

Englist.me



Vocabulary Builder Reference from...

Aparna Hegde: The life-saving tech helping mothers make healthy decisions | TED Talk

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

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

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

irony

n. the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect

synonym: sarcasm, cynicism, wit

(1) bitter **irony**, (2) **irony** humor

The **irony** of the situation is that he won the lottery on the day he lost his job.

trimester

n. approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year

synonym: quarter, three months, 13 weeks

(1) second **trimester** ends, (2) **trimester** system

The first **trimester** of pregnancy is the most crucial for the development of the fetus.

pregnant

adj. having a baby or young animal developing in the uterus
synonym : expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

antenatal

adj. relating to or occurring during the period before birth;
prenatal

synonym : prenatal, antepartum, fetal

(1) **antenatal** appointment, (2) **antenatal** clinic

Antenatal care is crucial for a healthy pregnancy and delivery.

clinic

n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

synonym : hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**

She holds a **clinic** on Tuesday mornings.

reside

v. to live in a particular place, typically for a prolonged period of time

synonym : live, dwell, inhabit

(1) **reside** on the skin, (2) **reside** permanently

They **reside** in a beautiful old house in the countryside.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym : perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

dingy

adj. dark, gloomy, and dirty

synonym : gloomy, dirty, drab

(1) **dingy** apartment, (2) **dingy** lighting

The **dingy** room needed a fresh coat of paint.

overcrowded

adj. containing too many people or things in a particular space, making it cramped or uncomfortable

synonym : packed, congested, jammed

(1) **overcrowded** refugee camp, (2) **overcrowded** with passengers

The school district is facing a problem with **overcrowded** classrooms.

harry

v. to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target

synonym : bother, pester, annoy

(1) **harry** the ship all night, (2) **harry** a suspect

I need to **harry** my coworkers to finish the project on time.

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.

resident

n. a person who lives in a particular place or has their home in a place

synonym : dweller, inhabitant, inhabitant

(1) a **resident** of the city, (2) **resident** tax

Visa renewal for **resident** foreigners in this country is once every five years.

labor

n. productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

synonym : toil, moil, donkeywork

(1) seasonal **labor**, (2) manual **labor**

In several countries, child **labor** is a serious social problem.

wrack

n. wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain

synonym: wreckage, ruins, debris

(1) go to **wrack**, (2) **wrack** my brain

The **wrack** left behind by the storm was immense and widespread.

guilt

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

synonym: regret, remorse, blame

(1) criminal **guilt**, (2) feeling of **guilt**

Shame and **guilt** have significant social influences.

counsel

n. advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

synonym: advice, guidance, direction

(1) take **counsel**, (2) career **counsel**

She sought the **counsel** of her trusted advisor before making a decision.

survive

v. to live or exist despite a dangerous event or period

synonym: endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

terminal

n. a building or place where buses, trains, or airplanes stop and where passengers or goods can be picked up or dropped off; (adjective) of or situated at the ends of a delivery route

synonym: endpoint, final, concluding

(1) **terminal** disease, (2) a **terminal** syllable

The **terminal** at the airport is where passengers catch their flights.

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym : fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

anemia

n. a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something

synonym : bloodlessness, pallor, weakness

(1) **anemia** symptoms, (2) **anemia** disease

The doctor diagnosed the patient with **anemia** due to a lack of iron in their blood.

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.

systemic

adj. affecting or related to the whole of something, especially the human body or a society

(1) the **systemic** arteries, (2) **systemic** reforms of the organization

This vaccine causes mild **systemic** side effects.

unjust

adj. not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong

synonym : unfair, inequitable

(1) **unjust** verdict, (2) **unjust** accusation

The ruling was considered **unjust** by many people in the community.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym : condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

urogynecology

n. the branch of medicine that deals with the diagnosis and treatment of disorders related to the female urinary tract and reproductive system

synonym : urodynamics, pelvic floor dysfunction

(1) **urogynecology** clinic, (2) **urogynecology** disorders

She went to see a specialist in **urogynecology** to address her pelvic floor issues.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

scalable

adj. capable of being easily expanded or increased in size, number, or scale to meet changing demands

synonym : expandable, flexible, adjustable

(1) **scalable** solution, (2) dynamically **scalable**

The company's new software is highly **scalable**, allowing it to handle increasing number of users.

toilet

n. a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture

synonym : bathroom, lavatory, washroom

(1) **toilet** paper, (2) **toilet** seat

She walked to the **toilet** to freshen up before the meeting.

strike

v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon

synonym : hit, impact, influence

(1) **strike** up a conversation, (2) **strike** a blow
We **strike** to achieve more wages and safer working conditions.

technological

adj. based on scientific and industrial progress

synonym : specialized, technical

(1) **technological** advancement, (2) **technological** policy
Technological advances have disrupted many industries.

yawn

v. to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen

synonym : gape, stretch, open

(1) **yawn** in sleepiness, (2) lazy **yawn**

He couldn't help but **yawn** during the long and boring presentation.

gap

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

synonym : opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**
Many people are working together to close the gender **gap**.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym : pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

lifesaving

n. the act or process of rescuing someone else's life, especially from drowning

(1) **lifesaving** efforts, (2) **lifesaving** device

The patient needs a **lifesaving** transplant operation.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

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.

infancy

n. the state or period of being a baby or very young child

synonym: childhood, babyhood, juvenescence

(1) **infancy** stage, (2) in early **infancy**

The technology is still in its **infancy** and has much room for improvement.

slot

n. a long, narrow opening or groove, typically one that is cut into a hard material, that is designed to receive and hold an object in place

synonym: notch, groove, channel

(1) memory **slot**, (2) mail **slot**

I inserted the coin into the **slot** and hit the button to start the game.

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.

absorption

n. a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid

synonym: consumption, digestion, soaking up

(1) the **absorption** of photons, (2) **absorption** energy
Vitamin D is essential to assist the **absorption** of calcium from food.

tackle

v. to try to deal with a complex problem or situation
synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change
The government is determined to **tackle** sharp inflation.

adverse

adj. unfavorable or harmful
synonym: hostile, detrimental, unfavorable

(1) **adverse** circumstances, (2) **adverse** reaction
The **adverse** weather conditions forced us to cancel the outdoor event.

constipation

n. a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
synonym: congestion, blockage, obstruction

(1) **constipation** relief, (2) chronic **constipation**
The patient complained of **constipation**, and the doctor recommended increasing their daily fiber intake.

query

n. a question or inquiry, often used in the context of research, information-gathering, or data analysis; a request for information
synonym: question, inquiry, investigation

(1) **query** language, (2) **query** result
I had a **query** about my bank statement and called customer service for an explanation.

typical

adj. having the usual characteristics or traits of a specific group of things
synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms
This artwork is **typical** of her work.

unexpected

adj. not anticipated or regarded as likely to happen

synonym : surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

transform

v. to change in outward structure or looks;

synonym : alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

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.

upend

v. to turn or flip over; to overthrow or upset the established order

synonym : overturn, upset, invert

(1) **upend** a table, (2) **upend** a tradition

The sudden news **upended** their plans for the weekend.

patriarchal

adj. relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated

synonym : male-dominated, paternalistic

(1) **patriarchal** society, (2) **patriarchal** government

The **patriarchal** system that many societies have is outdated and unfair to women.

dynamics

n. the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change

synonym : mechanics, kinetics, kinematics

(1) **dynamics** of group, (2) **dynamics** of economy

The relationship **dynamics** between the two countries were complex and constantly changing.

entrenched

adj. established firmly and securely

synonym: deep-rooted, confirmed, ingrained

(1) **entrenched** ideas, (2) **entrenched** positions

The monarch exploited the peasants using its **entrenched** power.

conservative

adj. holding traditional views and values and opposed to change or innovation

synonym: traditional, reactionary, cautious

(1) a **conservative** society, (2) **conservative** about production

He always makes a **conservative** estimation when predicting future sales.

preach

v. to deliver a religious or moral message to an audience

synonym: expound, advocate, sermonize

(1) **preach** the gospel, (2) **preach** to the masses

The pastor **preached** about the importance of forgiveness.

convinced

adj. completely certain about something; having a strong belief or conviction in a particular religion

synonym: confident, positive, indoctrinated

(1) **convinced** of the idea, (2) **convinced** criminal

The public is **convinced** that the prime minister has committed fraud.

adopt

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

intergenerational

adj. relating to, involving, or affecting different generations

(1) **intergenerational** conflict, (2) promote

intergenerational ties

The results of that survey clearly show **intergenerational** differences in attitudes toward LGBTQ.

medium

adj. of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

synonym: average, intermediate, (noun) channel

(1) **medium** color, (2) an advertising **medium**

The **medium** size shirt fits him perfectly.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

underprivileged

adj. lacking resources, opportunities, or advantages that are necessary for success

synonym: poor, disadvantaged, destitute

(1) poor and **underprivileged** elderly, (2) **underprivileged** communities

The **underprivileged** children were in dire need of food, clothing, and shelter.

psychosocial

adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

synonym: psychological, social, mental

(1) **psychosocial** factors, (2) **psychosocial** well-being

Psychosocial therapy can be beneficial for individuals with mental health conditions.

stimulation

n. the act of arousing interest or activity in something; the action of providing a stimulus

synonym: activation, arousal, excitation

(1) **stimulation** of the economy, (2) **stimulation** of the senses

The **stimulation** of certain chemicals activates the brain's reward system.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

womb

n. the organ of a woman or female mammal in which a baby develops before birth

synonym: uterus, matrice

(1) tumor of **womb**, (2) **womb** transplant

The fertilized egg implanted itself in the **womb**.

enroll

v. to officially register or sign up for something, particularly a course of study, an organization, or a service

synonym: register, enlist, join

(1) **enroll** at a college, (2) **enroll** in a school

I need to **enroll** in a cooking class to improve my culinary skills.

testament

n. a thing that proves the existence or truth of something else

synonym: proof, testimony, testimonial

(1) give properties by **testament**, (2) **testament** to the superior quality

His wealth is a **testament** to his success.

replica

n. an exact copy of something such as a work of art
synonym: imitation, reproduction, replication

(1) miniature **replica**, (2) exact **replica**

An artist sculpted a full-size **replica** of her body.

similarly

adv. in almost the same way

synonym: also, likewise, ditto

(1) **similarly** situated, (2) have **similarly** great abilities

We argue that wages for temporary workers should **similarly** rise.

government

n. the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

frontline

adj. in the most critical or dangerous position; in the military line or part of an army closest to the enemy

synonym: battlefield, cutting edge

(1) **frontline** health workers, (2) at the **frontline** of the war

Within days, the new aircraft was in **frontline** service.

academy

n. a school for special training; a type of official organization that aims to encourage and develop standards in its particular field

synonym: school, institute, college

(1) an **academy** of music, (2) a member of the **Academy**

Her new documentary earned her an **Academy** Award.

collaboration

n. the act or situation of working together to create or produce something

synonym: affiliation, alliance, coalition

(1) **collaboration** between companies, (2) **collaboration** platform

The partnership program requires a mutual **collaboration** between both agencies.

extend

v. to broaden in scope, range, or area

synonym: prolong, lengthen, advance

(1) **extend** the warranty, (2) **extend** a line

Her visit will **extend** from Monday to Friday.

massive

adj. enormous amount; very heavy and solid

synonym: enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

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.

scaffold

n. a temporary platform or structure used to support workers and materials during construction or maintenance work

synonym: platform, staging, framework

(1) **scaffold** construction, (2) go to the **scaffold**

The construction workers set up the **scaffold** to reach the top of the building.

quest

n. a long or challenging search for something

synonym: exploration, inquisition, pursuit

(1) the **quest** for truth, (2) on a **quest** for happiness

That adventurer traveled in **quest** of buried treasure.

multimedia

adj. relating to or involving the use or combination of several different media or communication formats, such as text, graphics, audio, and video

synonym : interactive, mixed media

(1) **multimedia** presentation, (2) **multimedia** design

I love using **multimedia** tools to create engaging presentations and projects.

AI

n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

synonym : robot, machine learning, neural network

(1) **AI** expert, (2) apply **AI** technology to art

The evolution of processors has dramatically improved the performance of **AI**.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym : forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

analytics

n. the systematic computational analysis of data or statistics; information resulting from this analysis

synonym : data analysis, statistics

(1) major in **analytics**, (2) **analytics** tools

Advanced **analytics** is helping the business to make better data-driven decisions.

platform

n. the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed

synonym : stage, podium, forum

(1) an arrival **platform**, (2) a digital **platform** for enterprise

The speaker mounted the **platform** and started to speak.

nimble

adj. quick and light in movement or action

synonym : agile, quick, flexible

(1) **nimble** handling, (2) **nimble-minded** person

His **nimble** movements allowed him to navigate the crowded streets with ease.

lockdown

n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

(1) go on **lockdown**, (2) **lockdown** area

The country's prime minister has decided to implement a nationwide **lockdown** measure.

announce

v. to make something known or officially inform people about something

synonym : disclose, declare, broadcast

(1) **announce** candidacy, (2) **announce** the award winners

The third season of the anime show has been **announced**.

overnight

adj. lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

synonym : all-night, sudden, immediate

(1) **overnight** parking, (2) **overnight** success

The **overnight** package delivery arrived at my door this morning.

slum

n. a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect

synonym : shantytown, slumdwelling, ghetto

(1) **slum** area, (2) **slum** dwellers

The government needs to invest more in affordable housing options to reduce the number of people living in **slums**.

declare

v. to say, state, or announce something clearly, officially, or publicly

synonym : announce, state, affirm

(1) **declare** independence, (2) **declare** my love

Foreign goods from abroad must be **declared** to customs when entering a country.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym : area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

emergency

n. a sudden unforeseen crisis usually involving danger that requires immediate action

synonym : crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

immediately

adv. now or without delay

synonym : directly, instantly, promptly

(1) **immediately** recall a product, (2) write him an answer **immediately**

A suspension order from the court is effective **immediately**.

repurpose

v. to use something again for a different purpose than it was originally intended

synonym : reutilize, recycle, reuse

(1) **repurpose** an old building, (2) **repurpose** a used car

The old barn was **repurposed** into a modern event space.

virtual

adj. being actually such in almost every respect; existing in essence or effect though not in actual fact

synonym : practical

(1) a **virtual** image, (2) trading of **virtual** currencies

She is the **virtual** president of the company.

pediatrics

n. the branch of medicine that deals with the care and treatment of children

synonym: pedology, child health

(1) **pediatrics** department, (2) **pediatrics** clinic

I am studying **pediatrics** in medical school because I love working with children.

qualified

adj. officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job

synonym: eligible, skillful, accomplished

(1) a **qualified** doctor, (2) **qualified** in medicine

We seek a person **qualified** for the post.

arrange

v. to plan, prepare for, and carry out something

synonym: set up, order, organize

(1) **arrange** the meeting, (2) the list was **arranged** alphabetically

I need to **arrange** plans with him for the celebration.

logistics

n. the detailed organization and implementation of a complicated operation or task, often involving the movement of people, equipment, materials, or supplies

synonym: management, organization, planning

(1) **logistics** company, (2) **logistics** management

The event's success depended on the careful **logistics** of scheduling and transportation.

ambulance

n. a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities

(1) dispatch an **ambulance**, (2) **ambulance** service

The **ambulance** crew quickly stabilized the patient before transporting them to the hospital.

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.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym : engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

implacable

adj. incapable of being appeased or pacified; relentless, unstoppable, or unyielding

synonym : inflexible, relentless, unyielding

(1) **implacable** criticism, (2) **implacable** hatred

Despite multiple negotiations, the opposing sides remained **implacable** and unwilling to compromise.

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.

absolute

adj. perfect or complete or to the most considerable degree possible

synonym : complete, infrangible, indisputable

(1) **absolute** loyalty, (2) an **absolute** must

Gandhi had an **absolute** zeal for nonviolence.

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**.

efficient

adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

synonym : productive, effective, competent

(1) **efficient** operation, (2) energy- **efficient** appliances

The new washing machine is much more **efficient** than the old one.

maternal

adj. relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child

synonym : motherly, maternalistic, maternal-like

(1) on the **maternal** side, (2) **maternal** care

She had a very **maternal** instinct towards her newborn baby.

horizontal

adj. parallel to the ground or in a baseline; being at the same level as all members of a group

synonym : even, lying, parallel

(1) **horizontal** lines, (2) **horizontal** stripes

Airplanes need **horizontal** tails to improve stability.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

ripple

n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

synonym : wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

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.

childhood

n. the state or time of being a child

synonym: youth, infancy, adolescence

(1) since **childhood**, (2) **childhood** development

He had fond memories of his **childhood** spent playing in the park with his friends.

ailment

n. a slight but often persistent illness

synonym: illness, disorder, infection

(1) heart **ailment**, (2) age-related **ailment**

He got timely treatment for his physical **ailment** of severe back pain.

dye

v. to color a textile or hair by immersing it in a colored liquid or substance

synonym: color, tint, stain

(1) **dye** a T-shirt red, (2) **dye** patterns

She **dyed** her hair purple for a change.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

progression

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

synonym: advancement, development, evolution

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

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

implore

v. to beg earnestly or desperately; to plead urgently for assistance or mercy

synonym: beg, beseech, plead

(1) **implore** forgiveness, (2) **implore** assistance

I **implore** you to reconsider your decision before it's too late.

amplify

v. to enhance something, particularly sound or brightness

synonym: intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

Session 2: Spelling

- | | |
|---------------------------------|--|
| 1. ir__y humor | <i>n.</i> the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect |
| 2. give properties by te_____nt | <i>n.</i> a thing that proves the existence or truth of something else |
| 3. em_____r my life | <i>v.</i> to give someone the power or authority to do something |
| 4. dynamically sc_____le | <i>adj.</i> capable of being easily expanded or increased in size, number, or scale to meet changing demands |
| 5. am_____y the effect | <i>v.</i> to enhance something, particularly sound or brightness |
| 6. cir_____nce of injury | <i>n.</i> the specific conditions or events that surround a particular situation or occurrence |
| 7. ad__t a child | <i>v.</i> to choose to follow something; to legally take a child from another family and care for them as if they were one's own |
| 8. in___t capital | <i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result |
| 9. tec_____cal policy | <i>adj.</i> based on scientific and industrial progress |
| 10. gov_____nt bureaucracy | <i>n.</i> the group of people with authority to control a country or state |

ANSWERS: 1. irony, 2. testament, 3. empower, 4. scalable, 5. amplify, 6. circumstance, 7. adopt, 8. invest, 9. technological, 10. government

11. an___a symptoms *n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
12. 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
13. co_____ed criminal *adj.* completely certain about something; having a strong belief or conviction in a particular religion
14. energy-ef_____nt appliances *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
15. at the fr_____ne of the war *adj.* in the most critical or dangerous position; in the military line or part of an army closest to the enemy
16. am_____ce service *n.* a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
17. some une_____ed events *adj.* not anticipated or regarded as likely to happen
18. an und_____ng cause of an accident *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
19. uro_____ogy disorders *n.* the branch of medicine that deals with the diagnosis and treatment of disorders related to the female urinary tract and reproductive system

ANSWERS: 11. anemia, 12. recognize, 13. convinced, 14. efficient, 15. frontline, 16. ambulance, 17. unexpected, 18. underlying, 19. urogynecology

29. 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.
30. co_____ed of the idea
adj. completely certain about something; having a strong belief or conviction in a particular religion
31. mul_____ia presentation
adj. relating to or involving the use or combination of several different media or communication formats, such as text, graphics, audio, and video
32. re___e permanently
v. to live in a particular place, typically for a prolonged period of time
33. ta___e the issue
v. to try to deal with a complex problem or situation
34. heart ai_____t
n. a slight but often persistent illness
35. AI expert
n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
36. st___e a blow
v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
37. a vi_____l image
adj. being actually such in almost every respect; existing in essence or effect though not in actual fact

ANSWERS: 29. treatment, 30. convinced, 31. multimedia, 32. reside, 33. tackle, 34. ailment, 35. AI, 36. strike, 37. virtual

38. int_____nal conflict *adj.* relating to, involving, or affecting different generations
39. an_____al appointment *adj.* relating to or occurring during the period before birth; prenatal
40. lo_____cs company *n.* the detailed organization and implementation of a complicated operation or task, often involving the movement of people, equipment, materials, or supplies
41. on the ma_____al side *adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child
42. 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
43. re_____se an old building *v.* to use something again for a different purpose than it was originally intended
44. tec_____cal advancement *adj.* based on scientific and industrial progress
45. go to the sc_____ld *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
46. a digital pl_____rm for enterprise *n.* the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed
47. miniature re_____a *n.* an exact copy of something such as a work of art

ANSWERS: 38. intergenerational, 39. antenatal, 40. logistics, 41. maternal, 42. recognize, 43. repurpose, 44. technological, 45. scaffold, 46. platform, 47. replica

48. ex___d the warranty *v.* to broaden in scope, range, or area
49. a member of the Ac____y *n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field
50. an____cs tools *n.* the systematic computational analysis of data or statistics; information resulting from this analysis
51. w__b transplant *n.* the organ of a woman or female mammal in which a baby develops before birth
52. im____e assistance *v.* to beg earnestly or desperately; to plead urgently for assistance or mercy
53. ni___e handling *adj.* quick and light in movement or action
54. fr____ne health workers *adj.* in the most critical or dangerous position; in the military line or part of an army closest to the enemy
55. ha__y a suspect *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
56. sy____ic reforms of the organization *adj.* affecting or related to the whole of something, especially the human body or a society
57. de____e independence *v.* to say, state, or announce something clearly, officially, or publicly
58. global pa____ic *n.* an outbreak of a disease that affects many people over a very wide area

ANSWERS: 48. extend, 49. academy, 50. analytics, 51. womb, 52. implore, 53. nimble, 54. frontline, 55. harry, 56. systemic, 57. declare, 58. pandemic

59. und_____ged communities *adj.* lacking resources, opportunities, or advantages that are necessary for success
60. pr_____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
61. ef_____nt operation *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
62. me____m color *adj.* of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information
63. pr____h to the masses *v.* to deliver a religious or moral message to an audience
64. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
65. d_e patterns *v.* to color a textile or hair by immersing it in a colored liquid or substance
66. an_____ce candidacy *v.* to make something known or officially inform people about something
67. an_____al clinic *adj.* relating to or occurring during the period before birth; prenatal
68. ove_____ed refugee camp *adj.* containing too many people or things in a particular space, making it cramped or uncomfortable
69. on a qu__t for happiness *n.* a long or challenging search for something

ANSWERS: 59. underprivileged, 60. predict, 61. efficient, 62. medium, 63. preach, 64. zone, 65. dye, 66. announce, 67. antenatal, 68. overcrowded, 69. quest

70. ni___e-minded person *adj.* quick and light in movement or action
71. in___t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
72. qu___y result *n.* a question or inquiry, often used in the context of research, information-gathering, or data analysis; a request for information
73. ad____e reaction *adj.* unfavorable or harmful
74. z___e defense *n.* a specific area, region, or section that is marked off or defined in some way
75. ad____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
76. y___n in sleepiness *v.* to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen
77. the sy____ic arteries *adj.* affecting or related to the whole of something, especially the human body or a society
78. have si____ly great abilities *adv.* in almost the same way
79. 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: 70. nimble, 71. invest, 72. query, 73. adverse, 74. zone, 75. addition, 76. yawn, 77. systemic, 78. similarly, 79. function

80. su____e a plane crash
v. to live or exist despite a dangerous event or period
81. ro____t growth
adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
82. imm____ly recall a product
adv. now or without delay
83. pr____t when she will arrive
v. to state beforehand that something will happen in the future, mainly based on knowledge or experience
84. psy____ial factors
adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
85. tr____rm heat into power
v. to change in outward structure or looks;
86. ped____cs department
n. the branch of medicine that deals with the care and treatment of children
87. lo____wn area
n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
88. ma____e amounts
adj. enormous amount; very heavy and solid
89. am____y a signal
v. to enhance something, particularly sound or brightness
90. d_e a T-shirt red
v. to color a textile or hair by immersing it in a colored liquid or substance
91. acute em____cy
n. a sudden unforeseen crisis usually involving danger that requires immediate action

ANSWERS: 80. survive, 81. robust, 82. immediately, 83. predict, 84. psychosocial, 85. transform, 86. pediatrics, 87. lockdown, 88. massive, 89. amplify, 90. dye, 91. emergency

92. an____ce the award winners *v.* to make something known or officially inform people about something
93. wr__k my brain *n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
94. un___t accusation *adj.* not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong
95. career co_____l *n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance
96. ad_____e circumstances *adj.* unfavorable or harmful
97. ha__y the ship all night *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
98. abs_____on energy *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
99. ex___d a line *v.* to broaden in scope, range, or area
100. gov_____nt funding *n.* the group of people with authority to control a country or state
101. co_____nt a global warming *v.* to face, meet or deal with a problem or difficult situation or person
102. hor_____al lines *adj.* parallel to the ground or in a baseline; being at the same level as all members of a group

ANSWERS: 92. announce, 93. wrack, 94. unjust, 95. counsel, 96. adverse, 97. harry, 98. absorption, 99. extend, 100. government, 101. confront, 102. horizontal

103. major in an_____cs *n.* the systematic computational analysis of data or statistics; information resulting from this analysis
104. sti_____on of the senses *n.* the act of arousing interest or activity in something; the action of providing a stimulus
105. an une_____ed visitor *adj.* not anticipated or regarded as likely to happen
106. manual la__r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
107. lo_____cs management *n.* the detailed organization and implementation of a complicated operation or task, often involving the movement of people, equipment, materials, or supplies
108. en___l at a college *v.* to officially register or sign up for something, particularly a course of study, an organization, or a service
109. con_____ion relief *n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
110. re_____se a used car *v.* to use something again for a different purpose than it was originally intended
111. de_____e my love *v.* to say, state, or announce something clearly, officially, or publicly

ANSWERS: 103. analytics, 104. stimulation, 105. unexpected, 106. labor, 107. logistics, 108. enroll, 109. constipation, 110. repurpose, 111. declare

112. feeling of gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
113. 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.
114. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
115. memory s__t *n.* a long, narrow opening or groove, typically one that is cut into a hard material, that is designed to receive and hold an object in place
116. help ta___e climate change *v.* to try to deal with a complex problem or situation
117. qu_____ed in medicine *adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
118. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
119. col_____ion platform *n.* the act or situation of working together to create or produce something
120. cir_____nce of birth *n.* the specific conditions or events that surround a particular situation or occurrence
121. write him an answer imm_____ly *adv.* now or without delay

ANSWERS: 112. guilt, 113. treatment, 114. gap, 115. slot, 116. tackle, 117. qualified, 118. communal, 119. collaboration, 120. circumstance, 121. immediately

122. poor and und_____ged elderly *adj.* lacking resources, opportunities, or advantages that are necessary for success
123. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
124. the list was ar_____ed alphabetically *v.* to plan, prepare for, and carry out something
125. ov_____ht parking *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
126. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
127. up__d a tradition *v.* to turn or flip over; to overthrow or upset the established order
128. a qu_____ed doctor *adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
129. hor_____al stripes *adj.* parallel to the ground or in a baseline; being at the same level as all members of a group
130. si_____ly situated *adv.* in almost the same way
131. im_____e forgiveness *v.* to beg earnestly or desperately; to plead urgently for assistance or mercy
132. uro_____ogy clinic *n.* the branch of medicine that deals with the diagnosis and treatment of disorders related to the female urinary tract and reproductive system

ANSWERS: 122. underprivileged, 123. sweat, 124. arrange, 125. overnight, 126. improvisation, 127. upend, 128. qualified, 129. horizontal, 130. similarly, 131. implore, 132. urogynecology

133. lif_____ng device *n.* the act or process of rescuing someone else's life, especially from drowning
134. a re_____nt of the city *n.* a person who lives in a particular place or has their home in a place
135. a te_____al syllable *n.* a building or place where buses, trains, or airplanes stop and where passengers or goods can be picked up or dropped off; (adjective) of or situated at the ends of a delivery route
136. im_____e a process *v.* to make or become better
137. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
138. severe cr_____c *n.* someone who expresses opinions about the quality of books, music, etc.
139. up__d a table *v.* to turn or flip over; to overthrow or upset the established order
140. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
141. promote int_____nal ties *adj.* relating to, involving, or affecting different generations
142. s__m area *n.* a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect
143. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present

ANSWERS: 133. lifesaving, 134. resident, 135. terminal, 136. improve, 137. emergency, 138. critic, 139. upend, 140. diagnose, 141. intergenerational, 142. slum, 143. presence

144. ab_____te loyalty *adj.* perfect or complete or to the most considerable degree possible
145. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
146. visit to the veterinary cl_____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
147. ped_____cs clinic *n.* the branch of medicine that deals with the care and treatment of children
148. ent_____ed positions *adj.* established firmly and securely
149. ove_____ed with passengers *adj.* containing too many people or things in a particular space, making it cramped or uncomfortable
150. the evidence of the pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
151. pat_____al society *adj.* relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated
152. ma_____al care *adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child
153. in early in_____y *n.* the state or period of being a baby or very young child
154. age-related ai_____t *n.* a slight but often persistent illness
155. in_____y stage *n.* the state or period of being a baby or very young child

ANSWERS: 144. absolute, 145. typical, 146. clinic, 147. pediatrics, 148. entrenched, 149. overcrowded, 150. presence, 151. patriarchal, 152. maternal, 153. infancy, 154. ailment, 155. infancy

156. since ch_____od *n.* the state or time of being a child
157. criminal gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
158. un___t verdict *adj.* not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong
159. sc_____le solution *adj.* capable of being easily expanded or increased in size, number, or scale to meet changing demands
160. im_____e the test score *v.* to make or become better
161. 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
162. apply AI technology to art *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
163. chemical ad_____on *n.* the act or process of adding something to something else; the process of adding numbers
164. tr_____er system *n.* approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year

ANSWERS: 156. childhood, 157. guilt, 158. unjust, 159. scalable, 160. improve, 161. disease, 162. AI, 163. addition, 164. trimester

165. s__m dwellers *n.* a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect
166. go on lo_____wn *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
167. ar_____e the meeting *v.* to plan, prepare for, and carry out something
168. 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
169. the g_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
170. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
171. sc_____ld construction *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
172. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 165. slum, 166. lockdown, 167. arrange, 168. function, 169. gap, 170. confront, 171. scaffold, 172. progression

173. an arrival pl_____rm *n.* the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed
174. the abs_____on of photons *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
175. ent_____ed ideas *adj.* established firmly and securely
176. en___l in a school *v.* to officially register or sign up for something, particularly a course of study, an organization, or a service
177. go to wr__k *n.* wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
178. sti_____on of the economy *n.* the act of arousing interest or activity in something; the action of providing a stimulus
179. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
180. su_____e a blizzard *v.* to live or exist despite a dangerous event or period
181. second tr_____er ends *n.* approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year
182. col_____ion between companies *n.* the act or situation of working together to create or produce something

ANSWERS: 173. platform, 174. absorption, 175. entrenched, 176. enroll, 177. wrack, 178. stimulation, 179. sweat, 180. survive, 181. trimester, 182. collaboration

183. bitter ir__y *n.* the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect
184. an ab____te must *adj.* perfect or complete or to the most considerable degree possible
185. em____r the secretary to do the same *v.* to give someone the power or authority to do something
186. ov____ht success *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
187. ri___e in the water *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
188. qu__y language *n.* a question or inquiry, often used in the context of research, information-gathering, or data analysis; a request for information
189. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
190. pr___h the gospel *v.* to deliver a religious or moral message to an audience
191. pro____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
192. 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: 183. irony, 184. absolute, 185. empower, 186. overnight, 187. ripple, 188. query, 189. medical, 190. preach, 191. progression, 192. overwork

193. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things
194. take co____l *n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance
195. art cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
196. 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
197. a ro____t appetite *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
198. chronic con______ion *n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
199. di__y lighting *adj.* dark, gloomy, and dirty
200. ma____e stars *adj.* enormous amount; very heavy and solid
201. re____e on the skin *v.* to live in a particular place, typically for a prolonged period of time
202. lif____ng efforts *n.* the act or process of rescuing someone else's life, especially from drowning
203. dispatch an am____ce *n.* a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities

ANSWERS: 193. typical, 194. counsel, 195. critic, 196. overwork, 197. robust, 198. constipation, 199. dingy, 200. massive, 201. reside, 202. lifesaving, 203. ambulance

204. psy_____ial well-being *adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
205. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
206. an____a disease *n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
207. dy_____cs of economy *n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change
208. trading of vi_____l currencies *adj.* being actually such in almost every respect; existing in essence or effect though not in actual fact
209. flu pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
210. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
211. lazy y__n *v.* to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen

ANSWERS: 204. psychosocial, 205. diagnose, 206. anemia, 207. dynamics, 208. virtual, 209. pandemic, 210. improvisation, 211. yawn

212. needs of pr_____nt women *adj.* having a baby or young animal developing in the uterus
213. a dental cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
214. mul_____ia design *adj.* relating to or involving the use or combination of several different media or communication formats, such as text, graphics, audio, and video
215. exact re_____a *n.* an exact copy of something such as a work of art
216. pat_____al government *adj.* relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated
217. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
218. an ac_____y of music *n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field
219. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
220. an advertising me____m *adj.* of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

ANSWERS: 212. pregnant, 213. clinic, 214. multimedia, 215. replica, 216. patriarchal, 217. disease, 218. academy, 219. communal, 220. medium

221. ch_____od development *n.* the state or time of being a child
222. seasonal la__r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
223. re_____nt tax *n.* a person who lives in a particular place or has their home in a place
224. to____t seat *n.* a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture
225. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
226. mail s__t *n.* a long, narrow opening or groove, typically one that is cut into a hard material, that is designed to receive and hold an object in place
227. the qu__t for truth *n.* a long or challenging search for something
228. dy_____cs of group *n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change
229. st___e up a conversation *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon

ANSWERS: 221. childhood, 222. labor, 223. resident, 224. toilet, 225. medical, 226. slot, 227. quest, 228. dynamics, 229. strike

230. tr_____m an education system *v.* to change in outward structure or looks;
231. to___t paper *n.* a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture
232. imp_____le hatred *adj.* incapable of being appeased or pacified; relentless, unstoppable, or unyielding
233. ad__t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
234. a silence pr_____nt with suspense *adj.* having a baby or young animal developing in the uterus
235. imp_____le criticism *adj.* incapable of being appeased or pacified; relentless, unstoppable, or unyielding
236. a con_____ive society *adj.* holding traditional views and values and opposed to change or innovation

ANSWERS: 230. transform, 231. toilet, 232. implacable, 233. adopt, 234. pregnant, 235. implacable, 236. conservative

Session 3: Fill in the Blanks

1. The construction workers set up the _____ to reach the top of the building.
n. a temporary platform or structure used to support workers and materials during construction or maintenance work

2. You might need to _____ this point.
v. to enhance something, particularly sound or brightness

3. The partnership program requires a mutual _____ between both agencies.
n. the act or situation of working together to create or produce something

4. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine

5. The federal _____ is planning to increase taxes for the next fiscal year.
n. the group of people with authority to control a country or state

6. She had a very _____ instinct towards her newborn baby.
adj. relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child

7. He had fond memories of his _____ spent playing in the park with his friends.
n. the state or time of being a child

8. The government needs to invest more in affordable housing options to reduce the number of people living in _____.
n. a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect

ANSWERS: 1. scaffold, 2. amplify, 3. collaboration, 4. medical, 5. government, 6. maternal, 7. childhood, 8. slums

9. The president declared a state of _____.
- n.* a sudden unforeseen crisis usually involving danger that requires immediate action
10. Vitamin D is essential to assist the _____ of calcium from food.
- n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
11. Foreign goods from abroad must be _____ to customs when entering a country.
- v.* to say, state, or announce something clearly, officially, or publicly
12. The _____ of the situation is that he won the lottery on the day he lost his job.
- n.* the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect
13. He always makes a _____ estimation when predicting future sales.
- adj.* holding traditional views and values and opposed to change or innovation
14. The pastor _____ about the importance of forgiveness.
- v.* to deliver a religious or moral message to an audience
15. In _____ private corporations provide healthcare services.
- n.* the act or process of adding something to something else; the process of adding numbers
16. The results of that survey clearly show _____ differences in attitudes toward LGBTQ.
- adj.* relating to, involving, or affecting different generations

ANSWERS: 9. emergency, 10. absorption, 11. declared, 12. irony, 13. conservative, 14. preached, 15. addition, 16. intergenerational

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. 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.
19. The third season of the anime show has been _____.
- v.* to make something known or officially inform people about something
20. The government should view children as national assets and actively _____ in them.
- v.* to put money, effort, time, etc. into something to make a profit or achieve a result
21. The _____ principle of every business was identical.
- adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
22. The new washing machine is much more _____ than the old one.
- adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
23. She holds a _____ on Tuesday mornings.
- n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
24. The path to a solid online _____ necessitates a high technical ability.
- n.* the fact or state that someone or something exists, occurs, or is present

ANSWERS: 17. overworked, 18. treatment, 19. announced, 20. invest, 21. underlying, 22. efficient, 23. clinic, 24. presence

25. She walked to the _____ to freshen up before the meeting.
n. a bowl-shaped plumbing fixture with a seat for defecation and urination, or a room or building containing one or more of this fixture
26. The government is determined to _____ sharp inflation.
v. to try to deal with a complex problem or situation
27. The _____ room needed a fresh coat of paint.
adj. dark, gloomy, and dirty
28. The speaker mounted the _____ and started to speak.
n. the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed
29. She vacated the position when she got _____.
adj. having a baby or young animal developing in the uterus
30. The _____ size shirt fits him perfectly.
adj. of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information
31. The _____ crew quickly stabilized the patient before transporting them to the hospital.
n. a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
32. The doctor diagnosed the patient with _____ due to a lack of iron in their blood.
n. a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something

ANSWERS: 25. toilet, 26. tackle, 27. dingy, 28. platform, 29. pregnant, 30. medium, 31. ambulance, 32. anemia

33. The _____ rainstorm caused the collapse of the corral.
adj. not anticipated or regarded as likely to happen
34. The fertilized egg implanted itself in the _____.
n. the organ of a woman or female mammal in which a baby develops before birth
35. A suspension order from the court is effective _____.
adv. now or without delay
36. These birds can only _____ in temperate climates.
v. to live or exist despite a dangerous event or period
37. I need to _____ my coworkers to finish the project on time.
v. to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
38. She _____ her hair purple for a change.
v. to color a textile or hair by immersing it in a colored liquid or substance
39. This vaccine causes mild _____ side effects.
adj. affecting or related to the whole of something, especially the human body or a society
40. 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
41. 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

ANSWERS: 33. unexpected, 34. womb, 35. immediately, 36. survive, 37. harr, 38. dyed, 39. systemic, 40. disease, 41. robust

42. The company's new software is highly _____ allowing it to handle increasing number of users.

adj. capable of being easily expanded or increased in size, number, or scale to meet changing demands

43. It's notoriously challenging to _____ birth rates.

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

44. Many people are working together to close the gender _____.

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

45. She explained the _____ surrounding the accident.

n. the specific conditions or events that surround a particular situation or occurrence

46. Her visit will _____ from Monday to Friday.

v. to broaden in scope, range, or area

47. That adventurer traveled in _____ of buried treasure.

n. a long or challenging search for something

48. We must _____ a new system to streamline our workflow and increase efficiency.

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

49. I need to _____ plans with him for the celebration.

v. to plan, prepare for, and carry out something

ANSWERS: 42. scalable, 43. predict, 44. gap, 45. circumstances, 46. extend, 47. quest, 48. develop, 49. arrange

50. The patient complained of _____ and the doctor recommended increasing their daily fiber intake.
- n.* a condition in which bowel movements occur less frequently or with difficulty, often resulting in hard, dry stools and discomfort or pain during elimination
51. I _____ you to reconsider your decision before it's too late.
- v.* to beg earnestly or desperately; to plead urgently for assistance or mercy
52. The _____ at the airport is where passengers catch their flights.
- n.* a building or place where buses, trains, or airplanes stop and where passengers or goods can be picked up or dropped off; (adjective) of or situated at the ends of a delivery route
53. _____ therapy can be beneficial for individuals with mental health conditions.
- adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
54. He got timely treatment for his physical _____ of severe back pain.
- n.* a slight but often persistent illness
55. The school district is facing a problem with _____ classrooms.
- adj.* containing too many people or things in a particular space, making it cramped or uncomfortable
56. Her new documentary earned her an _____ Award.
- n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field
57. An artist sculpted a full-size _____ of her body.
- n.* an exact copy of something such as a work of art

ANSWERS: 50. constipation, 51. implore, 52. terminal, 53. Psychosocial, 54. ailment, 55. overcrowded, 56. Academy, 57. replica

58. She is the _____ president of the company.

adj. being actually such in almost every respect; existing in essence or effect though not in actual fact

59. She went to see a specialist in _____ to address her pelvic floor issues.

n. the branch of medicine that deals with the diagnosis and treatment of disorders related to the female urinary tract and reproductive system

60. Airplanes need _____ tails to improve stability.

adj. parallel to the ground or in a baseline; being at the same level as all members of a group

61. The national assembly has _____ the budget.

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

62. They _____ in a beautiful old house in the countryside.

v. to live in a particular place, typically for a prolonged period of time

63. Many businesses felt the _____ effect of the economy's decline.

n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

64. Advanced _____ is helping the business to make better data-driven decisions.

n. the systematic computational analysis of data or statistics; information resulting from this analysis

65. We argue that wages for temporary workers should _____ rise.

adv. in almost the same way

ANSWERS: 58. virtual, 59. urogynecology, 60. horizontal, 61. adopted, 62. reside, 63. ripple, 64. analytics, 65. similarly

66. He couldn't help but _____ during the long and boring presentation.
- v.* to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen
67. The first _____ of pregnancy is the most crucial for the development of the fetus.
- n.* approximately three months, especially one of the three three-month periods into which human pregnancy is traditionally divided; one of three divisions of an academic year
68. Visa renewal for _____ foreigners in this country is once every five years.
- n.* a person who lives in a particular place or has their home in a place
69. This artwork is _____ of her work.
- adj.* having the usual characteristics or traits of a specific group of things
70. His _____ movements allowed him to navigate the crowded streets with ease.
- adj.* quick and light in movement or action
71. My father's death _____ my life completely.
- v.* to change in outward structure or looks;
72. The event's success depended on the careful _____ of scheduling and transportation.
- n.* the detailed organization and implementation of a complicated operation or task, often involving the movement of people, equipment, materials, or supplies
73. 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: 66. yawn, 67. trimester, 68. resident, 69. typical, 70. nimble, 71. transformed, 72. logistics, 73. recognize

74. Despite multiple negotiations, the opposing sides remained _____ and unwilling to compromise.
adj. incapable of being appeased or pacified; relentless, unstoppable, or unyielding
75. The _____ system that many societies have is outdated and unfair to women.
adj. relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated
76. The recent economic downturn has resulted in _____ layoffs.
adj. enormous amount; very heavy and solid
77. Gandhi had an _____ zeal for nonviolence.
adj. perfect or complete or to the most considerable degree possible
78. The relationship _____ between the two countries were complex and constantly changing.
n. the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change
79. The _____ children were in dire need of food, clothing, and shelter.
adj. lacking resources, opportunities, or advantages that are necessary for success
80. I am studying _____ in medical school because I love working with children.
n. the branch of medicine that deals with the care and treatment of children
81. The evolution of processors has dramatically improved the performance of ____.
n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

ANSWERS: 74. implacable, 75. patriarchal, 76. massive, 77. absolute, 78. dynamics, 79. underprivileged, 80. pediatrics, 81. AI

82. 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

83. The public is _____ that the prime minister has committed fraud.

adj. completely certain about something; having a strong belief or conviction in a particular religion

84. He was reluctant to leave his comfort _____ and try something new.

n. a specific area, region, or section that is marked off or defined in some way

85. Shame and _____ have significant social influences.

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

86. Within days, the new aircraft was in _____ service.

adj. in the most critical or dangerous position; in the military line or part of an army closest to the enemy

87. The country's prime minister has decided to implement a nationwide _____ measure.

n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

88. _____ elections were held in several European countries.

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

89. The sudden news _____ their plans for the weekend.

v. to turn or flip over; to overthrow or upset the established order

ANSWERS: 82. empowered, 83. convinced, 84. zone, 85. guilt, 86. frontline, 87. lockdown, 88. Communal, 89. upended

90. The technology is still in its _____ and has much room for improvement.
n. the state or period of being a baby or very young child
91. In several countries, child _____ is a serious social problem.
n. productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
92. The _____ left behind by the storm was immense and widespread.
n. wreckage or debris from a destroyed structure; (verb) to cause destruction or great pain
93. He finally decided to _____ problems directly.
v. to face, meet or deal with a problem or difficult situation or person
94. His wealth is a _____ to his success.
n. a thing that proves the existence or truth of something else
95. We want to _____ ties between our two countries.
v. to make or become better
96. Advocates for legal reform hear less harsh words from their _____.
n. someone who expresses opinions about the quality of books, music, etc.
97. I love using _____ tools to create engaging presentations and projects.
adj. relating to or involving the use or combination of several different media or communication formats, such as text, graphics, audio, and video
98. She sought the _____ of her trusted advisor before making a decision.
n. advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

ANSWERS: 90. infancy, 91. labor, 92. wrack, 93. confront, 94. testament, 95. improve, 96. critics, 97. multimedia, 98. counsel

99. 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
100. The ruling was considered _____ by many people in the community.
- adj.* not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong
101. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
102. The old barn was _____ into a modern event space.
- v.* to use something again for a different purpose than it was originally intended
103. The monarch exploited the peasants using its _____ power.
- adj.* established firmly and securely
104. The patient needs a _____ transplant operation.
- n.* the act or process of rescuing someone else's life, especially from drowning
105. The _____ weather conditions forced us to cancel the outdoor event.
- adj.* unfavorable or harmful
106. They fear a _____ of a new type of virus.
- n.* an outbreak of a disease that affects many people over a very wide area

ANSWERS: 99. function, 100. unjust, 101. improvisation, 102. repurposed, 103. entrenched, 104. lifesaving, 105. adverse, 106. pandemic

107. We seek a person _____ for the post.

adj. officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job

108. The _____ package delivery arrived at my door this morning.

adj. lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

109. _____ care is crucial for a healthy pregnancy and delivery.

adj. relating to or occurring during the period before birth; prenatal

110. I had a _____ about my bank statement and called customer service for an explanation.

n. a question or inquiry, often used in the context of research, information-gathering, or data analysis; a request for information

111. The company has made great strides in its _____ toward sustainability.

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

112. The _____ of certain chemicals activates the brain's reward system.

n. the act of arousing interest or activity in something; the action of providing a stimulus

113. I need to _____ in a cooking class to improve my culinary skills.

v. to officially register or sign up for something, particularly a course of study, an organization, or a service

114. _____ advances have disrupted many industries.

adj. based on scientific and industrial progress

ANSWERS: 107. qualified, 108. overnight, 109. Antenatal, 110. query, 111. progression, 112. stimulation, 113. enroll, 114. Technological

115. We _____ to achieve more wages and safer working conditions.

- v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon

116. She wiped the _____ off her forehead with a towel.

- n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

117. This device is used to _____ brain cancer and other tumors.

- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

118. I inserted the coin into the _____ and hit the button to start the game.

- n.* a long, narrow opening or groove, typically one that is cut into a hard material, that is designed to receive and hold an object in place

ANSWERS: 115. strike, 116. sweat, 117. diagnose, 118. slot