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WorkLife with Adam Grant: The real reason you procrastinate | TED Talk

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

Advanced Words Only

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Session 1: Word List

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

acclaim

n. praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly

synonym: praise, admiration, welcome

(1) **acclaim** the winner, (2) treated with royal **acclaim**

The actor's performance in the play earned her widespread **acclaim** from the theater community.

proclaim

v. to announce or state something publicly and forcefully

synonym: announce, declare, trumpet

(1) **proclaim** victory, (2) **proclaim** law

The leader **proclaimed** a state of emergency in the country.

embargo

n. a ban or restriction on trade, commerce, or travel imposed by one country or group of countries against another as a means of political or economic pressure or punishment

synonym : ban, prohibition, restriction

(1) oil **embargo**, (2) economic **embargo**

The **embargo** on trade with the neighboring countries severely impacted the local economy.

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.

dishonor

n. the lack of honor or respect; a feeling of shame or disgrace

synonym : disgrace, shame, dishonorableness

(1) do him a **dishonor**, (2) **dishonor** of my family

His actions brought **dishonor** to the family, and he was disowned.

acquaint

v. to cause someone to become aware of or familiar with someone or something

synonym : familiarize, inform, enlighten

(1) **acquaint** himself with a subject, (2) **acquaint** me with business

I recently **acquainted** myself with a new coworker by introducing myself and chatting with her for a few minutes.

precrastinator

n. (antonym for "procrastinator") a person who tends to complete tasks as soon as possible, often excessively or prematurely; someone who inclines to finish or accomplish tasks far ahead of the deadline or required time

(1) **precrastinator** tendencies, (2) **precrastinator** mindset

As a self-confessed **precrastinator**, she always finished her assignments the moment they were assigned, preferring to get them out of the way.

fascinate

v. to attract and hold the attention of someone deeply and irresistibly

synonym: captivate, intrigue, mesmerize

(1) **fascinate** the public, (2) **fascinate** the young

The magic tricks **fascinated** the children.

hitchhike

v. to obtain a ride in a passing vehicle by signaling to the driver or waving one's thumb; to travel by getting a free ride in someone else's vehicle

synonym: thumb a ride, bum a ride

(1) **hitchhike** a ride, (2) **hitchhike** across the country

She had to **hitchhike** to the nearest gas station when her car broke down.

bathtub

n. a large container, typically made of porcelain or acrylic, for holding water in which a person can bathe

synonym: tub, bath, basin

(1) **bathtub** curve, (2) **bathtub** drain

I filled the **bathtub** with hot water and a bubble bath for a relaxing soak.

writ

n. a written legal order or command

synonym: legal document, order, legal process

(1) a **writ** of summons, (2) issue a **writ**

He was served with a **writ** of eviction, giving him the notice to vacate the property.

slacker

n. a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition

synonym: idler, procrastinator, loafer

(1) office **slacker**, (2) unproductive **slacker**

The boss was frustrated with the **slacker** employees who needed to catch up on their work.

sneak

v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily

synonym : creep, tiptoe, smuggle

(1) **sneak** a cigarette, (2) **sneak** out of danger

The children tried to **sneak** out and eat the candy.

elicit

v. to obtain information or a reaction from someone, usually with difficulty

synonym : bring out, obtain, evoke

(1) **elicit** a confession, (2) **elicit** a solution

Have you **elicited** a response from them yet?

incompetent

adj. lacking the necessary skills, knowledge, or ability to perform a task or job; not legally qualified or authorized to perform a particular task or job

synonym : ineffective, unskilled, inadequate

(1) **incompetent** leadership, (2) **incompetent** employee

The **incompetent** doctor misdiagnosed my illness and prescribed the wrong medication.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

picky

adj. overly particular or selective, especially about food or other consumable goods; difficult to please or satisfy because of one's specific tastes or preferences

synonym : fussy, choosy, particular

(1) **picky** personality, (2) **picky** about details

My **picky** eater only likes to eat certain types of vegetables.

loom

v. to appear or take shape as a large, especially in a frightening way

synonym : appear, come on, overshadow

(1) **loom** over the global economy, (2) **loom** on the horizon

The issue of divorce **loomed** large in his mind.

meta

adj. pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements

synonym : self-referential, introspective, recursive

(1) **meta-analysis**, (2) **meta-language**

The **meta** description of a website is an important element for search engine optimization.

postpone

v. to delay or reschedule something to a later time or date

synonym : delay, defer, reschedule

(1) **postpone** meeting, (2) **postpone** event

Due to inclement weather, the game has been **postponed** until next week.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym : arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

willpower

n. the control exerted to do something or restrain impulses

synonym : determination, resolve, self-discipline

(1) demonstrate **willpower**, (2) lack of **willpower**

With strong **willpower** and determination, he could quit smoking for good.

boredom

n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

synonym : ennui, tedium, monotony

(1) **boredom** relief, (2) chronic **boredom**

The long lecture on a topic I already knew left me struggling to fight off **boredom**.

- rev** *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
synonym : revolution, RPM, speed
(1) low- **rev** engine, (2) **rev** up the crowd
He stepped on the gas pedal, and the engine released a loud **rev**.
- neurotic** *adj.* suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances
synonym : anxious, obsessive, compulsive
(1) **neurotic** behavior, (2) **neurotic** disorder
The **neurotic** character is always anxious and worries about everything.
- plunge** *v.* to dive quickly and steeply downward; to thrust or throw into something; (noun) a steep and rapid fall
synonym : dive, drop, thrust
(1) **plunge** into the water, (2) **plunge** a dagger through his heart
The company's profits **plunged** after the recall of their new product.
- frenzy** *n.* a state of wild, uncontrolled excitement or activity, often characterized by chaotic or irrational behavior
synonym : frenetic, commotion, tumult
(1) **frenzy** of activity, (2) buying **frenzy**
The shoppers were **frenzy** to get the best deals on Black Friday.
- scot** *n.* a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant
synonym : tax, charge, toll
(1) pay annual **scot**, (2) traditional **Scot** attire

The **scot-free** suspect was later apprehended for a different crime.

diminutive

adj. very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection

synonym : tiny, small, miniature

(1) **diminutive** size, (2) **diminutive** figure

The **diminutive** kitten was easily overlooked in the litter.

tug

v. to pull something quickly and hard, often several times

synonym : draw, jerk, pull

(1) **tug** a rope, (2) **tug** at his hand

This movie **tugs** at everyone's heartstrings.

bran

n. the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking

synonym : husk, chaff, grain shell

(1) **bran** muffins, (2) **bran** cereal

Adding **bran** to your meals can help improve your digestion and increase fiber intake.

flake

n. a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent

synonym : chip, bit, shred

(1) **flakes** of snow, (2) **flake** graphite

She found a paint **flake** on the wall and realized it was time to repaint the room.

binge

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym :

spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

outwit

v. to defeat or overcome someone cleverly or cunningly by outsmarting them; to be more clever or cunning than someone else

synonym: outsmart, outmaneuver, outfox

(1) **outwit** a problem, (2) **outwit** his competitors

He could **outwit** his opponents with his quick thinking and clever strategy.

snooze

v. to take a brief nap or doze, often for a short period of time, especially during the day; to sleep lightly or fitfully;
(noun) nodded politely

synonym: doze, nap, drowse

(1) take a **snooze**, (2) **snooze** peacefully in her crib

I need to **snooze** for a few more minutes before starting my day.

mushroom

n. a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap

synonym: fungus, toadstool

(1) **mushroom** spores, (2) **mushroom** cultivation

The **mushroom** risotto was delicious, but I couldn't identify all the mushrooms in it.

tweet

n. a short, high sound made by a small bird; a message sent using Twitter, the social media application

synonym: peep, chirp, post (on Twitter)

(1) a chick's **tweet**, (2) his latest **tweets**

We could hear the **tweet** of baby birds.

distracted

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

synonym: preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

burrow

v. to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal

synonym: tunnel, dig, excavate

(1) **burrow** through the forest, (2) **burrow** into a mystery

You can't **burrow** through solid metal.

owl

n. a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call

synonym: raptor, bird of prey, nocturnal bird

(1) a night **owl**, (2) an **owl** hooted

The snowy **owl** is a large, white bird often seen in the Arctic.

synchronize

v. to happen or cause to happen at the same time or rate

synonym: coordinate, accompany, harmonize

(1) **synchronize** movements, (2) **synchronize** our watches

The ball speed will increase when the lower body movements are perfectly **synchronized**.

circadian

adj. relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones

synonym: daily, diurnal, day-to-day

(1) **circadian** clock, (2) **circadian** disruption

Having a consistent sleep schedule is important for maintaining a healthy **circadian** rhythm.

tempting

adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe

synonym : alluring, attractive, inviting

(1) **tempting** offer, (2) sound very **tempting**

The chocolate cake was too **tempting** for me to resist.

outsmart

v. to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic

synonym : outwit, beat, surpass

(1) **outsmart** the competition, (2) **outsmart** a conspiracy

He could **outsmart** his opponents with his quick thinking and strategic planning.

proofread

v. to examine written material and mark any errors in spelling, grammar, punctuation, or formatting; to read carefully and correct errors

synonym : proof, check, edit

(1) **proofread** document, (2) **proofread** manuscript

The teacher asked the student to **proofread** the essay as part of the revision process

scrabble

v. to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game

synonym : scramble, jumble, mix

(1) **scrabble** through her purse, (2) **scrabble** words

The kids eagerly **scrabbled** to find the hidden Easter eggs in the garden.

reassure

v. to cause someone to feel sure; to give or restore confidence

synonym : comfort, soothe, bolster

(1) **reassure** anxious patients, (2) **reassure** market

The pilot tried to **reassure** the customers that the planes were safe.

disappoint

v. to fail to meet someone or their hopes or expectations;
to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

reconcile

v. to find a way of dealing with two or more ideas, needs, etc. that are opposed to each other to agree and coexist

synonym: harmonize, moderate, conciliate

(1) **reconcile** these differences, (2) **reconcile** a dispute

Sometimes it is challenging to **reconcile** science and religion.

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.

sentimental

adj. connected with or resulting from someone's emotions, rather than reason or realism

synonym: bathetic, drippy, maudlin

(1) in a **sentimental** mood, (2) **sentimental** damage

Stop being **sentimental** and always speak the truth.

wildfire

n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope

synonym: blaze, bonfire, flame

(1) **wildfire** spread, (2) arson-caused **wildfire**

The **wildfire** destroyed hundreds of homes and forced thousands of people to evacuate.

creditor

n. a person, company, etc. to whom a debtor owes money
(1) the **creditor's** claims, (2) bankrupt **creditor**
I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

toothbrush

n. a small brush with a handle used for cleaning the teeth
synonym: brush, scrubber, cleaner
(1) **toothbrush** stand, (2) power **toothbrush**
My **toothbrush** with end-rounded bristles is excellent for gently cleaning my teeth and gums.

toothpaste

n. a paste or gel used for cleaning the teeth and freshening the breath
synonym: paste, gel, dentifrice
(1) **toothpaste** hygiene product, (2) **toothpaste** tube
I always use mint-flavored **toothpaste** to refresh my mouth in the morning and at night.

deodorant

n. a product applied to the body, typically under the arms, that helps to eliminate or mask unpleasant body odor
synonym: antiperspirant, scent, fragrant
(1) **deodorant** stick, (2) spray **deodorant**
Make sure to apply **deodorant** before going to the gym.

makeshift

adj. serving as a temporary substitute or solution; improvised
synonym: improvised, temporary, ad-hoc
(1) **makeshift** shelter, (2) a **makeshift** solution
The team set up a **makeshift** tent for shelter during the storm.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

embody

v. to represent or exemplify something; to give tangible form to an abstract idea

synonym: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of innovation and sustainability.

nominate

v. to propose someone for a position, especially in politics or an organization, or some honor

synonym: appoint, designate, elect

(1) **nominate** him for an award, (2) **nominate** government representatives

The organization **nominated** her to be the next president.

obnoxious

adj. extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm

synonym: offensive, unpleasant, irritating

(1) **obnoxious** habits, (2) **obnoxious** odor

His **obnoxious** behavior at the party made everyone uncomfortable.

amaze

v. to fill with wonder, surprise, or admiration

synonym: astound, surprise, stagger

(1) **amaze** and entertain visitors, (2) **amaze** everyone

The magician's tricks **amazed** the audience.

millennial

adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

synonym: thousand, (noun) Generation Y

(1) **millennial** record, (2) the **millennial** reign

Earth's ecosystems are greatly affected by **millennial-scale** changes in climate.

inefficient

adj. lacking the ability or skill and not making the best use of time, money, energy, etc.

synonym : ineffective, counterproductive, inadequate

(1) **inefficient** use, (2) **inefficient** management

The system is still so **inefficient** that it is useless.

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym : reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we work.

juggle

v. to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act

synonym : juggle, balance, handle

(1) **juggle** a job and motherhood, (2) **juggle** with facts

It can be difficult to **juggle** work, family, and social life, but finding balance is important.

consumerism

n. a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions

synonym : consumer culture, materialism

(1) anti- **consumerism** movement, (2) global **consumerism**

The rise of **consumerism** has led to an increase in wastefulness and environmental damage.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym : torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

squash

v. to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

synonym : smash, crush, compress

(1) **squash** a package, (2) **squash** a rebellion

I like to **squash** my grapes when making homemade wine.

slack

adj. lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude

synonym : loose, lax, floppy

(1) a **slack** rope, (2) **slack** performance

The team's **slack** attitude towards deadlines caused the project to fall behind schedule.

hypocrite

n. a person who claims to have certain beliefs or values but acts in a way that contradicts those beliefs or values; a person who pretends to be virtuous or moral but behaves in an unethical or deceitful way

synonym : pretender, two-faced, insincere

(1) environmental **hypocrite**, (2) religious **hypocrite**

She accused her boss of being a **hypocrite** for advocating for workers' rights while mistreating his employees.

shack

n. a small, often rundown dwelling or house, typically one that is poorly constructed or maintained

synonym : shanty, cabin, hut

(1) humble **shack**, (2) beach **shack**

The fisherman lived in a small **shack** by the lake.

distract

v. to draw someone's attention away from what they are trying to do

synonym : divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

jade

n. a green or white mineral, typically composed of jadeite or nephrite, used for making jewelry and ornamental

objects; an old or over-worked horse

synonym : gemstone, stone, mineral

(1) a **jade** accessory, (2) decorated with **jade**

The **jade** sculpture was worth a fortune.

perpetual

adj. continuing for an extended period in the same way without stopping or being interrupted

synonym : enduring, unchanging, incessant

(1) **perpetual** motion machine, (2) **perpetual** struggle

The company employs a **perpetual** inventory system.

horrendous

adj. causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying

synonym : dreadful, terrible, horrifying

(1) **horrendous** traffic, (2) a **horrendous** crime

The **horrendous** storm caused massive flooding in the town and destroyed many houses.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym : disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

congratulation

n. the act of expressing that someone has an occasion for celebration or the expression of pleasure at the success or good fortune of another

synonym : praise, compliment, felicitation

(1) **congratulation** on a promotion, (2) a matter for **congratulation**

The **congratulations** from her friends and family were overwhelming after she won the championship.

backslide

v. to regress or slip back into a previous, less favorable state or condition; to relapse or backtrack, particularly with regards to progress made towards a goal or

recovery from addiction or illness

synonym: regress, relapse, slip

(1) **backslide** into addiction, (2) **backslide** in recovery

It's common to **backslide** in efforts to quit smoking, but it's important to keep trying.

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**.

agony

n. extreme physical or mental pain or suffering, often prolonged or intense

synonym: anguish, torment, suffering

(1) severe **agony**, (2) emotional **agony**

The athlete fell to the ground in **agony** after injuring their ankle.

wonderland

n. a place or situation that is delightful or enchanting, often characterized by a dreamlike or surreal quality; a reference to the fictional world from Lewis Carroll's *Alice's Adventures in Wonderland*

synonym: fantasyland, dreamland, fairyland

(1) magical **wonderland**, (2) Alice's **wonderland**

The colorful garden was a **wonderland** of various plants and flowers.

hamster

n. a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling

synonym: gerbil, guinea pig, mouse

(1) **hamster** wheel, (2) pet **hamster**

It's important to clean your **hamster's** cage frequently to ensure their health and comfort.

burnout

n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

synonym : breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

pineapple

n. tropical fruit with a rough, spiky exterior and sweet, juicy flesh inside, often used in cooking, baking, or as a snack

synonym : ananas, tropical fruit, bromeliad

(1) ripe **pineapple**, (2) canned **pineapple**

I love to eat fresh **pineapple** in my fruit salad.

sap

v. to gradually weaken or drain strength, energy, or resources; to undermine or impair someone's confidence or morale

synonym : weaken, exhaust, drain

(1) **sap** flow, (2) **sap** strength

The disease has **sapped** all his energy, and he can barely get out of bed.

paramedic

n. a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles

synonym : emergency medical technician, ambulance attendant, medical responder

(1) **paramedic** ambulance, (2) emergency **paramedic**

The **paramedic** team worked together efficiently to stabilize the patient's vital signs.

Session 2: Spelling

1. ou___t his competitors *v.* to defeat or overcome someone cleverly or cunningly by outsmarting them; to be more clever or cunning than someone else
2. re_____re market *v.* to cause someone to feel sure; to give or restore confidence
3. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
4. ne_____ic disorder *adj.* suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances
5. the cr_____or's claims *n.* a person, company, etc. to whom a debtor owes money
6. a hor_____us crime *adj.* causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying
7. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
8. a night o_l *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
9. co_____er relationship *n.* a person who works with another in the same company or organization

ANSWERS: 1. outwit, 2. reassure, 3. confer, 4. neurotic, 5. creditor, 6. horrendous, 7. improvisation, 8. owl, 9. coworker

10. pe_____al struggle *adj.* continuing for an extended period in the same way without stopping or being interrupted
11. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
12. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
13. hi_____ke a ride *v.* to obtain a ride in a passing vehicle by signaling to the driver or waving one's thumb; to travel by getting a free ride in someone else's vehicle
14. co____r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
15. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
16. ba_____b curve *n.* a large container, typically made of porcelain or acrylic, for holding water in which a person can bathe
17. sn__k a cigarette *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
18. too_____te hygiene product *n.* a paste or gel used for cleaning the teeth and freshening the breath
19. ha_____r wheel *n.* a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling

ANSWERS: 10. perpetual, 11. disappoint, 12. insecure, 13. hitchhike, 14. confer, 15. embarrass, 16. bathtub, 17. sneak, 18. toothpaste, 19. hamster

20. dim_____ve size *adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection
21. bu____w through the forest *v.* to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal
22. wi_____re spread *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
23. ne_____ic behavior *adj.* suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances
24. ine_____nt use *adj.* lacking the ability or skill and not making the best use of time, money, energy, etc.
25. po_____ne meeting *v.* to delay or reschedule something to a later time or date
26. syn_____ze movements *v.* to happen or cause to happen at the same time or rate
27. no_____te him for an award *v.* to propose someone for a position, especially in politics or an organization, or some honor
28. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 20. diminutive, 21. burrow, 22. wildfire, 23. neurotic, 24. inefficient, 25. postpone, 26. synchronize, 27. nominate, 28. rev

29. pi__y personality *adj.* overly particular or selective, especially about food or other consumable goods; difficult to please or satisfy because of one's specific tastes or preferences
30. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
31. pr_____ad document *v.* to examine written material and mark any errors in spelling, grammar, punctuation, or formatting; to read carefully and correct errors
32. pay annual s__t *n.* a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant
33. pre_____tor tendencies *n.* (antonym for "procrastinator") a person who tends to complete tasks as soon as possible, often excessively or prematurely; someone who inclines to finish or accomplish tasks far ahead of the deadline or required time
34. mental bu_____t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
35. sq___h a rebellion *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
36. s_p flow *v.* to gradually weaken or drain strength, energy, or resources; to undermine or impair someone's confidence or morale
37. ju___e with facts *v.* to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act

ANSWERS: 29. picky, 30. obsess, 31. proofread, 32. scot, 33. precrastinator, 34. burnout, 35. squash, 36. sap, 37. juggle

38. ma_____ft shelter *adj.* serving as a temporary substitute or solution; improvised
39. bu_____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
40. do him a di_____or *n.* the lack of honor or respect; a feeling of shame or disgrace
41. I__m over the global economy *v.* to appear or take shape as a large, especially in a frightening way
42. syn_____ze our watches *v.* to happen or cause to happen at the same time or rate
43. m__a-analysis *adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
44. ci_____an disruption *adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
45. the mil_____al reign *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
46. s_p strength *v.* to gradually weaken or drain strength, energy, or resources; to undermine or impair someone's confidence or morale

ANSWERS: 38. makeshift, 39. burnout, 40. dishonor, 41. loom, 42. synchronize, 43. meta, 44. circadian, 45. millennial, 46. sap

47. pi__y about details *adj.* overly particular or selective, especially about food or other consumable goods; difficult to please or satisfy because of one's specific tastes or preferences
48. re____ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
49. pet ha____r *n.* a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling
50. bo____m relief *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
51. decorated with j__e *n.* a green or white mineral, typically composed of jadeite or nephrite, used for making jewelry and ornamental objects; an old or over-worked horse
52. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
53. environmental hy_____te *n.* a person who claims to have certain beliefs or values but acts in a way that contradicts those beliefs or values; a person who pretends to be virtuous or moral but behaves in an unethical or deceitful way
54. pro_____ate on my homework *v.* to postpone doing what you should do, often because it is unpleasant or boring

ANSWERS: 47. picky, 48. redefine, 49. hamster, 50. boredom, 51. jade, 52. improvisation, 53. hypocrite, 54. procrastinate

55. a matter for con_____ion *n.* the act of expressing that someone has an occasion for celebration or the expression of pleasure at the success or good fortune of another
56. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
57. beach sh__k *n.* a small, often rundown dwelling or house, typically one that is poorly constructed or maintained
58. ine_____nt management *adj.* lacking the ability or skill and not making the best use of time, money, energy, etc.
59. pa_____ic ambulance *n.* a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles
60. am__e everyone *v.* to fill with wonder, surprise, or admiration
61. religious hy_____te *n.* a person who claims to have certain beliefs or values but acts in a way that contradicts those beliefs or values; a person who pretends to be virtuous or moral but behaves in an unethical or deceitful way
62. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 55. congratulation, 56. distract, 57. shack, 58. inefficient, 59. paramedic, 60. amaze, 61. hypocrite, 62. rev

63. fl__e graphite *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
64. unproductive sl____r *n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
65. re____re anxious patients *v.* to cause someone to feel sure; to give or restore confidence
66. fa____te the young *v.* to attract and hold the attention of someone deeply and irresistibly
67. sl__k performance *adj.* lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude
68. t_g at his hand *v.* to pull something quickly and hard, often several times
69. arson-caused wi____re *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
70. m__a-language *adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
71. alcohol bi__e *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

ANSWERS: 63. flake, 64. slacker, 65. reassure, 66. fascinate, 67. slack, 68. tug, 69. wildfire, 70. meta, 71. binge

72. re____ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
73. dis_____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
74. magical won_____nd *n.* a place or situation that is delightful or enchanting, often characterized by a dreamlike or surreal quality; a reference to the fictional world from Lewis Carroll's Alice's Adventures in Wonderland
75. economic em____o *n.* a ban or restriction on trade, commerce, or travel imposed by one country or group of countries against another as a means of political or economic pressure or punishment
76. oil em____o *n.* a ban or restriction on trade, commerce, or travel imposed by one country or group of countries against another as a means of political or economic pressure or punishment
77. spray de_____nt *n.* a product applied to the body, typically under the arms, that helps to eliminate or mask unpleasant body odor
78. a sl__k rope *adj.* lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude

ANSWERS: 72. redefine, 73. distracted, 74. wonderland, 75. embargo, 76. embargo, 77. deodorant, 78. slack

79. sn___e peacefully in her crib *v.* to take a brief nap or doze, often for a short period of time, especially during the day; to sleep lightly or fitfully; (noun) nodded politely
80. in____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
81. ev__e sympathy *v.* to bring or recall a feeling, memory, or image into your mind
82. re_____le a dispute *v.* to find a way of dealing with two or more ideas, needs, etc. that are opposed to each other to agree and coexist
83. pl___e into the water *v.* to dive quickly and steeply downward; to thrust or throw into something; (noun) a steep and rapid fall
84. a chick's tw__t *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
85. di____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
86. ripe pi_____le *n.* tropical fruit with a rough, spiky exterior and sweet, juicy flesh inside, often used in cooking, baking, or as a snack
87. ou____rt the competition *v.* to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic
88. te_____nt to the superior quality *n.* a thing that proves the existence or truth of something else

ANSWERS: 79. snooze, 80. insecure, 81. evoke, 82. reconcile, 83. plunge, 84. tweet, 85. distract, 86. pineapple, 87. outsmart, 88. testament

89. re_____le these differences *v.* to find a way of dealing with two or more ideas, needs, etc. that are opposed to each other to agree and coexist
90. te_____ng offer *adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe
91. pe_____al motion machine *adj.* continuing for an extended period in the same way without stopping or being interrupted
92. give properties by te_____nt *n.* a thing that proves the existence or truth of something else
93. ob_____us odor *adj.* extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm
94. ju____e a job and motherhood *v.* to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act
95. buying fr____y *n.* a state of wild, uncontrolled excitement or activity, often characterized by chaotic or irrational behavior
96. mu_____om cultivation *n.* a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap
97. sc_____le through her purse *v.* to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game

ANSWERS: 89. reconcile, 90. tempting, 91. perpetual, 92. testament, 93. obnoxious, 94. juggle, 95. frenzy, 96. mushroom, 97. scrabble

98. am__e and entertain visitors *v.* to fill with wonder, surprise, or admiration
99. argue with a co____er *n.* a person who works with another in the same company or organization
100. too____sh stand *n.* a small brush with a handle used for cleaning the teeth
101. pr____im victory *v.* to announce or state something publicly and forcefully
102. bi__e on social media *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
103. sn__k out of danger *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
104. in a sen____al mood *adj.* connected with or resulting from someone's emotions, rather than reason or realism
105. canned pi____le *n.* tropical fruit with a rough, spiky exterior and sweet, juicy flesh inside, often used in cooking, baking, or as a snack
106. sc____le words *v.* to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game

ANSWERS: 98. amaze, 99. coworker, 100. toothbrush, 101. proclaim, 102. binge, 103. sneak, 104. sentimental, 105. pineapple, 106. scrabble

118. hi_____ke across the country *v.* to obtain a ride in a passing vehicle by signaling to the driver or waving one's thumb; to travel by getting a free ride in someone else's vehicle
119. bu___w into a mystery *v.* to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal
120. fr___y of activity *n.* a state of wild, uncontrolled excitement or activity, often characterized by chaotic or irrational behavior
121. ou_____rt a conspiracy *v.* to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic
122. fl___es of snow *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
123. ac_____nt me with business *v.* to cause someone to become aware of or familiar with someone or something
124. too_____te tube *n.* a paste or gel used for cleaning the teeth and freshening the breath
125. no_____te government representatives *v.* to propose someone for a position, especially in politics or an organization, or some honor
126. traditional S__t attire *n.* a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant
127. a ma_____ft solution *adj.* serving as a temporary substitute or solution; improvised

ANSWERS: 118. hitchhike, 119. burrow, 120. frenzy, 121. outsmart, 122. flake, 123. acquaint, 124. toothpaste, 125. nominate, 126. scot, 127. makeshift

128. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
129. anti-con_____sm movement *n.* a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions
130. bankrupt cr_____or *n.* a person, company, etc. to whom a debtor owes money
131. ev__e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind
132. humble sh__k *n.* a small, often rundown dwelling or house, typically one that is poorly constructed or maintained
133. fa_____te the public *v.* to attract and hold the attention of someone deeply and irresistibly
134. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
135. ac_____nt himself with a subject *v.* to cause someone to become aware of or familiar with someone or something
136. emergency pa_____ic *n.* a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles
137. ba_____b drain *n.* a large container, typically made of porcelain or acrylic, for holding water in which a person can bathe
138. con_____ion on a promotion *n.* the act of expressing that someone has an occasion for celebration or the expression of pleasure at the success or good fortune of another

ANSWERS: 128. embarrass, 129. consumerism, 130. creditor, 131. evoke, 132. shack, 133. fascinate, 134. excite, 135. acquaint, 136. paramedic, 137. bathtub, 138. congratulation

139. t_g a rope *v.* to pull something quickly and hard, often several times
140. el___t a confession *v.* to obtain information or a reaction from someone, usually with difficulty
141. global con_____sm *n.* a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions
142. an o_l hooted *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
143. l___m on the horizon *v.* to appear or take shape as a large, especially in a frightening way
144. dim_____ve figure *adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection
145. ac_____m the winner *n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
146. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
147. severe ag__y *n.* extreme physical or mental pain or suffering, often prolonged or intense
148. inc_____nt employee *adj.* lacking the necessary skills, knowledge, or ability to perform a task or job; not legally qualified or authorized to perform a particular task or job

ANSWERS: 139. tug, 140. elicit, 141. consumerism, 142. owl, 143. loom, 144. diminutive, 145. acclaim, 146. excite, 147. agony, 148. incompetent

149. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
150. ci_____an clock *adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
151. treated with royal ac_____m *n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
152. b__n muffins *n.* the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking
153. chronic bo_____m *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
154. em____y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
155. ba_____de into addiction *v.* to regress or slip back into a previous, less favorable state or condition; to relapse or backtrack, particularly with regards to progress made towards a goal or recovery from addiction or illness

ANSWERS: 149. disappoint, 150. circadian, 151. acclaim, 152. bran, 153. boredom, 154. embody, 155. backslide

156. pr_____ad manuscript *v.* to examine written material and mark any errors in spelling, grammar, punctuation, or formatting; to read carefully and correct errors
157. mil_____al record *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
158. el____t a solution *v.* to obtain information or a reaction from someone, usually with difficulty
159. ob_____us habits *adj.* extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm
160. di_____or of my family *n.* the lack of honor or respect; a feeling of shame or disgrace
161. ba_____de in recovery *v.* to regress or slip back into a previous, less favorable state or condition; to relapse or backtrack, particularly with regards to progress made towards a goal or recovery from addiction or illness
162. inc_____nt leadership *adj.* lacking the necessary skills, knowledge, or ability to perform a task or job; not legally qualified or authorized to perform a particular task or job
163. de_____nt stick *n.* a product applied to the body, typically under the arms, that helps to eliminate or mask unpleasant body odor
164. demonstrate wi_____er *n.* the control exerted to do something or restrain impulses

ANSWERS: 156. proofread, 157. millennial, 158. elicit, 159. obnoxious, 160. dishonor, 161. backslide, 162. incompetent, 163. deodorant, 164. willpower

165. b__n cereal *n.* the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking
166. hor_____us traffic *adj.* causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying
167. em___y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
168. sq___h a package *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
169. pre_____tor mindset *n.* (antonym for "procrastinator") a person who tends to complete tasks as soon as possible, often excessively or prematurely; someone who inclines to finish or accomplish tasks far ahead of the deadline or required time
170. office sl_____r *n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
171. ou___t a problem *v.* to defeat or overcome someone cleverly or cunningly by outsmarting them; to be more clever or cunning than someone else

ANSWERS: 165. bran, 166. horrendous, 167. embody, 168. squash, 169. precrastinator, 170. slacker, 171. outwit

172. his latest tw__ts *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
173. get dis_____ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
174. power too_____sh *n.* a small brush with a handle used for cleaning the teeth
175. pro_____ate about a big challenge *v.* to postpone doing what you should do, often because it is unpleasant or boring
176. a j__e accessory *n.* a green or white mineral, typically composed of jadeite or nephrite, used for making jewelry and ornamental objects; an old or over-worked horse
177. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
178. emotional ag__y *n.* extreme physical or mental pain or suffering, often prolonged or intense

ANSWERS: 172. tweet, 173. distracted, 174. toothbrush, 175. procrastinate, 176. jade, 177. obsess, 178. agony

Session 3: Fill in the Blanks

1. The company's new products _____ the values of innovation and sustainability.
v. to represent or exemplify something; to give tangible form to an abstract idea

2. The long lecture on a topic I already knew left me struggling to fight off _____.
n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

3. The colorful garden was a _____ of various plants and flowers.
n. a place or situation that is delightful or enchanting, often characterized by a dreamlike or surreal quality; a reference to the fictional world from Lewis Carroll's Alice's Adventures in Wonderland

4. The athlete fell to the ground in _____ after injuring their ankle.
n. extreme physical or mental pain or suffering, often prolonged or intense

5. It's common to _____ in efforts to quit smoking, but it's important to keep trying.
v. to regress or slip back into a previous, less favorable state or condition; to relapse or backtrack, particularly with regards to progress made towards a goal or recovery from addiction or illness

6. The pilot tried to _____ the customers that the planes were safe.
v. to cause someone to feel sure; to give or restore confidence

7. He was served with a _____ of eviction, giving him the notice to vacate the property.
n. a written legal order or command

ANSWERS: 1. embody, 2. boredom, 3. wonderland, 4. agony, 5. backslide, 6. reassure, 7. writ

8. As a self-confessed _____ she always finished her assignments the moment they were assigned, preferring to get them out of the way.
- n.* (antonym for "procrastinator") a person who tends to complete tasks as soon as possible, often excessively or prematurely; someone who inclines to finish or accomplish tasks far ahead of the deadline or required time
9. My _____ eater only likes to eat certain types of vegetables.
- adj.* overly particular or selective, especially about food or other consumable goods; difficult to please or satisfy because of one's specific tastes or preferences
10. This movie is likely to _____ strong emotions in the viewer.
- v.* to bring or recall a feeling, memory, or image into your mind
11. He stepped on the gas pedal, and the engine released a loud _____.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
12. The system is still so _____ that it is useless.
- adj.* lacking the ability or skill and not making the best use of time, money, energy, etc.
13. The team's _____ attitude towards deadlines caused the project to fall behind schedule.
- adj.* lacking in tension or firmness; loose or not tight; having a relaxed or lazy attitude
14. The issue of divorce _____ large in his mind.
- v.* to appear or take shape as a large, especially in a frightening way

ANSWERS: 8. procrastinator, 9. picky, 10. evoke, 11. rev, 12. inefficient, 13. slack, 14. loomed

15. Earth's ecosystems are greatly affected by _____ changes in climate.

adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

16. The fisherman lived in a small _____ by the lake.

n. a small, often rundown dwelling or house, typically one that is poorly constructed or maintained

17. The leader _____ a state of emergency in the country.

v. to announce or state something publicly and forcefully

18. His wealth is a _____ to his success.

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

19. The kids eagerly _____ to find the hidden Easter eggs in the garden.

v. to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game

20. She accused her boss of being a _____ for advocating for workers' rights while mistreating his employees.

n. a person who claims to have certain beliefs or values but acts in a way that contradicts those beliefs or values; a person who pretends to be virtuous or moral but behaves in an unethical or deceitful way

21. Due to inclement weather, the game has been _____ until next week.

v. to delay or reschedule something to a later time or date

ANSWERS: 15. millennial-scale, 16. shack, 17. proclaimed, 18. testament, 19. scrabbled, 20. hypocrite, 21. postponed

22. The disease has _____ all his energy, and he can barely get out of bed.
- v.* to gradually weaken or drain strength, energy, or resources; to undermine or impair someone's confidence or morale
23. I filled the _____ with hot water and a bubble bath for a relaxing soak.
- n.* a large container, typically made of porcelain or acrylic, for holding water in which a person can bathe
24. It's important to clean your _____ cage frequently to ensure their health and comfort.
- n.* a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling
25. He suffered from job _____ because of hard work.
- n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
26. The _____ kitten was easily overlooked in the litter.
- adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection
27. I like to _____ my grapes when making homemade wine.
- v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
28. The _____ description of a website is an important element for search engine optimization.
- adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements

ANSWERS: 22. sapped, 23. bathtub, 24. hamster's, 25. burnout, 26. diminutive, 27. squash, 28. meta

29. I was so _____ by my phone that I nearly walked into a lamppost.
adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
30. This movie _____ at everyone's heartstrings.
v. to pull something quickly and hard, often several times
31. The boss was frustrated with the _____ employees who needed to catch up on their work.
n. a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
32. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
n. a person, company, etc. to whom a debtor owes money
33. We could hear the _____ of baby birds.
n. a short, high sound made by a small bird; a message sent using Twitter, the social media application
34. Stop being _____ and always speak the truth.
adj. connected with or resulting from someone's emotions, rather than reason or realism
35. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
36. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed

ANSWERS: 29. distracted, 30. tugs, 31. slacker, 32. creditor, 33. tweet, 34. sentimental, 35. disappoint, 36. embarrass

37. The _____ character is always anxious and worries about everything.

adj. suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances

38. His actions brought _____ to the family, and he was disowned.

n. the lack of honor or respect; a feeling of shame or disgrace

39. The company employs a _____ inventory system.

adj. continuing for an extended period in the same way without stopping or being interrupted

40. She stayed up all night _____ her favorite TV show.

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

41. The _____ doctor misdiagnosed my illness and prescribed the wrong medication.

adj. lacking the necessary skills, knowledge, or ability to perform a task or job; not legally qualified or authorized to perform a particular task or job

42. The organization _____ her to be the next president.

v. to propose someone for a position, especially in politics or an organization, or some honor

43. She had to _____ to the nearest gas station when her car broke down.

v. to obtain a ride in a passing vehicle by signaling to the driver or waving one's thumb; to travel by getting a free ride in someone else's vehicle

44. The _____ sculpture was worth a fortune.

n. a green or white mineral, typically composed of jadeite or nephrite, used for making jewelry and ornamental objects; an old or over-worked horse

ANSWERS: 37. neurotic, 38. dishonor, 39. perpetual, 40. binge-watching, 41. incompetent, 42. nominated, 43. hitchhike, 44. jade

45. The children tried to _____ out and eat the candy.
v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
46. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
47. The _____ destroyed hundreds of homes and forced thousands of people to evacuate.
n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
48. The _____ suspect was later apprehended for a different crime.
n. a tax or payment, particularly a share or portion of something; a person from Scotland or a Scottish immigrant
49. The magic tricks _____ the children.
v. to attract and hold the attention of someone deeply and irresistibly
50. Having a consistent sleep schedule is important for maintaining a healthy _____ rhythm.
adj. relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
51. 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
52. I love to eat fresh _____ in my fruit salad.
n. tropical fruit with a rough, spiky exterior and sweet, juicy flesh inside, often used in cooking, baking, or as a snack

ANSWERS: 45. sneak, 46. excited, 47. wildfire, 48. scot-free, 49. fascinated, 50. circadian, 51. coworker, 52. pineapple

53. With strong _____ and determination, he could quit smoking for good.
n. the control exerted to do something or restrain impulses
54. The _____ team worked together efficiently to stabilize the patient's vital signs.
n. a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles
55. Make sure to apply _____ before going to the gym.
n. a product applied to the body, typically under the arms, that helps to eliminate or mask unpleasant body odor
56. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
57. The chocolate cake was too _____ for me to resist.
adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe
58. He could _____ his opponents with his quick thinking and strategic planning.
v. to defeat or best someone through cleverness, cunning, or intelligence, to prevail over someone by being smarter or more strategic
59. She found a paint _____ on the wall and realized it was time to repaint the room.
n. a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
60. The _____ from her friends and family were overwhelming after she won the championship.
n. the act of expressing that someone has an occasion for celebration or the expression of pleasure at the success or good fortune of another

ANSWERS: 53. willpower, 54. paramedic, 55. deodorant, 56. obsessed, 57. tempting, 58. outsmart, 59. flake, 60. congratulations

61. Children in an unstructured environment often feel _____.
- adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
62. You can't _____ through solid metal.
- v.* to excavate a hole or make a tunnel in the ground by digging, typically for use as a dwelling of an animal
63. The company's profits _____ after the recall of their new product.
- v.* to dive quickly and steeply downward; to thrust or throw into something; (noun) a steep and rapid fall
64. The video telephony application has _____ the way we work.
- v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
65. The _____ risotto was delicious, but I couldn't identify all the mushrooms in it.
- n.* a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap
66. Have you _____ a response from them yet?
- v.* to obtain information or a reaction from someone, usually with difficulty
67. The _____ storm caused massive flooding in the town and destroyed many houses.
- adj.* causing horror, shock, or a feeling of extreme disgust; extremely unpleasant or terrifying
68. Adding _____ to your meals can help improve your digestion and increase fiber intake.
- n.* the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking

ANSWERS: 61. insecure, 62. burrow, 63. plunged, 64. redefined, 65. mushroom, 66.

elicited, 67. horrendous, 68. bran

69. The teacher asked the student to _____ the essay as part of the revision process
- v. to examine written material and mark any errors in spelling, grammar, punctuation, or formatting; to read carefully and correct errors
70. My _____ with end-rounded bristles is excellent for gently cleaning my teeth and gums.
- n. a small brush with a handle used for cleaning the teeth
71. The _____ on trade with the neighboring countries severely impacted the local economy.
- n. a ban or restriction on trade, commerce, or travel imposed by one country or group of countries against another as a means of political or economic pressure or punishment
72. The actor's performance in the play earned her widespread _____ from the theater community.
- n. praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
73. The magician's tricks _____ the audience.
- v. to fill with wonder, surprise, or admiration
74. The leaders of the two countries met to _____ on the issue.
- v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
75. The team set up a _____ tent for shelter during the storm.
- adj. serving as a temporary substitute or solution; improvised

ANSWERS: 69. proofread, 70. toothbrush, 71. embargo, 72. acclaim, 73. amazed, 74. confer, 75. makeshift

76. He could _____ his opponents with his quick thinking and clever strategy.
- v. to defeat or overcome someone cleverly or cunningly by outsmarting them; to be more clever or cunning than someone else
77. I need to _____ for a few more minutes before starting my day.
- v. to take a brief nap or doze, often for a short period of time, especially during the day; to sleep lightly or fitfully; (noun) nodded politely
78. Sometimes it is challenging to _____ science and religion.
- v. to find a way of dealing with two or more ideas, needs, etc. that are opposed to each other to agree and coexist
79. He _____ the matter until it was almost too late.
- v. to postpone doing what you should do, often because it is unpleasant or boring
80. It can be difficult to _____ work, family, and social life, but finding balance is important.
- v. to manage or cope with several tasks, responsibilities, or situations simultaneously; to keep several things in the air at once, as in a juggling act
81. I recently _____ myself with a new coworker by introducing myself and chatting with her for a few minutes.
- v. to cause someone to become aware of or familiar with someone or something
82. 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
83. The ball speed will increase when the lower body movements are perfectly _____.
- v. to happen or cause to happen at the same time or rate

ANSWERS: 76. outwit, 77. snooze, 78. reconcile, 79. procrastinated, 80. juggle, 81. acquainted, 82. improvisation, 83. synchronized

84. The shoppers were _____ to get the best deals on Black Friday.
- n.* a state of wild, uncontrolled excitement or activity, often characterized by chaotic or irrational behavior
85. The rise of _____ has led to an increase in wastefulness and environmental damage.
- n.* a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions
86. The snowy ____ is a large, white bird often seen in the Arctic.
- n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
87. His _____ behavior at the party made everyone uncomfortable.
- adj.* extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm
88. I always use mint-flavored _____ to refresh my mouth in the morning and at night.
- n.* a paste or gel used for cleaning the teeth and freshening the breath
89. Please don't _____ me while I'm studying.
- v.* to draw someone's attention away from what they are trying to do

ANSWERS: 84. frenzy, 85. consumerism, 86. owl, 87. obnoxious, 88. toothpaste, 89. distract