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Becky Barker: The restorative power of medical tattoos | TED Talk

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

All Words

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Session 1: Word List

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.

sneak

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

synonym : creep, tiptoe, smuggle

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

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

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.

artistic

adj. of or relating to art or artist; satisfying aesthetic standards and sensibilities

synonym : beautiful, aesthetic, creative

(1) an **artistic** photograph, (2) cultural and **artistic** activity
Promising entrepreneurs often have a high **artistic** sensibility.

ugly

adj. unattractive in appearance; unpleasant to look at
synonym: unattractive, unsightly, repulsive

(1) an **ugly** sound, (2) **ugly** building

The **ugly** truth was that he had been lying to her for months.

intimidate

v. to make someone fearful or uneasy so that they will do something that you want them to do

synonym: frighten, threaten, terrify

(1) **intimidate** an opponent, (2) effectively **intimidate** a thief

The boss tried to **intimidate** his subordinate with threats.

empower

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

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

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

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.

steep

adj. having a sharp inclination or slope

synonym: sheer, precipitous, abrupt

(1) a **steep** staircase, (2) **steep** discount

The **steep** cliff made it difficult to climb.

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**.

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**.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

tribe

n. a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities

synonym: family, clan, kinsfolk

(1) aboriginal **tribe**, (2) mountain **tribe**

The **tribe** had distinctly defined gender roles.

modern

adj. of or belonging to the present time or recent times

synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

symbol

n. something visible that is used to represent something else

synonym: mark, character, insignia

(1) **symbol** color, (2) **symbol** for happiness

The dragon is considered a **symbol** of bravery.

alleviate

v. to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden

synonym: ease, relieve, lessen

(1) **alleviate** anxiety, (2) **alleviate** stress

Taking ibuprofen can **alleviate** the pain from a headache.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

juju

n. a term used in West Africa to refer to magical or supernatural powers, often associated with charms or amulets

synonym: charm, spell, fetish

(1) **juju** charm, (2) traditional **juju**

The village elders consulted the **juju** oracle for guidance on how to deal with the drought.

placebo

n. harmless substance, especially given as a pacifier or to the control group in experiments on the efficacy of a drug

(1) **placebo** therapy, (2) patient in the **placebo** group

A double-blind procedure is used to guard against experimenter bias and **placebo** effects.

aesthetic

adj. connected with the enjoyment or study of beauty

synonym: beautiful, artistic, esthetic

(1) **aesthetic** value, (2) **aesthetic** feeling

My **aesthetic** standards are quite different from hers.

nudist

n. a person who engages in social or solitary activities while not wearing clothing; a person who believes that being naked is natural and healthy and that clothing is unnecessary in certain situations

synonym : naturist, clothes-free

(1) **nudist** resort, (2) **nudist** lifestyle

The **nudist** beach is a popular destination for those who enjoy being clothing-free.

decorative

adj. serving to make something look more attractive or pretty; embellishing

synonym : ornamental, beautifying, embellishing

(1) **decorative** art, (2) **decorative** design

The **decorative** tiles on the wall added a colorful and unique touch to the room.

scar

n. a mark that remains on the skin after a wound has healed

synonym : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

commemorate

v. to honor the memory of someone or something by ceremony or tribute

synonym : honor, remember, celebrate

(1) **commemorate** her long life, (2) **commemorate** a deed

The country **commemorated** the war heroes on Memorial Day.

adornment

n. a decoration or embellishment that is added to something to make it more attractive, beautiful, or interesting in appearance

synonym : ornamentation, decoration, embellishment

(1) **adornment** for a costume, (2) simple **adornment**

She wore a beautiful **adornment** in her hair for the wedding ceremony.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment
The **medical** team worked quickly to save the patient's life.

needle

n. a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

synonym: thorn, spike, pin

(1) **needle** prick, (2) sewing **needle**

The acupuncturist inserted **needles** into specific points on my body to alleviate my pain.

collagen

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

synonym: gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

induct

v. to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas

synonym: enlist, recruit, conscript

(1) **induct** them into military service, (2) **induct** a clergyperson to a benefice

We were **inducted** into the honor society.

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.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling
The golfer recorded an **amazing** distance.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym: closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

aid

n. things sent to help countries in need, notably food or money; support

synonym: helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

mobility

n. the ability to move or be moved freely or easily from one place, job, or social class to another

synonym: flexibility, maneuverability

(1) lack in **mobility**, (2) improve social **mobility**

I have limited **mobility** in my arms.

contrast

v. to put in opposition to show or emphasize differences

synonym: differ, vary, counterpoint

(1) **contrast** with a decade ago, (2) **contrast** two things

It's intriguing to compare and **contrast** the two authors.

surrounding

adj. that is near or around, or closely encircling something

synonym: circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be

invaded.

camouflage

n. an outward appearance that conceals the underlying essence of something; the way of concealing troops or military equipment so they cannot be seen against the surrounding environment

synonym : guise, mask, cloak

(1) **camouflage** clothing, (2) work as **camouflage**

They utilized branches of trees as **camouflage**.

follicle

n. a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion

(1) **follicle** cell, (2) damaged **follicle**

The pigments in your hair **follicles** determine the color of your hair.

bald

adj. having no hair on the head; having a smooth, shiny scalp with no hair

synonym : hairless, smooth, bare

(1) **bald** head, (2) become **bald**

He is completely **bald**, having lost all his hair due to chemotherapy.

gent

n. a polite or formal term used to refer to a man, particularly one who is gentle or refined in manners or behavior; short for a gentleman

synonym : gentleman, fellow, guy

(1) **gent** clothing, (2) **gent** style

He was a true **gent**, always courteous and respectful to everyone he met.

shave

v. to remove body hair with a razor; to cut the price of something

synonym : trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

density

n. the quality of compactness of a substance

synonym : tightness, viscosity

(1) population **density**, (2) higher pixel **density**

Do you know the **density** of the population in Hong Kong?

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.

eyebrow

n. the hair arc over each eye in humans

synonym : brow, supercilium

(1) raise her **eyebrows**, (2) **eyebrow** cosmetics

She raised an inquiring **eyebrow** towards me.

belly

n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

synonym : stomach, abdomen, gut

(1) the **belly** of the ship, (2) with an empty **belly**

She had a tattoo just above her **belly** button.

toenail

n. the hard, flat covering on the end of a toe, made of layers of dead skin cells; often requires regular grooming and trimming to maintain proper hygiene and appearance

synonym : nail, claw, hoof

(1) **toenail** fungus, (2) ingrown **toenail**

I accidentally stubbed my toe and broke my **toenail**.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

cleft

n. a narrow opening or fissure, usually in a rock or the ground; also, a separation or division between two things or parts

synonym: split, crevice, fissure

(1) **cleft** chin, (2) **cleft** rock

The hiker stumbled and fell into the **cleft** between two large rocks.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

possibility

n. a chance that something may happen or be true

synonym: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

endless

adj. having no end or conclusion; infinitely very large in size or amount

synonym: infinite, ceaseless, boundless

(1) **endless** possibilities, (2) **endless** hours

He looked out the window at the **endless** stream of people.

areola

n. the circular area around the center of a flower; (of anatomy and physiology) the colored area surrounding the nipple that contains the milk ducts

synonym: nipple, mamilla, papilla

(1) **areola** color, (2) **areola** size

Changes in the appearance of the **areola** may be a sign of breast cancer.

nipple

n. the dark part of the skin which sticks out from the breast of a mammal and from which milk can be secreted

synonym: teat, pap, mamilla

(1) rubber **nipple**, (2) baby sucking a **nipple**

Female children may experience growing breasts and **nipple** swelling.

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.

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.

breast

n. either of the two round soft parts of a woman's chest which secrete milk after childbirth

synonym: bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

mastectomy

n. a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors

synonym: surgery, breast removal, excision

(1) double **mastectomy**, (2) undergo a **mastectomy**
She had to have a **mastectomy** after being diagnosed with breast cancer.

reconstruction

n. the process of rebuilding or repairing something that has been damaged or destroyed or of restoring something to its original condition

synonym: rebuilding, remodeling, renovation

(1) **reconstruction** aid, (2) **reconstruction** aid

The government announced a plan for the **reconstruction** of the city's infrastructure.

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.

attachment

n. a feeling of affection for someone or something

synonym: adoration, affection, extension

(1) **attachment** to a formal plan, (2) stand mixer fitted with the paddle **attachment**

I have no **attachment** to the countryside.

lump

n. a small, irregularly shaped mass or piece, typically of a soft substance such as coal, flour, or dough

synonym: mass, clump, ball

(1) **lump** in the throat, (2) single **lump** sum

There is a small **lump** on my neck, and I'm concerned about it.

reconstruct

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

synonym: rebuild, revamp, reorganize

(1) **reconstruct** an image, (2) **reconstruct** the original text

They've decided to **reconstruct** a ruined castle.

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.

phenomenon

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

synonym : marvel, wonder, splendor

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

A rainbow is a natural **phenomenon**.

taboo

adj. prohibited or restricted by social custom

synonym : forbidden, prohibited, proscribed

(1) a **taboo** word, (2) academic **taboo**

In this society, discussing politics in public is a **taboo** subject.

fade

v. to vanish; to fade away; to lose color; to lose freshness

synonym : languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym : rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

apprentice

n. a person who works for and learns from a skilled employer to become a skilled worker themselves

synonym : learner, trainee, protégé

(1) **apprentice** carpenter, (2) a young **apprentice**

He took on an **apprentice** to teach him the trade.

loose

adj. not securely fixed or fastened in place or able to be detached or separated from something

synonym : relaxed, unconsolidated, open

(1) a **loose** tongue, (2) remove **loose** hair

The inspector discovered **loose** bolts under the fuel rods.

qualification

n. an official record of an exam showing that you have completed

synonym : credentials, capability, adequacy

(1) **qualifications** for the job, (2) possess distinctive **qualifications**

Applicants must possess a verified teaching **qualification**.

regulation

n. an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule

synonym : constraint, restriction, rule

(1) a company **regulation**, (2) **regulation** by the government

The **regulation** approved by Congress was perfunctorily implemented.

regard

v. to think about or consider somebody or something in a specified way

synonym : consider, see, reckon

(1) **regard** him as an enemy, (2) **regard** the situation as unfortunate

Frugality and industry are still **regarded** as virtues.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym : custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

terrifying

adj. very frightening or intimidating

synonym : frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events
Large earthquakes often generate **terrifying** tsunamis.

liken

v. to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way

synonym: compare, equate, analogize

(1) **liken** to a flower, (2) **liken** to a bird

Some people **liken** meditation to a mental shower, refreshing and rejuvenating the mind.

multitasking

n. the ability to do more than one task at the same time; the state of doing more than one task at the same time

synonym: juggling, multihandling, parallelism

(1) computer **multitasking**, (2) **multitasking** ability

She could finish all her work on time because of her **multitasking** skills.

recommend

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

synonym: advise, suggest, instruct

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

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

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

brake

n. a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels

synonym: damper, restraint, check

(1) apply the **brake**, (2) **brake** pedal

The results of that election put a **brake** on political reform.

pedal

n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument

synonym : treadle, accelerator

(1) clutch **pedal**, (2) piano **pedal**

He pressed the **pedal** with all his might, but the car still wouldn't start.

gear

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym : equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

suppose

v. to think that something is likely to be actual or possible

synonym : guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

queue

n. a line of people or vehicles, especially one that forms outside a place of entertainment or a public building, waiting for something to become available

synonym : range, sequence, waiting line

(1) form a **queue**, (2) **queue** system

There was a long **queue** at the popular attraction.

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**.

setup

n. the arrangement or organization of something, often with a specific purpose or intention; a scheme or plan that is intended to deceive or trick someone

synonym :

arrangement, installation, organization

(1) office **setup**, (2) network **setup**

The **setup** for the conference was impressive and professional.

threshold

n. the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation

synonym: anteroom, brink, verge

(1) the **threshold** between rooms, (2) high pain **threshold**

She's on the **threshold** of adulthood.

overwhelming

adj. very great or intense; so powerful that you cannot fight or react against it

synonym: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory

He has shown signs of uneasiness and **overwhelming** worry.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym: barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing
The break in the **dam** threatened the valley.

radiation

n. the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health

synonym: dissemination, emission, irradiation

(1) exposure to **radiation**, (2) electromagnetic **radiation**
He tried every possible treatment, including chemotherapy and **radiation** therapy.

necrosis

n. the death of cells or tissues in a localized area of the body caused by injury, infection, or disease often results in the formation of scar tissue

synonym: decay, sphacelus, mortification

(1) **necrosis** treatment, (2) **necrosis** of the liver
The cancer treatment caused **necrosis** in the surrounding healthy tissues, causing complications.

arctic

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

synonym: cold, frozen, polar

(1) **arctic** ice, (2) high **arctic**
Cold temperatures and long, dark winters characterize the **arctic** climate.

lorry

n. a large motor vehicle designed for transporting goods; also known as a truck in certain parts of the world

synonym: truck, hauler, transporter

(1) delivery **lorry**, (2) **lorry** accident
The **lorry** driver was stuck in traffic for hours.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

pigment

n. a substance that gives color to a material, such as paint, ink, or biological tissue; often derived from natural sources or synthetically produced

synonym : dye, colorant, tint

(1) skin **pigment**, (2) **pigment** accumulation

The use of synthetic **pigments** in food production has become controversial due to health concerns.

mislead

v. to cause someone to believe something that is not true
synonym : misinform, delude, belie

(1) **mislead** him into trusting her, (2) **mislead** the enemy

Our troops pulled back to **mislead** the enemy.

suit

n. a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for

synonym : clothes, lawsuit, (verb) fit

(1) **suit** and tie restaurant, (2) **suit** at law

Six **suits** are awaiting trial or verdict.

implant

v. to insert or fix an artificial device in a person's body; to put an idea, attitude, etc., firmly in the mind

synonym : insert, fix, place

(1) **implant** genes in the animals, (2) **implant** into the uterus

The doctor will **implant** a pacemaker to regulate his heart rate.

dermis

n. the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue

synonym : skin layer, corium, cutis

(1) hair follicle **dermis**, (2) skin **dermis**

The **dermis** layer contains nerve endings, which enable us to feel sensations such as pressure and pain.

definition

n. a concise explanation of the meaning of a word, phrase, or symbol

synonym: description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

Parallel lines are, by **definition**, lines on the same plane that never cross.

scare

v. to frighten a person or animal, or to become frightened

synonym: frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

eyeliner

n. a cosmetic applied around the edge of the eyelid to enhance the appearance of the eyes

synonym: eye pencil, kohl

(1) waterproof **eyeliner**, (2) winged **eyeliner**

She applied a thin line of black **eyeliner** to her upper eyelid.

facilitate

v. to make something easier or more likely to happen

synonym: aid, assist, help

(1) **facilitate** a smooth transition, (2) **facilitate** the process

The company implemented a new software system to **facilitate** employee communication and collaboration.

permanent

adj. lasting for a long time without essential change

synonym: lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

makeup

n. colored substances used on someone's face to improve or change their appearance

synonym: maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face

Her beauty resulted from a good night's sleep rather than

makeup.

fashion

n. a style that is popular at a particular time or place; the state of being popular

synonym: style, manner, fad

(1) go out of **fashion**, (2) new **fashion** trends

That style is no longer in **fashion**.

aim

v. to try or plan to get or achieve something

synonym: aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse

We **aim** for an overseas expansion.

mentorship

n. a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person

synonym: guidance, coaching, tutorship

(1) **mentorship** program, (2) under his **mentorship**

He was grateful for the **mentorship** opportunity given to him by his supervisor.

restore

v. to repair or return something or someone to a previous good state or position

synonym: fix, mend, reestablish

(1) **restore** order, (2) **restore** the emperor to the throne

The military regime has promised to **restore** democracy as soon as possible.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

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

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym: agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

technique

n. a particular way or art of doing something that needs skill

synonym: approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

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.

fingerprint

n. a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person

synonym: print, mark, impression

(1) **fingerprint** at a crime scene, (2) **fingerprint** identification

The police used a **fingerprint** scanner to identify the suspect.

alternative

n. one of two or more available possibilities or choice

synonym: choice, option

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

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

realistic

adj. having or showing a sensible and practical idea that is possible to achieve

synonym : practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

permanence

n. the quality of being permanent, lasting, or enduring; the state or condition of being permanent

synonym : durability, continuity, stability

(1) **permanence** factor, (2) long-term **permanence**

The **permanence** of a tattoo is something to consider before getting one.

grasp

v. to take hold of something or someone quickly and firmly

synonym : grab, clasp, grip

(1) **grasp** his hand, (2) **grasp** a chance

They spent a lot of time trying to **grasp** the current situation.

smudge

n. a blurry or dirty mark or stain left by rubbing or smearing something; also, a bundle of material, such as sage or incense, that is burned to produce smoke for purification or ritual purposes

synonym : blemish, mark, stain

(1) ink **smudge**, (2) lipstick **smudge**

She accidentally left a **smudge** on the newly painted wall.

disappoint

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

synonym : sadden, dismay, frustrate

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

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

confident

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym : certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark

I'm not **confident** in our victory.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

survey

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

synonym: study, examination, poll

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

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

innovation

n. the creation of a new device or process resulting from study and experimentation

synonym: invention, initiation, creation

(1) **innovation** leader, (2) cutting-edge **innovation**

The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

heal

v. to make a wound or injury to become well again

synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

unsurprising

adj. not surprising, and what was expected; able to be predicted

synonym: predictable, expected, foreseeable

(1) **unsurprising** success, (2) **unsurprising** result
The **unsurprising** outcome of the election was a victory for the incumbent candidate.

satisfy

v. to make somebody pleased by giving them what they want or need

synonym: please, amuse, meet

(1) **satisfy** a desire, (2) **satisfy** a user's needs

Did this response **satisfy** your request?

adverse

adj. unfavorable or harmful

synonym: hostile, detrimental, unfavorable

(1) **adverse** circumstances, (2) **adverse** reaction

The **adverse** weather conditions forced us to cancel the outdoor event.

heartbreak

n. a feeling of great sadness or disappointment

synonym: grief, sorrow, bitterness

(1) ease her **heartbreak**, (2) go through **heartbreak**

They had experienced the **heartbreak** of losing two children due to premature births.

bra

n. a woman's undergarment designed to support the breasts

synonym: brassiere, undergarment, bustier

(1) push-up **bra**, (2) sports **bra**

She bought a new **bra** that was comfortable and supportive for all-day wear.

glimpse

n. a brief or partial view; the act of seeing something or someone for a very short time or only partly

synonym: glance, peek, sighting

(1) a momentary **glimpse**, (2) passing **glimpse**

Our team caught a **glimpse** of the world-class technique in this game.

surgeon

n. a doctor who is trained to perform medical operations that involve cutting open a person's body

synonym : sawbones, doctor

(1) an excellent brain **surgeon**, (2) army **surgeon**

He is a skilled **surgeon** that has many years of training and experience.

symmetrical

adj. having similarity in size, shape, and relative position of corresponding parts

synonym : harmonious, balanced, proportional

(1) **symmetrical** triangle, (2) **symmetrical** pattern

This figure is **symmetrical** about the x-axis.

ruin

v. to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

synonym : bankrupt, demolish, destroy

(1) **ruin** the plan, (2) **ruin** the reputation

He knocked over the red wine and **ruined** the tablecloth.

charity

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

synonym : philanthropy, benevolence, generosity

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

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

dignity

n. the quality of being worthy of esteem or respect; high office or rank or station

synonym : grace, elegance, nobility

(1) respect for human **dignity**, (2) retain everyone's **dignity**

The failure destroyed his trust and personal **dignity**.

survivor

n. a person who remains alive after an event in which others have died

synonym : subsister

(1) ovarian cancer **survivor**, (2) a single **survivor**

The shipwreck **survivor** was rescued after floating in the ocean for three days.

nip

v. to pinch or squeeze with the fingers or a tool; to seize suddenly or quickly; to give a small bite or pinch; to decrease or reduce the size or amount of something by a small amount

synonym: pinch, squeeze, bite

(1) **nip** a bud, (2) **nip** into the room

I need to **nip** the thread to sew this button on.

burden

n. a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

synonym: obligation, duty, load

(1) carry a **burden**, (2) **burden** of disease

That car has a low environmental **burden**.

decision

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

synonym: choice, determination, judgment

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

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

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym: distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

oncology

n. the branch of medicine that deals with the study and treatment of tumors, especially malignancies

synonym: cancer treatment, study of tumors

(1) **oncology** center, (2) modern **oncology** treatment

The pharmaceutical company unveiled its latest breakthrough drug for the **oncology** market.

convention

n. a large formal assembly of people who do a particular job or have a similar interest or of a political party; something regarded as a normative example

synonym: meeting, conference, congress

(1) **convention** center, (2) political **convention**

They met at biennial **conventions**.

crayon

n. a stick of colored wax, charcoal, chalk, or other material used for drawing or coloring; (verb) to draw or color with crayons, which are sticks of colored wax, chalk, or charcoal used for drawing or coloring

synonym: chalk, pastel, (verb) draw

(1) **crayon** drawing, (2) **crayon** her coloring books

The teacher handed out several different colored **crayons** to each student.

backstreet

adj. located in a less prominent or central area of a city or town, often associated with poorer or seedier neighborhoods or establishments

synonym: underground, illicit, shady

(1) **backstreet** bar, (2) **backstreet** deals

The concert was held on a **backstreet** stage, giving it a unique and intimate atmosphere.

studio

n. a room or building where creative or artistic work is produced; a television or radio production company

synonym: workshop, atelier, room

(1) a photo **studio**, (2) music **studio**

She works at a recording **studio** in Los Angeles.

upstanding

adj. of good moral character; honest; honorable; standing erect or in an upright position

synonym: honest, upright, honorable

(1) **upstanding** gentleman, (2) **upstanding** reputation

The **upstanding** citizen was always willing to help his community and never broke the law.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

Session 2: Spelling

1. a_m to be a nurse *v.* to try or plan to get or achieve something
2. improve social mo_____ty *n.* the ability to move or be moved freely or easily from one place, job, or social class to another
3. recent su____y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
4. ter_____ng events *adj.* very frightening or intimidating
5. cr____n her coloring books *n.* a stick of colored wax, charcoal, chalk, or other material used for drawing or coloring; (verb) to draw or color with crayons, which are sticks of colored wax, chalk, or charcoal used for drawing or coloring
6. a lo__e tongue *adj.* not securely fixed or fastened in place or able to be detached or separated from something
7. ne_____is of the liver *n.* the death of cells or tissues in a localized area of the body caused by injury, infection, or disease often results in the formation of scar tissue
8. new fa_____n trends *n.* a style that is popular at a particular time or place; the state of being popular
9. ov_____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

ANSWERS: 1. aim, 2. mobility, 3. survey, 4. terrifying, 5. crayon, 6. loose, 7. necrosis, 8. fashion, 9. overcome

10. sh__e my head *v.* to remove body hair with a razor; to cut the price of something
11. co____en production *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
12. f__e away almost completely *v.* to vanish; to fade away; to lose color; to lose freshness
13. pi____t accumulation *n.* a substance that gives color to a material, such as paint, ink, or biological tissue; often derived from natural sources or synthetically produced
14. br___t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
15. cognitive com____ty *n.* the state or quality of being complicated or intricate and difficult to understand
16. burn s__r *n.* a mark that remains on the skin after a wound has healed
17. ex____ve clubs *adj.* not divided or shared with others
18. pos____ty for growth *n.* a chance that something may happen or be true
19. a st__p staircase *adj.* having a sharp inclination or slope
20. sy____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 10. shave, 11. collagen, 12. fade, 13. pigment, 14. breast, 15. complexity, 16. scar, 17. exclusive, 18. possibility, 19. steep, 20. symptom

21. cl__t chin *n.* a narrow opening or fissure, usually in a rock or the ground; also, a separation or division between two things or parts
22. possess distinctive qua_____ions *n.* an official record of an exam showing that you have completed
23. mo___n poetry *adj.* of or belonging to the present time or recent times
24. ar___a size *n.* the circular area around the center of a flower; (of anatomy and physiology) the colored area surrounding the nipple that contains the milk ducts
25. the mountain's br___t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
26. ex_____ve authority *adj.* not divided or shared with others
27. army su_____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
28. undergo a mas_____my *n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors
29. the def_____on of a word *n.* a concise explanation of the meaning of a word, phrase, or symbol
30. an excellent brain su_____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
31. skin de___s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue

ANSWERS: 21. cleft, 22. qualification, 23. modern, 24. areola, 25. breast, 26. exclusive, 27. surgeon, 28. mastectomy, 29. definition, 30. surgeon, 31. dermis

32. mi____d him into trusting her *v.* to cause someone to believe something that is not true
33. em_____al health *adj.* relating to people's feelings
34. waterproof ey_____er *n.* a cosmetic applied around the edge of the eyelid to enhance the appearance of the eyes
35. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
36. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
37. pre-mo____n agricultural society *adj.* of or belonging to the present time or recent times
38. com_____te a deed *v.* to honor the memory of someone or something by ceremony or tribute
39. historical phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
40. die su_____ly *adv.* quickly and unexpectedly
41. rec_____ct an image *v.* to build or form something again that has been damaged or destroyed
42. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
43. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 32. mislead, 33. emotional, 34. eyeliner, 35. overcome, 36. confident, 37. modern, 38. commemorate, 39. phenomenon, 40. suddenly, 41. reconstruct, 42. fade, 43. dam

44. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
45. a prosthetic l__b *n.* an arm and leg of a person or animal
46. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
47. patient in the pl_____o group *n.* harmless substance, especially given as a pacifier or to the control group in experiments on the efficacy of a drug
48. ey_____w cosmetics *n.* the hair arc over each eye in humans
49. sa_____y a desire *v.* to make somebody pleased by giving them what they want or need
50. bac_____et bar *adj.* located in a less prominent or central area of a city or town, often associated with poorer or seedier neighborhoods or establishments
51. g__t clothing *n.* a polite or formal term used to refer to a man, particularly one who is gentle or refined in manners or behavior; short for a gentleman
52. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
53. an alt_____ve plan *n.* one of two or more available possibilities or choice
54. a single su_____or *n.* a person who remains alive after an event in which others have died
55. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal
56. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

ANSWERS: 44. complexity, 45. limb, 46. amazing, 47. placebo, 48. eyebrow, 49. satisfy, 50. backstreet, 51. gent, 52. tight, 53. alternative, 54. survivor, 55. negative, 56. trauma

57. uns_____ing success *adj.* not surprising, and what was expected; able to be predicted
58. per_____ce factor *n.* the quality of being permanent, lasting, or enduring; the state or condition of being permanent
59. to_____l fungus *n.* the hard, flat covering on the end of a toe, made of layers of dead skin cells; often requires regular grooming and trimming to maintain proper hygiene and appearance
60. ease her hea_____ak *n.* a feeling of great sadness or disappointment
61. ad_____e reaction *adj.* unfavorable or harmful
62. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
63. tr_____rm heat into power *v.* to change in outward structure or looks;
64. re____d him as an enemy *v.* to think about or consider somebody or something in a specified way
65. u__y building *adj.* unattractive in appearance; unpleasant to look at
66. nu____t lifestyle *n.* a person who engages in social or solitary activities while not wearing clothing; a person who believes that being naked is natural and healthy and that clothing is unnecessary in certain situations

ANSWERS: 57. unsurprising, 58. permanence, 59. toenail, 60. heartbreak, 61. adverse, 62. symptom, 63. transform, 64. regard, 65. ugly, 66. nudist

67. app_____ce carpenter *n.* a person who works for and learns from a skilled employer to become a skilled worker themselves
68. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
69. b__d head *adj.* having no hair on the head; having a smooth, shiny scalp with no hair
70. 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
71. pl_____o therapy *n.* harmless substance, especially given as a pacifier or to the control group in experiments on the efficacy of a drug
72. cultural and ar_____ic activity *adj.* of or relating to art or artist; satisfying aesthetic standards and sensibilities
73. higher pixel de_____y *n.* the quality of compactness of a substance
74. an u__y sound *adj.* unattractive in appearance; unpleasant to look at
75. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
76. population de_____y *n.* the quality of compactness of a substance
77. en_____s hours *adj.* having no end or conclusion; infinitely very large in size or amount
78. re___d the situation as unfortunate *v.* to think about or consider somebody or something in a specified way

ANSWERS: 67. apprentice, 68. decide, 69. bald, 70. confidence, 71. placebo, 72. artistic, 73. density, 74. ugly, 75. therapy, 76. density, 77. endless, 78. regard

79. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
80. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
81. a_m at a specific target *v.* to try or plan to get or achieve something
82. qua_____ions for the job *n.* an official record of an exam showing that you have completed
83. ovarian cancer su_____or *n.* a person who remains alive after an event in which others have died
84. en_____s possibilities *adj.* having no end or conclusion; infinitely very large in size or amount
85. pe_____nt life insurance *adj.* lasting for a long time without essential change
86. winged ey_____er *n.* a cosmetic applied around the edge of the eyelid to enhance the appearance of the eyes
87. modern on_____gy treatment *n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies
88. al_____te stress *v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
89. ter_____ng experience *adj.* very frightening or intimidating
90. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
91. exposure to ra_____on *n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health

ANSWERS: 79. possibility, 80. chronic, 81. aim, 82. qualification, 83. survivor, 84. endless, 85. permanent, 86. eyeliner, 87. oncology, 88. alleviate, 89. terrifying, 90. technique, 91. radiation

92. against tr____on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
93. a ta__o word *adj.* prohibited or restricted by social custom
94. a photo st____o *n.* a room or building where creative or artistic work is produced; a television or radio production company
95. go through hea____ak *n.* a feeling of great sadness or disappointment
96. apply the br__e *n.* a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
97. raise her ey____ws *n.* the hair arc over each eye in humans
98. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
99. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
100. academic ta__o *adj.* prohibited or restricted by social custom
101. natural he____g ability *n.* the process of becoming or making somebody or something well again
102. se____te video into chapter *v.* to force, take, or pull apart; mark as different
103. j__u charm *n.* a term used in West Africa to refer to magical or supernatural powers, often associated with charms or amulets

ANSWERS: 92. tradition, 93. taboo, 94. studio, 95. heartbreak, 96. brake, 97. eyebrow, 98. medical, 99. suffer, 100. taboo, 101. healing, 102. separate, 103. juju

104. take the ma___p off her face *n.* colored substances used on someone's face to improve or change their appearance
105. a young app_____ce *n.* a person who works for and learns from a skilled employer to become a skilled worker themselves
106. network se___p *n.* the arrangement or organization of something, often with a specific purpose or intention; a scheme or plan that is intended to deceive or trick someone
107. su_____e you're right *v.* to think that something is likely to be actual or possible
108. n_p a bud *v.* to pinch or squeeze with the fingers or a tool; to seize suddenly or quickly; to give a small bite or pinch; to decrease or reduce the size or amount of something by a small amount
109. 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
110. dec_____ve art *adj.* serving to make something look more attractive or pretty; embellishing
111. ad_____nt for a costume *n.* a decoration or embellishment that is added to something to make it more attractive, beautiful, or interesting in appearance
112. form a qu__e *n.* a line of people or vehicles, especially one that forms outside a place of entertainment or a public building, waiting for something to become available

ANSWERS: 104. makeup, 105. apprentice, 106. setup, 107. suppose, 108. nip, 109. confidence, 110. decorative, 111. adornment, 112. queue

113. r__n the reputation *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
114. nontechnical as___ts of the job *n.* one part or feature of a situation, problem, subject, etc.
115. sur_____ng areas *adj.* that is near or around, or closely encircling something
116. l__p in the throat *n.* a small, irregularly shaped mass or piece, typically of a soft substance such as coal, flour, or dough
117. single l__p sum *n.* a small, irregularly shaped mass or piece, typically of a soft substance such as coal, flour, or dough
118. go out of fa____n *n.* a style that is popular at a particular time or place; the state of being popular
119. a g__r change lever *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
120. hair follicle de___s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
121. bu___n of disease *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
122. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 113. ruin, 114. aspect, 115. surrounding, 116. lump, 117. lump, 118. fashion, 119. gear, 120. dermis, 121. burden, 122. tissue

123. sewing ne___e *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
124. in___t them into military service *v.* to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas
125. a precise def_____on *n.* a concise explanation of the meaning of a word, phrase, or symbol
126. uns_____ing result *adj.* not surprising, and what was expected; able to be predicted
127. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
128. sn__k out of danger *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
129. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
130. em_____al distress *adj.* relating to people's feelings
131. a un___e teacher *adj.* being the only one of its kind; unlike anything else
132. dec_____ve design *adj.* serving to make something look more attractive or pretty; embellishing

ANSWERS: 123. needle, 124. induct, 125. definition, 126. unsurprising, 127. phenomenon, 128. sneak, 129. decision, 130. emotional, 131. unique, 132. decorative

133. 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
134. literature of pe_____nt value *adj.* lasting for a long time without essential change
135. ma___p artist *n.* colored substances used on someone's face to improve or change their appearance
136. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
137. bac_____et deals *adj.* located in a less prominent or central area of a city or town, often associated with poorer or seedier neighborhoods or establishments
138. rec_____ct the original text *v.* to build or form something again that has been damaged or destroyed
139. s__t and tie restaurant *n.* a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
140. im_____e the test score *v.* to make or become better
141. clutch pe__l *n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
142. ink sm___e *n.* a blurry or dirty mark or stain left by rubbing or smearing something; also, a bundle of material, such as sage or incense, that is burned to produce smoke for purification or ritual purposes

ANSWERS: 133. tattoo, 134. permanent, 135. makeup, 136. doe, 137. backstreet, 138. reconstruct, 139. suit, 140. improve, 141. pedal, 142. smudge

143. in___t a clergyperson to a benefice *v.* to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas
144. sports g__r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
145. with an empty be__y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
146. mountain tr__e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
147. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
148. sym_____al pattern *adj.* having similarity in size, shape, and relative position of corresponding parts
149. traditional j__u *n.* a term used in West Africa to refer to magical or supernatural powers, often associated with charms or amulets
150. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
151. simple ad_____nt *n.* a decoration or embellishment that is added to something to make it more attractive, beautiful, or interesting in appearance

ANSWERS: 143. induct, 144. gear, 145. belly, 146. tribe, 147. therapy, 148. symmetrical, 149. juju, 150. decide, 151. adornment

152. mi____d the enemy *v.* to cause someone to believe something that is not true
153. co____en supplement *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
154. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
155. electromagnetic ra____on *n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health
156. s__t at law *n.* a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
157. ae____ic feeling *adj.* connected with the enjoyment or study of beauty
158. 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
159. push-up b_a *n.* a woman's undergarment designed to support the breasts
160. ar___c ice *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold

ANSWERS: 152. mislead, 153. collagen, 154. scare, 155. radiation, 156. suit, 157. aesthetic, 158. gender, 159. bra, 160. arctic

161. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
162. su_____e beforehand *v.* to think that something is likely to be actual or possible
163. li__n to a flower *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
164. sn__k a cigarette *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
165. st__p discount *adj.* having a sharp inclination or slope
166. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
167. remove lo__e hair *adj.* not securely fixed or fastened in place or able to be detached or separated from something
168. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
169. inn_____on leader *n.* the creation of a new device or process resulting from study and experimentation
170. fin_____nt at a crime scene *n.* a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person

ANSWERS: 161. recommend, 162. suppose, 163. liken, 164. sneak, 165. steep, 166. disappoint, 167. loose, 168. traumatic, 169. innovation, 170. fingerprint

171. an ove_____ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
172. ch_____y work *n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
173. 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
174. im_____t genes in the animals *v.* to insert or fix an artificial device in a person's body; to put an idea, attitude, etc., firmly in the mind
175. ne_____is treatment *n.* the death of cells or tissues in a localized area of the body caused by injury, infection, or disease often results in the formation of scar tissue
176. part of the he_____g process *n.* the process of becoming or making somebody or something well again
177. 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
178. 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

ANSWERS: 171. overwhelming, 172. charity, 173. variable, 174. implant, 175. necrosis, 176. healing, 177. surgery, 178. discovery

179. high ar___c *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
180. ad_____e circumstances *adj.* unfavorable or harmful
181. a fence sur_____ng a castle *adj.* that is near or around, or closely encircling something
182. cr___n drawing *n.* a stick of colored wax, charcoal, chalk, or other material used for drawing or coloring; (verb) to draw or color with crayons, which are sticks of colored wax, chalk, or charcoal used for drawing or coloring
183. com_____te her long life *v.* to honor the memory of someone or something by ceremony or tribute
184. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
185. rubber ni___e *n.* the dark part of the skin which sticks out from the breast of a mammal and from which milk can be secreted
186. sa_____y a user's needs *v.* to make somebody pleased by giving them what they want or need
187. a comprehensive su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
188. su_____ly attacked by an enemy *adv.* quickly and unexpectedly

ANSWERS: 179. arctic, 180. adverse, 181. surrounding, 182. crayon, 183. commemorate, 184. decision, 185. nipple, 186. satisfy, 187. survey, 188. suddenly

189. sh__e cheese *v.* to remove body hair with a razor; to cut the price of something
190. ups_____ng gentleman *adj.* of good moral character; honest; honorable; standing erect or in an upright position
191. carry a bu___n *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
192. double mas_____my *n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors
193. ar___a color *n.* the circular area around the center of a flower; (of anatomy and physiology) the colored area surrounding the nipple that contains the milk ducts
194. the be__y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
195. as___ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
196. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
197. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
198. retain everyone's di_____y *n.* the quality of being worthy of esteem or respect; high office or rank or station

ANSWERS: 189. shave, 190. upstanding, 191. burden, 192. mastectomy, 193. areola, 194. belly, 195. aspect, 196. aid, 197. trauma, 198. dignity

199. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
200. fin_____nt identification *n.* a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person
201. fo_____le cell *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
202. a momentary gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
203. high pain th_____ld *n.* the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation
204. damaged fo_____le *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
205. office se__p *n.* the arrangement or organization of something, often with a specific purpose or intention; a scheme or plan that is intended to deceive or trick someone
206. nu___t resort *n.* a person who engages in social or solitary activities while not wearing clothing; a person who believes that being naked is natural and healthy and that clothing is unnecessary in certain situations

ANSWERS: 199. confident, 200. fingerprint, 201. follicle, 202. glimpse, 203. threshold, 204. follicle, 205. setup, 206. nudist

207. mul_____ing ability *n.* the ability to do more than one task at the same time; the state of doing more than one task at the same time
208. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
209. long-term per_____ce *n.* the quality of being permanent, lasting, or enduring; the state or condition of being permanent
210. a re_____ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve
211. al_____te anxiety *v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
212. an ar_____ic photograph *adj.* of or relating to art or artist; satisfying aesthetic standards and sensibilities
213. 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
214. r__n the plan *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
215. h__l a broken bone *v.* to make a wound or injury to become well again
216. under his men_____ip *n.* a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person

ANSWERS: 207. multitasking, 208. tight, 209. permanence, 210. realistic, 211. alleviate, 212. artistic, 213. surgery, 214. ruin, 215. heal, 216. mentorship

217. aboriginal tr__e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
218. co____st with a decade ago *v.* to put in opposition to show or emphasize differences
219. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
220. re_____e order *v.* to repair or return something or someone to a previous good state or position
221. effectively int_____te a thief *v.* to make someone fearful or uneasy so that they will do something that you want them to do
222. em_____r my life *v.* to give someone the power or authority to do something
223. tr_____rm an education system *v.* to change in outward structure or looks;
224. ind_____us student *adj.* hardworking, diligent, and persistent in effort
225. a company reg_____on *n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
226. re_____e the emperor to the throne *v.* to repair or return something or someone to a previous good state or position
227. co____st two things *v.* to put in opposition to show or emphasize differences

ANSWERS: 217. tribe, 218. contrast, 219. disappoint, 220. restore, 221. intimidate, 222. empower, 223. transform, 224. industrious, 225. regulation, 226. restore, 227. contrast

228. loss of muscle ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
229. passing gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
230. cam_____ge clothing *n.* an outward appearance that conceals the underlying essence of something; the way of concealing troops or military equipment so they cannot be seen against the surrounding environment
231. sc___e the birds away *v.* to frighten a person or animal, or to become frightened
232. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
233. rec_____ion aid *n.* the process of rebuilding or repairing something that has been damaged or destroyed or of restoring something to its original condition
234. sy___l color *n.* something visible that is used to represent something else
235. fac_____te a smooth transition *v.* to make something easier or more likely to happen
236. se_____te cream from milk *v.* to force, take, or pull apart; mark as different
237. political con_____on *n.* a large formal assembly of people who do a particular job or have a similar interest or of a political party; something regarded as a normative example

ANSWERS: 228. tissue, 229. glimpse, 230. camouflage, 231. scare, 232. recommend, 233. reconstruction, 234. symbol, 235. facilitate, 236. separate, 237. convention

238. on_____gy center *n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies
239. a tr_____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
240. respect for human di_____y *n.* the quality of being worthy of esteem or respect; high office or rank or station
241. carry a s____r *n.* a mark that remains on the skin after a wound has healed
242. att_____nt to a formal plan *n.* a feeling of affection for someone or something
243. there is no other alt_____ve *n.* one of two or more available possibilities or choice
244. qu__e system *n.* a line of people or vehicles, especially one that forms outside a place of entertainment or a public building, waiting for something to become available
245. cutting-edge inn_____on *n.* the creation of a new device or process resulting from study and experimentation
246. sy____l for happiness *n.* something visible that is used to represent something else
247. piano pe__l *n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
248. 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

ANSWERS: 238. oncology, 239. tradition, 240. dignity, 241. scar, 242. attachment, 243. alternative, 244. queue, 245. innovation, 246. symbol, 247. pedal, 248. discovery

249. reg_____on by the government *n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
250. li__n to a bird *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
251. 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
252. work as cam_____ge *n.* an outward appearance that conceals the underlying essence of something; the way of concealing troops or military equipment so they cannot be seen against the surrounding environment
253. sym_____al triangle *adj.* having similarity in size, shape, and relative position of corresponding parts
254. g__t style *n.* a polite or formal term used to refer to a man, particularly one who is gentle or refined in manners or behavior; short for a gentleman
255. give si___t consent *adj.* without any or little sound
256. gr__p a chance *v.* to take hold of something or someone quickly and firmly
257. tr_____ic brain injury *adj.* relating to or caused by injury, especially emotional injury

ANSWERS: 249. regulation, 250. liken, 251. tattoo, 252. camouflage, 253. symmetrical, 254. gent, 255. silent, 256. grasp, 257. traumatic

268. h__l the hurt mind *v.* to make a wound or injury to become well again
269. l__b amputation *n.* an arm and leg of a person or animal
270. con_____on center *n.* a large formal assembly of people who do a particular job or have a similar interest or of a political party; something regarded as a normative example
271. delivery lo__y *n.* a large motor vehicle designed for transporting goods; also known as a truck in certain parts of the world
272. lack in mo_____ty *n.* the ability to move or be moved freely or easily from one place, job, or social class to another
273. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
274. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
275. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
276. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
277. lipstick sm___e *n.* a blurry or dirty mark or stain left by rubbing or smearing something; also, a bundle of material, such as sage or incense, that is burned to produce smoke for purification or ritual purposes
278. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal

ANSWERS: 268. heal, 269. limb, 270. convention, 271. lorry, 272. mobility, 273. chronic, 274. industrious, 275. technique, 276. dam, 277. smudge, 278. negative

279. si___t reading *adj.* without any or little sound
280. fac_____te the process *v.* to make something easier or more likely to happen
281. n_p into the room *v.* to pinch or squeeze with the fingers or a tool; to seize suddenly or quickly; to give a small bite or pinch; to decrease or reduce the size or amount of something by a small amount
282. skin pi_____t *n.* a substance that gives color to a material, such as paint, ink, or biological tissue; often derived from natural sources or synthetically produced
283. cl__t rock *n.* a narrow opening or fissure, usually in a rock or the ground; also, a separation or division between two things or parts
284. 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
285. become b__d *adj.* having no hair on the head; having a smooth, shiny scalp with no hair
286. stand mixer fitted with the paddle
att_____nt *n.* a feeling of affection for someone or something
287. the th_____ld between rooms *n.* the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation

ANSWERS: 279. silent, 280. facilitate, 281. nip, 282. pigment, 283. cleft, 284. gender, 285. bald, 286. attachment, 287. threshold

288. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
289. baby sucking a ni____e *n.* the dark part of the skin which sticks out from the breast of a mammal and from which milk can be secreted
290. ups_____ng reputation *adj.* of good moral character; honest; honorable; standing erect or in an upright position
291. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
292. ask ch_____y *n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
293. im_____e a process *v.* to make or become better
294. sports b_a *n.* a woman's undergarment designed to support the breasts
295. im_____t into the uterus *v.* to insert or fix an artificial device in a person's body; to put an idea, attitude, etc., firmly in the mind
296. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
297. men_____ip program *n.* a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person

ANSWERS: 288. medical, 289. nipple, 290. upstanding, 291. amazing, 292. charity, 293. improve, 294. bra, 295. implant, 296. empower, 297. mentorship

298. computer mul_____ing *n.* the ability to do more than one task at the same time; the state of doing more than one task at the same time
299. ove_____ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
300. gr__p his hand *v.* to take hold of something or someone quickly and firmly
301. ingrown to_____l *n.* the hard, flat covering on the end of a toe, made of layers of dead skin cells; often requires regular grooming and trimming to maintain proper hygiene and appearance
302. int_____te an opponent *v.* to make someone fearful or uneasy so that they will do something that you want them to do

ANSWERS: 298. multitasking, 299. overwhelming, 300. grasp, 301. toenail, 302. intimidate

Session 3: Fill in the Blanks

1. They met at biennial _____.
n. a large formal assembly of people who do a particular job or have a similar interest or of a political party; something regarded as a normative example
2. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
3. The _____ truth was that he had been lying to her for months.
adj. unattractive in appearance; unpleasant to look at
4. The results of that election put a _____ on political reform.
n. a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
5. He was a true _____ always courteous and respectful to everyone he met.
n. a polite or formal term used to refer to a man, particularly one who is gentle or refined in manners or behavior; short for a gentleman
6. She works at a recording _____ in Los Angeles.
n. a room or building where creative or artistic work is produced; a television or radio production company
7. They had experienced the _____ of losing two children due to premature births.
n. a feeling of great sadness or disappointment

ANSWERS: 1. conventions, 2. decide, 3. ugly, 4. brake, 5. gent, 6. studio, 7. heartbreak

8. The researcher separated the nervous _____ for microscopic examinations.
n. an ensemble of similar cells of the animal or plant that together carry out a specific function
9. Jockey's superior _____ brought him victory.
n. a particular way or art of doing something that needs skill
10. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
11. He looked out the window at the _____ stream of people.
adj. having no end or conclusion; infinitely very large in size or amount
12. She had a tattoo just above her _____ button.
n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
13. Promising entrepreneurs often have a high _____ sensibility.
adj. of or relating to art or artist; satisfying aesthetic standards and sensibilities
14. The dragon is considered a _____ of bravery.
n. something visible that is used to represent something else
15. The national election was held amid _____ security.
adj. fixed, fastened, or kept together firmly or closely
16. The condo offers _____ access to the beach.
adj. not divided or shared with others

ANSWERS: 8. tissue, 9. technique, 10. amazing, 11. endless, 12. belly, 13. artistic, 14. symbol, 15. tight, 16. exclusive

17. The pigments in your hair _____ determine the color of your hair.
- n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
18. The _____ driver was stuck in traffic for hours.
- n.* a large motor vehicle designed for transporting goods; also known as a truck in certain parts of the world
19. The _____ had distinctly defined gender roles.
- n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
20. Changes in the appearance of the _____ may be a sign of breast cancer.
- n.* the circular area around the center of a flower; (of anatomy and physiology) the colored area surrounding the nipple that contains the milk ducts
21. The _____ for the conference was impressive and professional.
- n.* the arrangement or organization of something, often with a specific purpose or intention; a scheme or plan that is intended to deceive or trick someone
22. I have limited _____ in my arms.
- n.* the ability to move or be moved freely or easily from one place, job, or social class to another
23. He tried every possible treatment, including chemotherapy and _____ therapy.
- n.* the energy that comes from a nuclear reaction in the form of rays, waves, or particles and that can be hazardous to health

ANSWERS: 17. follicles, 18. lorry, 19. tribe, 20. areola, 21. setup, 22. mobility, 23. radiation

24. The _____ mountains make the city difficult to be invaded.
adj. that is near or around, or closely encircling something
25. She raised an inquiring _____ towards me.
n. the hair arc over each eye in humans
26. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
v. to force, take, or pull apart; mark as different
27. She accidentally left a _____ on the newly painted wall.
n. a blurry or dirty mark or stain left by rubbing or smearing something; also, a bundle of material, such as sage or incense, that is burned to produce smoke for purification or ritual purposes
28. She volunteers at a local _____ every weekend to help those in need.
n. an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
29. Their headquarters are in a _____ skyscraper.
adj. of or belonging to the present time or recent times
30. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
31. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 24. surrounding, 25. eyebrow, 26. separate, 27. smudge, 28. charity, 29. modern, 30. suppose, 31. suffers

32. You should wrap the bandage carefully and firmly around the injured _____.
n. an arm and leg of a person or animal
33. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
34. That supermarket tried to _____ certain costs by saving electricity.
v. to remove body hair with a razor; to cut the price of something
35. He grilled the _____ meat of a chicken.
n. either of the two round soft parts of a woman's chest which secrete milk after childbirth
36. The inspector discovered _____ bolts under the fuel rods.
adj. not securely fixed or fastened in place or able to be detached or separated from something
37. We want to _____ ties between our two countries.
v. to make or become better
38. 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
39. The politician remained _____ despite intense media scrutiny.
adj. without any or little sound
40. In this society, discussing politics in public is a _____ subject.
adj. prohibited or restricted by social custom

ANSWERS: 32. limb, 33. industrious, 34. shave, 35. breast, 36. loose, 37. improve, 38. complexity, 39. silent, 40. taboo

41. The boss tried to _____ his subordinate with threats.
v. to make someone fearful or uneasy so that they will do something that you want them to do
42. Taking ibuprofen can _____ the pain from a headache.
v. to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
43. The country _____ the war heroes on Memorial Day.
v. to honor the memory of someone or something by ceremony or tribute
44. Her beauty resulted from a good night's sleep rather than _____.
n. colored substances used on someone's face to improve or change their appearance
45. They spent a lot of time trying to _____ the current situation.
v. to take hold of something or someone quickly and firmly
46. I have no _____ to the countryside.
n. a feeling of affection for someone or something
47. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal
48. It's intriguing to compare and _____ the two authors.
v. to put in opposition to show or emphasize differences
49. I accidentally stubbed my toe and broke my _____.
n. the hard, flat covering on the end of a toe, made of layers of dead skin cells; often requires regular grooming and trimming to maintain proper hygiene and appearance

ANSWERS: 41. intimidate, 42. alleviate, 43. commemorated, 44. makeup, 45. grasp, 46. attachment, 47. negative, 48. contrast, 49. toenail

50. There was a long _____ at the popular attraction.
- n.* a line of people or vehicles, especially one that forms outside a place of entertainment or a public building, waiting for something to become available
51. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.
- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
52. 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
53. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
54. The village elders consulted the _____ oracle for guidance on how to deal with the drought.
- n.* a term used in West Africa to refer to magical or supernatural powers, often associated with charms or amulets
55. We _____ for an overseas expansion.
- v.* to try or plan to get or achieve something
56. A double-blind procedure is used to guard against experimenter bias and _____ effects.
- n.* harmless substance, especially given as a pacifier or to the control group in experiments on the efficacy of a drug
57. She had to have a _____ after being diagnosed with breast cancer.
- n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors

ANSWERS: 50. queue, 51. tradition, 52. variable, 53. therapy, 54. juju, 55. aim, 56. placebo, 57. mastectomy

58. He is completely _____ having lost all his hair due to chemotherapy.
adj. having no hair on the head; having a smooth, shiny scalp with no hair
59. Many civilians have suffered _____ as a result of the war.
n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
60. The teacher handed out several different colored _____ to each student.
n. a stick of colored wax, charcoal, chalk, or other material used for drawing or coloring; (verb) to draw or color with crayons, which are sticks of colored wax, chalk, or charcoal used for drawing or coloring
61. 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
62. Frugality and industry are still _____ as virtues.
v. to think about or consider somebody or something in a specified way
63. Our natural _____ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.
n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
64. The _____ cliff made it difficult to climb.
adj. having a sharp inclination or slope
65. She is searching for a _____ residence.
adj. lasting for a long time without essential change

ANSWERS: 58. bald, 59. trauma, 60. crayons, 61. confidence, 62. regarded, 63. collagen, 64. steep, 65. permanent

66. The break in the ____ threatened the valley.

- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

67. I need to ____ the thread to sew this button on.

- v.* to pinch or squeeze with the fingers or a tool; to seize suddenly or quickly; to give a small bite or pinch; to decrease or reduce the size or amount of something by a small amount

68. My father's death _____ my life completely.

- v.* to change in outward structure or looks;

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

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

70. He has shown signs of uneasiness and _____ worry.

- adj.* very great or intense; so powerful that you cannot fight or react against it

71. The cancer treatment caused _____ in the surrounding healthy tissues, causing complications.

- n.* the death of cells or tissues in a localized area of the body caused by injury, infection, or disease often results in the formation of scar tissue

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

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

73. Each ancient tribe has its _____ traditions.

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

ANSWERS: 66. dam, 67. nip, 68. transformed, 69. empowered, 70. overwhelming, 71. necrosis, 72. unique, 73. healing

74. The use of synthetic _____ in food production has become controversial due to health concerns.
- n.* a substance that gives color to a material, such as paint, ink, or biological tissue; often derived from natural sources or synthetically produced
75. She wore a beautiful _____ in her hair for the wedding ceremony.
- n.* a decoration or embellishment that is added to something to make it more attractive, beautiful, or interesting in appearance
76. She was struggling to make a _____ between two job offers.
- n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
77. He is a skilled _____ that has many years of training and experience.
- n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
78. This figure is _____ about the x-axis.
- adj.* having similarity in size, shape, and relative position of corresponding parts
79. The _____ approved by Congress was perfunctorily implemented.
- n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
80. The acupuncturist inserted _____ into specific points on my body to alleviate my pain.
- n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
81. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual

ANSWERS: 74. pigments, 75. adornment, 76. decision, 77. surgeon, 78. symmetrical, 79. regulation, 80. needles, 81. Chronic

82. The _____ outcome of the election was a victory for the incumbent candidate.

adj. not surprising, and what was expected; able to be predicted

83. He tried to _____ a bad reputation and win the election.

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

84. I'm not _____ in our victory.

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

85. 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

86. The _____ tiles on the wall added a colorful and unique touch to the room.

adj. serving to make something look more attractive or pretty; embellishing

87. Did this response _____ your request?

v. to make somebody pleased by giving them what they want or need

88. 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

89. The _____ beach is a popular destination for those who enjoy being clothing-free.

n. a person who engages in social or solitary activities while not wearing clothing; a person who believes that being naked is natural and healthy and that clothing is unnecessary in certain situations

ANSWERS: 82. unsurprising, 83. overcome, 84. confident, 85. gender, 86. decorative, 87. satisfy, 88. discovery, 89. nudist

90. We were _____ into the honor society.
- v.* to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas
91. The _____ of a tattoo is something to consider before getting one.
- n.* the quality of being permanent, lasting, or enduring; the state or condition of being permanent
92. Parallel lines are, by _____ lines on the same plane that never cross.
- n.* a concise explanation of the meaning of a word, phrase, or symbol
93. He took on an _____ to teach him the trade.
- n.* a person who works for and learns from a skilled employer to become a skilled worker themselves
94. There is a small _____ on my neck, and I'm concerned about it.
- n.* a small, irregularly shaped mass or piece, typically of a soft substance such as coal, flour, or dough
95. The military regime has promised to _____ democracy as soon as possible.
- v.* to repair or return something or someone to a previous good state or position
96. Large earthquakes often generate _____ tsunamis.
- adj.* very frightening or intimidating
97. Some people _____ meditation to a mental shower, refreshing and rejuvenating the mind.
- v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way

ANSWERS: 90. inducted, 91. permanence, 92. definition, 93. apprentice, 94. lump, 95. restore, 96. terrifying, 97. liken

98. Do you know the _____ of the population in Hong Kong?

n. the quality of compactness of a substance

99. My _____ standards are quite different from hers.

adj. connected with the enjoyment or study of beauty

100. Who answers _____ knows little.

adv. quickly and unexpectedly

101. She could finish all her work on time because of her _____ skills.

n. the ability to do more than one task at the same time; the state of doing more than one task at the same time

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

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

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

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

104. Hunters use a whistle that makes the ____ sound to lure stags.

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

105. The concert was held on a _____ stage, giving it a unique and intimate atmosphere.

adj. located in a less prominent or central area of a city or town, often associated with poorer or seedier neighborhoods or establishments

ANSWERS: 98. density, 99. aesthetic, 100. suddenly, 101. multitasking, 102. survey, 103. disappoint, 104. doe, 105. backstreet

106. She bought a new ____ that was comfortable and supportive for all-day wear.
n. a woman's undergarment designed to support the breasts
107. We hit the ground to _____ out the rabbits.
v. to frighten a person or animal, or to become frightened
108. The vegetarian burger was an _____ that quickly spread to the United Kingdom.
n. the creation of a new device or process resulting from study and experimentation
109. She applied a thin line of black _____ to her upper eyelid.
n. a cosmetic applied around the edge of the eyelid to enhance the appearance of the eyes
110. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again
111. He pressed the _____ with all his might, but the car still wouldn't start.
n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
112. 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
113. The _____ citizen was always willing to help his community and never broke the law.
adj. of good moral character; honest; honorable; standing erect or in an upright position

ANSWERS: 106. bra, 107. scare, 108. innovation, 109. eyeliner, 110. heal, 111. pedal, 112. surgery, 113. upstanding

114. The _____ weather conditions forced us to cancel the outdoor event.

adj. unfavorable or harmful

115. Cold temperatures and long, dark winters characterize the _____ climate.

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

116. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

117. The hiker stumbled and fell into the _____ between two large rocks.

n. a narrow opening or fissure, usually in a rock or the ground; also, a separation or division between two things or parts

118. My memory will _____ but my heart will live on.

v. to vanish; to fade away; to lose color; to lose freshness

119. The doctor will _____ a pacemaker to regulate his heart rate.

v. to insert or fix an artificial device in a person's body; to put an idea, attitude, etc., firmly in the mind

120. That style is no longer in _____.

n. a style that is popular at a particular time or place; the state of being popular

121. He knocked over the red wine and _____ the tablecloth.

v. to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

122. The _____ of getting the disease will drastically increase.

n. a chance that something may happen or be true

ANSWERS: 114. adverse, 115. arctic, 116. medical, 117. cleft, 118. fade, 119. implant, 120. fashion, 121. ruined, 122. possibility

123. Doctors are gradually coming around to the idea of using _____ medicines.
- n.* one of two or more available possibilities or choice
124. The pharmaceutical company unveiled its latest breakthrough drug for the _____ market.
- n.* the branch of medicine that deals with the study and treatment of tumors, especially malignancies
125. His professional experience includes all _____ of media production.
- n.* one part or feature of a situation, problem, subject, etc.
126. The shipwreck _____ was rescued after floating in the ocean for three days.
- n.* a person who remains alive after an event in which others have died
127. They utilized branches of trees as _____.
- n.* an outward appearance that conceals the underlying essence of something; the way of concealing troops or military equipment so they cannot be seen against the surrounding environment
128. The experience was so _____ that it left a lasting impact on the survivor's mental health.
- adj.* relating to or caused by injury, especially emotional injury
129. Six _____ are awaiting trial or verdict.
- n.* a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
130. She's on the _____ of adulthood.
- n.* the floor or ground that forms the bottom of a doorway and offers support when passing through a doorway; the smallest detectable sensation

ANSWERS: 123. alternative, 124. oncology, 125. aspects, 126. survivor, 127. camouflage, 128. traumatic, 129. suits, 130. threshold

131. The failure destroyed his trust and personal _____.

n. the quality of being worthy of esteem or respect; high office or rank or station

132. Our troops pulled back to _____ the enemy.

v. to cause someone to believe something that is not true

133. Applicants must possess a verified teaching _____.

n. an official record of an exam showing that you have completed

134. That story was so _____ and it was scary.

adj. having or showing a sensible and practical idea that is possible to achieve

135. The children tried to _____ out and eat the candy.

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

136. Even after the wound has healed, a _____ remains.

n. a mark that remains on the skin after a wound has healed

137. A rainbow is a natural _____.

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

138. The police used a _____ scanner to identify the suspect.

n. a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person

139. They've decided to _____ a ruined castle.

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

ANSWERS: 131. dignity, 132. mislead, 133. qualification, 134. realistic, 135. sneak, 136. scar, 137. phenomenon, 138. fingerprint, 139. reconstruct

140. The _____ layer contains nerve endings, which enable us to feel sensations such as pressure and pain.
- n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
141. Human _____ responses vary widely depending on the society to which they belong.
- adj.* relating to people's feelings
142. 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
143. He was grateful for the _____ opportunity given to him by his supervisor.
- n.* a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person
144. Female children may experience growing breasts and _____ swelling.
- n.* the dark part of the skin which sticks out from the breast of a mammal and from which milk can be secreted
145. The patient displays a _____ of a side effect.
- n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
146. Our team caught a _____ of the world-class technique in this game.
- n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
147. Pakistan's _____ budget was still being reviewed.
- n.* things sent to help countries in need, notably food or money; support

ANSWERS: 140. dermis, 141. emotional, 142. tattoo, 143. mentorship, 144. nipple, 145. symptom, 146. glimpse, 147. aid

148. The company implemented a new software system to _____ employee communication and collaboration.

- v.* to make something easier or more likely to happen

149. That car has a low environmental _____.

- n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

150. We _____ taking media training every six months.

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

151. She checked her _____ before embarking on the hike.

- n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

152. The government announced a plan for the _____ of the city's infrastructure.

- n.* the process of rebuilding or repairing something that has been damaged or destroyed or of restoring something to its original condition

ANSWERS: 148. facilitate, 149. burden, 150. recommend, 151. gear, 152. reconstruction