

# Englist.me



## Vocabulary Builder Reference from...

Hailey Hardcastle: Why students should have mental health days | TED Talk

[https://www.ted.com/talks/hailey\\_hardcastle\\_why\\_students\\_should\\_have\\_mental\\_health\\_days](https://www.ted.com/talks/hailey_hardcastle_why_students_should_have_mental_health_days)

### All Words

#### IMPORTANT

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## Session 1: Word List

### semester

*n.* one of the periods that the school or university divided into, especially in the US and Australia; a half-year term  
(1) end of the **semester**, (2) during the **semester** breaks  
We must complete all of these courses in the following **semester**.

### grade

*n.* a particular level of quality, size, importance, etc.  
*synonym*: score, rate, degree  
(1) boys in the twelfth **grade**, (2) students at all **grade** levels  
Departments may set requirements for a higher **grade** point average.

### trauma

*n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience  
*synonym*: agony, injury, ordeal  
(1) psychic **trauma**, (2) **trauma** care  
Many civilians have suffered **trauma** as a result of the war.

### induce

*v.* to persuade someone to do something; to cause to act in a specific manner  
*synonym*: cause, encourage, persuade  
(1) **induce** a crisis, (2) **induce** him to see a doctor

The lack of sleep **induces** both physical and psychological diseases.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym*: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge  
She waited for her daughter with **anxiety**.

## clinical

*adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

*synonym*: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials  
She received special **clinical** training at the hospital.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym*: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## overwhelming

*adj.* very great or intense; so powerful that you cannot fight or react against it

*synonym*: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory  
He has shown signs of uneasiness and **overwhelming** worry.

## breakdown

*n.* a failure or collapse of a system or organization

*synonym*: collapse, failure, malfunction

(1) a nervous **breakdown**, (2) **breakdown** maintenance  
The **breakdown** of the machinery caused a delay in

production.

## panic

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

*synonym*: confusion, hysteria, consternation

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

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

## insight

*n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

*synonym*: wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

## 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.

## absolutely

*adv.* without restriction or limitation; completely or utterly

*synonym*: completely, utterly, definitely

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

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

## brain

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

*synonym*: intellect, mind, encephalon

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

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

## well-being

*n.* the state of being happy and healthy and prosperous  
*synonym* : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**  
We are responsible for the care and **well-being** of all our employees.

## manifest

*v.* to show something such as feeling, attitude, quality, etc. clearly through signs or actions

*synonym* : exhibit, make plain, demonstrate

(1) **manifest** as the word, (2) **manifest** displeasure

The Prime Minister **manifested** his regret for his neighbors

## nausea

*n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

*synonym* : queasiness, sickness, vomiting

(1) **nausea** medication, (2) drug-induced **nausea** and vomiting

The rollercoaster ride left me with a feeling of **nausea**.

## headache

*n.* pain in the head; someone or something that causes anxiety or trouble

*synonym* : concern, difficulty, problem

(1) **headache** accompanied by fever, (2) bit of a **headache**

This pill will relieve your **headaches** immediately.

## fatigue

*n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

*synonym* : exhaustion, weariness, tiredness

(1) **fatigue** breaking, (2) **fatigue** caused by overwork

The metal showed signs of **fatigue** after being subjected to repeated stress.

## breath

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your

## lungs

*synonym* : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

## president

*n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

*synonym* : leader, CEO, chairperson

(1) **president** emeritus, (2) vice- **president** for finance

The club **president** does not have absolute power.

## association

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

*synonym* : affiliation, collaboration, society

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

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

## unfortunately

*adv.* by bad luck; unluckily

*synonym* : regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

## hometown

*n.* the town or city where one was born or grew up

*synonym* : birthplace, home, native place

(1) **hometown** celebrity, (2) **hometown** memory

I always look forward to going back to my **hometown** during the holidays.

## suicide

*n.* the act of killing yourself intentionally

*synonym* : self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

## tragedy

*n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character

*synonym*: disaster, adversity, calamity

(1) a **tragedy** during work, (2) the aftermath of this **tragedy**  
Macbeth is a famous **tragedy** by Shakespeare.

## 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.

## discuss

*v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

*synonym*: talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

## conversation

*n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

*synonym*: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**  
Your **conversation** reflects your thoughts.

## enormous

*adj.* extremely large or great

*synonym*: huge, giant, gigantic

(1) **enormous** amount, (2) **enormous** potential  
Shakespeare's output of poetry was **enormous**.

## empathy

*n.* the ability to share another person's feelings or experiences by imagining that person's situation

*synonym*: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

**Empathy** is also necessary to understand history.

## honesty

*n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

*synonym*: sincerity, integrity, truthfulness

(1) **honesty** policy, (2) **honesty** box

A culture of **honesty** in the workplace leads to better communication and productivity.

## astound

*v.* to surprise or shock someone with wonder very much

*synonym*: amaze, astonish, surprise

(1) **astound** everyone, (2) **astound** the viewer

The final result was nothing short of **astounding**.

## 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.

## peer

*n.* a person who has the same age, status, or ability

*synonym*: fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

## crisis

*n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

*synonym*: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one

for danger and the other for opportunity.

## committee

*n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization

*synonym* : panel, board, council

(1) **committee** meeting, (2) **committee** member

The ad hoc **committee** met to discuss the proposal.

## stud

*n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

*synonym* : beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

## stigma

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

*synonym* : mark, blemish, disgrace

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

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

## prioritize

*v.* to assign a higher level of importance to something compared to other things

*synonym* : rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

## lobby

*n.* a large area inside the entrance of a public building where people can meet and wait; a group of people who try to persuade a politician, the government, or an official group to influence legislation

*synonym* :



entrance, hall, anteroom

(1) **lobby** for legislation, (2) a hotel **lobby**

That **lobby** group actively advocated environmental protection to the government.

## groundbreaking

*adj.* producing fresh findings; using novel techniques

*synonym*: innovative, revolutionary

(1) **groundbreaking** concept, (2) **groundbreaking** settlement

He has produced **groundbreaking** research on the subject.

## overwhelm

*v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

*synonym*: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

## 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.

## excuse

*n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt

*synonym*: apology, justification, reason

(1) **excuse** for inaction, (2) perfect **excuse**

He quickly fabricated an **excuse** for not attending the meeting.

## absence

*n.* the fact or condition of being away from a place where they are typically anticipated to be

*synonym*: dearth, scarcity, lack

(1) **absence** from work, (2) a leave of **absence**

Another critical factor of child poverty is the father's **absence**.

## refer

v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

*synonym*: cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

## counselor

n. a person trained to give advice and help people deal with personal or emotional problems

*synonym*: advisor, consultant, therapist

(1) **counselor** office, (2) admissions **counselor**

She is a school **counselor** dedicated to helping students navigate academic and personal challenges.

## struggle

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

*synonym*: toil, strive, compete

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

He could not **struggle** against temptation.

## deserve

v. to be worthy of or entitled to something, especially something good or valuable

*synonym*: merit, earn, justify

(1) **deserve** respect, (2) **deserve** this prize

The employee **deserved** the promotion for their hard work and dedication.

## practical

*adj.* of or connected with actual use or real situation rather than with theory and ideas

*synonym*: applicable, functional, realistic

(1) **practical** English, (2) gain **practical** experience

Her concept is highly **practical** and helpful.

## technicality

*n.* a minor detail or aspect of a procedure, rule, or law, often used to evade or avoid it

*synonym*: detail, technical aspect, specification

(1) governmental **technicality**, (2) a legal **technicality**

He won the case on a **technicality**.

## core

*n.* the most essential or fundamental part of something

*synonym*: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

## concept

*n.* an idea or principle associated with something abstract

*synonym*: idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

## administer

*v.* to oversee and control the operation or arrangement of something

*synonym*: allocate, distribute, dispense

(1) **administer** justice, (2) **administer** the funds

After the accident, three governmental bodies **administer** the company.

## toolkit

*n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

*synonym*: tool set, equipment, utility kit

(1) handy **toolkit**, (2) digital **toolkit**

The DIY **toolkit** includes a variety of power and hand tools for home repair.

## coworker

*n.* a person who works with another in the same company or organization

*synonym*: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**  
My ex- **coworker** and I had different working styles but managed to get along.

### sincere

*adj.* (of a person, feelings, or behavior) open and genuine; not deceitful

*synonym*: earnest, fervent, candid

(1) a **sincere** man, (2) express **sincere** regret  
Please accept my **sincere** condolences on your friend's death.

### realistic

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

*synonym*: practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal  
That story was so **realistic**, and it was scary.

### sprint

*v.* to run at full speed over a short distance or period of time

*synonym*: dash, bolt, race

(1) **sprint** for a bus, (2) **sprint** towards the finish line  
Top athletes can **sprint** 100 meters in less than 10 seconds.

### pace

*n.* the speed at which someone or something moves, or the rate at which something happens or changes

*synonym*: gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**  
The economy is growing at a supercharged **pace**.

### intentionally

*adv.* in a planned or intended way

*synonym*: knowingly, calculatedly, deliberately

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

She would never **intentionally** hurt anyone.

## Session 2: Spelling

- |                                   |      |   |
|-----------------------------------|------|---|
| 1. ov_____lm opponents by numbers | v.   | to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody  |
| 2. gain pr_____al experience      | adj. | of or connected with actual use or real situation rather than with theory and ideas   |
| 3. ab_____e from work             | n.   | the fact or condition of being away from a place where they are typically anticipated to be   |
| 4. admissions co_____or           | n.   | a person trained to give advice and help people deal with personal or emotional problems  |
| 5. ove_____ing majority           | adj. | very great or intense; so powerful that you cannot fight or react against it  |
| 6. learn new co_____ts            | n.   | an idea or principle associated with something abstract   |
| 7. re__r to a map                 | v.   | to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support                                    |
| 8. a legal tec_____ity            | n.   | a minor detail or aspect of a procedure, rule, or law, often used to evade or avoid it  |
| 9. the aftermath of this tr_____y | n.   | an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character |

ANSWERS: 1. overwhelm, 2. practical, 3. absence, 4. counselor, 5. overwhelming, 6. concept, 7. refer, 8. technicality, 9. tragedy

10. a si\_\_\_\_\_e man *adj.* (of a person, feelings, or behavior) open and genuine; not deceitful
11. co\_\_\_\_\_or office *n.* a person trained to give advice and help people deal with personal or emotional problems
12. a profound in\_\_\_\_\_t *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
13. full of em\_\_\_\_\_y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
14. di\_\_\_\_\_s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
15. di\_\_\_\_\_se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
16. during the se\_\_\_\_\_er breaks *n.* one of the periods that the school or university divided into, especially in the US and Australia; a half-year term
17. ex\_\_\_\_\_e for inaction *n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
18. br\_\_\_\_\_h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

ANSWERS: 10. sincere, 11. counselor, 12. insight, 13. empathy, 14. discuss, 15. diagnose, 16. semester, 17. excuse, 18. breath

19. express si\_\_\_\_\_e regret *adj.* (of a person, feelings, or behavior) open and genuine; not deceitful
20. tr\_\_\_a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
21. word ass\_\_\_\_\_ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
22. horse s\_\_d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
23. adm\_\_\_\_\_er justice *v.* to oversee and control the operation or arrangement of something
24. hold your br\_\_\_h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
25. pr\_\_\_\_\_nt emeritus *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
26. the runner's p\_\_e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
27. commit su\_\_\_\_\_e *n.* the act of killing yourself intentionally

ANSWERS: 19. sincere, 20. trauma, 21. association, 22. stud, 23. administer, 24. breath, 25. president, 26. pace, 27. suicide

28. 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
29. st\_\_\_\_\_le against discrimination      *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
30. handy to\_\_\_\_\_t      *n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal
31. perfect ex\_\_\_e      *n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
32. social st\_\_\_a      *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
33. fa\_\_\_\_\_e caused by overwork      *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
34. co\_\_\_\_\_t car      *n.* an idea or principle associated with something abstract
35. abs\_\_\_\_\_ly against      *adv.* without restriction or limitation; completely or utterly

ANSWERS: 28. strike, 29. struggle, 30. toolkit, 31. excuse, 32. stigma, 33. fatigue, 34. concept, 35. absolutely



36. co\_\_\_\_al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
37. a leave of ab\_\_\_\_e *n.* the fact or condition of being away from a place where they are typically anticipated to be
38. a scholarship ass\_\_\_\_on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
39. end of the se\_\_\_\_er *n.* one of the periods that the school or university divided into, especially in the US and Australia; a half-year term
40. em\_\_\_\_y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
41. gro\_\_\_\_ing settlement *adj.* producing fresh findings; using novel techniques
42. at your own p\_\_e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
43. as\_\_\_\_d everyone *v.* to surprise or shock someone with wonder very much
44. a re\_\_\_\_ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve
45. pri\_\_\_\_ze people over cars *v.* to assign a higher level of importance to something compared to other things
46. gro\_\_\_\_ing concept *adj.* producing fresh findings; using novel techniques
47. ho\_\_\_\_y box *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

ANSWERS: 36. communal, 37. absence, 38. association, 39. semester, 40. empathy, 41. groundbreaking, 42. pace, 43. astound, 44. realistic, 45. prioritize, 46. groundbreaking, 47. honesty

48. co\_\_\_\_er relationship *n.* a person who works with another in the same company or organization
49. abs\_\_\_\_\_ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
50. a hotel lo\_\_y *n.* a large area inside the entrance of a public building where people can meet and wait; a group of people who try to persuade a politician, the government, or an official group to influence legislation
51. ho\_\_\_\_\_wn memory *n.* the town or city where one was born or grew up
52. a tr\_\_\_\_\_y during work *n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
53. in\_\_\_e a crisis *v.* to persuade someone to do something; to cause to act in a specific manner
54. p\_\_r group *n.* a person who has the same age, status, or ability
55. digital to\_\_\_\_\_t *n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal
56. pa\_\_c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

ANSWERS: 48. coworker, 49. absolutely, 50. lobby, 51. hometown, 52. tragedy, 53. induce, 54. peer, 55. toolkit, 56. panic

57. fa\_\_\_\_e breaking *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
58. br\_\_\_\_\_wn maintenance *n.* a failure or collapse of a system or organization
59. di\_\_\_\_\_se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
60. share my in\_\_\_\_\_ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
61. in\_\_\_e him to see a doctor *v.* to persuade someone to do something; to cause to act in a specific manner
62. psychic tr\_\_\_a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
63. sp\_\_\_t towards the finish line *v.* to run at full speed over a short distance or period of time
64. the c\_\_\_e of an apple *n.* the most essential or fundamental part of something
65. he\_\_\_\_\_he accompanied by fever *n.* pain in the head; someone or something that causes anxiety or trouble
66. wall s\_\_d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

ANSWERS: 57. fatigue, 58. breakdown, 59. diagnose, 60. insight, 61. induce, 62. trauma, 63. sprint, 64. core, 65. headache, 66. stud

67. co\_\_\_\_\_ee member *n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization
68. drug-induced na\_\_\_\_a and vomiting *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
69. students at all gr\_\_e levels *n.* a particular level of quality, size, importance, etc.
70. lo\_\_y for legislation *n.* a large area inside the entrance of a public building where people can meet and wait; a group of people who try to persuade a politician, the government, or an official group to influence legislation
71. as\_\_\_\_\_d the viewer *v.* to surprise or shock someone with wonder very much
72. bit of a he\_\_\_\_\_he *n.* pain in the head; someone or something that causes anxiety or trouble
73. su\_\_\_\_\_e attack *n.* the act of killing yourself intentionally
74. co\_\_\_\_\_al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
75. the Great Dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
76. re\_\_r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

ANSWERS: 67. committee, 68. nausea, 69. grade, 70. lobby, 71. astound, 72. headache, 73. suicide, 74. communal, 75. depression, 76. refer

77. She int\_\_\_\_\_lly spread misleading information. *adv.* in a planned or intended way
78. diagnosis of an\_\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
79. st\_\_\_a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
80. c\_\_\_e business activity *n.* the most essential or fundamental part of something
81. di\_\_\_\_\_s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
82. permanent br\_\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
83. the root problem of her dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
84. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous
85. co\_\_\_\_\_ee meeting *n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization
86. he was ov\_\_\_\_\_lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

ANSWERS: 77. intentionally, 78. anxiety, 79. stigma, 80. core, 81. discuss, 82. brain, 83. depression, 84. well-being, 85. committee, 86. overwhelm

87. ma\_\_\_\_\_st displeasure      *v.* to show something such as feeling, attitude, quality, etc. clearly through signs or actions
88. st\_\_\_\_\_le to get the job      *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
89. an\_\_\_\_\_y for knowledge      *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
90. an ove\_\_\_\_\_ing victory      *adj.* very great or intense; so powerful that you cannot fight or react against it
91. pri\_\_\_\_\_ze tasks      *v.* to assign a higher level of importance to something compared to other things
92. 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
93. argue with a co\_\_\_\_\_er      *n.* a person who works with another in the same company or organization
94. en\_\_\_\_\_us potential      *adj.* extremely large or great
95. unf\_\_\_\_\_ely caught in a shower      *adv.* by bad luck; unluckily
96. she hit him int\_\_\_\_\_lly      *adv.* in a planned or intended way
97. con\_\_\_\_\_ion in English      *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
98. financial cr\_\_\_\_\_s      *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

ANSWERS: 87. manifest, 88. struggle, 89. anxiety, 90. overwhelming, 91. prioritize, 92. overwork, 93. coworker, 94. enormous, 95. unfortunately, 96. intentionally, 97. conversation, 98. crisis

99. a friendly con\_\_\_\_\_ion                    *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
100. vice-pr\_\_\_\_\_nt for finance                    *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
101. st\_\_\_e a blow                    *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
102. na\_\_\_a medication                    *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
103. cr\_\_\_s management                    *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
104. even more unf\_\_\_\_\_ely                    *adv.* by bad luck; unluckily
105. ma\_\_\_\_\_st as the word                    *v.* to show something such as feeling, attitude, quality, etc. clearly through signs or actions
106. pr\_\_\_\_\_al English                    *adj.* of or connected with actual use or real situation rather than with theory and ideas
107. boys in the twelfth gr\_\_\_e                    *n.* a particular level of quality, size, importance, etc.
108. de\_\_\_\_\_e this prize                    *v.* to be worthy of or entitled to something, especially something good or valuable

ANSWERS: 99. conversation, 100. president, 101. strike, 102. nausea, 103. crisis, 104. unfortunately, 105. manifest, 106. practical, 107. grade, 108. deserve

109. ho\_\_\_\_wn celebrity *n.* the town or city where one was born or grew up
110. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
111. a nervous br\_\_\_\_\_wn *n.* a failure or collapse of a system or organization
112. en\_\_\_\_\_us amount *adj.* extremely large or great
113. ho\_\_\_\_\_y policy *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
114. governmental tec\_\_\_\_\_ity *n.* a minor detail or aspect of a procedure, rule, or law, often used to evade or avoid it
115. sp\_\_\_\_t for a bus *v.* to run at full speed over a short distance or period of time
116. a pa\_\_c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
117. participate in cl\_\_\_\_\_al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
118. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
119. cl\_\_\_\_\_al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
120. p\_\_r review *n.* a person who has the same age, status, or ability

ANSWERS: 109. hometown, 110. well-being, 111. breakdown, 112. enormous, 113. honesty, 114. technicality, 115. sprint, 116. panic, 117. clinical, 118. brain, 119. clinical, 120. peer



121. adm\_\_\_\_\_er the funds

v. to oversee and control the operation or arrangement of something

122. 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

123. de\_\_\_\_\_e respect

v. to be worthy of or entitled to something, especially something good or valuable

ANSWERS: 121. administer, 122. overwork, 123. deserve

## Session 3: Fill in the Blanks

1. That \_\_\_\_\_ group actively advocated environmental protection to the government.
  - n.* a large area inside the entrance of a public building where people can meet and wait; a group of people who try to persuade a politician, the government, or an official group to influence legislation
  
2. Top athletes can \_\_\_\_\_ 100 meters in less than 10 seconds.
  - v.* to run at full speed over a short distance or period of time
  
3. The mental health \_\_\_\_\_ often prevents people from seeking treatment.
  - n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
  
4. The participation of oil-producing countries in the war caused \_\_\_\_\_ in the financial markets.
  - n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
  
5. Many civilians have suffered \_\_\_\_\_ as a result of the war.
  - n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
  
6. The employee \_\_\_\_\_ the promotion for their hard work and dedication.
  - v.* to be worthy of or entitled to something, especially something good or valuable
  
7. She waited for her daughter with \_\_\_\_\_.
  - n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 1. lobby, 2. sprint, 3. stigma, 4. panic, 5. trauma, 6. deserved, 7. anxiety

8. He could not \_\_\_\_\_ against temptation.  
*v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
9. After the accident, three governmental bodies \_\_\_\_\_ the company.  
*v.* to oversee and control the operation or arrangement of something
10. He has produced \_\_\_\_\_ research on the subject.  
*adj.* producing fresh findings; using novel techniques
11. The metal showed signs of \_\_\_\_\_ after being subjected to repeated stress.  
*n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
12. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
13. The \_\_\_\_\_ of the machinery caused a delay in production.  
*n.* a failure or collapse of a system or organization
14. Too much variety may \_\_\_\_\_ and confuse viewers.  
*v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
15. I am \_\_\_\_\_ opposed to his idea because of morality.  
*adv.* without restriction or limitation; completely or utterly
16. The treatments were done but, \_\_\_\_\_ were unsuccessful.  
*adv.* by bad luck; unluckily

ANSWERS: 8. struggle, 9. administer, 10. groundbreaking, 11. fatigue, 12. well-being, 13. breakdown, 14. overwhelm, 15. absolutely, 16. unfortunately,

17. The Chinese word for \_\_\_\_\_ comprises two characters, one for danger and the other for opportunity.
- n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
18. Another critical factor of child poverty is the father's \_\_\_\_\_.
- n.* the fact or condition of being away from a place where they are typically anticipated to be
19. The lack of sleep \_\_\_\_\_ both physical and psychological diseases.
- v.* to persuade someone to do something; to cause to act in a specific manner
20. She is a school \_\_\_\_\_ dedicated to helping students navigate academic and personal challenges.
- n.* a person trained to give advice and help people deal with personal or emotional problems
21. 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
22. A culture of \_\_\_\_\_ in the workplace leads to better communication and productivity.
- n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
23. The club \_\_\_\_\_ does not have absolute power.
- n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

ANSWERS: 17. crisis, 18. absence, 19. induces, 20. counselor, 21. diagnose, 22. honesty, 23. president

24. The Prime Minister \_\_\_\_\_ his regret for his neighbors
- v.* to show something such as feeling, attitude, quality, etc. clearly through signs or actions
25. He quickly fabricated an \_\_\_\_\_ for not attending the meeting.
- n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
26. My ex-\_\_\_\_\_ and I had different working styles but managed to get along.
- n.* a person who works with another in the same company or organization
27. She received special \_\_\_\_\_ training at the hospital.
- adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
28. We must complete all of these courses in the following \_\_\_\_\_.
- n.* one of the periods that the school or university divided into, especially in the US and Australia; a half-year term
29. One such rapidly growing \_\_\_\_\_ is quantum cryptography.
- n.* an idea or principle associated with something abstract
30. That story was so \_\_\_\_\_ and it was scary.
- adj.* having or showing a sensible and practical idea that is possible to achieve
31. Among young people, \_\_\_\_\_ pressure can be pretty influential.
- n.* a person who has the same age, status, or ability
32. 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

ANSWERS: 24. manifested, 25. excuse, 26. coworker, 27. clinical, 28. semester, 29. concept, 30. realistic, 31. peer, 32. strike

33. This pill will relieve your \_\_\_\_\_ immediately.  
*n.* pain in the head; someone or something that causes anxiety or trouble
34. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.  
*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
35. In an economically prosperous country, most male \_\_\_\_\_ is due to child support problems.  
*n.* the act of killing yourself intentionally
36. 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
37. He has shown signs of uneasiness and \_\_\_\_\_ worry.  
*adj.* very great or intense; so powerful that you cannot fight or react against it
38. She would never \_\_\_\_\_ hurt anyone.  
*adv.* in a planned or intended way
39. The DIY \_\_\_\_\_ includes a variety of power and hand tools for home repair.  
*n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal
40. The economy is growing at a supercharged \_\_\_\_\_.  
*n.* the speed at which someone or something moves, or the rate at which something happens or changes

ANSWERS: 33. headaches, 34. Depression, 35. suicide, 36. overworked, 37. overwhelming, 38. intentionally, 39. toolkit, 40. pace

41. The final result was nothing short of \_\_\_\_\_.
- v.* to surprise or shock someone with wonder very much
42. I always look forward to going back to my \_\_\_\_\_ during the holidays.
- n.* the town or city where one was born or grew up
43. His membership in the \_\_\_\_\_ provided him with numerous benefits.
- n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
44. We gained various \_\_\_\_\_ by analyzing the vast amount of data owned by the company.
- n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
45. Departments may set requirements for a higher \_\_\_\_\_ point average.
- n.* a particular level of quality, size, importance, etc.
46. Your \_\_\_\_\_ reflects your thoughts.
- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
47. We need to \_\_\_\_\_ the next steps for the project during our meeting tomorrow.
- v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
48. \_\_\_\_\_ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 41. astounding, 42. hometown, 43. association, 44. insights, 45. grade, 46. conversation, 47. discuss, 48. Empathy

49. Shakespeare's output of poetry was \_\_\_\_\_.

*adj.* extremely large or great

50. The rollercoaster ride left me with a feeling of \_\_\_\_\_.

*n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

51. Her concept is highly \_\_\_\_\_ and helpful.

*adj.* of or connected with actual use or real situation rather than with theory and ideas

52. Please accept my \_\_\_\_\_ condolences on your friend's death.

*adj.* (of a person, feelings, or behavior) open and genuine; not deceitful

53. The ad hoc \_\_\_\_\_ met to discuss the proposal.

*n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization

54. He bought a new \_\_\_\_\_ to attach the strap to his watch.

*n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

55. These gas nebulas are merely newborn galactic \_\_\_\_\_.

*n.* the most essential or fundamental part of something

56. Please \_\_\_\_\_ to the instruction manual for further assistance.

*v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

ANSWERS: 49. enormous, 50. nausea, 51. practical, 52. sincere, 53. committee, 54. stud, 55. cores, 56. refer



57. Macbeth is a famous \_\_\_\_\_ by Shakespeare.

- n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character

58. X-rays revealed a small tumor in his \_\_\_\_\_.

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

59. The organization \_\_\_\_\_ the needs of the community in its decision-making.

- v.* to assign a higher level of importance to something compared to other things

60. He won the case on a \_\_\_\_\_.

- n.* a minor detail or aspect of a procedure, rule, or law, often used to evade or avoid it

61. He bated his \_\_\_\_\_ when talking about this affair.

- n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

62. \_\_\_\_\_ elections were held in several European countries.

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

ANSWERS: 57. tragedy, 58. brain, 59. prioritized, 60. technicality, 61. breath, 62. Communal