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Vocabulary Builder Reference from...

Darria Long: An ER doctor on triaging your "crazy busy" life | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

phrase

n. a group of words that mean something specific when used together

synonym: expression, idiom, term

(1) ready-made **phrases**, (2) noun **phrase**

We bought a Spanish **phrase** book.

crazy

adj. stupid or not sensible; very angry

synonym: insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

emergency

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

synonym: crisis, trouble, difficulty

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

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

afford

v. to have enough money or time to be able to buy or do something

(1) **afford** to buy a new car, (2) **afford** a high travel cost

He cannot **afford** a holiday.

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.

handle

v. to deal with a situation, problem, or strong emotion

synonym: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

function

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

synonym: purpose, mapping, job

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

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

prefrontal

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

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

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

cortex

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

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

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

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

impulse

n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

synonym: stimulation, provocation, urge

(1) a combative **impulse**, (2) profound religious **impulses**

Nerve **impulses** cross a synapse through the action of neurotransmitters.

deteriorate

v. to become worse in quality; to decline or degenerate

synonym: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition

The patient's health **deteriorated** rapidly after being diagnosed with the disease.

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**.

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**.

depart

v. to go away or leave, especially to start a journey

synonym : go away, leave, vacate

(1) arrive and **depart** on time, (2) **depart** from the faith
We **departed** before the temperature fell below zero.

tactics

n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports

synonym : strategy, maneuvers, plan

(1) blitz **tactics**, (2) political **tactics**

The marketing team developed new **tactics** to boost sales.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym : basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

react

v. to take action in response to something

synonym : respond, reply, oppose

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

thinking

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

modify

v. to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

synonym: adjust, alter, revise

(1) genetically **modify** food, (2) **modify** my behavior

We use adverbs to **modify** verbs and adjectives.

contrast

v. to put in opposition to show or emphasize differences

synonym: differ, vary, counterpoint

(1) **contrast** with a decade ago, (2) **contrast** two things

It's intriguing to compare and **contrast** the two authors.

pile

n. a collection of objects positioned one on top of another; a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

elevator

n. a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors

synonym : lift, hoist

(1) **elevator** ride, (2) modern **elevator**

The hotel's **elevator** was out of order, so we had to take the stairs to our room on the fifth floor.

swear

v. to make a solemn promise or vow; to use rude or offensive language

synonym : declare, assert, curse

(1) **swear** an oath, (2) **swear** a blue streak

I **swear** I didn't mean to break your vase.

punk

n. a type of a loud, fast-moving, and aggressive form of rock music originating in the 1970s; an aggressive and violent young man or boy

synonym : hoodlum, bully, thug

(1) **punk** rock, (2) clothes of the **punk** style

We are never intimidated when dealing with young **punks**.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym : unyielding, tireless, unremitting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

triage

n. the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled

synonym : sorting, prioritizing, categorizing

(1) **triage** system, (2) **triage** nurse

In the aftermath of the hurricane, the military set up a **triage** center to assist with medical emergencies.

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.

degree

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

synonym : level, qualification, diploma

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

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

urgency

n. the quality of being very important and needing to be dealt with immediately

synonym : importance, importunity, urging

(1) **urgency** in the use of force, (2) matter of **urgency**

She departed hurriedly because of some significant **urgency** in their affairs.

individual

n. a single person or thing, as distinct from a group

synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

differentiate

v. to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

synonym : discern, distinguish, separate

(1) **differentiate** between fact and fiction, (2) **differentiate** a function

The teacher asked the students to **differentiate** between the two similar species of birds.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as

a means of coercion or intimidation

synonym : menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

immediately

adv. now or without delay

synonym : directly, instantly, promptly

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

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

threaten

v. to utter intentions of injury or punishment against someone

synonym : endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

needle

n. a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

synonym : thorn, spike, pin

(1) **needle** prick, (2) sewing **needle**

The acupuncturist inserted **needles** into specific points on my body to alleviate my pain.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym : confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

noisy

adj. making a lot of sounds, especially loud or disruptive sound

synonym : loud, cacophonous, clamorous

(1) **noisy** neighbor, (2) **noisy** party

The construction outside was creating a **noisy** distraction from my work.

severe

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

synonym : harsh, relentless, powerful

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

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

asthma

n. a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing

synonym : bronchial, bronchitis, respiratory ailment

(1) **asthma** attack, (2) **asthma** symptoms

He always had to carry an inhaler due to his severe **asthma**.

flavor

n. the taste sensation produced by a substance in the mouth

synonym : taste, savor, essence

(1) a delicate **flavor**, (2) **flavor** enhancer

The **flavor** of the coffee was rich and full-bodied.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

suppose

v. to think that something is likely to be actual or possible

synonym : guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

fundraise

v. to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms

synonym : appeal, raise, solicit

(1) **fundraise** a charity fund, (2) **fundraise** for a new shelter
The school is planning to **fundraise** to purchase new books for the library.

chapter

n. a separate section of a written work usually numbered and titled

synonym : section, phase, episode

(1) an introductory **chapter**, (2) **chapter** of a political party
The final **chapter** provides a summary of the discussion.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym : brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels
The raising of interest rates **stabilizes** the inflation rate.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment
During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

mechanical

adj. operated by a machine, relating to or concerned with machinery or tools

synonym : machinelike, automated, automatic

(1) a **mechanical** style of writing, (2) the influence of **mechanical** action

A **mechanical** engineer is still in demand in many companies.

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.

liberate

v. to set free; to release or rescue from captivity or oppression

synonym : emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential

The prisoners were **liberated** after the war ended.

scenario

n. a description of possible actions or events in the future; a written outline of a play, film, or literary work

synonym : plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

gut

n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

synonym : belly, abdomen, courage

(1) the blind **gut**, (2) **gut** feelings

He told me a **gut-wrenching** truth about my parent's death.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

equivalent

n. having the same value, quality, meaning, purpose, etc.

synonym : equal, counterpart, match

(1) **equivalent** amounts, (2) **equivalent** in meaning

The European Central Bank is Europe's **equivalent** of the Federal Reserve.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym : choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

exhausted

adj. extremely tired

synonym : drowsy, depleted, fatigued

(1) the **exhausted** food sources, (2) **exhausted** parents

The **exhausted** runner fell to the ground and gasped.

automated

adj. carried out by machines or computers to replace or decrease human labor

synonym : computerized, mechanical, laborsaving

(1) **automated** manual transmission, (2) **automated** way

The plant will continue operating through an **automated** system 24 hours a day.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym : agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

recurring

adj. happening or occurring again periodically or repeatedly

synonym : periodic, constant, frequent

(1) **recurring** payments, (2) **recurring** decimals

A **recurring** back pain interfered with his concentration.

recurrent

adj. occurring again, repeatedly, or frequently; returning

synonym : continual, repeated, frequent

(1) **recurrent** problem, (2) **recurrent** miscarriage

The patient has been experiencing **recurrent** headaches for weeks.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

temptation

n. the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire

synonym: allure, attraction, enticement

(1) withstand **temptation**, (2) many **temptations**

Researchers often succumb to the **temptation** of accolades and commit research misconduct.

craving

n. a strong desire of wanting something

synonym: desire, appetite, longing

(1) **craving** for revenge, (2) curb our **cravings**

I have a **craving** for nicotine.

medication

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

synonym: cure, drug, medicine

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

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

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.

immediate

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

synonym : prompt, quick, instantaneous

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

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

stool

n. a seat without a back or arms, typically used by one person; a piece of furniture with a flat top supported by one or more legs, used for working at or eating from; a piece of feces excreted from the body

synonym : seat, chair, feces

(1) **stool** seat, (2) **stool** analysis

The doctor asked me to provide a **stool** sample for testing.

participate

v. to take part in something

synonym : take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

satellite

n. an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.

synonym : orbiter, asteroid, moon

(1) a GPS **satellite**, (2) a meteorological **satellite**

Launching an artificial **satellite** contributed to the technological development of our country.

labor

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

synonym : toil, toil, donkeywork

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

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

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym: surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

scared

adj. afraid or frightened

synonym: frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

derail

v. to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally

synonym: crash, wreck, thwart

(1) **derail** the recovery, (2) **derail** an argument

The train **derailed** because a cow was standing on the tracks.

nervous

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

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

monologue

n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

synonym: soliloquy, speech, address

(1) inner **monologue**, (2) deliver a **monologue**

The actor's **monologue** was so powerful that the audience was moved to tears.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym: disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

tunnel

n. an underground or underwater passage, typically for trains or cars

synonym: passageway, underground passage

(1) **tunnel** construction work, (2) **tunnel** disease

The workers had to dig through solid rock to create the vehicular **tunnel** allowing the cars to pass through the mountain.

vision

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

synonym: sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

deliberately

adv. done in an intentional or slow and careful manner

synonym: intentionally, knowingly, willfully

(1) **deliberately** amateurish, (2) commit a crime
deliberately

He **deliberately** misleads others.

arena

n. a large, flat area, often circular or oval-shaped, designed to showcase theatre, musical performances, or sporting events

synonym: stadium, theatre, auditorium

(1) indoor **arena**, (2) political **arena**

The company is planning to build a 20,000-seat **arena** with a retractable roof.

fuzzy

adj. having a soft and indistinct outline or covered with fine, soft, and hairlike fibers

synonym: hazy, blurry, indistinct

(1) **fuzzy** logic, (2) **fuzzy** memory

The picture was **fuzzy** because it was taken with an old camera.

prime

adj. main or most important; basic

synonym: excellent, exceptional, premium

(1) **prime** number, (2) deputy **prime** minister

After a thorough investigation, she has been named as the **prime** suspect.

essentially

adv. relating to the essential features or concepts of anything

synonym: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

disrupt

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

synonym : interrupt, disturb, break into

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

widen

v. to become or make something broader, wider, more extensive

synonym : broaden, enlarge, extend

(1) **widen** in excitement, (2) **widen** a narrowed heart valve
He **widened** his investigation into a medical clinic.

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym : understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus
He is a man admired for the depth of his **perception**.

broad

adj. very wide; general

synonym : wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind
He accumulated wealth across a **broad** spectrum of assets.

possibility

n. a chance that something may happen or be true

synonym : chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

scream

v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

synonym : cry, shout, yell

(1) **scream** a profanity, (2) **scream** at him to be quiet

She kept **screaming** for an ambulance.

drown

v. to die or cause to die by being unable to breathe underwater

synonym: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

beep

v. to make a short, high-pitched sound, typically as a signal or warning

synonym: bleep, honk, buzz

(1) **beep** out a warning, (2) **beep** the horn

The timer **beeped**, reminding me that the cake was ready to come out of the oven.

norm

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

synonym: criterion, mean, standard

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

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

hover

v. to stay in one place in the air

synonym: hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

Session 2: Spelling

- | | | |
|---|----|--|
| 1. di____ct attention from the real issue | v. | to draw someone's attention away from what they are trying to do |
| 2. clothes of the p__k style | n. | a type of a loud, fast-moving, and aggressive form of rock music originating in the 1970s; an aggressive and violent young man or boy |
| 3. de____on authority | n. | the act or process of making up someone's mind about something; a choice or judgment reached after considering options |
| 4. a combative im____e | n. | a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber |
| 5. withstand tem____on | n. | the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire |
| 6. political ar__a | n. | a large, flat area, often circular or oval-shaped, designed to showcase theatre, musical performances, or sporting events |
| 7. demonstrate wi____er | n. | the control exerted to do something or restrain impulses |
| 8. female ho____e | n. | a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood |

ANSWERS: 1. distract, 2. punk, 3. decision, 4. impulse, 5. temptation, 6. arena, 7. willpower, 8. hormone

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|---------------------------------|-----------|--|
| 9. modern el____or | <i>n.</i> | a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors |
| 10. ha___e a precious object | <i>v.</i> | to deal with a situation, problem, or strong emotion |
| 11. cat_____he risk management | <i>n.</i> | a sudden event that causes extreme ruin and misfortune |
| 12. an____y for knowledge | <i>n.</i> | a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 13. indoor ar__a | <i>n.</i> | a large, flat area, often circular or oval-shaped, designed to showcase theatre, musical performances, or sporting events |
| 14. af___d to buy a new car | <i>v.</i> | to have enough money or time to be able to buy or do something |
| 15. eq__p an army | <i>v.</i> | to provide a person or a place with the things that are needed for a particular purpose or activity |
| 16. fu_____se for a new shelter | <i>v.</i> | to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms |
| 17. me_____n in a report | <i>v.</i> | to speak or write about something or someone briefly |
| 18. de___l the recovery | <i>v.</i> | to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally |

ANSWERS: 9. elevator, 10. handle, 11. catastrophe, 12. anxiety, 13. arena, 14. afford, 15. equip, 16. fundraise, 17. mention, 18. derail

19. a cr__y scheme *adj.* stupid or not sensible; very angry
20. del_____ely amateurish *adv.* done in an intentional or slow and careful manner
21. wi__n a narrowed heart valve *v.* to become or make something broader, wider, more extensive
22. deputy pr__e minister *adj.* main or most important; basic
23. become ess_____ly same *adv.* relating to the essential features or concepts of anything
24. sc__d all the time *adj.* afraid or frightened
25. b__p out a warning *v.* to make a short, high-pitched sound, typically as a signal or warning
26. the im_____te past *adj.* happening or done without delay or occurring shortly after something else
27. a delicate fl___r *n.* the taste sensation produced by a substance in the mouth
28. de_____e a job offer *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
29. have com_____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
30. a mec_____al style of writing *adj.* operated by a machine, relating to or concerned with machinery or tools
31. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 19. crazy, 20. deliberately, 21. widen, 22. prime, 23. essentially, 24. scared, 25. beep, 26. immediate, 27. flavor, 28. decline, 29. compassion, 30. mechanical, 31. hormone

32. fu_____se a charity fund *v.* to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms
33. sc___m at him to be quiet *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
34. blitz ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
35. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
36. arrange my sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
37. as___a symptoms *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
38. spinal c___d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
39. wi___n in excitement *v.* to become or make something broader, wider, more extensive
40. immune fu_____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 32. fundraise, 33. scream, 34. tactics, 35. compassion, 36. schedule, 37. asthma, 38. cord, 39. widen, 40. function

41. pr__e number *adj.* main or most important; basic
42. lack of wi_____er *n.* the control exerted to do something or restrain impulses
43. telescopic vi___n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
44. no__y party *adj.* making a lot of sounds, especially loud or disruptive sound
45. su_____e you're right *v.* to think that something is likely to be actual or possible
46. political ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
47. 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
48. su_____ly attacked by an enemy *adv.* quickly and unexpectedly
49. deliver a ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
50. sw__r a blue streak *v.* to make a solemn promise or vow; to use rude or offensive language
51. tr___e system *n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
52. re__t at a high temperature *v.* to take action in response to something

ANSWERS: 41. prime, 42. willpower, 43. vision, 44. noisy, 45. suppose, 46. tactics, 47. refer, 48. suddenly, 49. judgment, 50. swear, 51. triage, 52. react

53. avoid climate cat_____he *n.* a sudden event that causes extreme ruin and misfortune
54. face rel_____ss pressure *adj.* persistent and determined; continuing despite difficulties or setbacks
55. ess_____ly correct *adv.* relating to the essential features or concepts of anything
56. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
57. det_____te condition *v.* to become worse in quality; to decline or degenerate
58. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
59. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
60. number of different sc_____ios *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
61. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
62. ho__r between life and death *v.* to stay in one place in the air
63. the blind g_t *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

ANSWERS: 53. catastrophe, 54. relentless, 55. essentially, 56. threaten, 57. deteriorate, 58. medication, 59. disrupt, 60. scenario, 61. patient, 62. hover, 63. gut

64. a br__d mind *adj.* very wide; general
65. me____n name *v.* to speak or write about something or someone briefly
66. em____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
67. dif____ate a function *v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
68. imm____ly recall a product *adv.* now or without delay
69. el____or ride *n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors
70. de__l an argument *v.* to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally
71. decision-making pr____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
72. st____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way

ANSWERS: 64. broad, 65. mention, 66. emergency, 67. differentiate, 68. immediately, 69. elevator, 70. derail, 71. process, 72. stabilize

84. re__t against his way of thinking *v.* to take action in response to something
85. no__y neighbor *adj.* making a lot of sounds, especially loud or disruptive sound
86. re_____nt problem *adj.* occurring again, repeatedly, or frequently; returning
87. fun_____al education *adj.* forming an essential base or core from which everything else develops or is affected
88. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
89. de___t from the faith *v.* to go away or leave, especially to start a journey
90. genetically mo___y food *v.* to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
91. pos_____ty for growth *n.* a chance that something may happen or be true
92. li_____te potential *v.* to set free; to release or rescue from captivity or oppression
93. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 84. react, 85. noisy, 86. recurrent, 87. fundamental, 88. decision, 89. depart, 90. modify, 91. possibility, 92. liberate, 93. function

94. sewing ne___e *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
95. a sand p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
96. ch____r of a political party *n.* a separate section of a written work usually numbered and titled
97. det_____te at a slow pace *v.* to become worse in quality; to decline or degenerate
98. take im_____te effect *adj.* happening or done without delay or occurring shortly after something else
99. rel_____ss attack *adj.* persistent and determined; continuing despite difficulties or setbacks
100. the ex_____ed food sources *adj.* extremely tired
101. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
102. b__p the horn *v.* to make a short, high-pitched sound, typically as a signal or warning
103. tr___e nurse *n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
104. co_____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
105. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 94. needle, 95. pile, 96. chapter, 97. deteriorate, 98. immediate, 99. relentless, 100. exhausted, 101. stabilize, 102. beep, 103. triage, 104. confuse, 105. anxiety

106. par_____te in the program *v.* to take part in something
107. economic th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
108. de____e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
109. a private ind_____al *n.* a single person or thing, as distinct from a group
110. st__l seat *n.* a seat without a back or arms, typically used by one person; a piece of furniture with a flat top supported by one or more legs, used for working at or eating from; a piece of feces excreted from the body
111. re_____nt miscarriage *adj.* occurring again, repeatedly, or frequently; returning
112. a meteorological sa_____te *n.* an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.
113. an introductory ch_____r *n.* a separate section of a written work usually numbered and titled
114. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material

ANSWERS: 106. participate, 107. threat, 108. degree, 109. individual, 110. stool, 111. recurrent, 112. satellite, 113. chapter, 114. wrap

115. cultural n__m *n.* something that is regarded as usual, typical, or standard
116. visual co___x neuron *n.* the outermost layer of an organ, especially the brain
117. st__l analysis *n.* a seat without a back or arms, typically used by one person; a piece of furniture with a flat top supported by one or more legs, used for working at or eating from; a piece of feces excreted from the body
118. bachelor's de___e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
119. tu___l construction work *n.* an underground or underwater passage, typically for trains or cars
120. manual la__r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
121. mo___y my behavior *v.* to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
122. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things
123. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain

ANSWERS: 115. norm, 116. cortex, 117. stool, 118. degree, 119. tunnel, 120. labor, 121. modify, 122. prioritize, 123. prefrontal

124. matter of ur____y *n.* the quality of being very important and needing to be dealt with immediately
125. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
126. 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
127. di____ct public opinion *v.* to draw someone's attention away from what they are trying to do
128. fl__d advisory *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
129. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
130. write him an answer imm_____ly *adv.* now or without delay
131. de____e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
132. profound religious im____es *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
133. attract br__d attention *adj.* very wide; general
134. noun ph____e *n.* a group of words that mean something specific when used together

ANSWERS: 124. urgency, 125. brain, 126. refer, 127. distract, 128. flood, 129. cord, 130. immediately, 131. decline, 132. impulse, 133. broad, 134. phrase

135. many tem_____ons *n.* the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire
136. su_____e beforehand *v.* to think that something is likely to be actual or possible
137. the influence of mec_____al action *adj.* operated by a machine, relating to or concerned with machinery or tools
138. a GPS sa_____te *n.* an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.
139. ex_____ed parents *adj.* extremely tired
140. ho__r around the table *v.* to stay in one place in the air
141. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
142. environmental th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
143. co___x cells *n.* the outermost layer of an organ, especially the brain
144. curb our cr_____gs *n.* a strong desire of wanting something
145. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 135. temptation, 136. suppose, 137. mechanical, 138. satellite, 139. exhausted, 140. hover, 141. brain, 142. threat, 143. cortex, 144. craving, 145.

damage

146. pa____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
147. as___a attack *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
148. th____en national security *v.* to utter intentions of injury or punishment against someone
149. commit a crime del_____ely *adv.* done in an intentional or slow and careful manner
150. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
151. fu__y memory *adj.* having a soft and indistinct outline or covered with fine, soft, and hairlike fibers
152. deliver a mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory
153. cr__y about cars and racing *adj.* stupid or not sensible; very angry
154. ready-made ph____es *n.* a group of words that mean something specific when used together
155. tu____l disease *n.* an underground or underwater passage, typically for trains or cars

ANSWERS: 146. patient, 147. asthma, 148. threaten, 149. deliberately, 150. stick, 151. fuzzy, 152. monologue, 153. crazy, 154. phrase, 155. tunnel

156. fu__y logic *adj.* having a soft and indistinct outline or covered with fine, soft, and hairlike fibers
157. equ_____nt in meaning *n.* having the same value, quality, meaning, purpose, etc.
158. af___d a high travel cost *v.* to have enough money or time to be able to buy or do something
159. inner mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory
160. sc___m a profanity *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
161. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
162. eq__p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
163. fl___r enhancer *n.* the taste sensation produced by a substance in the mouth
164. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 156. fuzzy, 157. equivalent, 158. afford, 159. monologue, 160. scream, 161. disrupt, 162. equip, 163. flavor, 164. damage

165. in____al organs *adj.* of or relating to the inside of something
166. ur____y in the use of force *n.* the quality of being very important and needing to be dealt with immediately
167. pre____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
168. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
169. per____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
170. die su____ly *adv.* quickly and unexpectedly
171. n__m of action *n.* something that is regarded as usual, typical, or standard
172. sc____d dog *adj.* afraid or frightened
173. antibiotic med____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
174. au____ed manual transmission *adj.* carried out by machines or computers to replace or decrease human labor
175. co____st two things *v.* to put in opposition to show or emphasize differences
176. re____ng decimals *adj.* happening or occurring again periodically or repeatedly
177. p__k rock *n.* a type of a loud, fast-moving, and aggressive form of rock music originating in the 1970s; an aggressive and violent young man or boy

ANSWERS: 165. internal, 166. urgency, 167. prefrontal, 168. flood, 169. perception, 170. suddenly, 171. norm, 172. scared, 173. medication, 174. automated, 175. contrast, 176. recurring, 177. punk

178. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
179. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
180. ne___e prick *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
181. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
182. par_____te fully in conversation *v.* to take part in something
183. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
184. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
185. au_____ed way *adj.* carried out by machines or computers to replace or decrease human labor
186. ind_____al freedom *n.* a single person or thing, as distinct from a group
187. dr__n in a bath *v.* to die or cause to die by being unable to breathe underwater
188. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
189. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected

ANSWERS: 178. severe, 179. possibility, 180. needle, 181. confuse, 182. participate, 183. severe, 184. wrap, 185. automated, 186. individual, 187. drown, 188. drown, 189. fundamental

190. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
191. re_____ng payments *adj.* happening or occurring again periodically or repeatedly
192. the in_____al economy *adj.* of or relating to the inside of something
193. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
194. a heavy sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
195. g_t feelings *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
196. acute em_____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
197. ha___ed the incident *v.* to deal with a situation, problem, or strong emotion
198. a prodigious vi___n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

ANSWERS: 190. process, 191. recurring, 192. internal, 193. nervous, 194. schedule, 195. gut, 196. emergency, 197. handle, 198. vision

199. cr____g for revenge *n.* a strong desire of wanting something
200. arrive and de___t on time *v.* to go away or leave, especially to start a journey
201. co____st with a decade ago *v.* to put in opposition to show or emphasize differences
202. seasonal la__r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

ANSWERS: 199. craving, 200. depart, 201. contrast, 202. labor

Session 3: Fill in the Blanks

1. Nerve _____ cross a synapse through the action of neurotransmitters.
 - n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

2. The plant will continue operating through an _____ system 24 hours a day.
 - adj.* carried out by machines or computers to replace or decrease human labor

3. The actor's _____ was so powerful that the audience was moved to tears.
 - n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

4. The president prepared several possible _____ for an enemy attack.
 - n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work

5. The _____ of severe weather prompted the city to issue an evacuation warning.
 - n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

6. 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

7. The prisoners were _____ after the war ended.
 - v.* to set free; to release or rescue from captivity or oppression

ANSWERS: 1. impulses, 2. automated, 3. monologue, 4. scenarios, 5. threat, 6. prioritized, 7. liberated

8. He cannot _____ a holiday.
v. to have enough money or time to be able to buy or do something
9. You _____ a bill in the change machine, and the coins pop out.
v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
10. The rain and thunder are _____ today.
adj. stupid or not sensible; very angry
11. Floods have the potential to _____ any subsurface animals easily.
v. to die or cause to die by being unable to breathe underwater
12. He always had to carry an inhaler due to his severe _____.
n. a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
13. The _____ of getting the disease will drastically increase.
n. a chance that something may happen or be true
14. The doctor asked me to provide a _____ sample for testing.
n. a seat without a back or arms, typically used by one person; a piece of furniture with a flat top supported by one or more legs, used for working at or eating from; a piece of feces excreted from the body
15. He is a man admired for the depth of his _____.
n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

ANSWERS: 8. afford, 9. stick, 10. crazy, 11. drown, 12. asthma, 13. possibility, 14. stool, 15. perception

16. _____ a society is an organism.

adv. relating to the essential features or concepts of anything

17. After the party, they had to clean up _____ of dirty dishes.

n. a collection of objects positioned one on top of another; a large sum of something, such as money

18. The workers had to dig through solid rock to create the vehicular _____ allowing the cars to pass through the mountain.

n. an underground or underwater passage, typically for trains or cars

19. The teacher asked the students to _____ between the two similar species of birds.

v. to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

20. These heavy rains caused flash _____ on several islands.

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

21. The company is planning to build a 20,000-seat _____ with a retractable roof.

n. a large, flat area, often circular or oval-shaped, designed to showcase theatre, musical performances, or sporting events

22. As an _____ he had the right to make his own decisions and live his life as he saw fit.

n. a single person or thing, as distinct from a group

23. In several countries, child _____ is a serious social problem.

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

ANSWERS: 16. Essentially, 17. piles, 18. tunnel, 19. differentiate, 20. floods, 21. arena, 22. individual, 23. labor

24. The marketing team developed new _____ to boost sales.
n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
25. Human behavior has _____ characteristics.
adj. forming an essential base or core from which everything else develops or is affected
26. With strong _____ and determination, he could quit smoking for good.
n. the control exerted to do something or restrain impulses
27. A suspension order from the court is effective _____.
adv. now or without delay
28. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something
29. He told me a _____ truth about my parent's death.
n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
30. It's intriguing to compare and _____ the two authors.
v. to put in opposition to show or emphasize differences
31. The raising of interest rates _____ the inflation rate.
v. to become or cause to become steady or unlikely to give way

ANSWERS: 24. tactics, 25. fundamental, 26. willpower, 27. immediately, 28. participated, 29. gut-wrenching, 30. contrast, 31. stabilizes

32. Please don't _____ me while I'm studying.

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

33. The final _____ provides a summary of the discussion.

n. a separate section of a written work usually numbered and titled

34. We _____ before the temperature fell below zero.

v. to go away or leave, especially to start a journey

35. Driving is difficult for me because of my poor _____.

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

36. Various artificially induced causes are _____ our ecosystem.

v. to utter intentions of injury or punishment against someone

37. The senator received _____ criticism from his opponent.

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

38. He accumulated wealth across a _____ spectrum of assets.

adj. very wide; general

39. What do you _____ the culprit's motive was?

v. to think that something is likely to be actual or possible

40. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

ANSWERS: 32. distract, 33. chapter, 34. departed, 35. vision, 36. threatening, 37. severe, 38. broad, 39. suppose, 40. decision

41. Her remarks _____ the debate.

v. to mistake one thing for another; to make somebody hard to understand

42. The cerebral _____ consists of six layers.

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

43. The president declared a state of _____.

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

44. The _____ for applying for a visa can be lengthy and complicated.

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

45. Both forts were subject to _____ attacks.

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

46. He _____ his investigation into a medical clinic.

v. to become or make something broader, wider, more extensive

47. We bought a Spanish _____ book.

n. a group of words that mean something specific when used together

48. A _____ engineer is still in demand in many companies.

adj. operated by a machine, relating to or concerned with machinery or tools

49. 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: 41. confused, 42. cortex, 43. emergency, 44. process, 45. immediate, 46. widened, 47. phrase, 48. mechanical, 49. anxiety

50. The European Central Bank is Europe's _____ of the Federal Reserve.
n. having the same value, quality, meaning, purpose, etc.
51. In the aftermath of the hurricane, the military set up a _____ center to assist with medical emergencies.
n. the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
52. As people age, their digestive capacity also gradually _____.
v. to become gradually smaller, fewer, worse, etc.; to refuse to accept
53. The patient's health _____ rapidly after being diagnosed with the disease.
v. to become worse in quality; to decline or degenerate
54. The prime minister canceled visits to other countries to resolve _____ disputes.
adj. of or relating to the inside of something
55. 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
56. I _____ I didn't mean to break your vase.
v. to make a solemn promise or vow; to use rude or offensive language
57. Two birds were _____ overhead.
v. to stay in one place in the air

ANSWERS: 50. equivalent, 51. triage, 52. declines, 53. deteriorated, 54. internal, 55. refer, 56. swear, 57. hovering

58. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
59. I _____ to him that I had seen his sister at the grocery store earlier that day.
- v.* to speak or write about something or someone briefly
60. We are never intimidated when dealing with young _____.
- n.* a type of a loud, fast-moving, and aggressive form of rock music originating in the 1970s; an aggressive and violent young man or boy
61. The timer _____ reminding me that the cake was ready to come out of the oven.
- v.* to make a short, high-pitched sound, typically as a signal or warning
62. The athlete's _____ training paid off in the end.
- adj.* persistent and determined; continuing despite difficulties or setbacks
63. His infinite love and _____ for everyone never weary.
- n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
64. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
65. The picture was _____ because it was taken with an old camera.
- adj.* having a soft and indistinct outline or covered with fine, soft, and hairlike fibers

ANSWERS: 58. hormone, 59. mentioned, 60. punks, 61. beeped, 62. relentless, 63. compassion, 64. degree, 65. fuzzy

66. He suffers from _____ breakdowns.

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

67. The patient has been experiencing _____ headaches for weeks.

adj. occurring again, repeatedly, or frequently; returning

68. _____ the bandage tightly around the injured arm.

v. to cover or enclose something entirely with paper, cloth, or other material

69. Who answers _____ knows little.

adv. quickly and unexpectedly

70. 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

71. The school is planning to _____ to purchase new books for the library.

v. to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms

72. He _____ misleads others.

adv. done in an intentional or slow and careful manner

73. How did he _____ to your idea?

v. to take action in response to something

74. Research shows that damage to the _____ cortex leads to increased aggression.

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

ANSWERS: 66. nervous, 67. recurrent, 68. Wrap, 69. suddenly, 70. brain, 71. fundraise, 72. deliberately, 73. react, 74. prefrontal

75. She departed hurriedly because of some significant _____ in their affairs.
n. the quality of being very important and needing to be dealt with immediately
76. Her _____ are consistently rational and sensible.
n. the ability to form valuable opinions and make reasonable decisions
77. The acupuncturist inserted _____ into specific points on my body to alleviate my pain.
n. a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
78. The brain is an incredibly complex organ that controls the body's _____.
n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
79. I'm so sorry to _____ you when you're pretty busy.
v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
80. A _____ back pain interfered with his concentration.
adj. happening or occurring again periodically or repeatedly
81. The pharmacist not only prescribes the _____ but also guides its proper use.
n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 75. urgency, 76. judgments, 77. needles, 78. function, 79. disrupt, 80. recurring, 81. medication

82. She kept _____ for an ambulance.

- v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

83. Researchers often succumb to the _____ of accolades and commit research misconduct.

- n.* the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire

84. The construction company _____ the building with an earthquake-resistant device.

- v.* to provide a person or a place with the things that are needed for a particular purpose or activity

85. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.

- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

86. The train _____ because a cow was standing on the tracks.

- v.* to cause a train or tram to run off the tracks accidentally; to run off or leave the rails accidentally

87. I have a _____ for nicotine.

- n.* a strong desire of wanting something

88. The lack of funds has resulted in a _____ for our university system.

- n.* a sudden event that causes extreme ruin and misfortune

ANSWERS: 82. screaming, 83. temptation, 84. equipped, 85. damage, 86. derailed, 87. craving, 88. catastrophe

89. The construction outside was creating a _____ distraction from my work.

adj. making a lot of sounds, especially loud or disruptive sound

90. We all should learn how to _____ stress.

v. to deal with a situation, problem, or strong emotion

91. The _____ runner fell to the ground and gasped.

adj. extremely tired

92. So far, the meeting is going according to _____.

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

93. The _____ of the coffee was rich and full-bodied.

n. the taste sensation produced by a substance in the mouth

94. The doctor carefully examined the _____ medical history.

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

95. I'm _____ of insects.

adj. afraid or frightened

96. We use adverbs to _____ verbs and adjectives.

v. to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

97. Launching an artificial _____ contributed to the technological development of our country.

n. an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.

ANSWERS: 89. noisy, 90. handle, 91. exhausted, 92. schedule, 93. flavor, 94. patient's, 95. scared, 96. modify, 97. satellite

98. Your spinal _____ is located deep within your body.

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

99. The hotel's _____ was out of order, so we had to take the stairs to our room on the fifth floor.

n. a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors

100. The systems we have developed has accepted as industry _____.

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

101. After a thorough investigation, she has been named as the _____ suspect.

adj. main or most important; basic

ANSWERS: 98. cord, 99. elevator, 100. norms, 101. prime