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Vocabulary Builder Reference from...

Cindy Solomon: 5 tips for dealing with meeting overload | TED Talk

https://www.ted.com/talks/cindy_solomon_5_tips_for_dealing_with_meeting_overload

Advanced Words Only

IMPORTANT

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Session 1: Word List

grueling

adj. extremely tiring or demanding great effort, especially with long duration or intensity

synonym : exhausting, draining, demanding

(1) **grueling** process, (2) a **grueling** campaign

The marathon was a **grueling** test of endurance.

whim

n. a sudden idea or desire, especially one that cannot be reasonably explained

synonym : fancy, caprice, whimsy

(1) at the **whim** of circumstance, (2) **whim** of youth

He quit his job on a **whim** and moved to a new city.

creep

v. to move slowly, quietly, and carefully, usually to avoid being seen or heard

synonym : crawl, glide, encroach

(1) **creep** along the leaf, (2) **creep** toward the mouse

Aging **creeps** up slowly with time.

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.

cranky

adj. easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness

synonym : crabby, irritable, grumpy

(1) **cranky** mood, (2) **cranky** toddler

I feel **cranky** today; please forgive me if I seem irritable.

downhill

adv. in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner

synonym : downslope

(1) ski **downhill**, (2) walk **downhill** to the beach

The family's finances have been going **downhill** since they lost their main source of income.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym : rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

ruthless

adj. lacking in pity or compassion; willing to do whatever it takes to achieve their goals, regardless of the consequences for others

synonym : heartless, pitiless, merciless

(1) show **ruthless** behavior, (2) **ruthless** brutality

The dictator was known for his **ruthless** tactics and had no qualms about using violence to maintain power.

Session 2: Spelling

1. w__m of youth *n.* a sudden idea or desire, especially one that cannot be reasonably explained
2. ski do____ll *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
3. walk do____ll to the beach *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
4. global pa____ic *n.* an outbreak of a disease that affects many people over a very wide area
5. an op____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
6. at the w__m of circumstance *n.* a sudden idea or desire, especially one that cannot be reasonably explained
7. show ru____ss behavior *adj.* lacking in pity or compassion; willing to do whatever it takes to achieve their goals, regardless of the consequences for others
8. flu pa____ic *n.* an outbreak of a disease that affects many people over a very wide area
9. ru____ss brutality *adj.* lacking in pity or compassion; willing to do whatever it takes to achieve their goals, regardless of the consequences for others

ANSWERS: 1. whim, 2. downhill, 3. downhill, 4. pandemic, 5. opportune, 6. whim, 7. ruthless, 8. pandemic, 9. ruthless

10. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
11. cr__p along the leaf *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
12. cr___y mood *adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
13. a gr_____ng campaign *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
14. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
15. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
16. gr_____ng process *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
17. cr__p toward the mouse *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
18. cr___y toddler *adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness

ANSWERS: 10. opportune, 11. creep, 12. cranky, 13. grueling, 14. doe, 15. doe, 16. grueling, 17. creep, 18. cranky

Session 3: Fill in the Blanks

1. I feel _____ today; please forgive me if I seem irritable.
adj. easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
2. Aging _____ up slowly with time.
v. to move slowly, quietly, and carefully, usually to avoid being seen or heard
3. The family's finances have been going _____ since they lost their main source of income.
adv. in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
4. They fear a _____ of a new type of virus.
n. an outbreak of a disease that affects many people over a very wide area
5. Hunters use a whistle that makes the ____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
6. The dictator was known for his _____ tactics and had no qualms about using violence to maintain power.
adj. lacking in pity or compassion; willing to do whatever it takes to achieve their goals, regardless of the consequences for others
7. He quit his job on a _____ and moved to a new city.
n. a sudden idea or desire, especially one that cannot be reasonably explained

ANSWERS: 1. cranky, 2. creeps, 3. downhill, 4. pandemic, 5. doe, 6. ruthless, 7. whim

8. The marathon was a _____ test of endurance.

adj. extremely tiring or demanding great effort, especially with long duration or intensity

9. The phone rang at the most _____ time.

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 8. grueling, 9. opportune