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Vocabulary Builder Reference from...

Cara E. Yar Khan: The beautiful balance between courage and fear | TED Talk https://www.ted.com/talks/cara_e_yar_khan_the_bea

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Advanced Words Only

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Session 1: Word List

fearless

adj. having no fear; brave

synonym: brave, courageous, daring

(1) fearless attitude, (2) fearless bravery

The **fearless** firefighter rushed into the burning building to save a trapped child.

astronaut

 a person trained by a space agency to travel outside the Earth's atmosphere

synonym: spaceman, cosmonaut

(1) astronaut mission, (2) astronaut in training

The shuttle **astronaut** trained for months before embarking on the space mission.

bravery

n. courage in the face of danger

synonym: courage, valor, heroism

(1) **bravery** against the enemy, (2) **bravery** under fire His **bravery** in the face of danger saved the lives of his

comrades.

inexplicable

adj. unable to be explained, understood, or accounted for; mysterious or puzzling

synonym: incomprehensible, mysterious, unaccountable

(1) **inexplicable** event, (2) **inexplicable** decision

The reason for his sudden disappearance from work was **inexplicable**.

recessive

adj. of or relating to the state of the economy declines; (of a gene) controlling a characteristic that is expressed only when a dominant allele is not present

synonym: latent, dormant, hidden

(1) recessive allele, (2) recessive mutant

The **recessive** gene for blue eyes is only expressed when both parents carry the gene.

hereditary

adj. passed down from one generation to another through inheritance

synonym: inherited, transmitted, genetic

(1) a **hereditary** disease, (2) **hereditary** property

A **hereditary** condition is a medical condition caused by a genetic mutation passed down from one's parents.

myopathy

 a disease or disorder that affects the muscles, typically causing weakness, pain, or degeneration of muscle tissue

synonym: myositis, muscular disorder

(1) **myopathy** diagnosis, (2) congenital **myopathy**Regular exercise can help manage symptoms of **myopathy**and improve muscle function.

quadriplegia

- paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
- (1) **quadriplegia** patients, (2) **quadriplegia** care After the accident, he had **quadriplegia** and could not move his arms or legs.

frightening

adj. causing fear or alarm, or very surprising and alarming synonym: scary, terrifying, alarming

(1) cast frightening eyes, (2) frightening experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

dishearten

v. to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

synonym: discourage, dismay, demoralize

(1) **dishearten** employees, (2) **dishearten** the hopeful job applicant

The team's loss in the semifinals did not **dishearten** their determination to return stronger next season.

quitter

 a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy quitter, (2) serial quitter

He was labeled as a **quitter** after he abandoned the project halfway.

preposterous

adj. absurd, ridiculous, or contrary to reason or common sense

synonym: ridiculous, absurd, nonsensical

(1) preposterous claim, (2) preposterous price

The idea that aliens built the pyramids is preposterous.

polio

n. an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

synonym: poliomyelitis, infantile paralysis

(1) polio epidemic, (2) polio eradication

The **polio** vaccine development is regarded as one of the greatest medical achievements of the 20th century.

overhear

v. to hear what other people are saying without intending to and their knowledge

synonym: catch, eavesdrop

(1) happen to **overhear** a conversation, (2) accidentally

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overheard their talk

She was inside at the time and **overheard** the conversation.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym: apprentice, trainee, student

(1) intern civilians, (2) medical intern

The navy **interned** ships of defeated nations.

brace

 a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

synonym: support, clamp, (verb) strengthen

(1) brace for impact, (2) brace my energies

She wore a **brace** on her leg to support her injured ankle.

outdo

v. to do better than someone; to surpass

synonym: excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition

He tried to **outdo** his rival by breaking the world record.

canyon

 a large deep valley with very steep sides of rock and usually formed by a river

synonym: gorge, valley, ravine

(1) twisty **canyon** road, (2) **canyon** of skyscrapers The Grand **Canyon** has an awe-inspiring sight.

horseback

- n. the back of a horse; the act of riding on a horsesynonym: equestrian, horse riding, mounted
- (1) **horseback** trek, (2) **horseback** adventure

 We went on a scenic trail ride on **horseback** through the mountains.

raft

 a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer synonym: flatboat, boat, barge

(1) a raft for carrying horses, (2) a life raft The rubber raft was swept out to sea.

spoil

- to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad synonym: rot, decay, deteriorate
- (1) **spoil** a person's sport, (2) **spoil** the surprise If you leave the milk out of the refrigerator for too long, it will spoil.

mustang

- a small, hardy breed of horse found in the American West that typically has a stocky build, short mane, and a wild or untamed temperament
- (1) a group of **mustangs**, (2) saddle up his trusty **mustang** The wild **mustang** galloped across the open plains, its mane flowing in the wind.

embark

- to go on board a ship or plane; to set out on an enterprise or subject of study; to start something synonym: enter, undertake, commence
- (1) **embark** on a trip, (2) **embark** on a foolish adventure We **embarked** on a new project.

oversize

adj. larger than the normal or standard size synonym: large, big, excessive

(1) oversize tire, (2) oversize bag

The **oversize** jacket was too big for her, but she still wore it because she liked the style.

fling

- to throw or push something or someone with force or recklessness, especially because you are angry synonym: throw, dump, hurl
- (1) **fling** a stream of abuse, (2) **fling** a door open forcefully He was provoked to **fling** the draft on the floor.

smack

v. to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke

synonym: hit, slap, strike

(1) smack on the lips, (2) smack his knee

The baseball player **smacked** the ball out of the park, securing a home run.

dismount

v. to get off or down from a horse, bicycle, or other transportation devices; to physically descend from a height or perch

synonym: get off, alight, disembark

(1) **dismount** a ladder, (2) **dismount** the bike

She stumbled as she tried to **dismount** from her horse.

protruding

adj. sticking out or projecting from a surface; extending beyond a boundary or limit

synonym: jutting, sticking out, protrusion

(1) protruding object, (2) protruding tongue

The construction worker wore a hard hat to protect his head from **protruding** beams or wires.

swelling

an abnormal local enlargement of a part of your body,
 mainly because of illness or injury

synonym: bulge, bump, inflammation

(1) **swelling** of the ankle, (2) hard **swelling** on the body After intensive icing by the trainer, the **swelling** went down.

capsize

v. to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance

synonym: overturn, overturning, tipping

(1) **capsize** a boat, (2) **capsize** in the middle of the storm The strong wind caused the kayak to **capsize**, throwing the paddler into the water.

glamorous

adj. highly attractive and exciting, and different from ordinary things or people

synonym: alluring, bewitching, enchanting

(1) **glamorous** movie stars, (2) cast **glamorous** eyes The south coast is less **glamorous** yet has many clean and appealing hotels.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply The baby started to **choke** on a piece of apple.

steer

- v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
 synonym: guide, direct, control
- (1) **steer** a steady course, (2) **steer** a conversation The captain told him to **steer** the ship north.

slick

adj. smoothly polished and shiny; cleverly and smoothly done; well-organized and efficient

synonym: smooth, polished, shiny

a slick operation, (2) slick design
 The politician gave a slick speech, but it was full of empty

promises.

bedrock

- n. the solid rock underlying soil or alluviumsynonym: foundation, foundation stone, base
- (1) bedrock foundation, (2) bedrock geologyThe bedrock beneath the soil is extremely solid and stable.

accolade

 an expression of praise, honor, or approval, often in the form of an award or ceremonial gesture; a sign of recognition or achievement

synonym: tribute, honor, award

(1) **accolade** ceremony, (2) professional **accolade** The actor received an **accolade** for his outstanding performance in the play.

courageous

adj. able to face and deal with danger or fear without flinching

synonym: brave, valiant, fearless

(1) make a **courageous** decision, (2) **courageous** rescue attempt

He was a **courageous** soldier who had served his country with honor.

effortless

adj. requiring little or no effort; not difficult or strenuous; easy to accomplish

synonym: easy, simple, uncomplicated

(1) effortless victory, (2) effortless beauty

The dancer made her performance look **effortless** and graceful.

exhilarating

adj. making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill

synonym: thrilling, exciting, stimulating

(1) an **exhilarating** drink, (2) **exhilarating** view

Bungee jumping was an **exhilarating** experience that left me shaking with adrenaline.

blase

adj. indifferent to or unimpressed by something that may be seen as exciting, interesting, or significant; jaded or worldly-wise

synonym: bored, indifferent, apathetic

(1) blase attitude, (2) blase response

The celebrity was **blase** about attending yet another red carpet event.

outweigh

v. to be heavier, more significant, or more critical than something

synonym: dominate, outrank, overpower

(1) **outweigh** the benefit, (2) **outweigh** our wishes The advantages would undoubtedly **outweigh** the disadvantages.

Session 2: Spelling

1. sm__k on the lips

2. ou___gh our wishes

3. re____ve mutant

4. bl__e response

5. br__e for impact

6. br e my energies

7. ca e in the middle of the storm

v. to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke

to be heavier, more significant, or more critical than something

adj. of or relating to the state of the economy declines; (of a gene) controlling a characteristic that is expressed only when a dominant allele is not present

 adj. indifferent to or unimpressed by something that may be seen as exciting, interesting, or significant; jaded or worldly-wise

 a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

 a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

v. to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance

ANSWERS: 1. smack, 2. outweigh, 3. recessive, 4. blase, 5. brace, 6. brace, 7. capsize

8.	emk on a trip	ν.	to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
9.	str a steady course	ν.	to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
10.	hock adventure	n.	the back of a horse; the act of riding on a horse
11.	accidentally ovard their talk	v.	to hear what other people are saying without intending to and their knowledge
12.	slk design	adj.	smoothly polished and shiny; cleverly and smoothly done; well-organized and efficient
13.	a life rt	n.	a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
14.	ble attitude	adj.	indifferent to or unimpressed by something that may be seen as exciting, interesting, or significant; jaded or worldly-wise
15.	congenital myhy	n.	a disease or disorder that affects the muscles, typically causing weakness, pain, or degeneration of muscle tissue
16.	ineble event	adj.	unable to be explained, understood, or accounted for; mysterious or puzzling
17.	bek foundation	n.	the solid rock underlying soil or alluvium
18.	cae a boat	v.	to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance

ANSWERS: 8. embark, 9. steer, 10. horseback, 11. overhear, 12. slick, 13. raft, 14. blase, 15. myopathy, 16. inexplicable, 17. bedrock, 18. capsize

19.	hard swng on the body	n.	an abnormal local enlargement of a part of your body, mainly because of illness or injury
20.	asut mission	n.	a person trained by a space agency to travel outside the Earth's atmosphere
21.	disen employees	ν.	to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
22.	fess bravery	adj.	having no fear; brave
23.	ovze tire	adj.	larger than the normal or standard size
24.	preous claim	adj.	absurd, ridiculous, or contrary to reason or common sense
25.	a r_t for carrying horses	n.	a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
26.	spI the surprise	v.	to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
27.	swng of the ankle	n.	an abnormal local enlargement of a part of your body, mainly because of illness or injury
28.	bry under fire	n.	courage in the face of danger
29.	couus rescue attempt	adj.	able to face and deal with danger or fear without flinching
30.	acde ceremony	n.	an expression of praise, honor, or approval, often in the form of an award or ceremonial gesture; a sign of recognition or achievement

ANSWERS: 19. swelling, 20. astronaut, 21. dishearten, 22. fearless, 23. oversize, 24. preposterous, 25. raft, 26. spoil, 27. swelling, 28. bravery, 29. courageous, 30. accolade

31.	fring experience	adj.	causing fear or alarm, or very surprising and alarming
32.	twisty can road	n.	a large deep valley with very steep sides of rock and usually formed by a river
33.	make a couus decision	adj.	able to face and deal with danger or fear without flinching
34.	dint a ladder	v.	to get off or down from a horse, bicycle, or other transportation devices; to physically descend from a height or perch
35.	an exhing drink	adj.	making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill
36.	serial qur	n.	a person who gives up easily or does not have the determination to finish what they have started
37.	effss victory	adj.	requiring little or no effort; not difficult or strenuous; easy to accomplish
38.	ough the benefit	<i>v</i> .	to be heavier, more significant, or more critical than something
39.	spI a person's sport	v.	to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
40.	smk his knee	v.	to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke
41.	reve allele	adj.	of or relating to the state of the economy declines; (of a gene) controlling a characteristic that is expressed only when a dominant allele is not present

ANSWERS: 31. frightening, 32. canyon, 33. courageous, 34. dismount, 35. exhilarating, 36. quitter, 37. effortless, 38. outweigh, 39. spoil, 40. smack, 41. recessive

42. ov___ze bag adj. larger than the normal or standard size 43. be k geology the solid rock underlying soil or alluvium n. 44. br___y against the enemy courage in the face of danger n. 45. em k on a foolish adventure to go on board a ship or plane; to set ν . out on an enterprise or subject of study; to start something 46. exh____ing view adj. making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill adj. sticking out or projecting from a surface; 47. pro ng object extending beyond a boundary or limit 48. ch e with anger to prevent or obstruct the normal breathing or swallowing of someone or something 49. qua____gia patients paralysis of all four limbs and the torso, n. usually resulting from injury to the spinal cord in the neck region 50. di nt the bike to get off or down from a horse, bicycle, or other transportation devices; to physically descend from a height or perch 51. fl g a stream of abuse to throw or push something or someone with force or recklessness, especially because you are angry 52. fl g a door open forcefully to throw or push something or someone with force or recklessness, especially because you are angry

ANSWERS: 42. oversize, 43. bedrock, 44. bravery, 45. embark, 46. exhilarating, 47. protruding, 48. choke, 49. quadriplegia, 50. dismount, 51. fling, 52. fling, 53. outdo

ν.

53. ou o him in trickery

to do better than someone; to surpass

54.	happen to ovar a conversation	v.	to hear what other people are saying without intending to and their knowledge
55.	easy qur	n.	a person who gives up easily or does not have the determination to finish what they have started
56.	disen the hopeful job applicant	v.	to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
57.	ouo the competition	<i>v</i> .	to do better than someone; to surpass
58.	cast glus eyes	adj.	highly attractive and exciting, and different from ordinary things or people
59.	prong tongue	adj.	sticking out or projecting from a surface; extending beyond a boundary or limit
60.	can of skyscrapers	n.	a large deep valley with very steep sides of rock and usually formed by a river
61.	preous price	adj.	absurd, ridiculous, or contrary to reason or common sense
62.	inn civilians	<i>v</i> .	to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
63.	str a conversation	v.	to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
64.	ineble decision	adj.	unable to be explained, understood, or accounted for; mysterious or puzzling

ANSWERS: 54. overhear, 55. quitter, 56. dishearten, 57. outdo, 58. glamorous, 59. protruding, 60. canyon, 61. preposterous, 62. intern, 63. steer, 64. inexplicable

an acute infectious disease caused by a 65. po o epidemic n. virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability 66. saddle up his trusty mu___g a small, hardy breed of horse found in n. the American West that typically has a stocky build, short mane, and a wild or untamed temperament 67. cast fri____ng eyes adj. causing fear or alarm, or very surprising and alarming 68. as____ut in training a person trained by a space agency to n. travel outside the Earth's atmosphere paralysis of all four limbs and the torso, 69. qua gia care n. usually resulting from injury to the spinal cord in the neck region 70. fe___ss attitude adj. having no fear; brave 71. ch e off the blood supply to prevent or obstruct the normal ν. breathing or swallowing of someone or something 72. a sl k operation adj. smoothly polished and shiny; cleverly and smoothly done; well-organized and efficient a small, hardy breed of horse found in 73. a group of mu___gs the American West that typically has a stocky build, short mane, and a wild or untamed temperament 74. professional ac de an expression of praise, honor, or n. approval, often in the form of an award or ceremonial gesture; a sign of recognition or achievement

ANSWERS: 65. polio, 66. mustang, 67. frightening, 68. astronaut, 69. quadriplegia, 70. fearless, 71. choke, 72. slick, 73. mustang, 74. accolade

- 75. a her____ry disease adj. passed down from one generation to another through inheritance 76. gl us movie stars 77. po o eradication n. 78. eff____ss beauty 79. my hy diagnosis n. 80. her ry property 81. ho ck trek n. a horse 82. medical in n
 - adj. highly attractive and exciting, and
 - different from ordinary things or people
 - an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
 - adj. requiring little or no effort; not difficult or strenuous; easy to accomplish
 - a disease or disorder that affects the muscles, typically causing weakness, pain, or degeneration of muscle tissue
 - adj. passed down from one generation to another through inheritance
 - the back of a horse; the act of riding on
 - to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 75. hereditary, 76. glamorous, 77. polio, 78. effortless, 79. myopathy, 80. hereditary, 81. horseback, 82. intern

Session 3: Fill in the Blanks

1.	The strong wind caused the kayak to throwing the paddler into the water.
<i>v</i> .	to overturn or tip over a boat or other watercraft; to turn upside down or on its side, often as a result of a sudden force or imbalance
2.	He was a soldier who had served his country with honor.
adj	able to face and deal with danger or fear without flinching
3.	The baby started to on a piece of apple.
<i>v</i> .	to prevent or obstruct the normal breathing or swallowing of someone or something
4.	The wild galloped across the open plains, its mane flowing in the wind
n.	a small, hardy breed of horse found in the American West that typically has a stocky build, short mane, and a wild or untamed temperament
5.	A condition is a medical condition caused by a genetic mutation passed down from one's parents.
adj	passed down from one generation to another through inheritance
3.	The shuttle trained for months before embarking on the space mission.
n.	a person trained by a space agency to travel outside the Earth's atmosphere
7.	The actor received an for his outstanding performance in the play.
n.	an expression of praise, honor, or approval, often in the form of an award or ceremonial gesture; a sign of recognition or achievement
	SWERS: 1. capsize, 2. courageous, 3. choke, 4. mustang, 5. hereditary, 6. ronaut, 7. accolade

41. The celebrity was _____ about attending yet another red carpet event.

adj. indifferent to or unimpressed by something that may be seen as exciting, interesting, or significant; jaded or worldly-wise

ANSWERS: 39. outweigh, 40. outdo, 41. blase