

# Englist.me



## Vocabulary Builder Reference from...

*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](https://www.ted.com/talks/tom_osborn_a_new_way_to_help_young_people_with_their_mental_health)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### 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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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**.

## 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.

## 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.

## 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.

## 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.

## Session 2: Spelling

1. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
2. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
3. fl\_\_\_\_\_sh economically *v.* to grow or develop vigorously or successfully
4. c\_\_m more circuits into chips *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
5. 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
6. social st\_\_\_\_a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
7. 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
8. fishing h\_t *n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud

ANSWERS: 1. opportune, 2. improvisation, 3. flourish, 4. cram, 5. sect, 6. stigma, 7. pretension, 8. hut

9. an\_\_\_\_pe hunt *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
10. 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
11. gr\_\_t a laugh *v.* to make a short, low noise in the throat
12. ho\_\_\_\_ss at everything *adj.* having no hope; despairing; having no chance of success
13. an op\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
14. biological psy\_\_\_\_ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
15. 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
16. ho\_\_\_\_ss situation *adj.* having no hope; despairing; having no chance of success
17. fl\_\_\_\_sh worldwide *v.* to grow or develop vigorously or successfully
18. ex\_\_t influence *v.* to put forth effort; to put into action; to bring into play
19. prospects were bl\_\_k *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope

ANSWERS: 9. antelope, 10. optimism, 11. grunt, 12. hopeless, 13. opportune, 14. psychiatry, 15. redefine, 16. hopeless, 17. flourish, 18. exert, 19. bleak



20. ex\_\_t control *v.* to put forth effort; to put into action; to bring into play
21. ch\_\_\_\_h sprint *n.* a large, slender, and fast-running African cat with a yellowish-brown coat and black spots
22. st\_\_\_a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
23. y\_\_p in pain *n.* a sharp, high-pitched bark or cry, typically made by a dog or fox
24. 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
25. easy qu\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
26. cover with th\_\_\_h *n.* a material, such as straw or reeds, used to cover the roofs of houses or other buildings
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. experienced cl\_\_\_\_an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients

ANSWERS: 20. exert, 21. cheetah, 22. stigma, 23. yelp, 24. sect, 25. quitter, 26. thatch, 27. pretension, 28. clinician

29. psy\_\_\_\_\_ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
30. long-horned an\_\_\_\_\_pe *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
31. serial qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
32. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
33. r\_\_r for more *v.* to make a loud, deep sound, like a lion or a car engine
34. th\_\_\_h of hair *n.* a material, such as straw or reeds, used to cover the roofs of houses or other buildings
35. shepherd's h\_t *n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud
36. 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
37. su\_\_\_\_\_ne plantation *n.* a tall, tropical grass that is grown for its sweet, juice-filled stalks, which are used to make sugar and other products
38. 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

ANSWERS: 29. psychiatry, 30. antelope, 31. quitter, 32. improvisation, 33. roar, 34. thatch, 35. hut, 36. redefine, 37. sugarcane, 38. optimism

39. bl\_\_k future *adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
40. from a cl\_\_\_\_\_an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
41. 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
42. gr\_\_t in discontent *v.* to make a short, low noise in the throat
43. re\_\_\_\_\_ne the future *v.* to imagine or conceive of something in a new or different way
44. 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
45. re\_\_\_\_\_ne the possibilities *v.* to imagine or conceive of something in a new or different way
46. r\_\_r with laughter *v.* to make a loud, deep sound, like a lion or a car engine
47. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
48. ch\_\_\_\_\_h habitat *n.* a large, slender, and fast-running African cat with a yellowish-brown coat and black spots
49. y\_\_p of excitement *n.* a sharp, high-pitched bark or cry, typically made by a dog or fox
50. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous

ANSWERS: 39. bleak, 40. clinician, 41. cram, 42. grunt, 43. reimagine, 44. sugarcane, 45. reimagine, 46. roar, 47. well-being, 48. cheetah, 49. yelp, 50. well-being

ANSWERS:

## Session 3: Fill in the Blanks

1. 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
  
2. She \_\_\_\_\_ and stopped drinking coffee.  
*v.* to make a short, low noise in the throat
  
3. Some \_\_\_\_\_ believe that psychological characteristics alone may cause mental disorders.  
*n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
  
4. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
  
5. He \_\_\_\_\_ himself to lift the heavyweight.  
*v.* to put forth effort; to put into action; to bring into play
  
6. 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
  
7. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
  
8. \_\_\_\_\_ 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

ANSWERS: 1. hut, 2. grunted, 3. clinicians, 4. well-being, 5. exerted, 6. redefined, 7. opportune, 8. Sugarcane

9. After months of job searching, he felt \_\_\_\_\_ and unsure of his future.  
*adj.* having no hope; despairing; having no chance of success
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. 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
12. 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
13. 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
14. The mental health \_\_\_\_\_ often prevents people from seeking treatment.  
*n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
15. 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
16. 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

ANSWERS: 9. hopeless, 10. cheetahs, 11. optimism, 12. cram, 13. sect, 14. stigma, 15. yelp, 16. thatch

17. The company is trying to \_\_\_\_\_ its business model to stay competitive.  
*v.* to imagine or conceive of something in a new or different way
18. 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
19. 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
20. The lion \_\_\_\_\_ loudly, signaling its dominance over the other animals.  
*v.* to make a loud, deep sound, like a lion or a car engine
21. The Ottoman Empire \_\_\_\_\_ for over five centuries.  
*v.* to grow or develop vigorously or successfully
22. The political landscape looks \_\_\_\_\_ without a change of administration.  
*adj.* unlikely to be favorable; unpleasantly cold and damp; offering little or no hope
23. 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
24. 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

ANSWERS: 17. reimagine, 18. antelope, 19. psychiatry, 20. roared, 21. flourished, 22. bleak, 23. pretensions, 24. improvisation

25. 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: 25. quitter