

# Englist.me



## Vocabulary Builder Reference from...

*Mona Chalabi: How long does it take to get over a breakup? | TED Talk*

[https://www.ted.com/talks/mona\\_chalabi\\_how\\_long\\_does\\_it\\_take\\_to\\_get\\_over\\_a\\_breakup](https://www.ted.com/talks/mona_chalabi_how_long_does_it_take_to_get_over_a_breakup)

### All Words

#### IMPORTANT

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## Session 1: Word List

### breakup

*n.* the end of a relationship between persons or nations; the separation of something into several pieces or sections

*synonym*: breakdown, divorce, separation

(1) a **breakup** hug, (2) air **breakup**

He got over the big **breakup** with his wife.

### tout

*v.* to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation

*synonym*: promote, advertise, publicize

(1) **tout** products, (2) **tout** services

The travel agency is trying to **tout** their new tour packages to attract more customers.

### depress

*v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

*synonym*: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

## brave

*adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity

*synonym* : courageous, valiant, heroic

(1) **brave** soldier, (2) **brave** decision

The **brave** firefighter rescued the family from the burning building.

## swipe

*v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort

*synonym* : flick, brush, pinch

(1) **swipe** a card, (2) **swipe** left on a dating app

He tried to **swipe** the phone from my hand, but I held on tight.

## app

*n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

*synonym* : application, software

(1) killer **app**, (2) cannot log in to the **app**

The discovery of a critical bug caused the company to delay the **app's** release.

## unfortunately

*adv.* by bad luck; unluckily

*synonym* : regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

## straightforward

*adj.* easy to do or understand, or simple; free from ambiguity

*synonym* : honest, candid, forthright

(1) **straightforward** manner, (2) make a **straightforward** dash

The defendant gave a **straightforward** and accurate description of the accident.

## drastic

*adj.* radical and extreme; likely to have a significant or far-reaching impact

*synonym*: extreme, fierce, radical

(1) **drastic** measures, (2) make **drastic** revision

The global community is undergoing **drastic** changes at present.

## misrepresent

*v.* to present a false or misleading interpretation or impression of something or someone

*synonym*: distort, misinterpret, falsify

(1) **misrepresent** a company's policies, (2) **misrepresent** the situation

The article **misrepresents** the true intentions of the author's argument.

## aftereffect

*n.* a consequence or result that follows after an event, experience, or action, sometimes with a delayed onset, often used to describe the lingering impact of traumatic experiences or medical treatments

*synonym*: consequence, aftermath, outcome

(1) **aftereffect** of an earthquake, (2) **aftereffect** of a drug  
I still experience **aftereffects** from the car accident I was in last year.

## 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.

## specifically

*adv.* only associated with or meant for one thing

*synonym*: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

## undergraduate

*n.* a student who is studying for their first degree at a university or other higher education institution

*synonym*: college student, freshman

(1) engineering **undergraduate**, (2) **undergraduate** course

The class was composed of both **undergraduate** and graduate students.

## worm

*n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes

(1) wiggly **worms**, (2) can of **worms**

**Worms** help dispose of the food waste produced by humans.

## longitudinal

*adj.* relating to or measuring along the length of an object or course or longitude (= the angular distance between a point on any meridian and the prime meridian at Greenwich); running downwards rather than across

*synonym*: axial, lengthwise

(1) **longitudinal** axes, (2) **longitudinal** data

The researchers conducted a **longitudinal** study on the effects of the new medication.

## progression

*n.* the act or process of changing to the next stage or phase or moving forward

*synonym*: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

## complicated

*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

*synonym*: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

## adequate

*adj.* enough, acceptable, satisfactory for a particular purpose or need

*synonym* : enough, acceptable, able

(1) **adequate** parking facilities, (2) provide **adequate** funding

This argument is still not **adequate**.

## decide

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

*synonym* : choose, determine, settle

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

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

## therapy

*n.* the act of caring for someone through medication, remedial training, etc.

*synonym* : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

## anecdotal

*adj.* based on personal accounts or stories that may not be verifiable or representative of a larger population; characterized by anecdotes or casual observations rather than scientific data or empirical evidence

*synonym* : hearsay, informal, unreliable

(1) **anecdotal** evidence, (2) **anecdotal** example

My friend shared an **anecdotal** story about her experience in customer service.

## countless

*adj.* too numerous to be counted or very many

*synonym* : innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions

There are **countless** methods for dealing with stress.

## disclose

*v.* to make something, such as secret or new information, known publicly

*synonym* : declare, reveal, uncover

(1) **disclose** a secret, (2) **disclose** a vulnerability  
The curtain rose to **disclose** a fantastic set.

## magic

*n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

*synonym*: fascination, illusion, wizardry

(1) a **magic** spell, (2) she is **magic**

He performed **magic** tricks with sophisticated moves.

## engage

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

*synonym*: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

## distracted

*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

*synonym*: preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

## bump

*v.* to hit or knock against something hard, often with a dull sound; to meet with by accident

*synonym*: collide, hit, jolt

(1) **bump** against a wall, (2) **bump** up prices

She accidentally **bumped** into him in the crowded room.

## strategy

*n.* a detailed plan of action designed to achieve a long-term or overall goal.

*synonym*: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

## regulation

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

*synonym*: constraint, restriction, rule

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

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

## participate

*v.* to take part in something

*synonym*: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

## pleasant

*adj.* enjoyable, attractive, friendly, or agreeable

*synonym*: agreeable, delightful, pleasing

(1) **pleasant** news, (2) **pleasant** odor

The hotel's staff is very **pleasant** and efficient.

## distract

*v.* to draw someone's attention away from what they are trying to do

*synonym*: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

## negative

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

*synonym*: minus, adverse, pessimistic

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

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

## appraisal

*n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

*synonym*: assessment, evaluation, judgment

(1) performance **appraisal**, (2) real estate **appraisal**

She received a positive **appraisal** from her boss for her outstanding performance at work.

## essentially

*adv.* relating to the essential features or concepts of anything

*synonym*: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

**Essentially**, a society is an organism.

## unpleasant

*adj.* not enjoyable or comfortable

*synonym*: disagreeable, displeasing, distasteful

(1) **unpleasant** behavior, (2) with **unpleasant** body odor

It is **unpleasant** to see criminal behavior even though it is minor.

## fin

*n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

*synonym*: flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

## zen

*n.* a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

*synonym*: meditative, peaceful, tranquil

(1) **zen** garden, (2) **zen** meditation

Daily yoga helped her achieve a **zen** state of mind and calmness.



## **muse**

*n.* a source of inspiration, particularly for creative endeavors such as writing or art; a mythical spirit thought to inspire poets and artists

*synonym* : source of inspiration, minstrel, versifier

(1) **muse** inspiration, (2) creative **muse**

She gazed out the window, deep in thought, as if waiting for her **muse** to strike.

## **conclude**

*v.* to come to an end or close; to reach a judgment or opinion by reasoning

*synonym* : complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

## **concentration**

*n.* the ability to focus all your time and energy on one thing without thinking about anything else.

*synonym* : attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

## **process**

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

*synonym* : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

## **heal**

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

*synonym* : recover, bring around, mend

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

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

## ignore

v. to intentionally not listen or pay attention to

*synonym*: neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

## eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym*: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## sake

*n.* purpose; reason for wanting something done

*synonym*: purpose, reason, interest

(1) for your own **sake**, (2) for the **sake** of argument

He got a new job for the **sake** of his family.

## reconnect

v. to connect again after a break or interruption

*synonym*: reopen, rejoin, link up

(1) **reconnect** a telephone, (2) **reconnect** with family

After a long period of estrangement, they **reconnected** with each other.

## unpack

v. to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better

*synonym*: dissect, unwrap, unbox

(1) **unpack** a crate, (2) **unpack** a concept

I need to **unpack** my suitcase and put my clothes away.

## Session 2: Spelling

- |                              |  |
|------------------------------|--|
| 1. ig___e a ban              | v. to intentionally not listen or pay attention to   |
| 2. h__l the hurt mind        | v. to make a wound or injury to become well again  |
| 3. br__e decision            | <i>adj.</i> showing courage or fearlessness in the face of danger, difficulty, or adversity  |
| 4. dr_____c measures         | <i>adj.</i> radical and extreme; likely to have a significant or far-reaching impact   |
| 5. provide ad_____te funding | <i>adj.</i> enough, acceptable, satisfactory for a particular purpose or need  |
| 6. de_____s crop prices      | v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active   |
| 7. t__t products             | v. to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation                                   |
| 8. develop a st_____gy       | <i>n.</i> a detailed plan of action designed to achieve a long-term or overall goal.   |
| 9. lon_____nal axes          | <i>adj.</i> relating to or measuring along the length of an object or course or longitude (= the angular distance between a point on any meridian and the prime meridian at Greenwich); running downwards rather than across |

ANSWERS: 1. ignore, 2. heal, 3. brave, 4. drastic, 5. adequate, 6. depress, 7. tout, 8. strategy, 9. longitudinal

10. mis\_\_\_\_\_ent a company's policies      *v.* to present a false or misleading interpretation or impression of something or someone
11. pro\_\_\_\_\_on of disease      *n.* the act or process of changing to the next stage or phase or moving forward
12. a ma\_\_c spell      *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
13. aft\_\_\_\_\_ct of an earthquake      *n.* a consequence or result that follows after an event, experience, or action, sometimes with a delayed onset, often used to describe the lingering impact of traumatic experiences or medical treatments
14. even more unf\_\_\_\_\_ely      *adv.* by bad luck; unluckily
15. b\_\_p up prices      *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
16. th\_\_\_\_\_y for a patient      *n.* the act of caring for someone through medication, remedial training, etc.
17. a company reg\_\_\_\_\_on      *n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
18. engineering und\_\_\_\_\_ate      *n.* a student who is studying for their first degree at a university or other higher education institution
19. en\_\_\_e in environmental protection activities      *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

ANSWERS: 10. misrepresent, 11. progression, 12. magic, 13. aftereffect, 14. unfortunately, 15. bump, 16. therapy, 17. regulation, 18. undergraduate, 19. engage

20. co\_\_\_\_de that he is healthy      *v.* to come to an end or close; to reach a judgment or opinion by reasoning
21. ig\_\_\_e her advice      *v.* to intentionally not listen or pay attention to
22. his research area of  
con\_\_\_\_\_ion      *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
23. unp\_\_\_\_\_nt behavior      *adj.* not enjoyable or comfortable
24. field of gene th\_\_\_\_y      *n.* the act of caring for someone through medication, remedial training, etc.
25. co\_\_\_\_de a meeting      *v.* to come to an end or close; to reach a judgment or opinion by reasoning
26. for the s\_\_e of argument      *n.* purpose; reason for wanting something done
27. an\_\_\_\_\_al example      *adj.* based on personal accounts or stories that may not be verifiable or representative of a larger population; characterized by anecdotes or casual observations rather than scientific data or empirical evidence
28. und\_\_\_\_\_ate course      *n.* a student who is studying for their first degree at a university or other higher education institution
29. str\_\_\_\_\_ard manner      *adj.* easy to do or understand, or simple; free from ambiguity
30. de\_\_\_e a question      *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 20. conclude, 21. ignore, 22. concentration, 23. unpleasant, 24. therapy, 25. conclude, 26. sake, 27. anecdotal, 28. undergraduate, 29. straightforward, 30. decide

31. a br\_\_\_\_p hug *n.* the end of a relationship between persons or nations; the separation of something into several pieces or sections
32. pro\_\_\_\_\_on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
33. de\_\_\_e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
34. a ne\_\_\_\_ve number *adj.* having the quality of something bad or harmful; expressing refusal
35. b\_\_p against a wall *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
36. par\_\_\_\_\_te in the program *v.* to take part in something
37. a com\_\_\_\_\_ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
38. re\_\_\_\_\_ct a telephone *v.* to connect again after a break or interruption
39. ess\_\_\_\_\_ly correct *adv.* relating to the essential features or concepts of anything
40. pl\_\_\_\_\_nt odor *adj.* enjoyable, attractive, friendly, or agreeable
41. make a str\_\_\_\_\_ard dash *adj.* easy to do or understand, or simple; free from ambiguity
42. di\_\_\_\_\_ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do

ANSWERS: 31. breakup, 32. progression, 33. decide, 34. negative, 35. bump, 36. participate, 37. complicated, 38. reconnect, 39. essentially, 40. pleasant, 41. straightforward, 42. distract

43. performance ap\_\_\_\_\_al *n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner
44. de\_\_\_\_\_s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
45. eve\_\_\_\_\_ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
46. back f\_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
47. military st\_\_\_\_\_gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
48. dis\_\_\_\_\_ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
49. mis\_\_\_\_\_ent the situation *v.* to present a false or misleading interpretation or impression of something or someone
50. answer co\_\_\_\_\_ss questions *adj.* too numerous to be counted or very many
51. en\_\_\_e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
52. with unp\_\_\_\_\_nt body odor *adj.* not enjoyable or comfortable
53. di\_\_\_\_\_se a secret *v.* to make something, such as secret or new information, known publicly

ANSWERS: 43. appraisal, 44. depress, 45. eventually, 46. fin, 47. strategy, 48. distracted, 49. misrepresent, 50. countless, 51. engage, 52. unpleasant, 53. disclose

54. make dr\_\_\_\_c revision *adj.* radical and extreme; likely to have a significant or far-reaching impact
55. re\_\_\_\_\_ct with family *v.* to connect again after a break or interruption
56. killer a\_p *n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
57. t\_\_t services *v.* to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation
58. un\_\_\_k a concept *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
59. decision-making pr\_\_\_\_s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
60. sw\_\_e a card *v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort

ANSWERS: 54. drastic, 55. reconnect, 56. app, 57. tout, 58. unpack, 59. process, 60. swipe



61. m\_\_e inspiration *n.* a source of inspiration, particularly for creative endeavors such as writing or art; a mythical spirit thought to inspire poets and artists
62. a f\_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
63. z\_n garden *n.* a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements
64. become increasingly com\_\_\_\_\_ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
65. pl\_\_\_\_\_nt news *adj.* enjoyable, attractive, friendly, or agreeable
66. cannot log in to the a\_p *n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
67. she is ma\_\_c *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
68. get dis\_\_\_\_\_ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

ANSWERS: 61. muse, 62. fin, 63. zen, 64. complicated, 65. pleasant, 66. app, 67. magic, 68. distracted

69. h\_\_l a broken bone      *v.* to make a wound or injury to become well again
70. di\_\_\_\_se a vulnerability      *v.* to make something, such as secret or new information, known publicly
71. designed spe\_\_\_\_lly for men      *adv.* only associated with or meant for one thing
72. have a ne\_\_\_\_ve effect      *adj.* having the quality of something bad or harmful; expressing refusal
73. aft\_\_\_\_ct of a drug      *n.* a consequence or result that follows after an event, experience, or action, sometimes with a delayed onset, often used to describe the lingering impact of traumatic experiences or medical treatments
74. pr\_\_\_\_s improvement      *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
75. re\_\_\_\_on between cause and effect      *n.* the way two persons or groups of people feel and act toward one another
76. wiggly w\_\_ms      *n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes
77. become ess\_\_\_\_ly same      *adv.* relating to the essential features or concepts of anything

ANSWERS: 69. heal, 70. disclose, 71. specifically, 72. negative, 73. aftereffect, 74. process, 75. relation, 76. worm, 77. essentially

78. for your own s\_\_e *n.* purpose; reason for wanting something done
79. re\_\_\_\_\_on of inclusion *n.* the way two persons or groups of people feel and act toward one another
80. can of w\_\_ms *n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes
81. ad\_\_\_\_\_te parking facilities *adj.* enough, acceptable, satisfactory for a particular purpose or need
82. co\_\_\_\_\_ss hours *adj.* too numerous to be counted or very many
83. eve\_\_\_\_\_ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
84. lon\_\_\_\_\_nal data *adj.* relating to or measuring along the length of an object or course or longitude (= the angular distance between a point on any meridian and the prime meridian at Greenwich); running downwards rather than across
85. un\_\_\_k a crate *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
86. par\_\_\_\_\_te fully in conversation *v.* to take part in something
87. an\_\_\_\_\_al evidence *adj.* based on personal accounts or stories that may not be verifiable or representative of a larger population; characterized by anecdotes or casual observations rather than scientific data or empirical evidence

ANSWERS: 78. sake, 79. relation, 80. worm, 81. adequate, 82. countless, 83. eventually, 84. longitudinal, 85. unpack, 86. participate, 87. anecdotal

88. reg\_\_\_\_\_on by the government      *n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
89. con\_\_\_\_\_ion of armaments      *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
90. br\_\_e soldier      *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
91. unf\_\_\_\_\_ely caught in a shower      *adv.* by bad luck; unluckily
92. z\_n meditation      *n.* a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements
93. air br\_\_\_\_\_p      *n.* the end of a relationship between persons or nations; the separation of something into several pieces or sections
94. sw\_\_e left on a dating app      *v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort
95. creative m\_\_e      *n.* a source of inspiration, particularly for creative endeavors such as writing or art; a mythical spirit thought to inspire poets and artists

ANSWERS: 88. regulation, 89. concentration, 90. brave, 91. unfortunately, 92. zen, 93. breakup, 94. swipe, 95. muse

96. di\_\_\_\_ct public opinion                    *v.*    to draw someone's attention away from what they are trying to do
97. for spe\_\_\_\_\_lly American customers                    *adv.* only associated with or meant for one thing
98. real estate ap\_\_\_\_\_al                    *n.*    an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

ANSWERS: 96. distract, 97. specifically, 98. appraisal

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ firefighter rescued the family from the burning building.  
*adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
2. The treatments were done but, \_\_\_\_\_ were unsuccessful.  
*adv.* by bad luck; unluckily
3. There are \_\_\_\_\_ methods for dealing with stress.  
*adj.* too numerous to be counted or very many
4. This exam requires excellent \_\_\_\_\_ to pass.  
*n.* the ability to focus all your time and energy on one thing without thinking about anything else.
5. She gazed out the window, deep in thought, as if waiting for her \_\_\_\_\_ to strike.  
*n.* a source of inspiration, particularly for creative endeavors such as writing or art; a mythical spirit thought to inspire poets and artists
6. 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
7. She accidentally \_\_\_\_\_ into him in the crowded room.  
*v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
8. The travel agency is trying to \_\_\_\_\_ their new tour packages to attract more customers.  
*v.* to promote, advertise, or praise something or someone, especially excessively or persistently; to attempt to sell something or gain support for something by persuasion or solicitation

ANSWERS: 1. brave, 2. unfortunately, 3. countless, 4. concentration, 5. muse, 6. relations, 7. bumped, 8. tout

9. I was so \_\_\_\_\_ by my phone that I nearly walked into a lamppost.  
*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
10. The global community is undergoing \_\_\_\_\_ changes at present.  
*adj.* radical and extreme; likely to have a significant or far-reaching impact
11. Since independence, the area has been completely \_\_\_\_\_.  
*v.* to intentionally not listen or pay attention to
12. The researchers conducted a \_\_\_\_\_ study on the effects of the new medication.  
*adj.* relating to or measuring along the length of an object or course or longitude (= the angular distance between a point on any meridian and the prime meridian at Greenwich); running downwards rather than across
13. The class was composed of both \_\_\_\_\_ and graduate students.  
*n.* a student who is studying for their first degree at a university or other higher education institution
14. \_\_\_\_\_ a society is an organism.  
*adv.* relating to the essential features or concepts of anything
15. After a long period of estrangement, they \_\_\_\_\_ with each other.  
*v.* to connect again after a break or interruption
16. The majority of students actively \_\_\_\_\_ in the college's intramural sports program.  
*v.* to take part in something

ANSWERS: 9. distracted, 10. drastic, 11. ignored, 12. longitudinal, 13. undergraduate, 14. Essentially, 15. reconnected, 16. participated

17. He did \_\_\_\_\_ pen-and-ink drawings in just a few days.  
*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
18. \_\_\_\_\_ help dispose of the food waste produced by humans.  
*n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes
19. She received a positive \_\_\_\_\_ from her boss for her outstanding performance at work.  
*n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner
20. We \_\_\_\_\_ a cease-fire.  
*v.* to come to an end or close; to reach a judgment or opinion by reasoning
21. The economic recession \_\_\_\_\_ the housing market.  
*v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
22. The \_\_\_\_\_ approved by Congress was perfunctorily implemented.  
*n.* an official rule made and maintained by a government or some other authority; the act of controlling or directing something according to a rule
23. I need to \_\_\_\_\_ my suitcase and put my clothes away.  
*v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
24. The discovery of a critical bug caused the company to delay the \_\_\_\_\_ release.  
*n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

ANSWERS: 17. complicated, 18. Worms, 19. appraisal, 20. concluded, 21. depressed, 22. regulation, 23. unpack, 24. app's



25. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
26. He got a new job for the \_\_\_\_\_ of his family.
- n.* purpose; reason for wanting something done
27. The curtain rose to \_\_\_\_\_ a fantastic set.
- v.* to make something, such as secret or new information, known publicly
28. He tried to \_\_\_\_\_ the phone from my hand, but I held on tight.
- v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort
29. My friend shared an \_\_\_\_\_ story about her experience in customer service.
- adj.* based on personal accounts or stories that may not be verifiable or representative of a larger population; characterized by anecdotes or casual observations rather than scientific data or empirical evidence
30. I underwent aversion \_\_\_\_\_ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
31. This ad campaign is aimed \_\_\_\_\_ at young women.
- adv.* only associated with or meant for one thing
32. He got over the big \_\_\_\_\_ with his wife.
- n.* the end of a relationship between persons or nations; the separation of something into several pieces or sections

ANSWERS: 25. process, 26. sake, 27. disclose, 28. swipe, 29. anecdotal, 30. therapy, 31. specifically, 32. breakup

33. The defendant gave a \_\_\_\_\_ and accurate description of the accident.

*adj.* easy to do or understand, or simple; free from ambiguity

34. This argument is still not \_\_\_\_\_.

*adj.* enough, acceptable, satisfactory for a particular purpose or need

35. The article \_\_\_\_\_ the true intentions of the author's argument.

*v.* to present a false or misleading interpretation or impression of something or someone

36. He performed \_\_\_\_\_ tricks with sophisticated moves.

*n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

37. Our plan includes a comprehensive marketing \_\_\_\_\_.

*n.* a detailed plan of action designed to achieve a long-term or overall goal.

38. Many multinational companies are \_\_\_\_\_ in the reconstruction of that country.

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

39. Daily yoga helped her achieve a \_\_\_\_\_ state of mind and calmness.

*n.* a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

40. I still experience \_\_\_\_\_ from the car accident I was in last year.

*n.* a consequence or result that follows after an event, experience, or action, sometimes with a delayed onset, often used to describe the lingering impact of traumatic experiences or medical treatments

ANSWERS: 33. straightforward, 34. adequate, 35. misrepresents, 36. magic, 37. strategy, 38. engaged, 39. zen, 40. aftereffects

41. The corporation \_\_\_\_\_ dominated the entire tobacco business.  
*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
42. It is \_\_\_\_\_ to see criminal behavior even though it is minor.  
*adj.* not enjoyable or comfortable
43. The hotel's staff is very \_\_\_\_\_ and efficient.  
*adj.* enjoyable, attractive, friendly, or agreeable
44. Please don't \_\_\_\_\_ me while I'm studying.  
*v.* to draw someone's attention away from what they are trying to do
45. It will take time for her mental scars to \_\_\_\_\_.  
*v.* to make a wound or injury to become well again
46. She couldn't \_\_\_\_\_ whether to order the pizza or the pasta for dinner.  
*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
47. The shark's powerful \_\_\_\_\_ allowed it to swim at high speeds.  
*n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
48. The movie has received almost universally \_\_\_\_\_ criticism.  
*adj.* having the quality of something bad or harmful; expressing refusal
49. The company has made great strides in its \_\_\_\_\_ toward sustainability.  
*n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 41. eventually, 42. unpleasant, 43. pleasant, 44. distract, 45. heal, 46. decide, 47. fins, 48. negative, 49. progression

ANSWERS: