

# Englist.me



## Vocabulary Builder Reference from...

*Christina Costa: How gratitude rewires your brain | TED Talk*

[https://www.ted.com/talks/christina\\_costa\\_how\\_gratitude\\_rewires\\_your\\_brain](https://www.ted.com/talks/christina_costa_how_gratitude_rewires_your_brain)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### migraine

*n.* a severe headache typically felt as a throbbing pain on one side of the head

*synonym*: headache, cephalalgia, hemicrania

(1) suffer from **migraine**, (2) **migraine** attack

She gets **migraines** whenever she's under a lot of stress.

### numb

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

*synonym*: dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

### blur

*n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision

*synonym*: smudge, smear, fuzz

(1) **blur** image, (2) motion **blur**

The camera's focus was off, and the image was a **blur** of colors and shapes.

### dizzy

*adj.* having or causing a whirling sensation and not able to keep balance

*synonym*: addled, confounded, unsteady

(1) feel **dizzy**, (2) had a **dizzy** spell

Professional skaters can spin fast on the ice without getting **dizzy**.

## neurology

*n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system

*synonym*: brain science, nervous system, neuropathology

(1) cognitive **neurology**, (2) **neurology** department

She is studying clinical **neurology** to become a brain surgeon.

## hemisphere

*n.* half of the terrestrial globe; half of a sphere

(1) northern **hemisphere**, (2) cerebral **hemisphere**

This weather pattern is unique to the southern **hemisphere**.

## drip

*v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

*synonym*: drop, drizzle, trickle

(1) **drip** liquid, (2) **drip** from the vicious wound

Water is **dripping** from the faucet.

## mantra

*n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation

*synonym*: hymn, chant, phrase

(1) campaign **mantra**, (2) chant the **mantra** of structural reform

She repeated her personal **mantra** to herself to stay motivated.

## anaplastic

*adj.* exhibiting a lack of normal differentiation or structure, usually referring to cancer cells that are undifferentiated and rapidly growing

*synonym*: undifferentiated, fast-growing, aggressive

(1) **anaplastic** gliomas, (2) **anaplastic** astrocytoma

An **anaplastic** tumor is a fast-growing and aggressive form of cancer.

## astrocytoma

*n.* a type of brain tumor that develops from abnormal glial cells called astrocytes

*synonym* : brain tumor, glioma, glial tumor

(1) **astrocytoma** tumor, (2) high-grade **astrocytoma**

The symptoms of an **astrocytoma** can include headaches, seizures, and problems with balance or coordination.

## burdensome

*adj.* causing a heavy burden or load, physically or mentally taxing; difficult to bear or manage

*synonym* : heavy, onerous, cumbersome

(1) **burdensome** task, (2) **burdensome** load

The heavy backpack was **burdensome** on the long hike through the mountains.

## hashtag

*n.* a word or phrase preceded by the symbol #, used on social media websites and applications to identify messages on a specific topic

(1) marked with a **hashtag**, (2) trending **hashtag**

Our brand's campaign uses a unique **hashtag** to track engagement and reach.

## chemo

*n.* short for chemotherapy, a treatment for cancer that uses drugs to destroy cancer cells

*synonym* : chemotherapy, antineoplastic

(1) **chemo** patient, (2) **chemo-radiotherapy**

The side effects of **chemo**, such as nausea and hair loss, were a major concern for the patient.

## 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.

## well-being

*n.* the state of being happy and healthy and prosperous

*synonym* :

health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**  
We are responsible for the care and **well-being** of all our employees.

## neuroscience

*n.* the scientific study of the function, structure, and disorder of the brain and the nervous system

(1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

## resilient

*adj.* able to withstand or recover quickly from difficult conditions

*synonym*: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

## restructure

*v.* to organize a company, business, or system in a new and different way to make it work more effectively

*synonym*: reorganize, revamp, reconstruct

(1) **restructure** sentence, (2) **restructure** my debts

The economic downturn made it necessary to **restructure** the business.

## sob

*v.* to cry or weep with short, sudden sounds

*synonym*: cry, weep, wail

(1) **sob** out a story, (2) **sob** quietly

She **sobbed** uncontrollably after hearing the news.

## neurosurgeon

*n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

*synonym*: brain surgeon, neurologist, surgical specialist

(1) skilled **neurosurgeon**, (2) leading **neurosurgeon**

The hospital recruited experienced **neurosurgeons** worldwide to treat complex neurological disorders comprehensively.

## medicinal

*adj.* of or relating to the treatment or cure of disease  
*synonym*: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

## drown

*v.* to die or cause to die by being unable to breathe underwater

*synonym*: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

## neurological

*adj.* of or relating to the science of neurology or the nervous system

*synonym*: nervous, neural, brain-related

(1) fever with **neurological** signs, (2) **neurological** symptoms

The patient was diagnosed with a **neurological** disorder affecting their motor skills.

## MRI

*n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body

(1) **MRI** brain image, (2) cardiac **MRI**

The **MRI** machine uses powerful magnets to produce detailed images of the inside of the body.

## medial

*adj.* referencing or situated in the middle of something; pertaining to or located near the axis of the body

*synonym*: central, intermediate, midmost

(1) **medial** thigh, (2) **medial** approach

The **medial** side of the knee is prone to injury in certain sports like soccer and basketball.

## prefrontal

*adj.* in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

## neurotransmitter

*n.* a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

## neuroplasticity

*n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

*synonym*: brain plasticity, neural remodeling, synaptic plasticity

(1) **neuroplasticity** therapy, (2) experience-dependent **neuroplasticity**

Researchers are currently studying the potential of **neuroplasticity** to treat conditions such as depression and anxiety.

## anesthesiologist

*n.* a medical doctor who specializes in administering anesthesia to help control pain and monitor the vital signs of patients during procedures and surgeries

*synonym*: anesthetist, pain specialist, sedationist

(1) specialized **anesthesiologist**, (2) clinical **anesthesiologist**

The experienced **anesthesiologist** monitored the patient's vital signs throughout the procedure.

## multidisciplinary

*adj.* integrating or involving various academic fields or different skills in a topic or problem-solving approach

*synonym*: integrative, interdisciplinary

(1) **multidisciplinary** project, (2) **multidisciplinary** analysis

He adopted a **multidisciplinary** research approach to unravel complex phenomena.

## instruct

*v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

*synonym*: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

## adversity

*n.* difficulties or hardships that someone faces

*synonym*: hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

## Session 2: Spelling

- |  |   |
|--|---|
| 1. northern hem_____re                   | <i>n.</i> half of the terrestrial globe; half of a sphere   |
| 2. pre_____al bone                       | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain  |
| 3. a sense of wel_____ng                 | <i>n.</i> the state of being happy and healthy and prosperous   |
| 4. em_____r the secretary to do the same | <i>v.</i> to give someone the power or authority to do something  |
| 5. a n__b mind                           | <i>adj.</i> unable to feel physical sensation and movement; not showing human feeling or sensitivity                    |
| 6. bur_____me load                       | <i>adj.</i> causing a heavy burden or load, physically or mentally taxing; difficult to bear or manage                  |
| 7. mul_____ary project                   | <i>adj.</i> integrating or involving various academic fields or different skills in a topic or problem-solving approach |
| 8. the wel_____ng of a nation            | <i>n.</i> the state of being happy and healthy and prosperous   |
| 9. em_____r my life                      | <i>v.</i> to give someone the power or authority to do something  |
| 10. d__p from the vicious wound          | <i>v.</i> to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops                      |
| 11. neu_____ters released from the brain | <i>n.</i> a chemical that carries nerve impulses between neurons or between neurons and muscles                         |

ANSWERS: 1. hemisphere, 2. prefrontal, 3. well-being, 4. empower, 5. numb, 6. burdensome, 7. multidisciplinary, 8. well-being, 9. empower, 10. drip, 11. neurotransmitter



12. specialized ane\_\_\_\_\_ist      *n.* a medical doctor who specializes in administering anesthesia to help control pain and monitor the vital signs of patients during procedures and surgeries
13. pre\_\_\_\_\_al region      *adj.* in or about the foremost part of the frontal lobe of the brain
14. mul\_\_\_\_\_ary analysis      *adj.* integrating or involving various academic fields or different skills in a topic or problem-solving approach
15. suffer from mi\_\_\_\_\_ne      *n.* a severe headache typically felt as a throbbing pain on one side of the head
16. ana\_\_\_\_\_ic gliomas      *adj.* exhibiting a lack of normal differentiation or structure, usually referring to cancer cells that are undifferentiated and rapidly growing
17. had a di\_\_y spell      *adj.* having or causing a whirling sensation and not able to keep balance
18. d\_\_p liquid      *v.* to fall in drops or make it fall in drops; *(noun)* liquid or moisture that falls in drops
19. chant the ma\_\_\_a of structural reform      *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
20. cardiac M\_l      *n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body

ANSWERS: 12. anesthesiologist, 13. prefrontal, 14. multidisciplinary, 15. migraine, 16. anaplastic, 17. dizzy, 18. drip, 19. mantra, 20. MRI

21. ast\_\_\_\_\_ma tumor *n.* a type of brain tumor that develops from abnormal glial cells called astrocytes
22. ch\_\_o-radiotherapy *n.* short for chemotherapy, a treatment for cancer that uses drugs to destroy cancer cells
23. a hard and re\_\_\_\_\_nt steel *adj.* able to withstand or recover quickly from difficult conditions
24. campaign ma\_\_\_a *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
25. me\_\_\_l thigh *adj.* referencing or situated in the middle of something; pertaining to or located near the axis of the body
26. M\_l brain image *n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body
27. me\_\_\_l approach *adj.* referencing or situated in the middle of something; pertaining to or located near the axis of the body
28. ana\_\_\_\_\_ic astrocytoma *adj.* exhibiting a lack of normal differentiation or structure, usually referring to cancer cells that are undifferentiated and rapidly growing
29. struggling with ad\_\_\_\_\_ty *n.* difficulties or hardships that someone faces
30. skilled neu\_\_\_\_\_eon *n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

ANSWERS: 21. astrocytoma, 22. chemo, 23. resilient, 24. mantra, 25. medial, 26. MRI, 27. medial, 28. anaplastic, 29. adversity, 30. neurosurgeon

31. bur\_\_\_\_\_me task *adj.* causing a heavy burden or load, physically or mentally taxing; difficult to bear or manage
32. neu\_\_\_\_\_ity therapy *n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
33. trending ha\_\_\_\_\_g *n.* a word or phrase preceded by the symbol #, used on social media websites and applications to identify messages on a specific topic
34. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
35. leading neu\_\_\_\_\_eon *n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves
36. cognitive ne\_\_\_\_\_gy *n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
37. s\_b out a story *v.* to cry or weep with short, sudden sounds
38. experience-dependent  
neu\_\_\_\_\_ity *n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
39. high-grade ast\_\_\_\_\_ma *n.* a type of brain tumor that develops from abnormal glial cells called astrocytes

ANSWERS: 31. burdensome, 32. neuroplasticity, 33. hashtag, 34. medicinal, 35. neurosurgeon, 36. neurology, 37. sob, 38. neuroplasticity, 39. astrocytoma

40. ch\_\_o patient *n.* short for chemotherapy, a treatment for cancer that uses drugs to destroy cancer cells
41. neu\_\_\_\_\_ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
42. in\_\_\_\_\_ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
43. clinical ane\_\_\_\_\_ist *n.* a medical doctor who specializes in administering anesthesia to help control pain and monitor the vital signs of patients during procedures and surgeries
44. dr\_\_n in a bath *v.* to die or cause to die by being unable to breathe underwater
45. feel di\_\_y *adj.* having or causing a whirling sensation and not able to keep balance
46. res\_\_\_\_\_re sentence *v.* to organize a company, business, or system in a new and different way to make it work more effectively
47. cerebral hem\_\_\_\_\_re *n.* half of the terrestrial globe; half of a sphere
48. I was dr\_\_ned in work *v.* to die or cause to die by being unable to breathe underwater
49. res\_\_\_\_\_re my debts *v.* to organize a company, business, or system in a new and different way to make it work more effectively
50. environmental ad\_\_\_\_\_ty *n.* difficulties or hardships that someone faces

ANSWERS: 40. chemo, 41. neurotransmitter, 42. instruct, 43. anesthesiologist, 44. drown, 45. dizzy, 46. restructure, 47. hemisphere, 48. drown, 49. restructure, 50. adversity

51. ne\_\_\_\_\_gy department *n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
52. in\_\_\_\_\_ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
53. re\_\_\_\_\_nt population *adj.* able to withstand or recover quickly from difficult conditions
54. a theoretical concept in neu\_\_\_\_\_nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
55. the branch of neu\_\_\_\_\_nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
56. b\_\_r image *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
57. motion b\_\_r *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
58. n\_\_b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
59. mi\_\_\_\_\_ne attack *n.* a severe headache typically felt as a throbbing pain on one side of the head
60. neu\_\_\_\_\_cal symptoms *adj.* of or relating to the science of neurology or the nervous system

ANSWERS: 51. neurology, 52. instruct, 53. resilient, 54. neuroscience, 55. neuroscience, 56. blur, 57. blur, 58. numb, 59. migraine, 60. neurological

61. s\_b quietly
62. marked with a ha\_\_\_\_g
63. fever with neu\_\_\_\_cal signs
64. traditional me\_\_\_\_al
- v.* to cry or weep with short, sudden sounds
- n.* a word or phrase preceded by the symbol #, used on social media websites and applications to identify messages on a specific topic
- adj.* of or relating to the science of neurology or the nervous system
- adj.* of or relating to the treatment or cure of disease

ANSWERS: 61. sob, 62. hashtag, 63. neurological, 64. medicinal

## Session 3: Fill in the Blanks

1. Water is \_\_\_\_\_ from the faucet.  
*v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
2. Professional skaters can spin fast on the ice without getting \_\_\_\_\_.  
*adj.* having or causing a whirling sensation and not able to keep balance
3. Research shows that damage to the \_\_\_\_\_ cortex leads to increased aggression.  
*adj.* in or about the foremost part of the frontal lobe of the brain
4. 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
5. Our brand's campaign uses a unique \_\_\_\_\_ to track engagement and reach.  
*n.* a word or phrase preceded by the symbol #, used on social media websites and applications to identify messages on a specific topic
6. The patient was diagnosed with a \_\_\_\_\_ disorder affecting their motor skills.  
*adj.* of or relating to the science of neurology or the nervous system
7. An \_\_\_\_\_ tumor is a fast-growing and aggressive form of cancer.  
*adj.* exhibiting a lack of normal differentiation or structure, usually referring to cancer cells that are undifferentiated and rapidly growing

ANSWERS: 1. dripping, 2. dizzy, 3. prefrontal, 4. empowered, 5. hashtag, 6. neurological, 7. anaplastic

8. Researchers are currently studying the potential of \_\_\_\_\_ to treat conditions such as depression and anxiety.
- n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
9. The facility manager \_\_\_\_\_ the security guards to be on high alert.
- v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
10. She gets \_\_\_\_\_ whenever she's under a lot of stress.
- n.* a severe headache typically felt as a throbbing pain on one side of the head
11. The camera's focus was off, and the image was a \_\_\_\_\_ of colors and shapes.
- n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
12. The economic downturn made it necessary to \_\_\_\_\_ the business.
- v.* to organize a company, business, or system in a new and different way to make it work more effectively
13. The experienced \_\_\_\_\_ monitored the patient's vital signs throughout the procedure.
- n.* a medical doctor who specializes in administering anesthesia to help control pain and monitor the vital signs of patients during procedures and surgeries
14. The side effects of \_\_\_\_\_ such as nausea and hair loss, were a major concern for the patient.
- n.* short for chemotherapy, a treatment for cancer that uses drugs to destroy cancer cells

ANSWERS: 8. neuroplasticity, 9. instructed, 10. migraines, 11. blur, 12. restructure, 13. anesthesiologist, 14. chemo,



15. The \_\_\_ machine uses powerful magnets to produce detailed images of the inside of the body.
- n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body
16. Floods have the potential to \_\_\_\_\_ any subsurface animals easily.
- v.* to die or cause to die by being unable to breathe underwater
17. The heavy backpack was \_\_\_\_\_ on the long hike through the mountains.
- adj.* causing a heavy burden or load, physically or mentally taxing; difficult to bear or manage
18. The \_\_\_\_\_ side of the knee is prone to injury in certain sports like soccer and basketball.
- adj.* referencing or situated in the middle of something; pertaining to or located near the axis of the body
19. My left arm became \_\_\_\_\_.
- adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
20. This weather pattern is unique to the southern \_\_\_\_\_.
- n.* half of the terrestrial globe; half of a sphere
21. The team demonstrated great resilience in the face of \_\_\_\_\_ and won the game.
- n.* difficulties or hardships that someone faces
22. She is a \_\_\_\_\_ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions

ANSWERS: 15. MRI, 16. drown, 17. burdensome, 18. medial, 19. numb, 20. hemisphere, 21. adversity, 22. resilient

23. She is studying clinical \_\_\_\_\_ to become a brain surgeon.
- n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
24. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
25. Our university is famous for its professors, who are well-versed in behavioral \_\_\_\_\_.
- n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
26. The symptoms of an \_\_\_\_\_ can include headaches, seizures, and problems with balance or coordination.
- n.* a type of brain tumor that develops from abnormal glial cells called astrocytes
27. Endorphins are a type of \_\_\_\_\_ that gives a sense of well-being.
- n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
28. He adopted a \_\_\_\_\_ research approach to unravel complex phenomena.
- adj.* integrating or involving various academic fields or different skills in a topic or problem-solving approach
29. The hospital recruited experienced \_\_\_\_\_ worldwide to treat complex neurological disorders comprehensively.
- n.* a medical doctor who specializes in the surgical treatment of conditions affecting the nervous system, including the brain, spinal cord, and peripheral nerves

ANSWERS: 23. neurology, 24. medicinal, 25. neuroscience, 26. astrocytoma, 27. neurotransmitter, 28. multidisciplinary, 29. neurosurgeons

30. She repeated her personal \_\_\_\_\_ to herself to stay motivated.

*n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation

31. We are responsible for the care and \_\_\_\_\_ of all our employees.

*n.* the state of being happy and healthy and prosperous

32. She \_\_\_\_\_ uncontrollably after hearing the news.

*v.* to cry or weep with short, sudden sounds

ANSWERS: 30. mantra, 31. well-being, 32. sobbed