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Robert Reffkin: 5 ways to create stronger connections

| TED Talk

https://www.ted.com/talks/robert_reffkin_5_ways_to_create_stronger_connections

All Words

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Session 1: Word List

handwritten

adj. written with a pen or pencil rather than typed

(1) **handwritten** character, (2) **handwritten** signature

The letter was written in **handwritten** script and had a personal touch.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

delivery

n. the act of taking or sending something to a destination; the bringing of a baby during childbirth

synonym: sending, transporting, bringing

(1) an easy **delivery**, (2) special **delivery**

The **delivery** truck arrived with the packages.

efficiency

n. the state or quality of doing something well with no waste of input such as time or money

synonym: effectiveness, efficacy, productivity

(1) better fuel **efficiency**, (2) an energy **efficiency**

Our company must continue to strive for greater **efficiency**.

technological

adj. based on scientific and industrial progress

synonym : specialized, technical

(1) **technological** advancement, (2) **technological** policy

Technological advances have disrupted many industries.

old-fashioned

adj. of or relating to a time in the past; not modern

synonym : antiquated, ancient, outdated

(1) an **old-fashioned** person, (2) **old-fashioned** in appearance

My father is **old-fashioned** in his thinking.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym : particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym : seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

dial

v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

synonym : adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension

He **dialed** the phone number and waited for an answer.

hire

v. to give somebody a job

synonym : employ, engage, lease

(1) **hire** a guide, (2) **hire** a car by the hour
We should always be prepared to **hire** talented recruits.

employ

v. to give somebody a job and pay them for it; to make use of

synonym: hire, engage, use

(1) **employ** job seekers, (2) **employ** a new method

When making arrests, police officers frequently **employ** excessive force.

compass

n. a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability

synonym: guideline, borderline, ambit

(1) read a **compass**, (2) sailing without a **compass**

The results were beyond our **compass** of imagination.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym: fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

transparent

adj. easy to perceive, detect, or understand; (of a material or article) permitting light to pass through freely

synonym: translucent, evident, diaphanous

(1) a **transparent** lie, (2) **transparent** crystal

The focus of these initiatives is to make the financial system more **transparent**.

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.

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym: fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym: inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

honesty

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

synonym: sincerity, integrity, truthfulness

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

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

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.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading
We **recommend** taking media training every six months.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym: consult, meet, discuss

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

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

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym: means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

genuine

adj. real and exactly; not pretended; sincerely felt or expressed

synonym: actual, honest, unpretending

(1) a **genuine** article, (2) show **genuine** regret
Is this painting **genuine** or forged?

authentic

adj. known to be real and what people say it is; not a fake or copy

synonym : genuine, bona fide, original

(1) an **authentic** signature, (2) the sets were meticulously **authentic**

The stages of the play were meticulously **authentic**

relation

n. the way two persons or groups of people feel and act toward one another

synonym : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

cheer

v. to give a loud shout to show support, praise, or approval

synonym : comfort, encourage, hearten

(1) **cheer** for the home team, (2) **cheer** me up
Supporters in the stands **cheered** at every goal.

Session 2: Spelling

- | | |
|--------------------------------------|---|
| 1. pu___e freedoms | <i>v.</i> to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them |
| 2. sailing without a co____s | <i>n.</i> a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability |
| 3. re____on of inclusion | <i>n.</i> the way two persons or groups of people feel and act toward one another |
| 4. understand his mot____on | <i>n.</i> the reason or enthusiasm for acting or behaving in a particular way |
| 5. re____nd a hospitalization | <i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role |
| 6. h__e a car by the hour | <i>v.</i> to give somebody a job |
| 7. mot____on for a change | <i>n.</i> the reason or enthusiasm for acting or behaving in a particular way |
| 8. special de____ry | <i>n.</i> the act of taking or sending something to a destination; the bringing of a baby during childbirth |
| 9. an und____ng cause of an accident | <i>adj.</i> significant as a cause or basis of something but not immediately apparent or stated clearly |
| 10. sp____ic instructions | <i>adj.</i> clearly defined or particular to a certain thing or situation; distinct, explicit, and precise |

ANSWERS: 1. pursue, 2. compass, 3. relation, 4. motivation, 5. recommend, 6. hire, 7. motivation, 8. delivery, 9. underlying, 10. specific

11. d__l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
12. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
13. han_____en signature *adj.* written with a pen or pencil rather than typed
14. be___g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
15. be___g to a group *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
16. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
17. a ge_____e article *adj.* real and exactly; not pretended; sincerely felt or expressed
18. em___y job seekers *v.* to give somebody a job and pay them for it; to make use of
19. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
20. ho___y policy *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

ANSWERS: 11. dial, 12. opportune, 13. handwritten, 14. belong, 15. belong, 16. communicate, 17. genuine, 18. employ, 19. engage, 20. honesty

21. an au_____ic signature *adj.* known to be real and what people say it is; not a fake or copy
22. an energy eff_____cy *n.* the state or quality of doing something well with no waste of input such as time or money
23. show ge_____e regret *adj.* real and exactly; not pretended; sincerely felt or expressed
24. an und_____ng motive *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
25. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
26. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
27. old_____ned in appearance *adj.* of or relating to a time in the past; not modern
28. an easy de_____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
29. em____y a new method *v.* to give somebody a job and pay them for it; to make use of
30. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

ANSWERS: 21. authentic, 22. efficiency, 23. genuine, 24. underlying, 25. opportune, 26. develop, 27. old-fashioned, 28. delivery, 29. employ, 30. specific

31. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
32. better fuel eff_____cy *n.* the state or quality of doing something well with no waste of input such as time or money
33. han_____en character *adj.* written with a pen or pencil rather than typed
34. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
35. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
36. tra_____nt crystal *adj.* easy to perceive, detect, or understand; (of a material or article) permitting light to pass through freely
37. 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
38. h__e a guide *v.* to give somebody a job
39. co____r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
40. pu____e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 31. mechanism, 32. efficiency, 33. handwritten, 34. communicate, 35. relation, 36. transparent, 37. elevator, 38. hire, 39. confer, 40. pursue

41. an old_____ned person *adj.* of or relating to a time in the past; not modern
42. read a co_____s *n.* a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability
43. tec_____cal advancement *adj.* based on scientific and industrial progress
44. ch__r me up *v.* to give a loud shout to show support, praise, or approval
45. a tra_____nt lie *adj.* easy to perceive, detect, or understand; (of a material or article) permitting light to pass through freely
46. d__l down the tension *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
47. ho_____y box *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
48. co_____r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
49. modern el_____or *n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors

ANSWERS: 41. old-fashioned, 42. compass, 43. technological, 44. cheer, 45. transparent, 46. dial, 47. honesty, 48. confer, 49. elevator

50. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
51. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
52. the sets were meticulously
au_____ic *adj.* known to be real and what people say it is; not a fake or copy
53. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
54. ch__r for the home team *v.* to give a loud shout to show support, praise, or approval
55. defense me_____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
56. tec_____cal policy *adj.* based on scientific and industrial progress

ANSWERS: 50. engage, 51. recommend, 52. authentic, 53. develop, 54. cheer, 55. mechanism, 56. technological

Session 3: Fill in the Blanks

1. Supporters in the stands _____ at every goal.
v. to give a loud shout to show support, praise, or approval
2. 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
3. The letter was written in _____ script and had a personal touch.
adj. written with a pen or pencil rather than typed
4. The focus of these initiatives is to make the financial system more _____.
adj. easy to perceive, detect, or understand; (of a material or article) permitting light to pass through freely
5. The _____ principle of every business was identical.
adj. significant as a cause or basis of something but not immediately apparent or stated clearly
6. Many multinational companies are _____ in the reconstruction of that country.
v. to attract and keep someone's attention and interest; to participate in or obtain services of something
7. She intends to _____ a political career.
v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 1. cheered, 2. elevator, 3. handwritten, 4. transparent, 5. underlying, 6. engaged, 7. pursue

8. We _____ taking media training every six months.
- v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
9. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
10. My father is _____ in his thinking.
- adj.* of or relating to a time in the past; not modern
11. The _____ truck arrived with the packages.
- n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
12. A significant amount of _____ is required to be a teacher.
- n.* the reason or enthusiasm for acting or behaving in a particular way
13. He _____ the phone number and waited for an answer.
- v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
14. Dolphins use sound to _____ with each other.
- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
15. A culture of _____ in the workplace leads to better communication and productivity.
- n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

ANSWERS: 8. recommend, 9. opportune, 10. old-fashioned, 11. delivery, 12. motivation, 13. dialed, 14. communicate, 15. honesty

16. He discovered unique _____ for photochemical reactions.
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
17. The leaders of the two countries met to _____ on the issue.
v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
18. The stages of the play were meticulously _____
adj. known to be real and what people say it is; not a fake or copy
19. We must _____ a new system to streamline our workflow and increase efficiency.
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
20. The industrial _____ laws were passed with little to no alteration.
n. the way two persons or groups of people feel and act toward one another
21. We should always be prepared to _____ talented recruits.
v. to give somebody a job
22. Is this painting _____ or forged?
adj. real and exactly; not pretended; sincerely felt or expressed
23. All the books in this section _____ to the library's rare collection and must be handled carefully.
v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

ANSWERS: 16. mechanisms, 17. confer, 18. authentic, 19. develop, 20. relations, 21. hire, 22. genuine, 23. belong

24. _____ advances have disrupted many industries.

adj. based on scientific and industrial progress

25. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

26. The results were beyond our _____ of imagination.

n. a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability

27. When making arrests, police officers frequently _____ excessive force.

v. to give somebody a job and pay them for it; to make use of

28. Our company must continue to strive for greater _____.

n. the state or quality of doing something well with no waste of input such as time or money

ANSWERS: 24. Technological, 25. specific, 26. compass, 27. employ, 28. efficiency