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Vocabulary Builder Reference from...

Matt Walker: 4 ways the COVID-19 pandemic changed the way we sleep | TED Talk

https://www.ted.com/talks/matt_walker_4_ways_the_covid_19_pandemic_changed_the_way_we_sleep

All Words

IMPORTANT

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Session 1: Word List

pandemic

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

synonym: outbreak

(1) flu **pandemic**, (2) global **pandemic**

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

quantity

n. the amount or number of something; magnitude

synonym: abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

conduct

v. to organize and carry out a particular activity

synonym: behave, lead, carry on

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

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

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

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**.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

synonym: travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

revenge

n. the act of inflicting punishment or harm in return for an injury or wrongdoing; retaliation, retribution

synonym: retaliation, retribution, vengeance

(1) plot **revenge**, (2) **revenge** killing

He seeks **revenge** against the person who wronged him.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

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.

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.

essential

adj. indispensable; fundamental

synonym : critical, crucial, basic

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

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

booster

n. something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something

synonym : promoter, supporter, advocate

(1) metabolism **booster**, (2) morale **booster**

The energy drink is marketed as a **booster** to help athletes perform better.

vaccinate

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

synonym : immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

influenza

n. (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

synonym : grippe, flu

(1) an epidemic outbreak of **influenza**, (2) **influenza** B strain

The research institute allocated a lot of money to study the cause and prevention of **influenza**.

intimate

adj. having a very close friendship, personal

synonym : close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship
He has an **intimate** knowledge of American history.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym: resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

Session 2: Spelling

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|--------------------------------------|---|
| 1. re_____e killing | <i>n.</i> the act of inflicting punishment or harm in return for an injury or wrongdoing; retaliation, retribution |
| 2. the con_____ce of an argument | <i>n.</i> the outcome of a particular action or event, especially relative to an individual |
| 3. em_____al distress | <i>adj.</i> relating to people's feelings |
| 4. in_____za B strain | <i>n.</i> (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics |
| 5. my in_____te affairs | <i>adj.</i> having a very close friendship, personal |
| 6. co_____t research | <i>v.</i> to organize and carry out a particular activity |
| 7. half qu_____ty | <i>n.</i> the amount or number of something; magnitude |
| 8. co_____e to work | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 9. va_____te every year | <i>v.</i> to treat with a vaccine, usually by injection, to produce immunity against a disease |
| 10. im___e from criminal prosecution | <i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells |

ANSWERS: 1. revenge, 2. consequence, 3. emotional, 4. influenza, 5. intimate, 6. conduct, 7. quantity, 8. commute, 9. vaccinate, 10. immune

11. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
12. flu pa____ic *n.* an outbreak of a disease that affects many people over a very wide area
13. em_____al health *adj.* relating to people's feelings
14. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
15. plot re_____e *n.* the act of inflicting punishment or harm in return for an injury or wrongdoing; retaliation, retribution
16. metabolism bo_____r *n.* something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something
17. morale bo_____r *n.* something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something
18. an epidemic outbreak of in_____za *n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics
19. residual qu_____ty *n.* the amount or number of something; magnitude

ANSWERS: 11. relate, 12. pandemic, 13. emotional, 14. consequence, 15. revenge, 16. booster, 17. booster, 18. influenza, 19. quantity

20. va_____te against scarlet fever *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
21. psychic tr____a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
22. the cell of the im____e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
23. ind_____al freedom *n.* a single person or thing, as distinct from a group
24. in_____te relationship *adj.* having a very close friendship, personal
25. tr____a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
26. es_____al commodities of life *adj.* indispensable; fundamental
27. a private ind_____al *n.* a single person or thing, as distinct from a group
28. daily co_____e *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
29. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
30. es_____al amino acid *adj.* indispensable; fundamental
31. co_____t a background check *v.* to organize and carry out a particular activity

ANSWERS: 20. vaccinate, 21. trauma, 22. immune, 23. individual, 24. intimate, 25. trauma, 26. essential, 27. individual, 28. commute, 29. pandemic, 30. essential, 31. conduct

32. 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
33. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
34. 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: 32. discovery, 33. relate, 34. discovery

Session 3: Fill in the Blanks

1. These economic activities had disastrous environmental _____.
n. the outcome of a particular action or event, especially relative to an individual
2. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
3. The nurse _____ the children in the school.
v. to treat with a vaccine, usually by injection, to produce immunity against a disease
4. In southward, the average annual water _____ increases.
n. the amount or number of something; magnitude
5. Trial and error is an _____ part of education.
adj. indispensable; fundamental
6. Police will _____ random breath testing for drunk driving.
v. to organize and carry out a particular activity
7. As an _____ he had the right to make his own decisions and live his life as he saw fit.
n. a single person or thing, as distinct from a group
8. He tried to _____ his experience to the group, but they couldn't understand.
v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

ANSWERS: 1. consequences, 2. emotional, 3. vaccinated, 4. quantity, 5. essential, 6. conduct, 7. individual, 8. relate

9. The vaccination does not necessarily make you completely _____.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
10. He had to _____ two hours each way to get to work.
- v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
11. He has an _____ knowledge of American history.
- adj.* having a very close friendship, personal
12. The energy drink is marketed as a _____ to help athletes perform better.
- n.* something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something
13. 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
14. 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
15. They fear a _____ of a new type of virus.
- n.* an outbreak of a disease that affects many people over a very wide area
16. The research institute allocated a lot of money to study the cause and prevention of _____.
- n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

ANSWERS: 9. immune, 10. commute, 11. intimate, 12. booster, 13. discovery, 14. trauma, 15. pandemic, 16. influenza

17. He seeks _____ against the person who wronged him.

- n.* the act of inflicting punishment or harm in return for an injury or wrongdoing;
retaliation, retribution

ANSWERS: 17. revenge