

Englist.me



Vocabulary Builder Reference from...

Valerie Purdie-Greenaway: The anxiety that comes from being treated like an outsider | TED Talk

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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

curator

n. a person whose job is to manage the objects or artworks in a museum, art gallery, etc.

synonym: conservator, custodian, administrator

(1) **curator** of a library, (2) interim **curator**

The museum **curator** conserved the ancient manuscripts.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

laboratory

n. a workplace for doing scientific research or teaching science; a lab

synonym: lab, workshop, testing room

(1) **laboratory** accident, (2) anthropology **laboratory**

Animal protection groups call for an end to animal testing in a **laboratory**.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

foster

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym : nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids

The pastor contributed to **fostering** the sense of a community embracing all classes.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym : sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

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.

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**.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol

consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

traditionally

adv. in accordance with tradition; typically or commonly done in a particular way

synonym: conventionally, commonly, generally

(1) **traditionally** accepted concept, (2) **traditionally** sung at a banquet

Traditionally, the ceremony was held outdoors.

midst

n. the middle part of people or things

synonym: middle, core, bosom

(1) in the **midst** of the crowd, (2) in the **midst** of a scandal

He remained serene in the **midst** of turbulence.

pandemic

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

synonym: outbreak

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

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

anxious

adj. worried and nervous

synonym : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look
He cast **anxious** glances behind her.

micromanagement

n. a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments

synonym : control-freak management, nit-picking, excessive supervision

(1) **micromanagement** approach, (2) **micromanagement** techniques

His manager's **micromanagement** style drove him crazy, making him feel like he couldn't make any decisions on his own.

ethnicity

n. the cultural characteristics of a particular group, such as language, religion, and traditions, that distinguish them from other groups

synonym : race, culture, heritage

(1) with respect to **ethnicity**, (2) based on their **ethnicity**
The company has a diverse workforce representing different **ethnicity** and backgrounds.

gender

n. the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

synonym : sexuality

(1) **gender-blind** policies, (2) dual **gender**
Cultural norms strongly influence **gender** expectations.

orientation

n. a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment

synonym : direction, introduction, frontage

(1) sexual **orientation**, (2) the school **orientation**

There will be an **orientation** lecture for new students this afternoon.

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.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

stereotype

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

stem

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

synonym: branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick

A rose has thorns on its **stem**.

church

n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

synonym: chapel, cathedral, synagogue

(1) **church** bell, (2) small **church**

The **church** on the corner is hosting a free community meal tonight.

synagogue

n. a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices

synonym: temple, shul, tabernacle

(1) reconstructed **synagogue**, (2) historical **synagogue**

We attended services at the local **synagogue** during the High Holidays.

intentionally

adv. in a planned or intended way

synonym: knowingly, calculatedly, deliberately

(1) she hit him **intentionally**, (2) She **intentionally** spread misleading information.

She would never **intentionally** hurt anyone.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym: unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted

I **inadvertently** left my phone at home this morning and felt lost.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym : affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym : particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

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**.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym : acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

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.

instance

n. a particular example or single occurrence of something

synonym : example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

mentor

n. a person who helps and advises a younger or less experienced person over time, usually at work or school

synonym : adviser, coach, tutor

(1) **mentor** for life, (2) fashion **mentor**

As a **mentor**, he helped me realize my career.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym : guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

situ

adj. short for "situated," meaning located or placed in a particular position or circumstance

synonym : situational, contextual, circumstantial

(1) ex- **situ** conservation, (2) in- **situ** control

Melanoma in **situ** is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.

relative

adj. considered and evaluated through comparison with something else

synonym : comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

broad

adj. very wide; general

synonym : wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind

He accumulated wealth across a **broad** spectrum of assets.

affirmation

n. a statement declaring something to be true strongly
synonym: confirmation, validation, endorsement

(1) self- **affirmation**, (2) statement of **affirmation**

The **affirmation** from her boss gave her the confidence she needed to move forward with her project.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

detectable

adj. capable of being discovered or identified

synonym: perceptible, noticeable, observable

(1) a barely **detectable** change, (2) **detectable** by the human ear

The object is **detectable** at ultraviolet wavelengths.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

overwork

v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

synonym: overdo, overtax, exhaust

(1) die from **overwork**, (2) **overwork** to compensate

He **overworked** himself and ended up getting sick.

detect

v. to find or recognize something, especially something difficult to see, hear, etc.

synonym: catch, observe, notice

(1) **detect** a bad event, (2) **detect** smuggling across borders

The security camera has **detected** four intruders.

solo

adv. without anybody else or anything else; alone

synonym : alone

(1) a **solo** vocal recital, (2) a **solo** flight

I would love to **solo** camping someday.

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.

suppose

v. to think that something is likely to be actual or possible

synonym : guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

obvious

adj. easy to see, discover or understand

synonym : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

injustice

n. a violation of the rights of others or the laws of a society

synonym : unfairness, bias, discrimination

(1) gross **injustice**, (2) **injustice** system

The **injustice** of the court's decision angered many people and led to protests.

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.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**
His dream is to become an Olympic **athlete**.

athletics

n. the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

synonym: sports, physical activity, exercise

(1) high school **athletics**, (2) professional **athletics**

She excelled in **athletics** during high school and went on to compete at the collegiate level.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

debilitating

adj. weakening or damaging; causing a loss of strength, energy, or success

synonym: weakening, exhausting

(1) **debilitating** virus, (2) **debilitating** effect

His **debilitating** illness made it difficult for him to leave the house.

onset

n. the beginning or early stages of unpleasant something; a military attack

synonym: beginning, attack, commencement

(1) at the first **onset**, (2) the **onset** of spring

This medicine works best when taken at the **onset** of a cold.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

empower

v. to give someone the power or authority to do something

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

erode

v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

synonym: wear away, deteriorate, corrode

(1) **erode** coast, (2) **erode** trust

The ongoing budget cuts have **eroded** the quality of education in many schools.

inclusive

adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

synonym: cover-all, all-embracing, comprehensive

(1) a fully **inclusive** price, (2) **inclusive** education

The university has established a capacity for each nationality as part of its **inclusive** policy.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

lever

n. a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

synonym: lifter, crowbar, bar

(1) a gear change **lever**, (2) **lever** for reform

This initiative will be a **lever** for increasing company sales.

adviser

n. a person who gives advice about a particular subject

synonym: consultant, guide, expert

(1) a medical **adviser**, (2) chief **adviser**

After retiring, he continued to be an **adviser** to politicians.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

retire

v. to withdraw from one's position or occupation, especially because of age

synonym:

relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms

After working for the company for 30 years, she decided to **retire** from her job.

debilitate

v. to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue

synonym: weaken, enfeeble, exhaust

(1) **debilitate** the body, (2) **debilitate** the mind

The disease has **debilitated** her to the point where she can no longer live independently.

frazzle

v. to exhaust or wear out someone or something to the point of being completely worn or frayed; (noun) a state of extreme exhaustion or depletion, often caused by stress or overwork

synonym: exhaust, wear out, (noun) fatigue

(1) **frazzle** my nerves, (2) **frazzle-free** hair

The long hours of studying for the exam **frazzled** my brain.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

synonym: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

spot

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

synonym : dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor

This remote **spot** is rarely visited.

forth

adv. forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open

synonym : forward, onwards, ahead

(1) bring **forth** a beautiful vase, (2) call **forth** demand

I pushed **forth** with my new project, even though it would take much hard work.

provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

synonym : stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym : coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

superior

adj. better, higher in quality, or more advanced than others

synonym : better, greater, exceptional

(1) **superior** performance, (2) provide **superior** customer service

The new smartphone model is **superior** to the previous version in terms of speed and features.

regularly

adv. at regular intervals or times

synonym : repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

forgiveness

n. the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion

synonym: pardon, amnesty, compassion

(1) **forgiveness** of liabilities, (2) beg for **forgiveness**

He gained debt **forgiveness**.

intention

n. something you want to do and are going to do

synonym: purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**

Our CEO's **intentions** are always transparent and straightforward.

tolerate

v. to allow something to exist or happen, even if it is disliked or opposed

synonym: endure, put up with, bear

(1) **tolerate** his disrespectful behavior, (2) **tolerate** ambiguity

I can't **tolerate** spicy food, and it always gives me heartburn

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**.

groundwork

n. the basic or preparatory work or steps that provide a foundation for something

synonym: foundation, base, cornerstone

(1) **groundwork** foundation, (2) **groundwork** study

They laid the **groundwork** for the new project by conducting thorough research.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

intuition

n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

synonym : instinct, gut feeling, sixth sense

(1) creative **intuition**, (2) **intuition** research

Some studies suggest that people's **intuitions** can be influenced by their experiences and biases.

paranoia

n. a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability

synonym : suspicion, mistrust, delusions

(1) encourage **paranoia**, (2) suffering from **paranoia**

His **paranoia** about being followed made him constantly look over his shoulder.

rife

adj. full of, abundant with, or commonly present or encountered, often used to describe something undesirable or harmful

synonym : prevalent, abundant, widespread

(1) **rife** with rumors, (2) **rife** with uncertainty

Misinformation is **rife** on social media platforms.

sponsor

v. to provide funds for a particular event, program, individual, etc. as a way of advertising

synonym : back, fund, finance

(1) **sponsor** a contest, (2) **sponsor** a local group

Our company **sponsors** numerous disabled athletes.

amiss

adj. not quite right, not suitable, or not as expected

synonym : wrong, awry, graceless

(1) take her words **amiss**, (2) something is **amiss**

It would not be **amiss** to tell him the facts in advance.

contend

v. to struggle to win or surmount something

synonym : compete, oppose, argue

(1) **contend** that tobacco is nonaddictive, (2) **contend** for a championship

Tobacco companies have long **contended** that their product is not addictive.

robust

adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

synonym: healthy, strong, booming

(1) **robust** growth, (2) a **robust** appetite

The experiment yielded **robust** results that support his theory.

Session 2: Spelling

1. re____ve factors *adj.* considered and evaluated through comparison with something else
2. for_____ss of liabilities *n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion
3. development of the ne____s system *adj.* worried and anxious about something; relating to the nerves
4. nontechnical as____ts of the job *n.* one part or feature of a situation, problem, subject, etc.
5. an emotional ju____nt *n.* the ability to form valuable opinions and make reasonable decisions
6. id____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
7. re_____ly arranged *adv.* at regular intervals or times
8. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
9. something is am__s *adj.* not quite right, not suitable, or not as expected
10. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
11. beg for for_____ss *n.* the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion

ANSWERS: 1. relative, 2. forgiveness, 3. nervous, 4. aspect, 5. judgment, 6. identity, 7. regularly, 8. define, 9. amiss, 10. define, 11. forgiveness

12. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
13. r__e with rumors *adj.* full of, abundant with, or commonly present or encountered, often used to describe something undesirable or harmful
14. as___ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
15. creative in_____on *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
16. a ro___t appetite *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
17. at the first on__t *n.* the beginning or early stages of unpleasant something; a military attack
18. the school ori_____on *n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment
19. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
20. small ch___h *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

ANSWERS: 12. incredibly, 13. rife, 14. aspect, 15. intuition, 16. robust, 17. onset, 18. orientation, 19. colleague, 20. church

21. a br__d mind *adj.* very wide; general
22. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
23. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
24. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
25. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
26. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
27. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
28. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something
29. an_____s about his health *adj.* worried and nervous
30. b__p up prices *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
31. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 21. broad, 22. suffer, 23. physiological, 24. suffer, 25. empower, 26. pandemic, 27. absolutely, 28. perspective, 29. anxious, 30. bump, 31. environment

32. sexual ori_____on *n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment
33. deb_____te the mind *v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
34. interim cu_____r *n.* a person whose job is to manage the objects or artworks in a museum, art gallery, etc.
35. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
36. det_____le by the human ear *adj.* capable of being discovered or identified
37. er__e coast *v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
38. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
39. die from ov_____rk *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
40. collaborate with co_____ues *n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 32. orientation, 33. debilitate, 34. curator, 35. mindset, 36. detectable, 37. erode, 38. athlete, 39. overwork, 40. colleague

41. th___e on pressure	<i>v.</i> to grow vigorously; to make steady progress
42. suffering from pa_____ia	<i>n.</i> a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability
43. b__p against a wall	<i>v.</i> to hit or knock against something hard, often with a dull sound; to meet with by accident
44. fr_____e my nerves	<i>v.</i> to exhaust or wear out someone or something to the point of being completely worn or frayed; (noun) a state of extreme exhaustion or depletion, often caused by stress or overwork
45. deb_____ing virus	<i>adj.</i> weakening or damaging; causing a loss of strength, energy, or success
46. chaotic env_____nt	<i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live
47. co_____al combination of funds	<i>adj.</i> belonging to or used by a group rather than individuals; for common use
48. di_____e control	<i>n.</i> a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
49. psy_____gy of crowd	<i>n.</i> the scientific study of mind and behavior
50. clear in_____on	<i>n.</i> something you want to do and are going to do

ANSWERS: 41. thrive, 42. paranoia, 43. bump, 44. frazzle, 45. debilitating, 46. environment, 47. communal, 48. disease, 49. psychology, 50. intention

51. lab_____ry accident *n.* a workplace for doing scientific research or teaching science; a lab
52. re___e voluntarily *v.* to withdraw from one's position or occupation, especially because of age
53. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
54. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
55. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
56. pr_____e a reaction *v.* to stimulate or give rise to a particular reaction or have a particular effect
57. gro_____rk study *n.* the basic or preparatory work or steps that provide a foundation for something
58. she hit him int_____lly *adv.* in a planned or intended way
59. tra_____lly sung at a banquet *adv.* in accordance with tradition; typically or commonly done in a particular way
60. ex-s__u conservation *adj.* short for "situated," meaning located or placed in a particular position or circumstance
61. in_____ce system *n.* a violation of the rights of others or the laws of a society
62. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
63. become a professional at_____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 51. laboratory, 52. retire, 53. violent, 54. chronic, 55. anxiety, 56. provoke, 57. groundwork, 58. intentionally, 59. traditionally, 60. situ, 61. injustice, 62. incredibly, 63. athlete

64. legal co____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
65. a s__o vocal recital *adv.* without anybody else or anything else; alone
66. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
67. the per_____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
68. his conclusion was ob____s *adj.* easy to see, discover or understand
69. pr____e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
70. deliver a ju____nt *n.* the ability to form valuable opinions and make reasonable decisions
71. s__m from a belief *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
72. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
73. to_____te ambiguity *v.* to allow something to exist or happen, even if it is disliked or opposed

ANSWERS: 64. context, 65. solo, 66. recognize, 67. perspective, 68. obvious, 69. provoke, 70. judgment, 71. stem, 72. disease, 73. tolerate

74. word ass_____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
75. a remote re_____ve *adj.* considered and evaluated through comparison with something else
76. ina_____tly omitted *adv.* unintentionally; accidentally; without purpose or deliberate intent
77. co_____d that tobacco is nonaddictive *v.* to struggle to win or surmount something
78. wi_____m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
79. take her words am____s *adj.* not quite right, not suitable, or not as expected
80. sp_____r a local group *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
81. permanent br____n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
82. de_____e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
83. na_____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
84. in_____on behind his decision *n.* something you want to do and are going to do

ANSWERS: 74. association, 75. relative, 76. inadvertently, 77. contend, 78. wisdom, 79. amiss, 80. sponsor, 81. brain, 82. decide, 83. navigate, 84. intention

85. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
86. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
87. an an_____s look *adj.* worried and nervous
88. ch____h bell *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
89. anthropology lab_____ry *n.* a workplace for doing scientific research or teaching science; a lab
90. na_____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
91. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
92. call fo__h demand *adv.* forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open
93. in the mi__t of the crowd *n.* the middle part of people or things
94. ro____t growth *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

ANSWERS: 85. physiological, 86. relation, 87. anxious, 88. church, 89. laboratory, 90. navigate, 91. association, 92. forth, 93. midst, 94. robust

95. professional at _____cs *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
96. negative ste _____pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
97. car _____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
98. ind _____al freedom *n.* a single person or thing, as distinct from a group
99. de ___t a bad event *v.* to find or recognize something, especially something difficult to see, hear, etc.
100. high school at _____cs *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
101. She int _____lly spread misleading information. *adv.* in a planned or intended way
102. in the mi __t of a scandal *n.* the middle part of people or things
103. mic _____ent approach *n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments
104. in _____ve education *adj.* including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

ANSWERS: 95. athletics, 96. stereotype, 97. cardiovascular, 98. individual, 99. detect, 100. athletics, 101. intentionally, 102. midst, 103. micromanagement, 104. inclusive

105. 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
106. de___t smuggling across borders *v.* to find or recognize something, especially something difficult to see, hear, etc.
107. em_____r my life *v.* to give someone the power or authority to do something
108. ob_____s reasons *adj.* easy to see, discover or understand
109. to_____te his disrespectful behavior *v.* to allow something to exist or happen, even if it is disliked or opposed
110. deb_____te the body *v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
111. a s__t on his honor *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
112. a private ind_____al *n.* a single person or thing, as distinct from a group
113. cell and molecular bi_____y *n.* the scientific study of life and the natural processes of living things
114. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
115. psy_____gy experiment *n.* the scientific study of mind and behavior
116. Doppler sh__t *n.* a slight transition in position, direction, or trend

ANSWERS: 105. decide, 106. detect, 107. empower, 108. obvious, 109. tolerate, 110. debilitate, 111. spot, 112. individual, 113. biology, 114. retire, 115. psychology, 116. shift

117. fashion me___r *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
118. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
119. in_____on research *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
120. avoid ste_____pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
121. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
122. economic th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
123. fo___r a better relationship *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
124. encourage pa_____ia *n.* a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability

ANSWERS: 117. mentor, 118. communal, 119. intuition, 120. stereotype, 121. relation, 122. threat, 123. foster, 124. paranoia

125. for in____ce *n.* a particular example or single occurrence of something
126. gro_____rk foundation *n.* the basic or preparatory work or steps that provide a foundation for something
127. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
128. me____r for life *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
129. le__r for reform *n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily
130. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
131. the on__t of spring *n.* the beginning or early stages of unpleasant something; a military attack
132. self-aff_____on *n.* a statement declaring something to be true strongly
133. cu_____r of a library *n.* a person whose job is to manage the objects or artworks in a museum, art gallery, etc.
134. environmental th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

ANSWERS: 125. instance, 126. groundwork, 127. specific, 128. mentor, 129. lever, 130. context, 131. onset, 132. affirmation, 133. curator, 134. threat

135. ov____rk to compensate *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
136. military st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
137. th____e in a society *v.* to grow vigorously; to make steady progress
138. a s__o flight *adv.* without anybody else or anything else; alone
139. post re____ly to a blog *adv.* at regular intervals or times
140. major paradigm sh__t *n.* a slight transition in position, direction, or trend
141. fo____r two kids *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
142. an____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
143. a fully in____ve price *adj.* including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something
144. re____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
145. a gear change le__r *n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

ANSWERS: 135. overwork, 136. strategy, 137. thrive, 138. solo, 139. regularly, 140. shift, 141. foster, 142. anxiety, 143. inclusive, 144. recognize, 145. lever

146. deb_____ing effect *adj.* weakening or damaging; causing a loss of strength, energy, or success
147. the s__m of a matchstick *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
148. emotional p__p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
149. ge___r-blind policies *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
150. su_____or performance *adj.* better, higher in quality, or more advanced than others
151. gross in_____ce *n.* a violation of the rights of others or the laws of a society
152. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
153. fru_____on level *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
154. chief ad_____r *n.* a person who gives advice about a particular subject

ANSWERS: 146. debilitating, 147. stem, 148. prop, 149. gender, 150. superior, 151. injustice, 152. wisdom, 153. frustration, 154. adviser

155. mistaken id____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
156. su____e beforehand *v.* to think that something is likely to be actual or possible
157. p__p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
158. su____e you're right *v.* to think that something is likely to be actual or possible
159. notable in____ce *n.* a particular example or single occurrence of something
160. r__e with uncertainty *adj.* full of, abundant with, or commonly present or encountered, often used to describe something undesirable or harmful
161. sp____r a contest *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
162. flu pa____ic *n.* an outbreak of a disease that affects many people over a very wide area
163. get ne____s *adj.* worried and anxious about something; relating to the nerves
164. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent

ANSWERS: 155. identity, 156. suppose, 157. prop, 158. suppose, 159. instance, 160. rife, 161. sponsor, 162. pandemic, 163. nervous, 164. inadvertently

165. co____d for a championship *v.* to struggle to win or surmount something
166. in-s__u control *adj.* short for "situated," meaning located or placed in a particular position or circumstance
167. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
168. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
169. beauty s__t *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
170. bring fo__h a beautiful vase *adv.* forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open
171. provide su____or customer service *adj.* better, higher in quality, or more advanced than others
172. statement of aff_____on *n.* a statement declaring something to be true strongly
173. er__e trust *v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
174. vi____t incident *adj.* involving or caused by physical force or aggression against someone or something

ANSWERS: 165. contend, 166. situ, 167. mindset, 168. cardiovascular, 169. spot, 170. forth, 171. superior, 172. affirmation, 173. erode, 174. violent

175. abs_____ly against *adv.* without restriction or limitation; completely or utterly
176. based on their et_____ty *n.* the cultural characteristics of a particular group, such as language, religion, and traditions, that distinguish them from other groups
177. evolutionary bi_____y *n.* the scientific study of life and the natural processes of living things
178. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
179. reconstructed sy_____ue *n.* a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
180. dual ge____r *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
181. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
182. fr_____e-free hair *v.* to exhaust or wear out someone or something to the point of being completely worn or frayed; (noun) a state of extreme exhaustion or depletion, often caused by stress or overwork
183. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

ANSWERS: 175. absolutely, 176. ethnicity, 177. biology, 178. strategy, 179. synagogue, 180. gender, 181. chronic, 182. frazzle, 183. specific

184. tra_____lly accepted concept *adv.* in accordance with tradition; typically or commonly done in a particular way
185. historical sy_____ue *n.* a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
186. with respect to et_____ty *n.* the cultural characteristics of a particular group, such as language, religion, and traditions, that distinguish them from other groups
187. a medical ad_____r *n.* a person who gives advice about a particular subject
188. mic_____ent techniques *n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments
189. attract br__d attention *adj.* very wide; general
190. express fru_____on *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
191. a barely det_____le change *adj.* capable of being discovered or identified
192. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 184. traditionally, 185. synagogue, 186. ethnicity, 187. adviser, 188. micromanagement, 189. broad, 190. frustration, 191. detectable, 192. brain

Session 3: Fill in the Blanks

1. His father's death changed his whole _____ on life.
n. a confident attitude toward something; a particular style of thinking about something

2. The experiment yielded _____ results that support his theory.
adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

3. The terrorist's _____ remains unknown.
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

4. His _____ about being followed made him constantly look over his shoulder.
n. a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability

5. His _____ illness made it difficult for him to leave the house.
adj. weakening or damaging; causing a loss of strength, energy, or success

6. The security camera has _____ four intruders.
v. to find or recognize something, especially something difficult to see, hear, etc.

7. Tobacco companies have long _____ that their product is not addictive.
v. to struggle to win or surmount something

8. This remote _____ is rarely visited.
n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 1. perspective, 2. robust, 3. identity, 4. paranoia, 5. debilitating, 6. detected, 7. contended, 8. spot

9. Our plan includes a comprehensive marketing _____.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
10. 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
11. We attended services at the local _____ during the High Holidays.
- n.* a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
12. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
13. Misinformation is _____ on social media platforms.
- adj.* full of, abundant with, or commonly present or encountered, often used to describe something undesirable or harmful
14. This site _____ shares high-quality academic materials.
- adv.* at regular intervals or times
15. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
16. Our company _____ numerous disabled athletes.
- v.* to provide funds for a particular event, program, individual, etc. as a way of advertising

ANSWERS: 9. strategy, 10. relations, 11. synagogue, 12. brain, 13. rife, 14. regularly, 15. Chronic, 16. sponsors

17. He _____ himself and ended up getting sick.

- v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

18. Several cities are experiencing _____ high unemployment rates.

- adv.* in a way that is very difficult to believe; exceedingly or extremely

19. His membership in the _____ provided him with numerous benefits.

- n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

20. They laid the _____ for the new project by conducting thorough research.

- n.* the basic or preparatory work or steps that provide a foundation for something

21. To advance this discussion, we must _____ "success" rigorously.

- v.* to state or explain precisely the nature, scope, or meaning of something

22. These articles cite five _____ of climate change.

- n.* a particular example or single occurrence of something

23. She would never _____ hurt anyone.

- adv.* in a planned or intended way

24. The doctor diagnosed him with a rare _____ that had no known cure.

- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

25. I can't _____ spicy food, and it always gives me heartburn

- v.* to allow something to exist or happen, even if it is disliked or opposed

ANSWERS: 17. overworked, 18. incredibly, 19. association, 20. groundwork, 21. define, 22. instances, 23. intentionally, 24. disease, 25. tolerate

26. I would love to _____ camping someday.

adv. without anybody else or anything else; alone

27. They fear a _____ of a new type of virus.

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

28. We have finally lost our last _____.

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

29. I _____ left my phone at home this morning and felt lost.

adv. unintentionally; accidentally; without purpose or deliberate intent

30. Her _____ are consistently rational and sensible.

n. the ability to form valuable opinions and make reasonable decisions

31. I am _____ opposed to his idea because of morality.

adv. without restriction or limitation; completely or utterly

32. She had a master's degree in _____.

n. the scientific study of mind and behavior

33. The community greatly respected and sought after the older adult's _____.

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

34. Changing _____ about LGBTQ requires considerable effort.

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 26. solo, 27. pandemic, 28. prop, 29. inadvertently, 30. judgments, 31. absolutely, 32. psychology, 33. wisdom, 34. stereotypes

35. It's important to understand the _____ of a situation before making a decision.
n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
36. It would not be _____ to tell him the facts in advance.
adj. not quite right, not suitable, or not as expected
37. The pastor contributed to _____ the sense of a community embracing all classes.
v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
38. The long hours of studying for the exam _____ my brain.
v. to exhaust or wear out someone or something to the point of being completely worn or frayed; (noun) a state of extreme exhaustion or depletion, often caused by stress or overwork
39. The _____ of the court's decision angered many people and led to protests.
n. a violation of the rights of others or the laws of a society
40. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
41. His dream is to become an Olympic _____.
n. a person who competes in one or more sports that involve physical strength, speed, or endurance
42. It's important to _____ your strengths and weaknesses.
v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 35. context, 36. amiss, 37. fostering, 38. frazzled, 39. injustice, 40. suppose, 41. athlete, 42. recognize

43. He cast _____ glances behind her.

adj. worried and nervous

44. After retiring, he continued to be an _____ to politicians.

n. a person who gives advice about a particular subject

45. There are _____ differences between the two wine-producing regions.

adj. easy to see, discover or understand

46. The museum _____ conserved the ancient manuscripts.

n. a person whose job is to manage the objects or artworks in a museum, art gallery, etc.

47. Her behavior _____ a quarrel between the couple.

v. to stimulate or give rise to a particular reaction or have a particular effect

48. _____ elections were held in several European countries.

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

49. Animal protection groups call for an end to animal testing in a _____.

n. a workplace for doing scientific research or teaching science; a lab

50. The older man _____ from arthritis and finds it difficult to move around.

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

51. 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: 43. anxious, 44. adviser, 45. obvious, 46. curator, 47. provoked, 48. Communal, 49. laboratory, 50. suffers, 51. individual,

52. I decided to seek counseling on the advice of my _____.
- n.* one of a group of a coworker, especially in a profession or a business
53. Our CEO's _____ are always transparent and straightforward.
- n.* something you want to do and are going to do
54. There will be an _____ lecture for new students this afternoon.
- n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment
55. The company has a diverse workforce representing different _____ and backgrounds.
- n.* the cultural characteristics of a particular group, such as language, religion, and traditions, that distinguish them from other groups
56. The protesters became _____ when the police tried to disperse them.
- adj.* involving or caused by physical force or aggression against someone or something
57. Some studies suggest that people's _____ can be influenced by their experiences and biases.
- n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
58. Melanoma in _____ is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.
- adj.* short for "situated," meaning located or placed in a particular position or circumstance

ANSWERS: 52. colleague, 53. intentions, 54. orientation, 55. ethnicity, 56. violent, 57. intuitions, 58. situ

59. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

60. He remained serene in the _____ of turbulence.

n. the middle part of people or things

61. This medicine works best when taken at the _____ of a cold.

n. the beginning or early stages of unpleasant something; a military attack

62. 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

63. Without investment, a business cannot _____.

v. to grow vigorously; to make steady progress

64. The ongoing budget cuts have _____ the quality of education in many schools.

v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

65. 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

66. Most countries prohibit sexual activity between certain close _____.

adj. considered and evaluated through comparison with something else

ANSWERS: 59. specific, 60. midst, 61. onset, 62. anxiety, 63. thrive, 64. eroded, 65. bumped, 66. relatives

67. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

68. His manager's _____ style drove him crazy, making him feel like he couldn't make any decisions on his own.

n. a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments

69. Our knowledge helps _____ our clients successfully.

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

70. She excelled in _____ during high school and went on to compete at the collegiate level.

n. the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

71. Smoking places you at severe risk of _____ and respiratory disease.

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

72. The doctor explained the various _____ changes that occur during pregnancy.

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

73. He gained debt _____.

n. the act of stopping feeling angry or resentful towards someone for a mistake or offense with compassion

ANSWERS: 67. empowered, 68. micromanagement, 69. navigate, 70. athletics, 71. cardiovascular, 72. physiological, 73. forgiveness

74. As a _____ he helped me realize my career.

- n.* a person who helps and advises a younger or less experienced person over time, usually at work or school

75. He felt a deep _____ as he realized the project would not be completed on time.

- n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something

76. This initiative will be a _____ for increasing company sales.

- n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

77. The _____ of severe weather prompted the city to issue an evacuation warning.

- n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

78. A rose has thorns on its _____.

- n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

79. 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

80. After working for the company for 30 years, she decided to _____ from her job.

- v.* to withdraw from one's position or occupation, especially because of age

ANSWERS: 74. mentor, 75. frustration, 76. lever, 77. threat, 78. stem, 79. decide, 80. retire

81. _____ the ceremony was held outdoors.

adv. in accordance with tradition; typically or commonly done in a particular way

82. The university has established a capacity for each nationality as part of its _____ policy.

adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

83. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

84. He accumulated wealth across a _____ spectrum of assets.

adj. very wide; general

85. The disease has _____ her to the point where she can no longer live independently.

v. to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue

86. The object is _____ at ultraviolet wavelengths.

adj. capable of being discovered or identified

87. The new smartphone model is _____ to the previous version in terms of speed and features.

adj. better, higher in quality, or more advanced than others

88. The _____ from her boss gave her the confidence she needed to move forward with her project.

n. a statement declaring something to be true strongly

ANSWERS: 81. Traditionally, 82. inclusive, 83. shift, 84. broad, 85. debilitated, 86. detectable, 87. superior, 88. affirmation

89. Cultural norms strongly influence _____ expectations.

- n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

90. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.

- n.* the established set of attitudes or fixed ideas held by someone

91. His professional experience includes all _____ of media production.

- n.* one part or feature of a situation, problem, subject, etc.

92. He suffers from _____ breakdowns.

- adj.* worried and anxious about something; relating to the nerves

93. Every human is responsible for taking care of the Earth's _____.

- n.* the natural world such as air, water, and land in which humans, animals, and plants live

94. I pushed _____ with my new project, even though it would take much hard work.

- adv.* forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open

95. The _____ on the corner is hosting a free community meal tonight.

- n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

96. In junior high school, we had to dissect a frog in _____ class.

- n.* the scientific study of life and the natural processes of living things

ANSWERS: 89. gender, 90. mindset, 91. aspects, 92. nervous, 93. environment, 94. forth, 95. church, 96. biology

ANSWERS: