale** about a princess and her journey to find true love.

dragon

n. a mythical monster typically depicted as a giant reptile with wings, claws, and a fiery breath often portrayed as being fierce and dangerous

synonym : wyvern, serpent, drake

(1) **dragon** fruit, (2) **dragon** wing

In Chinese mythology, **dragons** are considered powerful and benevolent creatures.

downsize

v. to reduce the size, scale, or scope of something, such as a company or organization; to decrease the number of employees or members

synonym : reduce, cut back, trim

(1) **downsize** a company, (2) **downsize** a menu

The company had to **downsize** due to financial difficulties and let go of many employees.

poise

n. a calm, confident, and graceful manner with control of your feelings or behavior

synonym : confidence, grace, calmness

(1) aesthetic **poise**, (2) with easy **poise**

He took a deep breath and recovered a little of his **poise**.

threaten

v. to utter intentions of injury or punishment against someone

synonym : endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

destroy

v. to ruin or damage severely or completely; to eradicate or eliminate completely

synonym : demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

banish

v. to expel or send away from a place or situation, especially permanently

synonym : exile, deport, expel

(1) **banish** doubt, (2) **banish** my wrinkles

The queen **banished** the traitor from the kingdom, never to be seen again.

bedtime

n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which

may involve routines or activities that are intended to promote relaxation or sleepiness

synonym: sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

nightmare

n. a very frightening or unpleasant dream

synonym: agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation

Life as a waiter was a big **nightmare** for him.

Session 2: Spelling

- | | |
|----------------------------------|---|
| 1. as oc_____on demands | <i>n.</i> a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done |
| 2. sup_____er country | <i>n.</i> a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities |
| 3. re_____t a nuclear reactor | <i>v.</i> to start something again, especially after a pause or interruption |
| 4. self-re_____ce and solidarity | <i>n.</i> the state of depending on or needing something or someone |
| 5. ho_____ss at everything | <i>adj.</i> having no hope; despairing; having no chance of success |
| 6. ci__c center | <i>adj.</i> of or relating to a town, city, or the people who live in it |
| 7. id___e process | <i>v.</i> to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort |
| 8. ch_____r of a political party | <i>n.</i> a separate section of a written work usually numbered and titled |
| 9. as___t his goal | <i>v.</i> to help someone in doing anything |

ANSWERS: 1. occasion, 2. superpower, 3. restart, 4. reliance, 5. hopeless, 6. civic, 7. ideate, 8. chapter, 9. assist

10. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
11. 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
12. bu___t train *n.* a metal projectile that is shot from a gun
13. a glad oc_____on *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
14. bitter ho_____ty *n.* aggressive or unfriendly feelings or behavior
15. do_____ze a company *v.* to reduce the size, scale, or scope of something, such as a company or organization; to decrease the number of employees or members
16. the plus p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
17. mi_____e changes *n.* the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
18. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 10. mindset, 11. overwhelm, 12. bullet, 13. occasion, 14. hostility, 15. downsize, 16. pole, 17. midlife, 18. sham

19. monthly pa_____ck *n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
20. na__l base *adj.* of or relating to ships, sailors, or the navy
21. a un____e teacher *adj.* being the only one of its kind; unlike anything else
22. cri_____ss over the edges of the walls *v.* to move or make lines that intersect or cross each other in a pattern resembling a series of X's
23. dominant ph_____pe *n.* the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives
24. the at_____t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
25. di_____e settlement *n.* the legal dissolution of a marriage
26. ensure a smooth tra_____on *n.* the process or period of changing from one state or circumstance to another
27. ma_____e stars *adj.* enormous amount; very heavy and solid
28. electronic pa_____ck *n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
29. have a ni_____re *n.* a very frightening or unpleasant dream

ANSWERS: 19. paycheck, 20. naval, 21. unique, 22. crisscross, 23. phenotype, 24. attempt, 25. divorce, 26. transition, 27. massive, 28. paycheck, 29. nightmare

30. up__d a tradition *v.* to turn or flip over; to overthrow or upset the established order
31. a li___r equation *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
32. re_____ct traffic *v.* to change the direction or course of something; to send in a different direction
33. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
34. beginning of the ind_____al revolution *adj.* of or relating to or resulting from industry
35. mi_____e depression *n.* the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
36. pre-ado_____nt children *n.* a young person who is in the process of developing from a child into an adult
37. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
38. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
39. with an unc_____ble face *adj.* providing or feeling physical discomfort or slight pain
40. psy_____ual disorders *adj.* relating to the psychological and sexual aspects of a person's development, behavior, or identity

ANSWERS: 30. upend, 31. linear, 32. redirect, 33. pandemic, 34. industrial, 35. midlife, 36. adolescent, 37. peak, 38. brain, 39. uncomfortable, 40. psychosexual

41. ba____pt business *adj.* unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental
42. cr__e advice from others *v.* to have a strong desire for something; to long for or want intensely
43. financial cr____s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
44. un____e opponent *v.* to cause someone to feel anxious, frightened, or unsettled; to deprive someone of their composure, confidence, or courage
45. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
46. an act of ho____ty *n.* aggressive or unfriendly feelings or behavior
47. an unc_____ble silence *adj.* providing or feeling physical discomfort or slight pain
48. co____t a background check *v.* to organize and carry out a particular activity
49. g__t washer *n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
50. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

ANSWERS: 41. bankrupt, 42. crave, 43. crisis, 44. unnerve, 45. identify, 46. hostility, 47. uncomfortable, 48. conduct, 49. grit, 50. pound

51. to mi____ce the figure *v.* to put something in the wrong place or lose it temporarily
52. m__e incident *adj.* used to emphasize how insignificant or minor someone or something is
53. re_____ne the possibilities *v.* to imagine or conceive of something in a new or different way
54. spiral st_____se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
55. h__l bone *n.* the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something
56. fa__y tale *n.* a mythical being of folklore and romance usually depicted as having magic powers
57. li_____ke recovery *n.* a sudden and significant change or upheaval in one's life, often resulting in a period of personal reassessment, transformation, and growth
58. A 20-year ve_____n in the industry *n.* a person who has had long experience in a particular area or activity
59. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
60. gr__d away at my work *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
61. ge____r-blind policies *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

ANSWERS: 51. misplace, 52. mere, 53. reimagine, 54. staircase, 55. heel, 56. fairy, 57. lifequake, 58. veteran, 59. mindset, 60. grind, 61. gender

62. book of po___y *n.* poems in general as a genre of literature
63. a criminal bac_____nd *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
64. in a pre_____le manner *adj.* capable of being known, seen or declared in advance
65. uk_____e music *n.* a small, four-stringed instrument of Hawaiian origin that is similar to a guitar and is played by strumming or plucking the strings
66. cr__e chocolate *v.* to have a strong desire for something; to long for or want intensely
67. front fe___r *n.* a barrier that surrounds the wheels of a vehicle to block splashing water or mud; a cushion-like device that reduces shock due to an impact
68. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
69. s__d an old skin *v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage
70. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 62. poetry, 63. background, 64. predictable, 65. ukulele, 66. crave, 67. fender, 68. struggle, 69. shed, 70. stick

71. c__n rest *n.* the lowermost part of a person's face, below the mouth and above the neck
72. in good ki___r *n.* a state of proper balance or adjustment, a state of good order or organization
73. un____k the pages of a book *v.* to free something that is stuck or adhering to something else
74. crusty l__f *n.* a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
75. li___r trend *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
76. cr__t manufacture *n.* an activity that requires a particular skill in making things with one's hands
77. sto_____ing performance *n.* the act or art of narrating or writing stories
78. si_____ck his attention *v.* to divert or deflect from the main topic or goal; to cause someone or something to take a different direction or course
79. a__y hair *adv.* in a wrong or crooked position; out of order; amiss
80. exam ti_____le *n.* a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals
81. so__r discussion *adj.* not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

ANSWERS: 71. chin, 72. kilter, 73. unstick, 74. loaf, 75. linear, 76. craft, 77. storytelling, 78. sidetrack, 79. awry, 80. timetable, 81. sober

82. recover from a re_____on *n.* a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases
83. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
84. co_____ct a dam *v.* to build or create something; to assemble or combine different parts to form something whole
85. ov_____te the importance *v.* to exaggerate or make something seem more important or serious than it is
86. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
87. ex_____ve authority *adj.* not divided or shared with others
88. fa_____le romance *n.* a type of story that typically involves magic, traditional folklore, or fantastical elements; often features talking animals, enchanted objects, and heroic characters who overcome obstacles to achieve their goals
89. re_____e a world record *v.* to write something such as a book or speech again in a different way, usually to improve it or add new information
90. cast as_____d eyes *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
91. flu pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area

ANSWERS: 82. recession, 83. anxiety, 84. construct, 85. overstate, 86. threaten, 87. exclusive, 88. fairytale, 89. rewrite, 90. ashamed, 91. pandemic

92. publish a me___r *n.* a historical account or biography written from the writer's knowledge of famous people, places, or events
93. a jutting c__n *n.* the lowermost part of a person's face, below the mouth and above the neck
94. ex_____ve clubs *adj.* not divided or shared with others
95. un___l a monument *v.* to reveal or make something publicly known, especially for the first time
96. a dollop of s__r cream *adj.* having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative
97. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
98. easily ima_____le *adj.* capable of being imagined
99. ast_____ng achievement *adj.* surprising or shocking; difficult to believe
100. two-ph__e structure *n.* any stage in a series of events, change, or development
101. re_____ct attention *v.* to change the direction or course of something; to send in a different direction
102. di_____er recovery *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
103. me__y data *adj.* disorganized and untidy
104. up_____al of society *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 92. memoir, 93. chin, 94. exclusive, 95. unveil, 96. sour, 97. mathematics, 98. imaginable, 99. astonishing, 100. phase, 101. redirect, 102. disaster, 103. messy, 104. upheaval

105. cr___s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
106. em_____al health *adj.* relating to people's feelings
107. bo__y land *adj.* containing a lot of soft, wet soil; marshy, swampy, or waterlogged
108. un___d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
109. th___e in a society *v.* to grow vigorously; to make steady progress
110. na__l battles *adj.* of or relating to ships, sailors, or the navy
111. regular be_____e *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
112. have gr__f and sorrow *n.* a very great sadness, especially when somebody dies
113. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 105. crisis, 106. emotional, 107. boggy, 108. unfold, 109. thrive, 110. naval, 111. bedtime, 112. grief, 113. surgery

114. police se_____nt *n.* a rank of non-commissioned officer in the armed forces, typically above corporal but below staff sergeant or sergeant first class
115. age-old cl_____e *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
116. un_____e crowd *v.* to cause someone to feel anxious, frightened, or unsettled; to deprive someone of their composure, confidence, or courage
117. opaque to X-r_____ys *n.* a narrow line of light, heat, or another form of energy
118. pair of an_____e boots *n.* the part or joint connecting the foot to the leg
119. id_____e solutions *v.* to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort
120. an_____e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
121. p_____m to the dead *n.* a piece of writing that emphasizes the expression of feelings and ideas by paying particular attention to diction (sometimes rhyme), rhythm, and imagery
122. commercial pha_____cal products *adj.* relating to the production and selling of the medical drugs

ANSWERS: 114. sergeant, 115. cliché, 116. unnerve, 117. ray, 118. ankle, 119. ideate, 120. analyze, 121. poem, 122. pharmaceutical

123. beetle up the st_____se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
124. vo_____ry participation *adj.* done of one's own free will; without being forced or coerced
125. an__e injury *n.* the part or joint connecting the foot to the leg
126. ex__l at communication *v.* to be extremely good at or proficient in doing something
127. es_____al amino acid *adj.* indispensable; fundamental
128. de_____yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
129. fill the fr___e *n.* a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
130. end of the first qu____r *n.* one of four equal parts; a fourth part or portion
131. cri_____ss my heart *v.* to move or make lines that intersect or cross each other in a pattern resembling a series of X's
132. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
133. a t__n-lens camera *n.* either of two children born at the same time from the same mother
134. ex__l in description *v.* to be extremely good at or proficient in doing something

ANSWERS: 123. staircase, 124. voluntary, 125. ankle, 126. excel, 127. essential, 128. destroy, 129. fridge, 130. quarter, 131. crisscross, 132. brain, 133. twin, 134. excel

135. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
136. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
137. make ast_____ng gains *adj.* surprising or shocking; difficult to believe
138. na_____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
139. mi_____le experience *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
140. a narrative p__m *n.* a piece of writing that emphasizes the expression of feelings and ideas by paying particular attention to diction (sometimes rhyme), rhythm, and imagery
141. m__t its feathers *v.* to shed feathers, skin, or hair, especially in the process of growing a new coat or plumage; to undergo a process of renewal or transformation, often by shedding the old or outdated
142. co_____te environment *adj.* of or relating to a large company
143. g__t determination *n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

ANSWERS: 135. wisdom, 136. isolate, 137. astonishing, 138. navigate, 139. miserable, 140. poem, 141. molt, 142. corporate, 143. grit

144. dr___n fruit *n.* a mythical monster typically depicted as a giant reptile with wings, claws, and a fiery breath often portrayed as being fierce and dangerous
145. bu___t wound *n.* a metal projectile that is shot from a gun
146. give a person a nu___e *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
147. po_____e repair *n.* a hole or depression in a road surface, usually caused by wear, weathering, or erosion; can be dangerous to drivers and cause damage to vehicles
148. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
149. ma_____e amounts *adj.* enormous amount; very heavy and solid
150. un___l a comprehensive plan *v.* to reveal or make something publicly known, especially for the first time
151. an_____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
152. co_____ct a 3D image *v.* to build or create something; to assemble or combine different parts to form something whole
153. dis_____en the hopeful job applicant *v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

ANSWERS: 144. dragon, 145. bullet, 146. nudge, 147. pothole, 148. emotion, 149. massive, 150. unveil, 151. ancient, 152. construct, 153. dishearten

154. blank ca___s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
155. re____ve factors *adj.* considered and evaluated through comparison with something else
156. an____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
157. de____ed feeling *adj.* sad and without any hope
158. me__y handling *adj.* disorganized and untidy
159. ph____pe variation *n.* the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives
160. cr____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
161. pi____l to be avoided *n.* a hidden or unsuspected danger or difficulty; a trap or snare
162. de____y the ecosystem *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
163. a__y plan *adv.* in a wrong or crooked position; out of order; amiss
164. ho____ss situation *adj.* having no hope; despairing; having no chance of success
165. bl__k future *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

ANSWERS: 154. canvas, 155. relative, 156. anxiety, 157. depressed, 158. messy, 159. phenotype, 160. creative, 161. pitfall, 162. destroy, 163. awry, 164. hopeless, 165. bleak

166. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
167. ci__c activity *adj.* of or relating to a town, city, or the people who live in it
168. a water fa__y *n.* a mythical being of folklore and romance usually depicted as having magic powers
169. re_____e a composition *v.* to write something such as a book or speech again in a different way, usually to improve it or add new information
170. psy_____ual development *adj.* relating to the psychological and sexual aspects of a person's development, behavior, or identity
171. pre_____le pattern *adj.* capable of being known, seen or declared in advance
172. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
173. near re_____ng age *adj.* withdrawing from a position or activity, or becoming more secluded or reserved
174. inv_____ry manslaughter *adj.* acting or done without or against one's will
175. family me____r *n.* a historical account or biography written from the writer's knowledge of famous people, places, or events
176. barren of cr_____ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
177. m__t at regular intervals *v.* to shed feathers, skin, or hair, especially in the process of growing a new coat or plumage; to undergo a process of renewal or transformation, often by shedding the old or outdated

ANSWERS: 166. therapy, 167. civic, 168. fairy, 169. rewrite, 170. psychosexual, 171. predictable, 172. complexity, 173. retiring, 174. involuntary, 175. memoir, 176. creative, 177. molt

178. d__k chairs *n.* a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure
179. achieve the hi____ic feat *adj.* famous or significant in history, or potentially so
180. shopping sp__e *n.* a short period of indulgence or excessive activity, often involving spending money or engaging in risky or impulsive behavior
181. arrange my sc____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
182. the big up____al of my life *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation
183. t_y store *n.* a thing, typically a small model or replica of something that is played with, especially by children
184. as so__r as a judge *adj.* not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises
185. cl__p of bacteria *n.* a small group of bushes, trees, flowers, people, etc.
186. fun____al rights *adj.* forming an essential base or core from which everything else develops or is affected
187. oil on ca____s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on

ANSWERS: 178. deck, 179. historic, 180. spree, 181. schedule, 182. upheaval, 183. toy, 184. sober, 185. clump, 186. fundamental, 187. canvas

188. un___d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
189. s__r over ideas *v.* to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills
190. gr__d your teeth *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
191. global temperature an____y *n.* something or someone that deviates from what is expected or normal, often in a way that is difficult to explain or understand
192. turn s__r *adj.* having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative
193. mo__n with deep grief *v.* to feel or express sorrow, grief, or sadness, especially over the death of someone
194. s__r with a partner *v.* to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills
195. re___l an old tale *v.* to tell someone about something again or differently
196. a va____le species *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

ANSWERS: 188. unfold, 189. spar, 190. grind, 191. anomaly, 192. sour, 193. mourn, 194. spar, 195. retell, 196. variable

197. ve_____n teacher *n.* a person who has had long experience in a particular area or activity
198. emotional wa____p *n.* a heavy blow or punch; a sudden, powerful impact; a defeat or setback that is particularly severe or decisive
199. adjust the ti_____le *n.* a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals
200. a qu_____r mile *n.* one of four equal parts; a fourth part or portion
201. re_____t an old friend *v.* to go to a place again, especially after a long period
202. ro_____e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
203. a consensual di_____e *n.* the legal dissolution of a marriage
204. ni_____re situation *n.* a very frightening or unpleasant dream
205. be_____e meditation *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
206. ov_____te the issue *v.* to exaggerate or make something seem more important or serious than it is
207. a built-in diagnostic ro_____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 197. veteran, 198. wallop, 199. timetable, 200. quarter, 201. revisit, 202. routine, 203. divorce, 204. nightmare, 205. bedtime, 206. overstate, 207. routine

208. ch__s theory *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
209. a fairy t__e *n.* a story made up in someone's imagination, especially one full of action and adventure
210. a reckless at____t *n.* an act or effort of trying to do something, especially something difficult
211. t__e of horror *n.* a story made up in someone's imagination, especially one full of action and adventure
212. ind_____al alcohol *adj.* of or relating to or resulting from industry
213. vehicle fe____r *n.* a barrier that surrounds the wheels of a vehicle to block splashing water or mud; a cushion-like device that reduces shock due to an impact
214. si_____ck a discussion *v.* to divert or deflect from the main topic or goal; to cause someone or something to take a different direction or course
215. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
216. do__h for pastry *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

ANSWERS: 208. chaos, 209. tale, 210. attempt, 211. tale, 212. industrial, 213. fender, 214. sidetrack, 215. discovery, 216. dough

217. the professor of su____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
218. mo__l burden *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
219. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
220. re___l a story *v.* to tell someone about something again or differently
221. crime sp__e *n.* a short period of indulgence or excessive activity, often involving spending money or engaging in risky or impulsive behavior
222. development of the fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
223. organic agr_____re *n.* the practice or science of cultivating the land or raising stock
224. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
225. work do__h *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

ANSWERS: 217. surgery, 218. moral, 219. confidence, 220. retell, 221. spree, 222. fetus, 223. agriculture, 224. emotion, 225. dough

226. as___e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
227. mo__n death *v.* to feel or express sorrow, grief, or sadness, especially over the death of someone
228. af___m strong identity *v.* to assert that something is true or real; to state positively
229. co_____t level *n.* a state of physical ease and freedom from pain or constraint
230. af___m old traditions *v.* to assert that something is true or real; to state positively
231. a ta___o artist *n.* a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design
232. dis_____en employees *v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
233. the great di_____ry 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
234. global di_____er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
235. potential pi_____l *n.* a hidden or unsuspected danger or difficulty; a trap or snare

ANSWERS: 226. assume, 227. mourn, 228. affirm, 229. comfort, 230. affirm, 231. tattoo, 232. dishearten, 233. discovery, 234. disaster, 235. pitfall

236. m__e acquaintance *adj.* used to emphasize how insignificant or minor someone or something is
237. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
238. su_____e attack *n.* the act of killing yourself intentionally
239. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
240. h__l wrestler *n.* the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something
241. terrestrial gra_____on *n.* the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass
242. a g_m suit *n.* a place equipped for exercise and other physical training
243. an aborted fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
244. an_____e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
245. sup_____er leader *n.* a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities

ANSWERS: 236. mere, 237. cycle, 238. suicide, 239. identify, 240. heel, 241. gravitation, 242. gym, 243. fetus, 244. analyze, 245. superpower

246. un___e design *adj.* being the only one of its kind; unlike anything else
247. mi_____ce documents *v.* to put something in the wrong place or lose it temporarily
248. a ri___l dance *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
249. effect of cosmic r_ys *n.* a narrow line of light, heat, or another form of energy
250. intensive agr_____re *n.* the practice or science of cultivating the land or raising stock
251. a t__n room *n.* either of two children born at the same time from the same mother
252. natural he_____g ability *n.* the process of becoming or making somebody or something well again
253. ha_____d house *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
254. an introductory ch_____r *n.* a separate section of a written work usually numbered and titled
255. un_____k the door *v.* to free something that is stuck or adhering to something else
256. at p__k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
257. nu__e price levels up *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

ANSWERS: 246. unique, 247. misplace, 248. ritual, 249. ray, 250. agriculture, 251. twin, 252. healing, 253. haunted, 254. chapter, 255. unstick, 256. peak, 257. nudge

258. men often pr_____e women when walking *v.* to happen or go before something or someone in time or space
259. popular fa_____le *n.* a type of story that typically involves magic, traditional folklore, or fantastical elements; often features talking animals, enchanted objects, and heroic characters who overcome obstacles to achieve their goals
260. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
261. off-ki____r *n.* a state of proper balance or adjustment, a state of good order or organization
262. pr_____e any discussion *v.* to happen or go before something or someone in time or space
263. do_____ze a menu *v.* to reduce the size, scale, or scope of something, such as a company or organization; to decrease the number of employees or members
264. sp__k a chain reaction *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
265. academic tra_____pt *n.* a written or printed version of something, especially a dictated or recorded speech, interview, or conversation; an official record of a student's coursework and grades at a school or university
266. re_____ce on social media *n.* the state of depending on or needing something or someone

ANSWERS: 258. precede, 259. fairytale, 260. complexity, 261. kilter, 262. precede, 263. downsize, 264. spark, 265. transcript, 266. reliance

267. tra_____on phase *n.* the process or period of changing from one state or circumstance to another
268. official tra_____pt *n.* a written or printed version of something, especially a dictated or recorded speech, interview, or conversation; an official record of a student's coursework and grades at a school or university
269. na_____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
270. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
271. save the pl_____t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
272. a dependent va_____le *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
273. enter on the last ph___e *n.* any stage in a series of events, change, or development
274. an_____y detection *n.* something or someone that deviates from what is expected or normal, often in a way that is difficult to explain or understand
275. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers

ANSWERS: 267. transition, 268. transcript, 269. navigate, 270. isolate, 271. planet, 272. variable, 273. phase, 274. anomaly, 275. addition

276. become ou____ed *adj.* no longer useful or valid because of being old-fashioned
277. give the waiter a t_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
278. t_y box *n.* a thing, typically a small model or replica of something that is played with, especially by children
279. dual ge____r *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
280. di____nt and wrong-foot viewers *v.* to make someone confused about where they are or where they should go
281. financially ba____pt *adj.* unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental
282. pack a wa____p *n.* a heavy blow or punch; a sudden, powerful impact; a defeat or setback that is particularly severe or decisive
283. c__t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
284. hands on d__k *n.* a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure

ANSWERS: 276. outdated, 277. tip, 278. toy, 279. gender, 280. disorient, 281. bankrupt, 282. wallop, 283. cast, 284. deck

285. p__t a revolution *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
286. p__t twist *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
287. mi_____le weather *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
288. co_____te right *adj.* of or relating to a large company
289. moralize a fa__e *n.* a short story, often with animal characters, that teaches a general truth or a moral lesson
290. l__f around during the day *n.* a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
291. 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
292. bu___e down to study *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
293. as___t a patient *v.* to help someone in doing anything
294. a fishing p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

ANSWERS: 285. plot, 286. plot, 287. miserable, 288. corporate, 289. fable, 290. loaf, 291. overwhelm, 292. buckle, 293. assist, 294. pole

295. midst of ch__s *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
296. remedy lon_____ss *n.* a state or feeling of being unhappy because you have no connection with other people
297. a re_____ng pension *adj.* withdrawing from a position or activity, or becoming more secluded or reserved
298. sp_____er paint *v.* to scatter or spray liquid, mud, or a similar substance in small droplets or flecks; to stain or cover with such droplets or specks
299. of_____ck behavior *adj.* deviating from the expected or intended course; not following a planned or established path
300. a heavy sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
301. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
302. hi_____ic accomplishment *adj.* famous or significant in history, or potentially so
303. courtroom sto_____ing *n.* the act or art of narrating or writing stories
304. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 295. chaos, 296. loneliness, 297. retiring, 298. splatter, 299. offtrack, 300. schedule, 301. pound, 302. historic, 303. storytelling, 304. involve

305. c__t a charming eye
v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
306. the market is de_____ed
adj. sad and without any hope
307. up__d a table
v. to turn or flip over; to overthrow or upset the established order
308. an id_____al equation
adj. being the exact same one
309. fun_____al education
adj. forming an essential base or core from which everything else develops or is affected
310. pre-Christian an_____t
adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
311. sp__k his interest
v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
312. ba___h my wrinkles
v. to expel or send away from a place or situation, especially permanently
313. a person who has a ta___o
n. a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design
314. aut_____cal narrative
adj. relating to or based on the experiences, thoughts, or life story of oneself; about one's own life history or personal narrative
315. bu___e shoe
v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap

ANSWERS: 305. cast, 306. depressed, 307. upend, 308. identical, 309. fundamental, 310. ancient, 311. spark, 312. banish, 313. tattoo, 314. autobiographical, 315. buckle

316. license re_____l *n.* the process of making something new or active again; the act of renewing a subscription, license, etc.
317. em_____al distress *adj.* relating to people's feelings
318. the gen_____on of electricity *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
319. re_____t a game *v.* to start something again, especially after a pause or interruption
320. th_____e on pressure *v.* to grow vigorously; to make steady progress
321. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
322. ou_____ed technology *adj.* no longer useful or valid because of being old-fashioned
323. co_____t research *v.* to organize and carry out a particular activity
324. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
325. ad__t a child *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
326. inv_____ry muscles *adj.* acting or done without or against one's will
327. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 316. renewal, 317. emotional, 318. generation, 319. restart, 320. thrive, 321. involve, 322. outdated, 323. conduct, 324. disrupt, 325. adopt, 326. involuntary, 327. relation

328. major pha_____cal companies *adj.* relating to the production and selling of the medical drugs
329. feel as _____d of him *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
330. a m__o pad *n.* a short written message or communication intended for internal use within an organization or company
331. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
332. no_____it agency *adj.* not established for commercial profit
333. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
334. ho_____le smell *adj.* extremely unpleasant or bad; causing fear or disgust
335. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
336. aut_____cal memory *adj.* relating to or based on the experiences, thoughts, or life story of oneself; about one's own life history or personal narrative
337. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
338. wi_____m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

ANSWERS: 328. pharmaceutical, 329. ashamed, 330. memo, 331. struggle, 332. nonprofit, 333. comfort, 334. horrible, 335. relation, 336. autobiographical, 337. generation, 338. wisdom

339. vo_____ry action *adj.* done of one's own free will; without being forced or coerced
340. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
341. modern po____y *n.* poems in general as a genre of literature
342. ado_____nt girl *n.* a young person who is in the process of developing from a child into an adult
343. a lot of gr__f *n.* a very great sadness, especially when somebody dies
344. ba____h doubt *v.* to expel or send away from a place or situation, especially permanently
345. army se_____nt *n.* a rank of non-commissioned officer in the armed forces, typically above corporal but below staff sergeant or sergeant first class
346. a strong sense of lon_____ss *n.* a state or feeling of being unhappy because you have no connection with other people
347. a bac_____nd color *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
348. ad__t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

ANSWERS: 339. voluntary, 340. planet, 341. poetry, 342. adolescent, 343. grief, 344. banish, 345. sergeant, 346. loneliness, 347. background, 348. adopt

349. part of the he_____g process *n.* the process of becoming or making somebody or something well again
350. re_____l process *n.* the process of making something new or active again; the act of renewing a subscription, license, etc.
351. sp_____er all over the floor *v.* to scatter or spray liquid, mud, or a similar substance in small droplets or flecks; to stain or cover with such droplets or specks
352. tune the uk_____e *n.* a small, four-stringed instrument of Hawaiian origin that is similar to a guitar and is played by strumming or plucking the strings
353. commit su_____e *n.* the act of killing yourself intentionally
354. fr____e magnet *n.* a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
355. a prosthetic l__b *n.* an arm and leg of a person or animal
356. a no_____it organization *adj.* not established for commercial profit
357. a cl__p of trees *n.* a small group of bushes, trees, flowers, people, etc.
358. s__p on the back *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
359. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 349. healing, 350. renewal, 351. splatter, 352. ukulele, 353. suicide, 354. fridge, 355. limb, 356. nonprofit, 357. clump, 358. slap, 359. mathematics

360. di_____nt his audience *v.* to make someone confused about where they are or where they should go
361. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
362. dr___n wing *n.* a mythical monster typically depicted as a giant reptile with wings, claws, and a fiery breath often portrayed as being fierce and dangerous
363. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
364. of_____ck career *adj.* deviating from the expected or intended course; not following a planned or established path
365. re_____ne the future *v.* to imagine or conceive of something in a new or different way
366. as___e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
367. s__p a heavy fine *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
368. the t_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

ANSWERS: 360. disorient, 361. sham, 362. dragon, 363. disrupt, 364. offtrack, 365. reimagine, 366. assume, 367. slap, 368. tip

369. universal gra_____on *n.* the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass
370. es_____al commodities of life *adj.* indispensable; fundamental
371. re_____t a place *v.* to go to a place again, especially after a long period
372. re_____on period *n.* a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases
373. l__b amputation *n.* an arm and leg of a person or animal
374. cr__t arts of Japan *n.* an activity that requires a particular skill in making things with one's hands
375. pair of id_____al twins *adj.* being the exact same one
376. a cow s__d *v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage
377. ha_____d by memories *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
378. worst ima_____le case *adj.* capable of being imagined
379. surviving a li_____ke *n.* a sudden and significant change or upheaval in one's life, often resulting in a period of personal reassessment, transformation, and growth

ANSWERS: 369. gravitation, 370. essential, 371. revisit, 372. recession, 373. limb, 374. craft, 375. identical, 376. shed, 377. haunted, 378. imaginable, 379. lifequake

380. m__o content *n.* a short written message or communication intended for internal use within an organization or company
381. with easy po__e *n.* a calm, confident, and graceful manner with control of your feelings or behavior
382. bo__y area *adj.* containing a lot of soft, wet soil; marshy, swampy, or waterlogged
383. chemical ad____on *n.* the act or process of adding something to something else; the process of adding numbers
384. classic fa__e *n.* a short story, often with animal characters, that teaches a general truth or a moral lesson
385. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
386. g_m membership *n.* a place equipped for exercise and other physical training
387. mo__l hazard *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
388. morning ri____l *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
389. th____en national security *v.* to utter intentions of injury or punishment against someone
390. ho____le accident *adj.* extremely unpleasant or bad; causing fear or disgust
391. prospects were bl__k *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

ANSWERS: 380. memo, 381. poise, 382. boggy, 383. addition, 384. fable, 385. confidence, 386. gym, 387. moral, 388. ritual, 389. threaten, 390. horrible, 391. bleak

392. deep po____e *n.* a hole or depression in a road surface, usually caused by wear, weathering, or erosion; can be dangerous to drivers and cause damage to vehicles
393. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
394. a remote re____ve *adj.* considered and evaluated through comparison with something else
395. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
396. aesthetic po__e *n.* a calm, confident, and graceful manner with control of your feelings or behavior
397. cl____e plot *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
398. field of gene th____y *n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 392. pothole, 393. cycle, 394. relative, 395. stick, 396. poise, 397. cliché, 398. therapy

Session 3: Fill in the Blanks

1. So far, the meeting is going according to _____.
n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
2. Trial and error is an _____ part of education.
adj. indispensable; fundamental
3. The court reporter was responsible for creating a _____ of the trial proceedings.
n. a written or printed version of something, especially a dictated or recorded speech, interview, or conversation; an official record of a student's coursework and grades at a school or university
4. The fire department _____ instructed the firefighters on how to tackle the blaze.
n. a rank of non-commissioned officer in the armed forces, typically above corporal but below staff sergeant or sergeant first class
5. Her unconcealed _____ made us unpleasant.
n. aggressive or unfriendly feelings or behavior
6. Ethics deals with _____ conduct.
adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.
7. The mischievous _____ flew gracefully through the forest, spreading magic wherever she went.
n. a mythical being of folklore and romance usually depicted as having magic powers

ANSWERS: 1. schedule, 2. essential, 3. transcript, 4. sergeant, 5. hostility, 6. moral, 7. fairy

8. Police will _____ random breath testing for drunk driving.
v. to organize and carry out a particular activity
9. The national assembly has _____ the budget.
v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own
10. She was skilled in _____ techniques, such as using different voices for other characters.
n. the act or art of narrating or writing stories
11. The project's _____ made it difficult for the team to complete it on time.
n. the state or quality of being complicated or intricate and difficult to understand
12. The force of _____ keeps the planets in our solar system in orbit around the sun.
n. the force by which a celestial body, such as the Earth, pulls objects toward its center; the attraction between two or more objects due to their mass
13. They fear a _____ of a new type of virus.
n. an outbreak of a disease that affects many people over a very wide area
14. She studies gardening on a _____ basis.
n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
15. The government decided to _____ funding towards education and healthcare.
v. to change the direction or course of something; to send in a different direction

ANSWERS: 8. conduct, 9. adopted, 10. storytelling, 11. complexity, 12. gravitation, 13. pandemic, 14. routine, 15. redirect

16. He wrote his _____ while awaiting trial.
- n.* a historical account or biography written from the writer's knowledge of famous people, places, or events
17. The community greatly respected and sought after the older adult's _____.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
18. Mercury is the closest _____ to the sun.
- n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
19. The construction workers wore protective gear to avoid being _____ with wet cement.
- v.* to scatter or spray liquid, mud, or a similar substance in small droplets or flecks; to stain or cover with such droplets or specks
20. He accidentally sprained his _____ playing squash.
- n.* the part or joint connecting the foot to the leg
21. In _____ private corporations provide healthcare services.
- n.* the act or process of adding something to something else; the process of adding numbers
22. The company had to _____ due to financial difficulties and let go of many employees.
- v.* to reduce the size, scale, or scope of something, such as a company or organization; to decrease the number of employees or members
23. I have _____ my keys again and need help finding them.
- v.* to put something in the wrong place or lose it temporarily

ANSWERS: 16. memoirs, 17. wisdom, 18. planet, 19. splattered, 20. ankle, 21. addition, 22. downsize, 23. misplaced

24. 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
25. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
26. People tend to make _____ predictions.
- adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
27. Timely education about birth control might help reduce _____ pregnancies.
- n.* a young person who is in the process of developing from a child into an adult
28. The company's hiring criteria emphasize personality, not a person's _____.
- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
29. The therapist used _____ techniques to help the couple improve their intimacy.
- adj.* relating to the psychological and sexual aspects of a person's development, behavior, or identity
30. The younger _____ has different values and beliefs than the older one.
- n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity

ANSWERS: 24. constructs, 25. brain, 26. linear, 27. adolescent, 28. background, 29. psychosexual, 30. generation

31. The car's front bumper cost fifteen hundred _____.
- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
32. 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
33. The children's book was a _____ about a princess and her journey to find true love.
- n.* a type of story that typically involves magic, traditional folklore, or fantastical elements; often features talking animals, enchanted objects, and heroic characters who overcome obstacles to achieve their goals
34. After his mother died, he got _____.
- adj.* sad and without any hope
35. I realize the _____ of a single life.
- n.* a state or feeling of being unhappy because you have no connection with other people
36. Using the same _____ phrase in every conversation can take time and effort.
- n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
37. He played the _____ and sang sweet Hawaiian songs on the beach.
- n.* a small, four-stringed instrument of Hawaiian origin that is similar to a guitar and is played by strumming or plucking the strings
38. Unfortunately, the company went _____ and had to close its doors permanently.
- adj.* unable to pay one's debts; having been reduced to a state of financial ruin; lacking in something essential or fundamental

ANSWERS: 31. pounds, 32. grit, 33. fairytale, 34. depressed, 35. loneliness, 36. cliché, 37. ukulele, 38. bankrupt

39. The mystery _____ as the detectives gathered more clues.
v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
40. _____ design has become more focused on human nature aspect than ever before.
adj. of or relating to or resulting from industry
41. The old mansion was known to be _____ with strange noises and eerie sightings reported by visitors.
adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
42. In his speech, he quoted a passage from a well-known _____.
n. a short story, often with animal characters, that teaches a general truth or a moral lesson
43. I _____ that I will always stand by my beliefs.
v. to assert that something is true or real; to state positively
44. The following example _____ that the capacity of each battery is the same.
v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
45. The Chinese people have accomplished several _____ feats.
adj. famous or significant in history, or potentially so
46. The couple decided to get a _____ after many years of marriage.
n. the legal dissolution of a marriage

ANSWERS: 39. unfolded, 40. Industrial, 41. haunted, 42. fable, 43. affirm, 44. assumes, 45. historic, 46. divorce

47. The nation's healthcare system is in _____ at the moment.
n. the process or period of changing from one state or circumstance to another
48. He acted in _____ on her naked promises.
n. the state of depending on or needing something or someone
49. The severe heat wave _____ railway tracks.
v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
50. The ability to fly like a bird is often considered a _____ in comic books and movies.
n. a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities
51. The woman of the house does the holy _____ of lighting two candles.
n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies
52. He tends to _____ his accomplishments to impress others.
v. to exaggerate or make something seem more important or serious than it is
53. Don't let small setbacks _____ you from achieving your long-term goals.
v. to divert or deflect from the main topic or goal; to cause someone or something to take a different direction or course
54. He has a flair for _____.
n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 47. transition, 48. reliance, 49. buckled, 50. superpower, 51. ritual, 52. overstate, 53. sidetrack, 54. mathematics

55. You should not _____ them from the community.
- v.* to physically or socially separate someone or something from other people or things
56. _____ is the foundation of our economy.
- n.* the practice or science of cultivating the land or raising stock
57. The pickles had a tangy and _____ flavor that went well with the sandwich.
- adj.* having a taste that is acidic or tart; (noun) a person or situation that is unhappy or negative
58. I need to _____ most of the essay with feedback from my teacher.
- v.* to write something such as a book or speech again in a different way, usually to improve it or add new information
59. She tried to _____ the conversation after the awkward silence.
- v.* to start something again, especially after a pause or interruption
60. She felt _____ after her dog passed away.
- adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
61. The stray _____ went through the window and hit the wall.
- n.* a metal projectile that is shot from a gun
62. Different cultures have different comfortable word rhythms, so the composition of _____ varies greatly.
- n.* poems in general as a genre of literature
63. The politician tried to _____ down the rumors about his personal life.
- v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

ANSWERS: 55. isolate, 56. Agriculture, 57. sour, 58. rewrite, 59. restart, 60. miserable, 61. bullet, 62. poetry, 63. slap

64. Various artificially induced causes are _____ our ecosystem.
- v. to utter intentions of injury or punishment against someone
65. Our knowledge helps _____ our clients successfully.
- v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map
66. Each person has a unique _____ experience.
- n. a very great sadness, especially when somebody dies
67. He _____ a secret tear when he heard the news of his friend's death.
- v. to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage
68. The unemployment rate in the first _____ was 2.3 percentage points higher than in the previous.
- n. one of four equal parts; a fourth part or portion
69. I had to use a knife to _____ the envelope from the table.
- v. to free something that is stuck or adhering to something else
70. He scraped his _____ when he fell off his bike.
- n. the lowermost part of a person's face, below the mouth and above the neck
71. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
- n. the established set of attitudes or fixed ideas held by someone

ANSWERS: 64. threatening, 65. navigate, 66. grief, 67. shed, 68. quarter, 69. unstick, 70. chin, 71. mindset

72. In an economically prosperous country, most male _____ is due to child support problems.

n. the act of killing yourself intentionally

73. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

74. The news of her sudden death was _____ to everyone who knew her.

adj. surprising or shocking; difficult to believe

75. The data he prepared was completely _____.

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

76. Several studies have indicated that human activity at sea might _____ dolphins and whales.

v. to make someone confused about where they are or where they should go

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

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

78. He gave his daughter a new _____ for her birthday.

n. a thing, typically a small model or replica of something that is played with, especially by children

79. Life as a waiter was a big _____ for him.

n. a very frightening or unpleasant dream

ANSWERS: 72. suicide, 73. struggle, 74. astonishing, 75. sham, 76. disorient, 77. boggy, 78. toy, 79. nightmare

80. The experience was _____ and left a lasting impression.

adj. extremely unpleasant or bad; causing fear or disgust

81. The sudden news _____ their plans for the weekend.

v. to turn or flip over; to overthrow or upset the established order

82. I received a bonus on top of my regular _____ this month.

n. a check issued to an employee as payment for work or services rendered; the amount of money received in this check

83. Skill and _____ are an unconquered army.

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

84. The airline's _____ showed a delay of three hours for our flight to London.

n. a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals

85. The city is undergoing a _____ project that will transform the downtown area.

n. the process of making something new or active again; the act of renewing a subscription, license, etc.

86. The city promotes _____ collaboration in community development

adj. of or relating to a town, city, or the people who live in it

87. The roads _____ through the countryside, creating a beautiful scenic drive.

v. to move or make lines that intersect or cross each other in a pattern resembling a series of X's

ANSWERS: 80. horrible, 81. upended, 82. paycheck, 83. confidence, 84. timetable, 85. renewal, 86. civic, 87. crisscrossed

88. You should wrap the bandage carefully and firmly around the injured _____.
n. an arm and leg of a person or animal
89. The building was _____ in the fire and had to be rebuilt.
v. to ruin or damage severely or completely; to eradicate or eliminate completely
90. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.
n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
91. The author wrote an _____ novel about growing up in a small town.
adj. relating to or based on the experiences, thoughts, or life story of oneself; about one's own life history or personal narrative
92. She had to _____ the coffee beans before making a fresh cup.
v. to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
93. We _____ the loss of our dear friend at the memorial service.
v. to feel or express sorrow, grief, or sadness, especially over the death of someone
94. She went to the fully equipped ____ to work out every day.
n. a place equipped for exercise and other physical training
95. This accident _____ a dark shadow over their lives.
v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

ANSWERS: 88. limb, 89. destroyed, 90. crisis, 91. autobiographical, 92. grind, 93. mourned, 94. gym, 95. cast

96. She sat on the ship's _____ watching the sunset over the ocean.
n. a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure
97. On my way home from work, I picked up a _____ of bread from the bakery.
n. a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
98. All the supervisor has to do is assign tasks that make his subordinates more _____.
adj. relating to or involving the use of skill and original and unusual ideas to create something
99. The final _____ provides a summary of the discussion.
n. a separate section of a written work usually numbered and titled
100. The drug's side effects can include _____ loss of urine.
adj. acting or done without or against one's will
101. Each ancient tribe has its _____ traditions.
n. the process of becoming or making somebody or something well again
102. We replaced _____ equipment to improve factory productivity.
adj. no longer useful or valid because of being old-fashioned
103. After months of job searching, he felt _____ and unsure of his future.
adj. having no hope; despairing; having no chance of success
104. He led a _____ life.
adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

ANSWERS: 96. deck, 97. loaf, 98. creative, 99. chapter, 100. involuntary, 101. healing, 102. outdated, 103. hopeless, 104. sober

105. The company is trying to _____ its business model to stay competitive.
v. to imagine or conceive of something in a new or different way
106. I heard the _____ of his boots in the hallway.
n. a small group of bushes, trees, flowers, people, etc.
107. The recent economic downturn has resulted in _____ layoffs.
adj. enormous amount; very heavy and solid
108. The North _____ is the northernmost point on Earth.
n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
109. Life is a vast _____ you should put as much paint on it as possible.
n. the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
110. She walked urgently down the emergency _____.
n. a set of stairs inside a building, usually with posts and bars that are fixed at the side
111. The door was out of _____ and wouldn't close properly.
n. a state of proper balance or adjustment, a state of good order or organization
112. The condo offers _____ access to the beach.
adj. not divided or shared with others
113. She left the _____ door open inadvertently.
n. a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

ANSWERS: 105. reimagine, 106. clump, 107. massive, 108. Pole, 109. canvas;, 110. staircase, 111. kilter, 112. exclusive, 113. fridge

114. Most countries prohibit sexual activity between certain close _____.

adj. considered and evaluated through comparison with something else

115. The country is facing a _____ with high unemployment and low GDP.

n. a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases

116. He _____ the truth to plead not guilty.

v. to tell someone about something again or differently

117. The era of the industrial revolution was a crucial _____ of history.

n. any stage in a series of events, change, or development

118. The company _____ in customer service.

v. to be extremely good at or proficient in doing something

119. She went on a travel _____ and visited six countries in one month.

n. a short period of indulgence or excessive activity, often involving spending money or engaging in risky or impulsive behavior

120. The third _____ was far more successful.

n. an act or effort of trying to do something, especially something difficult

121. Human behavior has _____ characteristics.

adj. forming an essential base or core from which everything else develops or is affected

122. You don't have to be _____.

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

ANSWERS: 114. relatives, 115. recession, 116. retells, 117. phase, 118. excels, 119. spree, 120. attempt, 121. fundamental, 122. ashamed

123. Gamma _____ penetrate body tissues and cause cell damage.

n. a narrow line of light, heat, or another form of energy

124. I received a _____ from the CEO outlining the new company policies.

n. a short written message or communication intended for internal use within an organization or company

125. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

126. He found _____ in the warm embrace of his loved ones.

n. a state of physical ease and freedom from pain or constraint

127. His abusive words made me _____.

adj. providing or feeling physical discomfort or slight pain

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

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

129. In Chinese mythology, _____ are considered powerful and benevolent creatures.

n. a mythical monster typically depicted as a giant reptile with wings, claws, and a fiery breath often portrayed as being fierce and dangerous

130. The food chain causes a material _____.

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

ANSWERS: 123. rays, 124. memo, 125. relations, 126. comfort, 127. uncomfortable, 128. stick, 129. dragons, 130. cycle

131. I underwent aversion _____ for my addiction to alcohol.

n. the act of caring for someone through medication, remedial training, etc.

132. Our genetic _____ determines the color of our eyes.

n. the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives

133. Without investment, a business cannot _____.

v. to grow vigorously; to make steady progress

134. Any activity on the Internet will be stored as a digital _____ for life.

n. a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design

135. Rainfall in the tropics is highly _____.

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

136. His _____ bedroom is always a source of frustration for his mother.

adj. disorganized and untidy

137. The kayakers had to _____ with the strong winds and waves to reach the shore.

v. to engage in boxing or other combat sports with a partner for practice or training purposes; to practice fighting or defending oneself using light blows or drills

138. The car hit a _____ and caused a flat tire.

n. a hole or depression in a road surface, usually caused by wear, weathering, or erosion; can be dangerous to drivers and cause damage to vehicles

ANSWERS: 131. therapy, 132. phenotype, 133. thrive, 134. tattoo, 135. variable, 136. messy, 137. spar, 138. pothole

139. The queen _____ the traitor from the kingdom, never to be seen again.
v. to expel or send away from a place or situation, especially permanently
140. Reading _____ stories can help children relax and fall asleep faster.
n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
141. This is the only _____ strategy.
adj. capable of being imagined
142. Its _____ brothers are difficult to tell apart except for their parents.
n. either of two children born at the same time from the same mother
143. His hometown was where he first acquired the _____ of wood carving.
n. an activity that requires a particular skill in making things with one's hands
144. The company plans to _____ its new product at the trade show next week.
v. to reveal or make something publicly known, especially for the first time
145. She wore her best dress for the special _____.
n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
146. The bankruptcy of the giant conglomerate _____ turmoil in the stock market.
v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

ANSWERS: 139. banished, 140. bedtime, 141. imaginable, 142. twin, 143. craft, 144. unveil, 145. occasion, 146. sparked

147. The program is _____ so participants can choose whether or not to take part.

adj. done of one's own free will; without being forced or coerced

148. She _____ success and is always pushing herself to do better.

v. to have a strong desire for something; to long for or want intensely

149. Some _____ are common across cultures and backgrounds.

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

150. The political landscape looks _____ without a change of administration.

adj. unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

151. The teacher _____ the student to get his attention and asked him a question.

v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

152. The _____ CEO passed on the reins to his successor.

adj. withdrawing from a position or activity, or becoming more secluded or reserved

153. The team met to _____ new marketing strategies for the upcoming product launch.

v. to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort

154. The sudden drop in the stock market was an _____ that puzzled many investors.

n. something or someone that deviates from what is expected or normal, often in a way that is difficult to explain or understand

ANSWERS: 147. voluntary, 148. craves, 149. emotions, 150. bleak, 151. nudged, 152. retiring, 153. ideate, 154. anomaly

155. The company's financials have gone _____ this year, leading to a decline in profits.
adj. deviating from the expected or intended course; not following a planned or established path
156. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
157. Moving to a new country is a _____ for most people.
n. a sudden and significant change or upheaval in one's life, often resulting in a period of personal reassessment, transformation, and growth
158. She waited for her daughter with _____.
n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
159. One of the biggest _____ of starting a new business is underestimating the costs.
n. a hidden or unsuspected danger or difficulty; a trap or snare
160. He lost the election by _____ votes.
adj. used to emphasize how insignificant or minor someone or something is
161. They have been living near water since _____ times.
adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
162. The boxer delivered a _____ to his opponent's chin, knocking him out.
n. a heavy blow or punch; a sudden, powerful impact; a defeat or setback that is particularly severe or decisive

ANSWERS: 155. offtrack, 156. emotional, 157. lifequake, 158. anxiety, 159. pitfalls, 160. mere, 161. ancient, 162. wallop

163. Many people go through a _____ crisis and contemplate major life changes.
n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
164. The plans for the surprise party went _____ when the cake was ruined.
adv. in a wrong or crooked position; out of order; amiss
165. 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
166. The snake _____ its skin to grow bigger.
v. to shed feathers, skin, or hair, especially in the process of growing a new coat or plumage; to undergo a process of renewal or transformation, often by shedding the old or outdated
167. Infant formulas are nutritionally almost _____ to a mother's breast milk.
adj. being the exact same one
168. 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
169. The _____ of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.
n. a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
170. The _____ officer was responsible for the safety and well-being of the crew on his ship.
adj. of or relating to ships, sailors, or the navy

ANSWERS: 163. midlife, 164. awry, 165. identify, 166. molted, 167. identical, 168. overwhelm, 169. plot, 170. naval

171. The _____ soldiers have the role of teaching recruits the stringencies of training.

n. a person who has had long experience in a particular area or activity

172. I'm so sorry to _____ you when you're pretty busy.

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

173. Agricultural development generally _____ economic growth.

v. to happen or go before something or someone in time or space

174. I will introduce some _____ on learning English in this class.

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

175. The _____ office has decided to lay off 10% of the workforce.

adj. of or relating to a large company

176. The _____ response team worked around the clock to aid those affected by the earthquake.

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

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

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

178. This measurement aims to reduce traffic at _____ periods.

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

ANSWERS: 171. veteran, 172. disrupt, 173. precedes, 174. tips, 175. corporate, 176. disaster, 177. unique, 178. peak

179. She mixed flour, yeast, sugar, and water to make _____ for the bread.

n. a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

180. The female vagina is elastic enough to allow the passage of a _____.

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

181. The conference room was in _____ as everyone tried to speak at once.

n. a state of complete confusion or disorder, often characterized by a lack of predictability or control

182. Please _____ her with the furniture relocation.

v. to help someone in doing anything

183. We need to _____ this proposal as soon as the budget is more apparent than before.

v. to go to a place again, especially after a long period

184. Her research team made an important _____.

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

185. She gave money to help set up a _____ laboratory.

adj. relating to the production and selling of the medical drugs

186. She wore high _____ to the party.

n. the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something

ANSWERS: 179. dough, 180. fetus, 181. chaos, 182. assist, 183. revisit, 184. discovery, 185. pharmaceutical, 186. heels

187. Cultural norms strongly influence _____ expectations.

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

188. The teacher attempted to _____ the root cause of our mistake.

- v.* to think about in-depth and evaluate to discover essential features or meaning

189. The investigation _____ several government agencies and is expected to take several months.

- v.* to include or affect someone or something as a necessary part of something else

190. Our law firm also focuses on _____ activities.

- adj.* not established for commercial profit

191. The team's loss in the semifinals did not _____ their determination to return stronger next season.

- v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

192. He took a deep breath and recovered a little of his _____.

- n.* a calm, confident, and graceful manner with control of your feelings or behavior

193. Ghosts in folk _____ are almost always malicious.

- n.* a story made up in someone's imagination, especially one full of action and adventure

194. The recent political _____ has left the country in a state of chaos.

- n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 187. gender, 188. analyze, 189. involves, 190. nonprofit, 191. dishearten, 192. poise, 193. tales, 194. upheaval

195. The unpredictable weather pattern _____ the farmers as it affected their crops.
- v.* to cause someone to feel anxious, frightened, or unsettled; to deprive someone of their composure, confidence, or courage
196. He had undergone heart _____ years before.
- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
197. A great _____ is a fountain forever overflowing with the waters of wisdom and delight.
- n.* a piece of writing that emphasizes the expression of feelings and ideas by paying particular attention to diction (sometimes rhyme), rhythm, and imagery
198. The economy becomes more volatile and less _____.
- adj.* capable of being known, seen or declared in advance
199. He had a _____ bender last night.
- n.* a barrier that surrounds the wheels of a vehicle to block splashing water or mud; a cushion-like device that reduces shock due to an impact

ANSWERS: 195. unnerved, 196. surgery, 197. poem, 198. predictable, 199. fender