

# 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](https://www.ted.com/talks/valerie_purdie_greenaway_the_anxiety_that_comes_from_being_treated_like_a_n_outsider)

### Advanced Words Only

#### 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.

### 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.

### 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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Session 2: Spelling

1. fr\_\_\_\_e my nerves  
*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
2. 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
3. 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
4. something is am\_\_s  
*adj.* not quite right, not suitable, or not as expected
5. mic\_\_\_\_\_ent approach  
*n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments
6. co\_\_\_\_d that tobacco is nonaddictive  
*v.* to struggle to win or surmount something
7. ina\_\_\_\_\_tly omitted  
*adv.* unintentionally; accidentally; without purpose or deliberate intent
8. in-s\_\_u control  
*adj.* short for "situated," meaning located or placed in a particular position or circumstance

ANSWERS: 1. frazzle, 2. synagogue, 3. stereotype, 4. amiss, 5. micromanagement, 6. contend, 7. inadvertently, 8. situ

- |                                |   |
|--------------------------------|---|
| 9. r__e with rumors            | <i>adj.</i> full of, abundant with, or commonly present or encountered, often used to describe something undesirable or harmful   |
| 10. co____d for a championship | <i>v.</i> to struggle to win or surmount something  |
| 11. gro_____rk foundation      | <i>n.</i> the basic or preparatory work or steps that provide a foundation for something  |
| 12. negative ste_____pes       | <i>n.</i> 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 |
| 13. mic_____ent techniques     | <i>n.</i> a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments                  |
| 14. interim cu____r            | <i>n.</i> a person whose job is to manage the objects or artworks in a museum, art gallery, etc.  |
| 15. deb_____te the mind        | <i>v.</i> to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue                        |
| 16. deb_____ing effect         | <i>adj.</i> weakening or damaging; causing a loss of strength, energy, or success   |
| 17. deb_____ing virus          | <i>adj.</i> weakening or damaging; causing a loss of strength, energy, or success   |

ANSWERS: 9. rife, 10. contend, 11. groundwork, 12. stereotype, 13. micromanagement, 14. curator, 15. debilitate, 16. debilitating, 17. debilitating

18. 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
19. 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
20. self-aff\_\_\_\_\_on      *n.* a statement declaring something to be true strongly
21. 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
22. em\_\_\_\_\_r the secretary to do the same      *v.* to give someone the power or authority to do something
23. global pa\_\_\_\_\_ic      *n.* an outbreak of a disease that affects many people over a very wide area
24. 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
25. ex-s\_\_u conservation      *adj.* short for "situated," meaning located or placed in a particular position or circumstance

ANSWERS: 18. debilitate, 19. paranoia, 20. affirmation, 21. frazzle, 22. empower, 23. pandemic, 24. erode, 25. situ



26. 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
27. take her words am\_\_s      *adj.* not quite right, not suitable, or not as expected
28. flu pa\_\_\_\_\_ic      *n.* an outbreak of a disease that affects many people over a very wide area
29. 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
30. 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
31. ina\_\_\_\_\_tly deleted      *adv.* unintentionally; accidentally; without purpose or deliberate intent
32. em\_\_\_\_\_r my life      *v.* to give someone the power or authority to do something
33. the mi\_\_\_\_\_t in an education system      *n.* the established set of attitudes or fixed ideas held by someone
34. 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

ANSWERS: 26. synagogue, 27. amiss, 28. pandemic, 29. intuition, 30. intuition, 31. inadvertently, 32. empower, 33. mindset, 34. overwork

35. cu\_\_\_\_r of a library *n.* a person whose job is to manage the objects or artworks in a museum, art gallery, etc.
36. 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
37. pr\_\_\_\_e a reaction *v.* to stimulate or give rise to a particular reaction or have a particular effect
38. pr\_\_\_\_e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
39. flexible mi\_\_\_\_t *n.* the established set of attitudes or fixed ideas held by someone
40. statement of aff\_\_\_\_\_on *n.* a statement declaring something to be true strongly
41. gro\_\_\_\_rk study *n.* the basic or preparatory work or steps that provide a foundation for something
42. r\_\_e with uncertainty *adj.* full of, abundant with, or commonly present or encountered, often used to describe something undesirable or harmful
43. suffering from 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
44. 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

ANSWERS: 35. curator, 36. erode, 37. provoke, 38. provoke, 39. mindset, 40. affirmation, 41. groundwork, 42. rife, 43. paranoia, 44. overwork

ANSWERS:

## Session 3: Fill in the Blanks

1. 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
2. His \_\_\_\_\_ illness made it difficult for him to leave the house.  
*adj.* weakening or damaging; causing a loss of strength, energy, or success
3. 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
4. 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
5. 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
6. I \_\_\_\_\_ left my phone at home this morning and felt lost.  
*adv.* unintentionally; accidentally; without purpose or deliberate intent
7. 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

ANSWERS: 1. synagogue, 2. debilitating, 3. paranoia, 4. micromanagement, 5. frazzled, 6. inadvertently, 7. intuitions

8. 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

9. 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

10. 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

11. Tobacco companies have long \_\_\_\_\_ that their product is not addictive.

*v.* to struggle to win or surmount something

12. 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

13. 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

14. Her behavior \_\_\_\_\_ a quarrel between the couple.

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

15. 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

ANSWERS: 8. situ, 9. empowered, 10. eroded, 11. contended, 12. affirmation, 13. mindset, 14. provoked, 15. debilitated

16. Misinformation is \_\_\_\_\_ on social media platforms.

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

17. The museum \_\_\_\_\_ conserved the ancient manuscripts.

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

18. 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

19. 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

20. 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

21. They fear a \_\_\_\_\_ of a new type of virus.

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

22. It would not be \_\_\_\_\_ to tell him the facts in advance.

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

ANSWERS: 16. rife, 17. curator, 18. stereotypes, 19. groundwork, 20. overworked, 21. pandemic, 22. amiss