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Vocabulary Builder Reference from...

Jen Gunter: What's normal anxiety -- and what's an anxiety disorder? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

stigma

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

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

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**.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym : chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

classic

adj. judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

synonym: definitive, traditional, typical

(1) a **classic** experiment, (2) Chinese **classic** literature

He displayed the **classic** symptoms of depression.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

constant

adj. happening repeatedly or all the time

synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

tense

adj. unable to relax because of being nervous or worried; stretched tight or rigid

synonym: tight, stretched, strained

(1) **tense** atmosphere, (2) have a **tense** face

This story makes me **tense**.

struggle

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

synonym: toil, strive, compete

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

He could not **struggle** against temptation.

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.

treatment

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

synonym: remedy, antidote, medicine

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

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

insure

v. to provide coverage in the event of loss or damage

synonym: protect, guard, safeguard

(1) **insure** my house against fire, (2) **insure** domestic tranquility

I will **insure** my car before I go on a road trip.

dismiss

v. to regard something or someone as not important and not worth considering; to terminate someone's employment

synonym: decline, disband, dissolve

(1) **dismiss** a person from the office, (2) **dismiss** a matter with a laugh

The committee has decided to **dismiss** the president from the post.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

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.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

moral

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

synonym: honest, ethical, conscientious

(1) **moral** hazard, (2) **moral** burden

Ethics deals with **moral** conduct.

strep

n. (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever

synonym: streptococci, streptococcus, streptococcal infection

(1) **strep** skin infection, (2) **strep** bacteria

The doctor diagnosed the patient with **strep** throat and prescribed antibiotics.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**
Some **emotions** are common across cultures and backgrounds.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

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.

subside

v. to become less intense or widespread; to sink to a lower level

synonym: decrease, decline, diminish

(1) **subside** an argument, (2) **subside** after a short time

The storm **subsided**, leaving the town in peace.

uncertain

adj. not being sure of something; not being able to choose

synonym: doubtful, skeptical, pending

(1) numerous **uncertain** factors, (2) take an **uncertain**

attitude

She was **uncertain** about her friend's intentions.

detection

n. the act of discovering or identifying the presence of something

synonym: discovery, identification, recognition

(1) **detection** by the security software, (2) importance of early **detection**

This smartphone has a collision **detection** function.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

predator

n. an animal whose natural behavior is to prey on others

synonym: vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

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**.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

almond

n. a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

synonym : nut, kernel, seed

(1) **almond** milk, (2) **almond** butter

I love snacking on **almonds** for a healthy and delicious snack.

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.

bundle

n. a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things

synonym : package, parcel, bale

(1) **bundle** of papers, (2) travel **bundle**

I tied up the **bundle** of newspapers and took them to the recycling center.

alert

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

synonym : warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to potential threats.

defensive

adj. used or intended to protect someone or something against attack or aggression

synonym : protective, watchful, opposing

(1) assume the **defensive**, (2) **defensive** weapons

Boxing fans often criticize his **defensive** stance.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage
Oxytocin is also produced in the nucleus of the **hypothalamus**.

relay

v. to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.

synonym: pass on, transmit, broadcast

(1) **relay** a scene, (2) **relay** a request
Please **relay** the news to the world.

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**.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

ventromedial

adj. located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions

synonym: belly-middle, ventral-medial, front-mid

(1) **ventromedial** nucleus, (2) **ventromedial** hernia
The **ventromedial** prefrontal cortex plays a role in decision-making and emotion regulation.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

cage

n. a structure made of metal bars or wire in which birds or animals can be kept

synonym : enclosure, jail, corral

(1) an insect **cage**, (2) a bird in a **cage**

The trapped bear is running amok in its **cage**.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym : quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

loop

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

synonym : circle, curl, spiral

(1) exit from a **loop**, (2) positive feedback **loop**

Many people in this city use the **loop** railway for transportation.

hippocampus

n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory

storage.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

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.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym: means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

synonym: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a

specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym : purpose, mapping, job

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

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

incorrect

adj. not in accordance with fact or truth or not accurate

synonym : unsound, wrong, inaccurate

(1) make an **incorrect** report, (2) an **incorrect** translation

He found my English sentences are **incorrect**.

overdrive

n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

synonym : high gear, high speed, turbocharge

(1) atrial **overdrive** pacing, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

persistent

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

synonym : tenacious, steadfast, unrelenting

(1) **persistent** cough, (2) **persistent** data

Despite the setbacks, he remained **persistent** in his pursuit of his dreams.

pervasive

adj. spreading or existing throughout every part of a thing or place

synonym : extensive, ubiquitous, prevalent

(1) **pervasive** language, (2) the **pervasive** odor of garlic

Suspicion and worry were **pervasive** in our minds.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym : activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation
The incident **triggered** a political controversy.

uncommon

adj. not occurring or seen very often; rare

synonym : rare, scarce, unusual

(1) **uncommon** occurrence, (2) **uncommon** talents
It was **uncommon** for the store to have such a big sale.

survey

n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

synonym : study, examination, poll

(1) a comprehensive **survey**, (2) recent **survey**
That **survey** shows that people are accepting the tax increase to some extent.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym : calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds
We **estimated** the season's total trade deficit at \$50 billion.

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.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym: confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

agoraphobia

n. an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears

synonym: claustrophobia, fear of crowds, fear of open spaces

(1) **agoraphobia** treatment, (2) **agoraphobia** symptoms

People with **agoraphobia** may experience symptoms such as panic attacks, dizziness, and rapid heartbeat in certain situations.

phobia

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

synonym: fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**

She has a **phobia** of spiders and always avoids them.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

mix-up

n. a confusion or mistake that occurs when things become intermingled or confused; a situation where people are mistaken or confused about something

synonym: confuse, jumble, scramble

(1) a **mix-up** in the booking, (2) baby **mix-up**

The **mix-up** with the schedule caused a lot of confusion among the team.

pathway

n. a track that constitutes or serves as a path; an approach or a way of doing something

synonym: route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling

pathways

When the first molecule in the **pathway** receives a signal, it activates other molecules.

vicious

adj. having or showing a desire to cause harm to others; having the nature of vice

synonym: malicious, spiteful, malevolent

(1) **vicious** attack, (2) **vicious** deflationary spiral

The **vicious** dog barked and growled at anyone who came near its territory.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by

cycle

The food chain causes a material **cycle**.

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.

reorganize

v. to change to a more sufficient or suitable form of organization

synonym: rearrange, reconstruct, reshuffle

(1) **reorganize** a department, (2) **reorganize** his debts

The new CEO was appointed to **reorganize** their business.

balanced

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

synonym: equitable, congruous, flat

(1) a **balanced** diet, (2) a well- **balanced** mind

We conducted a **balanced** assessment of intellectual and cultural history.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

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.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

cognitive

adj. of or relating to mental processes of understanding

synonym: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

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.

fantastic

adj. extremely good; excellent

synonym : incredible, unbelievable, marvelous

(1) a **fantastic** dress, (2) absolutely **fantastic** event

The new amusement park ride was **fantastic**, with twists, turns, and drops that left riders screaming with excitement.

identify

v. to recognize someone or something and say or prove who or what they are

synonym : determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

upset

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

synonym : disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach

He was awfully **upset** by the news.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop

yields

One **determinant** of success is having a positive attitude and a strong work ethic.

realistic

adj. having or showing a sensible and practical idea that is possible to achieve

synonym: practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

rebuild

v. to build again or anew

synonym: reconstruct, renovate, restore

(1) **rebuild** a company, (2) **rebuild** communities

They are planning to **rebuild** the house after the fire.

neural

adj. of or relating to a nerve or the nervous system that includes the brain

synonym: sensory, neuron, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

tamp

v. to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor

synonym: press, compact, ram

(1) **tamp** down fighting, (2) **tamp** tobacco into a pipe

Be sure to **tamp** down the soil around the newly planted tree to secure it in place.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

relief

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

synonym: remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

overreact

v. to react more strongly or excessively than is necessary or appropriate

synonym: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism

She **overreacted** to the situation and caused unnecessary stress.

Session 2: Spelling

- | | |
|---------------------------------------|---|
| 1. a co_____nt temperature | <i>adj.</i> happening repeatedly or all the time |
| 2. re_____on between cause and effect | <i>n.</i> the way two persons or groups of people feel and act toward one another |
| 3. id_____fy handwriting | <i>v.</i> to recognize someone or something and say or prove who or what they are |
| 4. con_____ion of armaments | <i>n.</i> the ability to focus all your time and energy on one thing without thinking about anything else. |
| 5. assume the de_____ve | <i>adj.</i> used or intended to protect someone or something against attack or aggression |
| 6. ven_____ial nucleus | <i>adj.</i> located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions |
| 7. re_____d a company | <i>v.</i> to build again or anew |
| 8. st_____le to get the job | <i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction |
| 9. c__m sea | <i>adj.</i> not excited, angry, or nervous; free from wind, large waves |
| 10. st___a against obesity | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |

ANSWERS: 1. constant, 2. relation, 3. identify, 4. concentration, 5. defensive, 6. ventromedial, 7. rebuild, 8. struggle, 9. calm, 10. stigma

11. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
12. re_____ly arranged *adv.* at regular intervals or times
13. bachelor's de___e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
14. reo_____ze his debts *v.* to change to a more sufficient or suitable form of organization
15. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
16. the im_____te past *adj.* happening or done without delay or occurring shortly after something else
17. 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
18. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
19. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
20. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
21. a ba_____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium

ANSWERS: 11. therapy, 12. regularly, 13. degree, 14. reorganize, 15. relation, 16. immediate, 17. stem, 18. symptom, 19. prefrontal, 20. degree, 21. balanced

22. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
23. re_____d communities *v.* to build again or anew
24. sexual pr_____ors *n.* an animal whose natural behavior is to prey on others
25. ov_____ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
26. a bird in a c___e *n.* a structure made of metal bars or wire in which birds or animals can be kept
27. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
28. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
29. apex pr_____or *n.* an animal whose natural behavior is to prey on others
30. am_____la damage *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
31. bu___e of papers *n.* a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things
32. un_____on occurrence *adj.* not occurring or seen very often; rare

ANSWERS: 22. determinant, 23. rebuild, 24. predator, 25. overreact, 26. cage, 27. disrupt, 28. regulate, 29. predator, 30. amygdala, 31. bundle, 32. uncommon

33. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
34. per_____nt cough *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
35. tax re____f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
36. go into ov_____ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
37. mo__l hazard *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
38. a co_____nt wind *adj.* happening repeatedly or all the time
39. a cl_____c experiment *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
40. immune fu_____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 33. minimize, 34. persistent, 35. relief, 36. overdrive, 37. moral, 38. constant, 39. classic, 40. function

41. a comprehensive su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
42. post re_____ly to a blog *adv.* at regular intervals or times
43. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
44. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
45. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
46. mo__l burden *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
47. travel bu___e *n.* a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things
48. f__e their homes *v.* to leave by running away, especially out of fear or danger
49. re__y a scene *v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
50. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

ANSWERS: 41. survey, 42. regularly, 43. panic, 44. therapy, 45. severe, 46. moral, 47. bundle, 48. flee, 49. relay, 50. treatment

51. al__t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
52. diagnosis of an____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
53. ago_____ia treatment *n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears
54. di_____s a matter with a laugh *v.* to regard something or someone as not important and not worth considering; to terminate someone's employment
55. al___d milk *n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes
56. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
57. recent su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
58. social ph___a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

ANSWERS: 51. alert, 52. anxiety, 53. agoraphobia, 54. dismiss, 55. almond, 56. symptom, 57. survey, 58. phobia

59. control my em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
60. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain
61. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
62. baby mi____p *n.* a confusion or mistake that occurs when things become intermingled or confused; a situation where people are mistaken or confused about something
63. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
64. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
65. atrial ov_____ve pacing *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
66. neurons in the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

ANSWERS: 59. emotion, 60. prefrontal, 61. panic, 62. mix-up, 63. meditation, 64. struggle, 65. overdrive, 66. hippocampus

67. anterior hyp_____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
68. pe_____ve language *adj.* spreading or existing throughout every part of a thing or place
69. de_____ve weapons *adj.* used or intended to protect someone or something against attack or aggression
70. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
71. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
72. a well-ba_____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
73. in___e my house against fire *v.* to provide coverage in the event of loss or damage
74. importance of early de_____on *n.* the act of discovering or identifying the presence of something
75. im_____e a process *v.* to make or become better
76. in___e domestic tranquility *v.* to provide coverage in the event of loss or damage
77. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

ANSWERS: 67. hypothalamus, 68. pervasive, 69. defensive, 70. diet, 71. determinant, 72. balanced, 73. insure, 74. detection, 75. improve, 76. insure, 77. upset

78. involvement of the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
79. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
80. the decline in am_____la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
81. an in_____ct translation *adj.* not in accordance with fact or truth or not accurate
82. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
83. improve co_____ve function *adj.* of or relating to mental processes of understanding
84. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
85. numerous un_____in factors *adj.* not being sure of something; not being able to choose
86. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
87. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

ANSWERS: 78. hippocampus, 79. diabetes, 80. amygdala, 81. incorrect, 82. disrupt, 83. cognitive, 84. mechanism, 85. uncertain, 86. nervous, 87. context

88. a private ind_____al *n.* a single person or thing, as distinct from a group
89. get up__t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
90. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
91. an insect c__e *n.* a structure made of metal bars or wire in which birds or animals can be kept
92. te__e atmosphere *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
93. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
94. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
95. re__y a request *v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
96. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 88. individual, 89. upset, 90. involve, 91. cage, 92. tense, 93. disorder, 94. suffer, 95. relay, 96. disorder

97. es____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
98. ov_____ct with anger *v.* to react more strongly or excessively than is necessary or appropriate
99. al____d butter *n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes
100. a fa_____ic dress *adj.* extremely good; excellent
101. take an un_____in attitude *adj.* not being sure of something; not being able to choose
102. a mi____p in the booking *n.* a confusion or mistake that occurs when things become intermingled or confused; a situation where people are mistaken or confused about something
103. im_____e the test score *v.* to make or become better
104. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
105. re__t at a high temperature *v.* to take action in response to something
106. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
107. re____e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

ANSWERS: 97. estimate, 98. overreact, 99. almond, 100. fantastic, 101. uncertain, 102. mix-up, 103. improve, 104. diabetes, 105. react, 106. cycle, 107. relate

108. his research area of
con_____ion
109. antibiotic med_____on
110. tr_____r inflation
111. al__t consumers to the dangers
112. religious med_____on
113. social st___a
114. id_____fy gene sequences
115. ne___l stem cells
116. c__m manner
117. sigh of re___f
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
- v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
- v.* to recognize someone or something and say or prove who or what they are
- adj.* of or relating to a nerve or the nervous system that includes the brain
- adj.* not excited, angry, or nervous; free from wind, large waves
- n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

ANSWERS: 108. concentration, 109. medication, 110. trigger, 111. alert, 112. meditation, 113. stigma, 114. identify, 115. neural, 116. calm, 117. relief

118. have a te__e face *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
119. the pe____ve odor of garlic *adj.* spreading or existing throughout every part of a thing or place
120. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
121. ph___a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
122. t__p tobacco into a pipe *v.* to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor
123. hyp_____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
124. absolutely fa_____ic event *adj.* extremely good; excellent
125. positive feedback l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
126. per_____nt data *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
127. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something

ANSWERS: 118. tense, 119. pervasive, 120. brain, 121. phobia, 122. tamp, 123. hypothalamus, 124. fantastic, 125. loop, 126. persistent, 127. estimate

128. cultural n__m *n.* something that is regarded as usual, typical, or standard
129. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
130. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
131. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
132. ind_____al freedom *n.* a single person or thing, as distinct from a group
133. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
134. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
135. defense me_____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
136. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 128. norm, 129. treatment, 130. anxiety, 131. relate, 132. individual, 133. trigger, 134. emotion, 135. mechanism, 136. function

137. su____e after a short time *v.* to become less intense or widespread; to sink to a lower level
138. st__p skin infection *n.* (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever
139. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
140. a re_____ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve
141. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
142. in_____t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
143. re__t against his way of thinking *v.* to take action in response to something
144. un_____on talents *adj.* not occurring or seen very often; rare
145. exit from a l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
146. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 137. subside, 138. strep, 139. suffer, 140. realistic, 141. context, 142. inhibit, 143. react, 144. uncommon, 145. loop, 146. brain

147. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
148. re_____te our conduct *v.* to control something, especially by means of rules or laws
149. ago_____ia symptoms *n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears
150. pa_____y to understanding *n.* a track that constitutes or serves as a path; an approach or a way of doing something
151. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
152. 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
153. visual co_____x neuron *n.* the outermost layer of an organ, especially the brain
154. n____m of action *n.* something that is regarded as usual, typical, or standard
155. mi_____ze a loss *v.* to make something, especially something bad, small or less serious
156. su_____e an argument *v.* to become less intense or widespread; to sink to a lower level
157. go to the workplace by cy____e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 147. medication, 148. regulate, 149. agoraphobia, 150. pathway, 151. cognitive, 152. threat, 153. cortex, 154. norm, 155. minimize, 156. subside, 157. cycle

158. de_____on by the security software *n.* the act of discovering or identifying the presence of something
159. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
160. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
161. take im_____te effect *adj.* happening or done without delay or occurring shortly after something else
162. ven_____ial hernia *adj.* located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions
163. cellular signaling pa_____ys *n.* a track that constitutes or serves as a path; an approach or a way of doing something
164. 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
165. in_____t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
166. Chinese cl_____c literature *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

ANSWERS: 158. detection, 159. diet, 160. involve, 161. immediate, 162. ventromedial, 163. pathway, 164. stem, 165. inhibit, 166. classic

167. reo_____ze a department
v. to change to a more sufficient or suitable form of organization
168. get ne_____s
adj. worried and anxious about something; relating to the nerves
169. t__p down fighting
v. to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor
170. vi_____s deflationary spiral
adj. having or showing a desire to cause harm to others; having the nature of vice
171. st__p bacteria
n. (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever
172. vi_____s attack
adj. having or showing a desire to cause harm to others; having the nature of vice
173. di_____s a person from the office
v. to regard something or someone as not important and not worth considering; to terminate someone's employment
174. 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
175. ne____l networks in AI
adj. of or relating to a nerve or the nervous system that includes the brain

ANSWERS: 167. reorganize, 168. nervous, 169. tamp, 170. vicious, 171. strep, 172. vicious, 173. dismiss, 174. threat, 175. neural

176. make an in_____ct report

adj. not in accordance with fact or truth or not accurate

177. f__e abroad

v. to leave by running away, especially out of fear or danger

178. se___e heat

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

179. co___x cells

n. the outermost layer of an organ, especially the brain

ANSWERS: 176. incorrect, 177. flee, 178. severe, 179. cortex

Session 3: Fill in the Blanks

1. The _____ dog barked and growled at anyone who came near its territory.
adj. having or showing a desire to cause harm to others; having the nature of vice

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

3. The new amusement park ride was _____ with twists, turns, and drops that left riders screaming with excitement.
adj. extremely good; excellent

4. 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

5. He found my English sentences are _____.
adj. not in accordance with fact or truth or not accurate

6. We want to _____ ties between our two countries.
v. to make or become better

7. I love snacking on _____ for a healthy and delicious snack.
n. a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

ANSWERS: 1. vicious, 2. function, 3. fantastic, 4. brain, 5. incorrect, 6. improve, 7. almonds

8. Despite the setbacks, he remained _____ in his pursuit of his dreams.
adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
9. How did he _____ to your idea?
v. to take action in response to something
10. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
11. The pharmacist not only prescribes the _____ but also guides its proper use.
n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
12. It was the first time in a long time that I felt truly _____ and at peace.
adj. not excited, angry, or nervous; free from wind, large waves
13. He could not _____ against temptation.
v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
14. 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
15. 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

ANSWERS: 8. persistent, 9. react, 10. norms, 11. medication, 12. calm, 13. struggle, 14. relations, 15. suffers

16. I will introduce you to how to _____ the leading causes of the malfunction.
- v. to recognize someone or something and say or prove who or what they are
17. Please _____ the news to the world.
- v. to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
18. They are planning to _____ the house after the fire.
- v. to build again or anew
19. She has a _____ of spiders and always avoids them.
- n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
20. The patient displays a _____ of a side effect.
- n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
21. We conducted a _____ assessment of intellectual and cultural history.
- adj. taking all sides or opinions into account equally; being in a state of proper equilibrium
22. He was awfully _____ by the news.
- adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
23. That _____ shows that people are accepting the tax increase to some extent.
- n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

ANSWERS: 16. identify, 17. relay, 18. rebuild, 19. phobia, 20. symptom, 21. balanced, 22. upset, 23. survey

24. I will _____ my car before I go on a road trip.
- v.* to provide coverage in the event of loss or damage
25. 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
26. A balanced _____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
27. This exam requires excellent _____ to pass.
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
28. He displayed the _____ symptoms of depression.
- adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
29. The _____ is crucial for learning and memory storage.
- n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
30. Excessive parental interference may _____ children's eagerness to learn.
- v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
31. The doctor prescribed some medicine for the mental _____.
- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 24. insure, 25. context, 26. diet, 27. concentration, 28. classic, 29. hippocampus, 30. inhibit, 31. disorder

32. Oxytocin is also produced in the nucleus of the _____.
- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
33. Both forts were subject to _____ attacks.
- adj.* happening or done without delay or occurring shortly after something else
34. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
35. Many people in this city use the _____ railway for transportation.
- n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
36. Suspicion and worry were _____ in our minds.
- adj.* spreading or existing throughout every part of a thing or place
37. Ethics deals with _____ conduct.
- adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
38. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
39. The _____ prefrontal cortex plays a role in decision-making and emotion regulation.
- adj.* located in or relating to the center and lower part of the brain or spinal cord, specifically the region that is involved in regulating hunger, thirst, and other basic physiological functions

ANSWERS: 32. hypothalamus, 33. immediate, 34. involves, 35. loop, 36. pervasive, 37. moral, 38. meditation, 39. ventromedial

40. I bought a gadget before my trip to help _____ stress during the flight.
v. to make something, especially something bad, small or less serious
41. We must manage to _____ our expenditure.
v. to control something, especially by means of rules or laws
42. There was a disturbance of _____ function.
adj. of or relating to a nerve or the nervous system that includes the brain
43. The car's _____ function allows it to shift into a higher gear for better fuel efficiency on the highway.
n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
44. When the first molecule in the _____ receives a signal, it activates other molecules.
n. a track that constitutes or serves as a path; an approach or a way of doing something
45. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
46. This story makes me _____.
adj. unable to relax because of being nervous or worried; stretched tight or rigid
47. The native South American animals were in danger because of the _____ arrival.
n. an animal whose natural behavior is to prey on others

ANSWERS: 40. minimize, 41. regulate, 42. neural, 43. overdrive, 44. pathway, 45. triggered, 46. tense, 47. predator's

48. He devoted his life to establishing a humanitarian _____ fund.
- n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
49. The committee has decided to _____ the president from the post.
- v.* to regard something or someone as not important and not worth considering; to terminate someone's employment
50. We _____ the season's total trade deficit at \$50 billion.
- v.* to guess or calculate the cost, size, value, etc. of something
51. That story was so _____ and it was scary.
- adj.* having or showing a sensible and practical idea that is possible to achieve
52. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
53. It is a basic instinct to _____ from a dangerous situation.
- v.* to leave by running away, especially out of fear or danger
54. The new CEO was appointed to _____ their business.
- v.* to change to a more sufficient or suitable form of organization
55. The participation of oil-producing countries in the war caused _____ in the financial markets.
- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

ANSWERS: 48. relief, 49. dismiss, 50. estimated, 51. realistic, 52. degree, 53. flee, 54. reorganize, 55. panic

56. He discovered unique _____ for photochemical reactions.
- n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
57. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
58. One _____ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
59. The doctor diagnosed the patient with _____ throat and prescribed antibiotics.
- n.* (informal shorthand for "streptococcus") a type of bacteria that can cause a range of infections, including strep throat and scarlet fever
60. The mental health _____ often prevents people from seeking treatment.
- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
61. 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
62. She was _____ about her friend's intentions.
- adj.* not being sure of something; not being able to choose
63. Research shows that damage to the _____ cortex leads to increased aggression.
- adj.* in or about the foremost part of the frontal lobe of the brain

ANSWERS: 56. mechanisms, 57. therapy, 58. determinant, 59. strep, 60. stigma, 61. stem, 62. uncertain, 63. prefrontal

64. 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

65. Some _____ are common across cultures and backgrounds.

- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

66. The company's cybersecurity team _____ the CEO to potential threats.

- v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

67. I tied up the _____ of newspapers and took them to the recycling center.

- n.* a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things

68. His _____ faculties were getting worse because of a lack of sleep.

- adj.* of or relating to mental processes of understanding

69. She _____ to the situation and caused unnecessary stress.

- v.* to react more strongly or excessively than is necessary or appropriate

70. People with _____ may experience symptoms such as panic attacks, dizziness, and rapid heartbeat in certain situations.

- n.* an anxiety disorder characterized by a fear of open or public spaces, often resulting in avoidance of situations or places that trigger these fears

71. The food chain causes a material _____.

- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 64. anxiety, 65. emotions, 66. alerted, 67. bundle, 68. cognitive, 69. overreacted, 70. agoraphobia, 71. cycle

72. This site _____ shares high-quality academic materials.

adv. at regular intervals or times

73. I'm so sorry to _____ you when you're pretty busy.

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

74. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

75. 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

76. The storm _____ leaving the town in peace.

v. to become less intense or widespread; to sink to a lower level

77. The primary purpose of the _____ is pain relief.

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

78. The trapped bear is running amok in its _____.

n. a structure made of metal bars or wire in which birds or animals can be kept

79. He suffers from _____ breakdowns.

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

80. The senator received _____ criticism from his opponent.

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

ANSWERS: 72. regularly, 73. disrupt, 74. Constant, 75. individual, 76. subsided, 77. treatment, 78. cage, 79. nervous, 80. severe

81. Be sure to _____ down the soil around the newly planted tree to secure it in place.
v. to pack down or compress tightly using a tool or instrument; to suppress or reduce something, such as an emotion, a conflict, or a rumor
82. It was _____ for the store to have such a big sale.
adj. not occurring or seen very often; rare
83. This smartphone has a collision _____ function.
n. the act of discovering or identifying the presence of something
84. My father was tested for _____.
n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
85. Boxing fans often criticize his _____ stance.
adj. used or intended to protect someone or something against attack or aggression
86. The _____ with the schedule caused a lot of confusion among the team.
n. a confusion or mistake that occurs when things become intermingled or confused; a situation where people are mistaken or confused about something
87. The cerebral _____ consists of six layers.
n. the outermost layer of an organ, especially the brain
88. 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

ANSWERS: 81. tamp, 82. uncommon, 83. detection, 84. diabetes, 85. defensive, 86. mix-up, 87. cortex, 88. threat

89. He tried to _____ his experience to the group, but they couldn't understand.
- v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
90. The _____ has been associated with memories of past emotional events.
- n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 89. relate, 90. amygdala