

# Englist.me



## Vocabulary Builder Reference from...

*Lisa Godwin: How teachers can help students navigate trauma | TED Talk*

[https://www.ted.com/talks/lisa\\_godwin\\_how\\_teachers\\_can\\_help\\_students Navigate Trauma](https://www.ted.com/talks/lisa_godwin_how_teachers_can_help_students Navigate Trauma)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### adversity

*n.* difficulties or hardships that someone faces

*synonym*: hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

### opportune

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

*synonym*: suitable, timely, practical

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

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

### normalcy

*n.* the state or quality of being normal, typical, or expected; the condition of being in accordance with social norms or expectations

*synonym*: normality, regularity, routine

(1) move closer to **normalcy**, (2) maintain **normalcy**

After a long period of chaos, they longed to return to **normalcy**.

### excite

*v.* to make someone feel suddenly enthusiastic or eager

*synonym*: thrill, exhilarate, animate

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

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

## dismay

*n.* a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence

*synonym*: distress, discouragement, consternation

(1) flop down in **dismay**, (2) feel **dismay**

The employees expressed their **dismay** at the sudden announcement of massive layoffs.

## epitome

*n.* a person or thing that is a typical or perfect example of a particular quality or type

*synonym*: embodiment, apotheosis

(1) an **epitome** of history, (2) world's **epitome**

He was the **epitome** of courage, always standing up for his beliefs.

## disengage

*v.* to withdraw or separate oneself from a situation or relationship

*synonym*: withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially

He **disengaged** from the conversation and walked away.

## cranky

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

*synonym*: crabby, irritable, grumpy

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

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

## empathy

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

*synonym*: compassion, sympathy, tenderness

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

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

## weary

*adj.* feeling or showing extreme tiredness, especially after working hard or doing something for a long time

*synonym* : depleted, exhausted, fatigued

(1) a **weary** brain, (2) **weary** expression

He became **weary** of the daily train commute.

## recess

*n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

*synonym* : break, interval, pause

(1) a court **recess**, (2) during noon **recess**

The company decided to take a **recess** and reconvene the meeting later that day.

## nap

*n.* a short sleep, especially during the day

*synonym* : rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

## empower

*v.* to give someone the power or authority to do something

*synonym* : authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## bombshell

*n.* a sudden and unexpected piece of news or information that is shocking, startling, or disruptive; a person who is very attractive or sexy

*synonym* : surprise, revelation, shock

(1) political **bombshell**, (2) beauty **bombshell**

The news of his resignation was a **bombshell** for the company's employees.

## sham

*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

*synonym* : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

## decorate

v. to add beauty or distinction to something by the addition of ornament, art, etc

*synonym* : adorn, embellish, beautify

(1) **decorate** a wall, (2) **decorate** for Christmas

They **decorated** the room with balloons and streamers for the birthday party.

## recital

n. a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts

*synonym* : performance, concert, show

(1) poetry **recital**, (2) give a **recital** at the hall

Her piano **recital** was a great success, and she received a standing ovation.

## infuse

v. to fill something with a particular quality, feeling, or influence; to imbue

*synonym* : instill, fill, permeate

(1) **infuse** with spirit, (2) **infuse** life with meaning

She **infused** fresh herbs into the soup for added flavor.

## autopilot

n. a system that automatically controls the operation of an aircraft or spacecraft

*synonym* : self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

## deceive

v. to cause someone to believe something that is not true, often by telling a lie or creating a false impression

*synonym* : mislead, dupe, hoodwink

(1) **deceive** to lie, (2) **deceive** skillfully

The magician's illusions were designed to **deceive** the

audience into believing they saw something impossible.

## yearbook

*n.* a book published annually by a school, college, or other organization featuring photographs and records of the previous year's events and the individuals involved in them

*synonym* : annual, yearly

(1) **yearbook** photography, (2) college **yearbook**

I still like flipping through my high school **yearbook** to remember old friends.

## afterward

*adv.* after the time mentioned

*synonym* : later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

## perplexity

*n.* confusion, doubt; state of being puzzled

*synonym* : confusion, bewilderment, uncertainty

(1) a **perplexity** issue, (2) resolve **perplexity**

The **perplexity** of the situation left everyone at a loss for words.

## Session 2: Spelling

- |                            |   |
|----------------------------|---|
| 1. world's ep_____e        | <i>n.</i> a person or thing that is a typical or perfect example of a particular quality or type  |
| 2. di_____ge the clutch    | <i>v.</i> to withdraw or separate oneself from a situation or relationship  |
| 3. di_____ge socially      | <i>v.</i> to withdraw or separate oneself from a situation or relationship  |
| 4. political bo_____ll     | <i>n.</i> a sudden and unexpected piece of news or information that is shocking, startling, or disruptive; a person who is very attractive or sexy      |
| 5. poetry re_____l         | <i>n.</i> a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts                  |
| 6. aircraft au_____ot      | <i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft   |
| 7. de_____te for Christmas | <i>v.</i> to add beauty or distinction to something by the addition of ornament, art, etc   |
| 8. a s__m battle           | <i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |
| 9. environmental ad_____ty | <i>n.</i> difficulties or hardships that someone faces  |

ANSWERS: 1. epitome, 2. disengage, 3. disengage, 4. bombshell, 5. recital, 6. autopilot, 7. decorate, 8. sham, 9. adversity







30. resolve per\_\_\_\_\_ty *n.* confusion, doubt; state of being puzzled
31. during noon re\_\_\_\_s *n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court
32. a per\_\_\_\_\_ty issue *n.* confusion, doubt; state of being puzzled
33. in\_\_\_\_e with spirit *v.* to fill something with a particular quality, feeling, or influence; to imbue
34. ye\_\_\_\_\_ok photography *n.* a book published annually by a school, college, or other organization featuring photographs and records of the previous year's events and the individuals involved in them
35. in\_\_\_\_e life with meaning *v.* to fill something with a particular quality, feeling, or influence; to imbue
36. ex\_\_\_\_e the crowd *v.* to make someone feel suddenly enthusiastic or eager
37. an ep\_\_\_\_\_e of history *n.* a person or thing that is a typical or perfect example of a particular quality or type
38. maintain no\_\_\_\_\_cy *n.* the state or quality of being normal, typical, or expected; the condition of being in accordance with social norms or expectations
39. feel di\_\_\_\_y *n.* a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence

ANSWERS: 30. perplexity, 31. recess, 32. perplexity, 33. infuse, 34. yearbook, 35. infuse, 36. excite, 37. epitome, 38. normalcy, 39. dismay



## Session 3: Fill in the Blanks

1. After a long period of chaos, they longed to return to \_\_\_\_\_.  
*n.* the state or quality of being normal, typical, or expected; the condition of being in accordance with social norms or expectations
2. The employees expressed their \_\_\_\_\_ at the sudden announcement of massive layoffs.  
*n.* a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence
3. I feel \_\_\_\_\_ today; please forgive me if I seem irritable.  
*adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
4. He was the \_\_\_\_\_ of courage, always standing up for his beliefs.  
*n.* a person or thing that is a typical or perfect example of a particular quality or type
5. She woke the kids up from their \_\_\_\_\_.  
*n.* a short sleep, especially during the day
6. The team demonstrated great resilience in the face of \_\_\_\_\_ and won the game.  
*n.* difficulties or hardships that someone faces
7. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.  
*v.* to give someone the power or authority to do something

ANSWERS: 1. normalcy, 2. dismay, 3. cranky, 4. epitome, 5. nap, 6. adversity, 7. empowered

8. They \_\_\_\_\_ the room with balloons and streamers for the birthday party.  
*v.* to add beauty or distinction to something by the addition of ornament, art, etc
9. I still like flipping through my high school \_\_\_\_\_ to remember old friends.  
*n.* a book published annually by a school, college, or other organization featuring photographs and records of the previous year's events and the individuals involved in them
10. The magician's illusions were designed to \_\_\_\_\_ the audience into believing they saw something impossible.  
*v.* to cause someone to believe something that is not true, often by telling a lie or creating a false impression
11. He \_\_\_\_\_ from the conversation and walked away.  
*v.* to withdraw or separate oneself from a situation or relationship
12. The \_\_\_\_\_ of the situation left everyone at a loss for words.  
*n.* confusion, doubt; state of being puzzled
13. The data he prepared was completely \_\_\_\_\_.  
*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
14. Her piano \_\_\_\_\_ was a great success, and she received a standing ovation.  
*n.* a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts
15. He became \_\_\_\_\_ of the daily train commute.  
*adj.* feeling or showing extreme tiredness, especially after working hard or doing something for a long time

ANSWERS: 8. decorated, 9. yearbook, 10. deceive, 11. disengaged, 12. perplexity, 13. sham, 14. recital, 15. weary

16. The company decided to take a \_\_\_\_\_ and reconvene the meeting later that day.

*n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

17. The news of his resignation was a \_\_\_\_\_ for the company's employees.

*n.* a sudden and unexpected piece of news or information that is shocking, startling, or disruptive; a person who is very attractive or sexy

18. She \_\_\_\_\_ fresh herbs into the soup for added flavor.

*v.* to fill something with a particular quality, feeling, or influence; to imbue

19. The news of her promotion \_\_\_\_\_ her.

*v.* to make someone feel suddenly enthusiastic or eager

20. The phone rang at the most \_\_\_\_\_ time.

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

21. We will explain the countermeasure concerning this problem \_\_\_\_\_.

*adv.* after the time mentioned

22. \_\_\_\_\_ is also necessary to understand history.

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

23. The airplane was on \_\_\_\_\_ during the long flight.

*n.* a system that automatically controls the operation of an aircraft or spacecraft

ANSWERS: 16. recess, 17. bombshell, 18. infused, 19. excited, 20. opportune, 21. afterward, 22. Empathy, 23. autopilot

ANSWERS: