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Tom Osborn: A new way to help young people with their mental health | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

independence

n. freedom from another's or others' control or influence
synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony

There is nothing more valuable than **independence** and freedom.

sugarcane

n. a tall, tropical grass that is grown for its sweet, juice-filled stalks, which are used to make sugar and other products

(1) **sugarcane** plantation, (2) sugar made from **sugarcane**

Sugarcane juice was a popular drink in the hot weather.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym: presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

sacrifice

n. the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person

or get or do something that seems more important

synonym : forfeit, immolation, gift

(1) small **sacrifice** for a great cause, (2) **sacrifice** anything to get ahead

You cannot accomplish great things without a **sacrifice** of your time or money.

stake

n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something

synonym : share, interest, post

(1) execution by burning at a **stake**, (2) buy the company's **stake**

The **stake** of the company is too high nowadays.

disappointment

n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes

synonym : letdown, frustration, discouragement

(1) **disappointment** in the result, (2) **disappointment** with the service

The cancellation of the concert was a huge **disappointment** for the fans.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym : group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

mathematics

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

synonym : arithmetic, calculation, calculus

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

competition

He has a flair for **mathematics**.

routine

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

synonym: habit, custom, procedure

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

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

supplement

n. something that is added to something else to make it better or complete it

synonym: complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

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.

toll

n. money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly

synonym: fee, cost, expense

(1) a **toll** road, (2) **toll** a bell at his death

There is no **toll** car park nearby.

exert

v. to put forth effort; to put into action; to bring into play

synonym: exert, apply, use

(1) **exert** control, (2) **exert** influence

He **exerted** himself to lift the heavyweight.

cram

v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

synonym: stuff, pack, jam

(1) **cram** more circuits into chips, (2) **cram** five people into a car

She had to **cram** for the final exam and stayed up all night studying.

sulfur

n. (also sulphur) a chemical element with the symbol S and atomic number 16, found in many minerals and sulfur compounds, often used in the production of fertilizers, rubber, paper, and other industrial applications

(1) **sulfur** dioxide, (2) **sulfur** mine

The **sulfur** emissions from the nearby factory caused the rotten egg smell.

acid

n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

synonym: SOUR

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

engaging

adj. attracting, pleasant, or charming

synonym: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

chemistry

n. the branch of the natural sciences dealing with the composition of substances and their properties and reactions

(1) professor of **chemistry**, (2) the **chemistry** of soil

He is familiar with **chemistry** and biology.

grade

n. a particular level of quality, size, importance, etc.

synonym: score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

constantly

adv. all the time

synonym: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym: destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

hopeless

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

synonym: despairing, helpless, futile

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

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

struggle

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

synonym: toil, strive, compete

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

He could not **struggle** against temptation.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

anxiety

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

synonym : concern, dread, agita

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

adolescent

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

synonym : teen, preadult, youth

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

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

youthful

adj. typical of young people; vigorous and fresh

synonym : immature, inexperienced, enthusiastic

(1) **youthful** abandon, (2) in a **youthful** manner

That painter kept his **youthful** spirit even in old age.

urgent

adj. requiring immediate attention or action; pressing

synonym : pressing, critical, immediate

(1) an **urgent** telegram, (2) **urgent** situation

It is **urgent** that we leave for the airport now to catch our flight.

priority

n. something that is more important than other things and should be dealt with first

synonym : importance, precedence, primacy

(1) **priority** call, (2) **priority** seating for elderly
Her **priority** is to be a mother.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark
The phone rang at the most **opportune** time.

reimagine

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

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

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

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym : reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role
The video telephony application has **redefined** the way we work.

tackle

v. to try to deal with a complex problem or situation

synonym : deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change
The government is determined to **tackle** sharp inflation.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity
The mental health **stigma** often prevents people from seeking treatment.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym: remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

background

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

synonym: ground, experience, backdrop

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

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

clinician

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

synonym: psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective

Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym: mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output

They hope to **expand** their business worldwide.

provider

n. a person or an organization that supplies somebody with something needed or wanted

synonym : supplier

(1) an information **provider**, (2) the **provider** of the family
People select Internet **providers** not only in terms of price but also in terms of transmission speed.

peer

n. a person who has the same age, status, or ability

synonym : fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym : construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

tier

n. one of a series of rows or levels arranged one above the other, typically used to describe the arrangement of objects or levels of importance

synonym : level, layer, class

(1) a two- **tier** system, (2) **tier** one company

The company operates on a three- **tier** pricing structure.

colonial

adj. of or relating to a colony (= a territory that is controlled by a more powerful country); to the period of time during which a country or region was a colony

synonym : imperial, immigrant, gregarious

(1) oppressive **colonial** rule, (2) **colonial** style

The city has a rich **colonial** history, with many historic buildings and landmarks.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

synonym : interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

strengthen

v. to become stronger or more effective; to make someone or something stronger or more effective

synonym: reinforce, harden, boost

(1) **strengthen** the immune system, (2) **strengthen** a border patrol

Difficulties **strengthen** the mind, as labor does the body.

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.

autonomy

n. the right of an organization, country, or region to govern itself independently

synonym: independence, sovereignty, self-sufficiency

(1) regional **autonomy**, (2) establish **autonomy**

Demonstrators strongly demanded immediate **autonomy** for their country.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

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.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

divide

v. to separate or cause to separate into parts or groups

synonym: separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

reduction

n. a decrease in size, amount, or degree

synonym: diminution, decrease, cutback

(1) **reduction** strategy, (2) a gradual **reduction**

The **reduction** in carbon emissions has been significant since the implementation of the new policy.

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.

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.

relation

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

synonym: association, linkage, connection

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

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

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym: educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

optimism

n. a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation

synonym: positiveness, sanguinity, bullishness

(1) sense of **optimism**, (2) political **optimism**

There is considerable **optimism** that the economy will recover soon.

oriented

adj. referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach

synonym : aligned, directed, focused

(1) **oriented** graph, (2) technology- **oriented**

The company is very customer- **oriented** and strives to provide excellent service.

template

n. a pre-designed file or document used as a starting point for a particular application so that the format does not have to be created from scratch

synonym : pattern, model, blueprint

(1) **template** file, (2) **template** design

The **template** format provided a useful guide for creating the budget.

thatch

n. a material, such as straw or reeds, used to cover the roofs of houses or other buildings

synonym : straw, grass, reed

(1) cover with **thatch**, (2) **thatch** of hair

The **thatch** roof was made from local grasses and was a traditional design.

hut

n. a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud

synonym : shack, cabin, cottage

(1) shepherd's **hut**, (2) fishing **hut**

The little girl lived in a small **hut** in the woods with her family.

compound

n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

synonym : combination, mixture, blend

(1) aquatic **compound**, (2) harmful **compound**

Common salt is a sodium and chlorine **compound**.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

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

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

bleak

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

synonym: miserable, pathetic, dim

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

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

roar

v. to make a loud, deep sound, like a lion or a car engine

synonym: bellow, yell, shout

(1) **roar** with laughter, (2) **roar** for more

The lion **roared** loudly, signaling its dominance over the other animals.

grunt

v. to make a short, low noise in the throat

synonym: groan, mutter, murmur

(1) **grunt** a laugh, (2) **grunt** in discontent

She **grunted** and stopped drinking coffee.

cheetah

n. a large, slender, and fast-running African cat with a yellowish-brown coat and black spots

synonym: leopard, jaguar, panther

(1) **cheetah** sprint, (2) **cheetah** habitat

The mother **cheetahs** fiercely protect their cubs, teaching them valuable hunting and survival skills before they venture out independently.

yelp

n. a sharp, high-pitched bark or cry, typically made by a dog or fox

synonym: bark, cry, howl

(1) **yelp** in pain, (2) **yelp** of excitement

The dog let out a sharp **yelp** when he stepped on its tail.

antelope

n. a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family

synonym: gazelle, deer, buck

(1) long-horned **antelope**, (2) **antelope** hunt

The herd of **antelope** bounded across the plain, chased by a pack of wolves.

flourish

v. to grow or develop vigorously or successfully

synonym: boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

thrive

v. to grow vigorously; to make steady progress

synonym: bloom, flourish, prosper

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

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

Session 2: Spelling

- | | |
|------------------------------------|---|
| 1. di___e the cake into two pieces | <i>v.</i> to separate or cause to separate into parts or groups |
| 2. a t__l road | <i>n.</i> money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly |
| 3. shepherd's h_t | <i>n.</i> a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud |
| 4. re_____ne the future | <i>v.</i> to imagine or conceive of something in a new or different way |
| 5. imp_____ion on stage | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation |
| 6. c__m more circuits into chips | <i>v.</i> to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space |
| 7. em_____al distress | <i>adj.</i> relating to people's feelings |
| 8. an_____y for knowledge | <i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 9. su_____ne plantation | <i>n.</i> a tall, tropical grass that is grown for its sweet, juice-filled stalks, which are used to make sugar and other products |
| 10. establish au_____my | <i>n.</i> the right of an organization, country, or region to govern itself independently |

ANSWERS: 1. divide, 2. toll, 3. hut, 4. reimagine, 5. improvisation, 6. cram, 7. emotional, 8. anxiety, 9. sugarcane, 10. autonomy

11. an information pr_____er *n.* a person or an organization that supplies somebody with something needed or wanted
12. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
13. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
14. ex__t influence *v.* to put forth effort; to put into action; to bring into play
15. ur____t situation *adj.* requiring immediate attention or action; pressing
16. di____e money equally *v.* to separate or cause to separate into parts or groups
17. te_____te design *n.* a pre-designed file or document used as a starting point for a particular application so that the format does not have to be created from scratch
18. small sa_____ce for a great cause *n.* the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important

ANSWERS: 11. provider, 12. strength, 13. function, 14. exert, 15. urgent, 16. divide, 17. template, 18. sacrifice

19. an____pe hunt *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
20. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
21. r__r with laughter *v.* to make a loud, deep sound, like a lion or a car engine
22. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
23. dis_____ent with the service *n.* the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
24. an a__d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
25. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
26. yo_____ul abandon *adj.* typical of young people; vigorous and fresh
27. baseless pre_____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
28. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 19. antelope, 20. well-being, 21. roar, 22. grade, 23. disappointment, 24. acid, 25. diagnose, 26. youthful, 27. pretension, 28. struggle

29. execution by burning at a st__e *n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something
30. 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
31. str_____en the immune system *v.* to become stronger or more effective; to make someone or something stronger or more effective
32. co_____al style *adj.* of or relating to a colony (= a territory that is controlled by a more powerful country); to the period of time during which a country or region was a colony
33. buy the company's st__e *n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something
34. th___e in a society *v.* to grow vigorously; to make steady progress
35. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
36. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
37. fishing h_t *n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud

ANSWERS: 29. stake, 30. symptom, 31. strengthen, 32. colonial, 33. stake, 34. thrive, 35. quitter, 36. treatment, 37. hut

38. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
39. wage sup_____nt *n.* something that is added to something else to make it better or complete it
40. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
41. political op_____sm *n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
42. ch_____h habitat *n.* a large, slender, and fast-running African cat with a yellowish-brown coat and black spots
43. professor of ch_____ry *n.* the branch of the natural sciences dealing with the composition of substances and their properties and reactions
44. t__r one company *n.* one of a series of rows or levels arranged one above the other, typically used to describe the arrangement of objects or levels of importance
45. oppressive co_____al rule *adj.* of or relating to a colony (= a territory that is controlled by a more powerful country); to the period of time during which a country or region was a colony
46. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 38. treatment, 39. supplement, 40. diagnose, 41. optimism, 42. cheetah, 43. chemistry, 44. tier, 45. colonial, 46. depression

47. immune fu_____on
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
48. the ch_____ry of soil
- n.* the branch of the natural sciences dealing with the composition of substances and their properties and reactions
49. pr_____ty call
- n.* something that is more important than other things and should be dealt with first
50. 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
51. a bac_____nd color
- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
52. surgical int_____ion
- n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
53. ro_____e business
- n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 47. function, 48. chemistry, 49. priority, 50. symptom, 51. background, 52. intervention, 53. routine

54. em_____al health *adj.* relating to people's feelings
55. long-horned an_____pe *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
56. or_____ed graph *adj.* referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach
57. ex__t control *v.* to put forth effort; to put into action; to bring into play
58. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
59. pre_____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
60. ado_____nt girl *n.* a young person who is in the process of developing from a child into an adult
61. dis_____ent in the result *n.* the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
62. a con_____ly varying mind *adv.* all the time
63. social st____a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
64. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 54. emotional, 55. antelope, 56. oriented, 57. exert, 58. communal, 59. pretension, 60. adolescent, 61. disappointment, 62. constantly, 63. stigma, 64. structure

65. good source of essential amino
a__ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
66. im_____e a process *v.* to make or become better
67. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
68. ex___d agricultural output *v.* to increase or to make something greater in size, number, or importance
69. y__p of excitement *n.* a sharp, high-pitched bark or cry, typically made by a dog or fox
70. r__r for more *v.* to make a loud, deep sound, like a lion or a car engine
71. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
72. re_____ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
73. regional au_____my *n.* the right of an organization, country, or region to govern itself independently
74. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
75. a criminal bac_____nd *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

ANSWERS: 65. acid, 66. improve, 67. clinician, 68. expand, 69. yelp, 70. roar, 71. relation, 72. redefine, 73. autonomy, 74. stigma, 75. background

76. th____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
77. t__l a bell at his death *n.* money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly
78. a two-t__r system *n.* one of a series of rows or levels arranged one above the other, typically used to describe the arrangement of objects or levels of importance
79. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
80. int_____ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
81. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
82. en_____ng story *adj.* attracting, pleasant, or charming
83. th___e on pressure *v.* to grow vigorously; to make steady progress
84. a private ind_____al *n.* a single person or thing, as distinct from a group
85. te_____te file *n.* a pre-designed file or document used as a starting point for a particular application so that the format does not have to be created from scratch
86. ac_____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

ANSWERS: 76. threaten, 77. toll, 78. tier, 79. opportune, 80. intervention, 81. opportune, 82. engaging, 83. thrive, 84. individual, 85. template, 86. academic

87. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
88. pre-ado_____nt children *n.* a young person who is in the process of developing from a child into an adult
89. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
90. ind_____nce ceremony *n.* freedom from another's or others' control or influence
91. harmful co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
92. sugar made from su_____ne *n.* a tall, tropical grass that is grown for its sweet, juice-filled stalks, which are used to make sugar and other products
93. ho_____ss situation *adj.* having no hope; despairing; having no chance of success
94. prospects were bl__k *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
95. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
96. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
97. ind_____al freedom *n.* a single person or thing, as distinct from a group
98. the pr_____er of the family *n.* a person or an organization that supplies somebody with something needed or wanted

ANSWERS: 87. grade, 88. adolescent, 89. strength, 90. independence, 91. compound, 92. sugarcane, 93. hopeless, 94. bleak, 95. struggle, 96. clinician, 97. individual, 98. provider

99. p__r review *n.* a person who has the same age, status, or ability
100. gr__t a laugh *v.* to make a short, low noise in the throat
101. th___h of hair *n.* a material, such as straw or reeds, used to cover the roofs of houses or other buildings
102. an ac____ic discussion *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
103. ho____ss at everything *adj.* having no hope; despairing; having no chance of success
104. the st____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
105. diagnosis of an____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
106. cr__h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
107. biological psy____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
108. an en____ng smile *adj.* attracting, pleasant, or charming
109. c__m five people into a car *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

ANSWERS: 99. peer, 100. grunt, 101. thatch, 102. academic, 103. hopeless, 104. structure, 105. anxiety, 106. crush, 107. psychiatry, 108. engaging, 109. cram

110. sense of op_____sm *n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
111. sa_____ce anything to get ahead *n.* the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important
112. su____r mine *n.* (also sulphur) a chemical element with the symbol S and atomic number 16, found in many minerals and sulfur compounds, often used in the production of fertilizers, rubber, paper, and other industrial applications
113. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
114. str_____en a border patrol *v.* to become stronger or more effective; to make someone or something stronger or more effective
115. ex____d a lineup *v.* to increase or to make something greater in size, number, or importance
116. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
117. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
118. re_____ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way

ANSWERS: 110. optimism, 111. sacrifice, 112. sulfur, 113. mathematics, 114. strengthen, 115. expand, 116. quitter, 117. relation, 118. redefine

119. use of dietary sup_____nts *n.* something that is added to something else to make it better or complete it
120. fl_____sh worldwide *v.* to grow or develop vigorously or successfully
121. aquatic co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
122. gr__t in discontent *v.* to make a short, low noise in the throat
123. im_____e the test score *v.* to make or become better
124. help ta___e climate change *v.* to try to deal with a complex problem or situation
125. bl__k future *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
126. cover with th___h *n.* a material, such as straw or reeds, used to cover the roofs of houses or other buildings
127. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
128. a built-in diagnostic ro_____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
129. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
130. y__p in pain *n.* a sharp, high-pitched bark or cry, typically made by a dog or fox

ANSWERS: 119. supplement, 120. flourish, 121. compound, 122. grunt, 123. improve, 124. tackle, 125. bleak, 126. thatch, 127. sect, 128. routine, 129. communal, 130. yelp

131. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
132. p__r group *n.* a person who has the same age, status, or ability
133. pr____ty seating for elderly *n.* something that is more important than other things and should be dealt with first
134. re_____on strategy *n.* a decrease in size, amount, or degree
135. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
136. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
137. ch_____h sprint *n.* a large, slender, and fast-running African cat with a yellowish-brown coat and black spots
138. a gradual re_____on *n.* a decrease in size, amount, or degree
139. re_____ne the possibilities *v.* to imagine or conceive of something in a new or different way
140. su___r dioxide *n.* (also sulphur) a chemical element with the symbol S and atomic number 16, found in many minerals and sulfur compounds, often used in the production of fertilizers, rubber, paper, and other industrial applications

ANSWERS: 131. sect, 132. peer, 133. priority, 134. reduction, 135. improvisation, 136. well-being, 137. cheetah, 138. reduction, 139. reimagine, 140. sulfur

141. an ur___t telegram *adj.* requiring immediate attention or action; pressing
142. financial ind_____nce *n.* freedom from another's or others' control or influence
143. ta___e the issue *v.* to try to deal with a complex problem or situation
144. a con_____ly innovative enterprise *adv.* all the time
145. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
146. in a yo_____ul manner *adj.* typical of young people; vigorous and fresh
147. th_____en national security *v.* to utter intentions of injury or punishment against someone
148. cr__h coffee beans *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
149. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
150. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
151. technology-or_____ed *adj.* referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach

ANSWERS: 141. urgent, 142. independence, 143. tackle, 144. constantly, 145. psychiatry, 146. youthful, 147. threaten, 148. crush, 149. depression, 150. mathematics, 151. oriented

152. fl____sh economically

v. to grow or develop vigorously or successfully

ANSWERS: 152. flourish

Session 3: Fill in the Blanks

1. He has a flair for _____.
n. the science dealing with the logic of quantities, shapes, spaces, and arrangement
2. They hope to _____ their business worldwide.
v. to increase or to make something greater in size, number, or importance
3. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person
4. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
5. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
6. The city has a rich _____ history, with many historic buildings and landmarks.
adj. of or relating to a colony (= a territory that is controlled by a more powerful country); to the period of time during which a country or region was a colony
7. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 1. mathematics, 2. expand, 3. stigma, 4. Depression, 5. emotional, 6. colonial, 7. quitter

8. Various artificially induced causes are _____ our ecosystem.
v. to utter intentions of injury or punishment against someone
9. She was disbarred for her _____ in fraud.
adj. attracting, pleasant, or charming
10. The mother _____ fiercely protect their cubs, teaching them valuable hunting and survival skills before they venture out independently.
n. a large, slender, and fast-running African cat with a yellowish-brown coat and black spots
11. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
12. The herd of _____ bounded across the plain, chased by a pack of wolves.
n. a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
13. He is familiar with _____ and biology.
n. the branch of the natural sciences dealing with the composition of substances and their properties and reactions
14. Some _____ believe that psychological characteristics alone may cause mental disorders.
n. a practitioner, especially of medicine or psychology, who has direct contact with patients
15. There is no _____ car park nearby.
n. money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly

ANSWERS: 8. threatening, 9. engaging, 10. cheetahs, 11. opportune, 12. antelope, 13. chemistry, 14. clinicians, 15. toll

16. The company is trying to _____ its business model to stay competitive.
v. to imagine or conceive of something in a new or different way
17. She _____ and stopped drinking coffee.
v. to make a short, low noise in the throat
18. He _____ himself to lift the heavyweight.
v. to put forth effort; to put into action; to bring into play
19. The video telephony application has _____ the way we work.
v. to change the meaning or interpretation of something; to make people think about something in a new or different way
20. She waited for her daughter with _____.
n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
21. The car was completely _____ in the accident.
v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
22. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
23. 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

ANSWERS: 16. reimagine, 17. grunted, 18. exerted, 19. redefined, 20. anxiety, 21. crushed, 22. pretensions, 23. individual,

24. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
25. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.
n. the branch of medicine concerned with the study, treatment, and prevention of mental illness
26. The organizational _____ of start-ups is often flat and straightforward.
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
27. She studies gardening on a _____ basis.
n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
28. That painter kept his _____ spirit even in old age.
adj. typical of young people; vigorous and fresh
29. The cancellation of the concert was a huge _____ for the fans.
n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
30. You cannot accomplish great things without a _____ of your time or money.
n. the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important
31. The lion _____ loudly, signaling its dominance over the other animals.
v. to make a loud, deep sound, like a lion or a car engine

ANSWERS: 24. well-being, 25. psychiatry, 26. structure, 27. routine, 28. youthful, 29. disappointment, 30. sacrifice, 31. roared

32. The company operates on a three-_____ pricing structure.
- n.* one of a series of rows or levels arranged one above the other, typically used to describe the arrangement of objects or levels of importance
33. The company is very customer-_____ and strives to provide excellent service.
- adj.* referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach
34. The company's hiring criteria emphasize personality, not a person's _____.
- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
35. Demonstrators strongly demanded immediate _____ for their country.
- n.* the right of an organization, country, or region to govern itself independently
36. Difficulties _____ the mind, as labor does the body.
- v.* to become stronger or more effective; to make someone or something stronger or more effective
37. The industrial _____ laws were passed with little to no alteration.
- n.* the way two persons or groups of people feel and act toward one another
38. The brain is an incredibly complex organ that controls the body's _____.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 32. tier, 33. oriented, 34. background, 35. autonomy, 36. strengthen, 37. relations, 38. function

39. After months of job searching, he felt _____ and unsure of his future.

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

40. Timely education about birth control might help reduce _____ pregnancies.

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

41. The _____ of the company is too high nowadays.

n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something

42. The little girl lived in a small ____ in the woods with her family.

n. a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud

43. The _____ emissions from the nearby factory caused the rotten egg smell.

n. (also sulphur) a chemical element with the symbol S and atomic number 16, found in many minerals and sulfur compounds, often used in the production of fertilizers, rubber, paper, and other industrial applications

44. The minority _____ believed in a set of unconventional religious practices.

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

45. This device is used to _____ brain cancer and other tumors.

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

46. The _____ in carbon emissions has been significant since the implementation of the new policy.

n. a decrease in size, amount, or degree

ANSWERS: 39. hopeless, 40. adolescent, 41. stake, 42. hut, 43. sulfur, 44. sect, 45. diagnose, 46. reduction

47. During pregnancy, the stomach generates less _____ than usual.
- n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
48. We want to _____ ties between our two countries.
- v.* to make or become better
49. The _____ roof was made from local grasses and was a traditional design.
- n.* a material, such as straw or reeds, used to cover the roofs of houses or other buildings
50. The Ottoman Empire _____ for over five centuries.
- v.* to grow or develop vigorously or successfully
51. People select Internet _____ not only in terms of price but also in terms of transmission speed.
- n.* a person or an organization that supplies somebody with something needed or wanted
52. The government is determined to _____ sharp inflation.
- v.* to try to deal with a complex problem or situation
53. _____ juice was a popular drink in the hot weather.
- n.* a tall, tropical grass that is grown for its sweet, juice-filled stalks, which are used to make sugar and other products
54. Among young people, _____ pressure can be pretty influential.
- n.* a person who has the same age, status, or ability

ANSWERS: 47. acid, 48. improve, 49. thatch, 50. flourished, 51. providers, 52. tackle, 53. Sugarcane, 54. peer

55. The political landscape looks _____ without a change of administration.
adj. unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
56. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
57. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation
58. 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
59. There is nothing more valuable than _____ and freedom.
n. freedom from another's or others' control or influence
60. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
61. The primary purpose of the _____ is pain relief.
n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
62. The mobile application industry is _____ changing.
adv. all the time
63. There is considerable _____ that the economy will recover soon.
n. a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation

ANSWERS: 55. bleak, 56. Communal, 57. improvisation, 58. symptom, 59. independence, 60. grade, 61. treatment, 62. constantly, 63. optimism

64. Her _____ is to be a mother.

- n.* something that is more important than other things and should be dealt with first

65. The dog let out a sharp _____ when he stepped on its tail.

- n.* a sharp, high-pitched bark or cry, typically made by a dog or fox

66. An excellent historian must possess an _____ mentality.

- adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

67. This _____ does not require the patient's consent.

- n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

68. Without investment, a business cannot _____.

- v.* to grow vigorously; to make steady progress

69. She had to _____ for the final exam and stayed up all night studying.

- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

70. He could not _____ against temptation.

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

71. Certain _____ may promote tumor growth.

- n.* something that is added to something else to make it better or complete it

ANSWERS: 64. priority, 65. yelp, 66. academic, 67. intervention, 68. thrive, 69. cram, 70. struggle, 71. supplements

72. Health and _____ are, above all, gold.

n. the quality or state of being physically, or sometimes mentally, strong

73. Common salt is a sodium and chlorine _____.

n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

74. The _____ format provided a useful guide for creating the budget.

n. a pre-designed file or document used as a starting point for a particular application so that the format does not have to be created from scratch

75. It is _____ that we leave for the airport now to catch our flight.

adj. requiring immediate attention or action; pressing

76. Can you _____ 123321 by eleven?

v. to separate or cause to separate into parts or groups

ANSWERS: 72. strength, 73. compound, 74. template, 75. urgent, 76. divide