

# Englist.me



## Vocabulary Builder Reference from...

Tracy Young: How vulnerability makes you a better leader | TED Talk

[https://www.ted.com/talks/tracy\\_young\\_how\\_vulnerability\\_makes\\_you\\_a\\_better\\_leader](https://www.ted.com/talks/tracy_young_how_vulnerability_makes_you_a_better_leader)

### Advanced Words Only

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### sibling

*n.* a brother or sister; member of a family born to the same parents

*synonym* : brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**  
Children often copy their parents or elder **siblings**.

### painstaking

*adj.* cautious and correct, and requiring a significant amount of effort

*synonym* : detailed, meticulous, conscientious

(1) **painstaking** research, (2) a **painstaking** student  
The training of a hawk was a **painstaking** process.

### rehearse

*v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

*synonym* : practice, recite, drill

(1) **rehearse** an opera, (2) **rehearse** a speech

The actors needed to **rehearse** their lines before the performance.

### 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.

## unveil

*v.* to reveal or make something publicly known, especially for the first time

*synonym* : reveal, uncover, expose

(1) **unveil** a monument, (2) **unveil** a comprehensive plan

The company plans to **unveil** its new product at the trade show next week.

## hindsight

*n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

*synonym* : retrospect, afterthought

(1) **hindsight** bias, (2) 20/20 **hindsight**

With **hindsight**, we can see that investing in that company was a mistake.

## contraction

*n.* the act or process of becoming smaller or shorter in size, volume, or amount

*synonym* : shrinking, compression, reduction

(1) **contraction** of a disease, (2) **contraction** in the industry

The **contraction** of the economy has led to job losses.

## determinant

*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

*synonym* : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

## dedicate

*v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

*synonym* : consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

## alto

*n.* the second-highest vocal range in choral music, typically sung by the second-highest singers in a choir; a type of saxophone

*synonym* : contralto, countertenor, soprano

(1) **alto** saxophone, (2) an **alto** solo

The **alto** singer had a unique and powerful voice.

## undress

*v.* to remove clothing or coverings, particularly those worn on the upper body or torso; to reveal or expose something that was previously concealed or hidden

*synonym* : strip, disrobe, unclothe

(1) **undress** his past, (2) **undress** before showering

She **undressed** in the privacy of her bedroom.

## rev

*n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

*synonym* : revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

## miscarriage

*n.* the spontaneous loss of a pregnancy before the 20th week; the failure of an effort or plan to come to fruition

*synonym* : stillbirth, abortion

(1) **miscarriage** prevention, (2) early **miscarriage**

Doctors can sometimes detect warning signs of potential **miscarriage** and take steps to prevent it.

## pretension

*n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded

or excessive claim or ambition

*synonym*: presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

## infertile

*adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable

*synonym*: barren, sterile, unproductive

(1) **infertile** woman, (2) **infertile** land

The soil in the desert is **infertile**, making it difficult to grow crops.

## womanhood

*n.* the state or condition of being an adult female; a term used to describe the social and cultural aspects of being a woman

*synonym*: femininity, womanliness, womanly nature

(1) **womanhood** experience, (2) embrace **womanhood**

The celebration of **womanhood** is often disregarded in male-dominated industries.

## constrict

*v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

*synonym*: squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

## shambles

*n.* a state of complete disorder, chaos, or ruin; an utter mess or failure

*synonym*: disorder, chaos, mess

(1) financial **shambles**, (2) organizational **shambles**

After the party, the house was in **shambles** and needed much cleaning.

## Session 2: Spelling

- |                               |   |
|-------------------------------|---|
| 1. r_v up the crowd           | <i>n.</i> a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute |
| 2. play with my si____gs      | <i>n.</i> a brother or sister; member of a family born to the same parents  |
| 3. con_____on of a disease    | <i>n.</i> the act or process of becoming smaller or shorter in size, volume, or amount  |
| 4. baseless pre_____on        | <i>n.</i> the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition                       |
| 5. financial sh_____es        | <i>n.</i> a state of complete disorder, chaos, or ruin; an utter mess or failure  |
| 6. con_____on in the industry | <i>n.</i> the act or process of becoming smaller or shorter in size, volume, or amount  |
| 7. a__o saxophone             | <i>n.</i> the second-highest vocal range in choral music, typically sung by the second-highest singers in a choir; a type of saxophone                                      |
| 8. co_____ct blood vessels    | <i>v.</i> to make something narrow or tight, often restricting movement or flow; to become narrow or tighter  |
| 9. early mis_____ge           | <i>n.</i> the spontaneous loss of a pregnancy before the 20th week; the failure of an effort or plan to come to fruition  |

ANSWERS: 1. rev, 2. sibling, 3. contraction, 4. pretension, 5. shambles, 6. contraction, 7. alto, 8. constrict, 9. miscarriage

10. hi\_\_\_\_\_ht bias *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
11. wo\_\_\_\_\_od experience *n.* the state or condition of being an adult female; a term used to describe the social and cultural aspects of being a woman
12. pai\_\_\_\_\_ng research *adj.* cautious and correct, and requiring a significant amount of effort
13. a det\_\_\_\_\_nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
14. un\_\_\_\_\_s before showering *v.* to remove clothing or coverings, particularly those worn on the upper body or torso; to reveal or expose something that was previously concealed or hidden
15. in\_\_\_\_\_le woman *adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable
16. environmental det\_\_\_\_\_nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
17. co\_\_\_\_\_r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
18. pre\_\_\_\_\_on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

ANSWERS: 10. hindsight, 11. womanhood, 12. painstaking, 13. determinant, 14. undress, 15. infertile, 16. determinant, 17. confer, 18. pretension

19. re\_\_\_\_se a speech                    *v.*    to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
20. un\_\_\_l a monument                *v.*    to reveal or make something publicly known, especially for the first time
21. co\_\_\_r honor                        *v.*    to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
22. co\_\_\_\_\_ct freedom              *v.*    to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
23. de\_\_\_\_te a chapter to the subject    *v.*    to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
24. mis\_\_\_\_\_ge prevention            *n.*    the spontaneous loss of a pregnancy before the 20th week; the failure of an effort or plan to come to fruition
25. de\_\_\_\_te a few hours              *v.*    to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
26. organizational sh\_\_\_\_\_es        *n.*    a state of complete disorder, chaos, or ruin; an utter mess or failure
27. 20/20 hi\_\_\_\_\_ht                  *n.*    understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

ANSWERS: 19. rehearse, 20. unveil, 21. confer, 22. constrict, 23. dedicate, 24. miscarriage, 25. dedicate, 26. shambles, 27. hindsight

28. in\_\_\_\_\_le land *adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable
29. un\_\_\_l a comprehensive plan *v.* to reveal or make something publicly known, especially for the first time
30. low-r\_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
31. a pai\_\_\_\_\_ng student *adj.* cautious and correct, and requiring a significant amount of effort
32. embrace wo\_\_\_\_\_od *n.* the state or condition of being an adult female; a term used to describe the social and cultural aspects of being a woman
33. re\_\_\_\_\_se an opera *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
34. un\_\_\_\_\_s his past *v.* to remove clothing or coverings, particularly those worn on the upper body or torso; to reveal or expose something that was previously concealed or hidden
35. an a\_\_o solo *n.* the second-highest vocal range in choral music, typically sung by the second-highest singers in a choir; a type of saxophone

ANSWERS: 28. infertile, 29. unveil, 30. rev, 31. painstaking, 32. womanhood, 33. rehearse, 34. undress, 35. alto



36. have a si\_\_\_\_g quarrel

*n.* a brother or sister; member of a family  
born to the same parents

ANSWERS: 36. sibling

## Session 3: Fill in the Blanks

1. The snake's muscles began to \_\_\_\_\_ around its prey.
  - v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
2. The company plans to \_\_\_\_\_ its new product at the trade show next week.
  - v. to reveal or make something publicly known, especially for the first time
3. 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
4. After the party, the house was in \_\_\_\_\_ and needed much cleaning.
  - n. a state of complete disorder, chaos, or ruin; an utter mess or failure
5. The actors needed to \_\_\_\_\_ their lines before the performance.
  - v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
6. The \_\_\_\_\_ singer had a unique and powerful voice.
  - n. the second-highest vocal range in choral music, typically sung by the second-highest singers in a choir; a type of saxophone
7. One \_\_\_\_\_ of success is having a positive attitude and a strong work ethic.
  - n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 1. constrict, 2. unveil, 3. confer, 4. shambles, 5. rehearse, 6. alto, 7. determinant

8. The \_\_\_\_\_ of the economy has led to job losses.  
*n.* the act or process of becoming smaller or shorter in size, volume, or amount
9. The training of a hawk was a \_\_\_\_\_ process.  
*adj.* cautious and correct, and requiring a significant amount of effort
10. He \_\_\_\_\_ his life to helping others.  
*v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
11. The celebration of \_\_\_\_\_ is often disregarded in male-dominated industries.  
*n.* the state or condition of being an adult female; a term used to describe the social and cultural aspects of being a woman
12. With \_\_\_\_\_ we can see that investing in that company was a mistake.  
*n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
13. Children often copy their parents or elder \_\_\_\_\_.  
*n.* a brother or sister; member of a family born to the same parents
14. She \_\_\_\_\_ in the privacy of her bedroom.  
*v.* to remove clothing or coverings, particularly those worn on the upper body or torso; to reveal or expose something that was previously concealed or hidden
15. The soil in the desert is \_\_\_\_\_ making it difficult to grow crops.  
*adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable

ANSWERS: 8. contraction, 9. painstaking, 10. dedicated, 11. womanhood, 12. hindsight, 13. siblings, 14. undressed, 15. infertile,

16. He stepped on the gas pedal, and the engine released a loud \_\_\_\_.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
17. His \_\_\_\_\_ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
18. Doctors can sometimes detect warning signs of potential \_\_\_\_\_ and take steps to prevent it.
- n.* the spontaneous loss of a pregnancy before the 20th week; the failure of an effort or plan to come to fruition

ANSWERS: 16. rev, 17. pretensions, 18. miscarriage