

Englist.me



Vocabulary Builder Reference from...

Betsy Kauffman: 4 tips to kickstart honest conversations at work | TED Talk

https://www.ted.com/talks/betsy_kauffman_4_tips_to_kickstart_honest_conversations_at_work

All Words

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

tongue

n. a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language

synonym: lingo, language, vocabulary

(1) native **tongue**, (2) **tongue** cancer

The **tongue** is boneless, but it is as strong as bones.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

filter

n. any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

synonym: strainer

(1) gas **filter**, (2) clogged **filter**

Ozone is a primary **filter** to protect Earth's surface from harmful UV rays.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

conflict

n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

synonym : clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

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.

resolve

v. to find a suitable answer to the problems or difficulty

synonym : decide, determine, fix

(1) **resolve** a dispute, (2) **resolve** the computer error

This company **resolves** its battery problem completely.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym : quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

matter-of-fact

adj. straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion

synonym : practical, pragmatic, realistic

(1) take a **matter-of-fact** approach, (2) **matter-of-fact** explanation

He delivered the news in a **matter-of-fact** tone, without any emotion.

argue

v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

synonym: debate, dispute, quarrel

(1) **argue** a case, (2) **argue** passionately

The couple began to **argue** over which restaurant to go to for dinner.

dispute

n. a disagreement, argument, or controversy between two people, groups, or countries, especially a formal one

synonym: argument, disagreement, quarrel

(1) a legal **dispute** over the title, (2) **dispute** settlement

The **dispute** over the ownership of the land has been ongoing for years.

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.

courage

n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

synonym: bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**

It takes a lot of **courage** to stand up for what you believe is right.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**
Skill and **confidence** are an unconquered army.

peer

n. a person who has the same age, status, or ability

synonym: fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

coworker

n. a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

deadline

n. a date or period by which something must be done

synonym: time limit, period

(1) transfer **deadline** day, (2) the **deadline** for applications

No matter what, we must have this done before the **deadline**.

unreasonable

adj. not fair, sensible, or likely to be true

synonym: unjustified, unfair, excessive

(1) **unreasonable** demand, (2) an **unreasonable** amount of money

It would be **unreasonable** for me to expect you to work overtime without any extra compensation.

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.

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**.

observe

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

synonym: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

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.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

pitch

n. the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something

synonym : angle, gradient, slope

(1) make a **pitch** for a new product, (2) a low- **pitched** sound

Her voice gradually increased in **pitch**.

proverb

n. a short saying that expresses a truth or gives advice based on practical experience

synonym : adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**

The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

water-cooler

n. a shared location in an office or workplace where people gather to take a break, socialize, and chat informally

(1) **water-cooler** conversation, (2) **water-cooler** gossip

The **water-cooler** in the breakroom is a popular spot for employees to chat and catch up.

passive

adj. characterized by a lack of activity or initiative; not actively participating or engaging in something; marked by a tendency to accept things without resistance or opposition

synonym : inactive, lethargic, apathetic

(1) **passive** response, (2) **passive** vocabulary

The **passive** approach taken by the government towards climate change is concerning.

aggressive

adj. behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly

synonym : assertive, combative, threatening

(1) an **aggressive** war, (2) an **aggressive** tumor

An **aggressive** tide wrecked the ship.

dynamics

n. the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change

synonym: mechanics, kinetics, kinematics

(1) **dynamics** of group, (2) **dynamics** of economy

The relationship **dynamics** between the two countries were complex and constantly changing.

combination

n. a collection of things that have been combined; an assemblage of separate parts or qualities

synonym: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

intent

n. a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

synonym: purpose, aim, goal

(1) the **intent** of a question, (2) **intent** gaze

The designer's **intent** was to create a minimalist aesthetic for the interior of the building.

strive

v. to try very hard to do, achieve, or obtain something

synonym: preserve, endure, persist

(1) **strive** hard to get, (2) **strive** for excellence

They **strived** to make their dream come true.

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.

anxious

adj. worried and nervous

synonym: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

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.

captain

n. the leader of a group of people, especially who is in charge of a ship or aircraft

synonym : boss, director, leader

(1) the **captain** of an opposing team, (2) **captain** of industry

The **captain** ordered the troops to fire.

obvious

adj. easy to see, discover or understand

synonym : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym : approach, procedure, scenario

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

Our plan includes a comprehensive marketing **strategy**.

humor

n. the quality of being amusing or funny; the liquid parts of the body

synonym : comedy, funniness, liquid substance

(1) sardonic **humor**, (2) vitreous **humor**

My wife seems to be in ill **humor**.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym : drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

regardless

adv. not paying attention or considering something or someone even if the situation is bad or there are difficulties

synonym : anyhow, nevertheless, still

(1) **regardless** of the difficulties, (2) **regardless** tread
People can pick out superior products **regardless** of the quality of the advertising.

embarrass

v. to cause someone to feel awkward, worried, or ashamed
synonym : disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project
He looked for an opportunity to **embarrass** that actor in public.

strain

n. a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups

synonym : pressure, tension, breed

(1) **strain** our eyes, (2) a **strain** of bacillus

Dictators of the past often had the erroneous idea of a pure racial **strain**.

spite

n. feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty

synonym : malice, ill will, vindictiveness

(1) bear **spite** against him, (2) die in **spite** of intensive care
He did it out of **spite**, to annoy me.

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.

frame

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
synonym: body, skeleton, scaffolding

(1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

receiver

n. the part of a phone that you hold close to your ear and mouth; a person who receives something

synonym: acceptor, recipient, collector

(1) a GPS **receiver**, (2) aid **receiver**

Delivery companies often require the **receiver's** signature to certify the completion of package delivery.

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.

grumbling

n. a low, muttering sound typically expressing dissatisfaction or discontent; a complaint or expression of displeasure

synonym: complaining, murmuring, rumbling

(1) **grumbling** stomach, (2) **grumbling** customer

There was much **grumbling** amongst the employees about the new policies.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta

for dinner.

commitment

n. a promise or firm decision to do something or to behave in a certain way

synonym : burden, obligation, promise

(1) a **commitment** to an alliance, (2) meet his **commitments**

His business **commitments** took him to the United States.

sprint

v. to run at full speed over a short distance or period of time

synonym : dash, bolt, race

(1) **sprint** for a bus, (2) **sprint** towards the finish line

Top athletes can **sprint** 100 meters in less than 10 seconds.

factual

adj. relating to or consisting of facts; based on or pertaining to verifiable knowledge or information

synonym : accurate, true, exact

(1) **factual** evidence, (2) **factual** accuracy

It's important to present evidence-based and **factual** arguments.

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.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

confident

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym : certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark

I'm not **confident** in our victory.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

hash

n. a dish consisting of chopped or minced meat and vegetables that are mixed and then cooked, often served with potatoes; purified resinous extract of the hemp plant; a symbol (#) used on social media to indicate a specific topic or category or to add emphasis to a post

synonym : mixture, blend, medley

(1) **hash-tag**, (2) **hash** brown patty

He added a dash of salt and a **hash** of pepper to the soup to give it extra flavor.

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**.

slog

v. to work hard or make slow, laborious progress towards a goal; to walk heavily or with difficulty, especially through mud or over rough terrain

synonym : trudge, plod, toil

(1) **slog** up a hill, (2) **slog** my way

I had to **slog** through the mud to get to the top of the mountain.

sight

n. the ability to see; anything that is seen

synonym: vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**

Many famous **sights** are within walking distance.

disaster

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym: catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

extreme

adj. very great in amount or degree

synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

rewind

v. to make something, such as a film or tape, go back to the beginning

synonym: wind back, back up, reverse

(1) **rewind** a film, (2) manually **rewind** the tape

Please **rewind** the thread onto the reel.

in-house

adj. existing within or carried out by a particular organization or company rather than being outsourced to a third party

synonym: internal, onsite, domestic

(1) **in-house** training, (2) **in-house** software

Our **in-house** team can handle all of our software development needs.

external

adj. belonging to or situated outside of someone or something

synonym: outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

vendor

n. a person or company that sells goods or services

synonym: seller, merchant, peddler

(1) street **vendor**, (2) food **vendor**

The **vendor** at the market sold the freshest produce I have ever tasted.

concept

n. an idea or principle associated with something abstract

synonym: idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

bet

v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

synonym: stake, wager, gamble

(1) **bet** on a race, (2) **bet** my future

I **bet** that you know it.

dynamic

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

synonym: energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person

The sprinter has a **dynamic** way of running.

tackle

v. to try to deal with a complex problem or situation

synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change

The government is determined to **tackle** sharp inflation.

Session 2: Spelling

1. h__h-tag *n.* a dish consisting of chopped or minced meat and vegetables that are mixed and then cooked, often served with potatoes; purified resinous extract of the hemp plant; a symbol (#) used on social media to indicate a specific topic or category or to add emphasis to a post

2. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

3. dy_____cs of economy *n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change

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

5. the longstanding co_____ct *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

6. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

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

ANSWERS: 1. hash, 2. frame, 3. dynamics, 4. honesty, 5. conflict, 6. confidence, 7. empathy

8. in___t gaze *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
9. st___n our eyes *n.* a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups
10. 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
11. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
12. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
13. argue with a co_____er *n.* a person who works with another in the same company or organization
14. st___e for excellence *v.* to try very hard to do, achieve, or obtain something
15. get ne_____s *adj.* worried and anxious about something; relating to the nerves
16. 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

ANSWERS: 8. intent, 9. strain, 10. schedule, 11. decide, 12. conversation, 13. coworker, 14. strive, 15. nervous, 16. scream

17. gr_____ng stomach *n.* a low, muttering sound typically expressing dissatisfaction or discontent; a complaint or expression of displeasure
18. die in sp__e of intensive care *n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty
19. the ca_____n of an opposing team *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
20. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
21. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
22. a dy_____c market *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
23. wat_____ler gossip *n.* a shared location in an office or workplace where people gather to take a break, socialize, and chat informally
24. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
25. bear sp__e against him *n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty

ANSWERS: 17. grumbling, 18. spite, 19. captain, 20. strategy, 21. bunch, 22. dynamic, 23. water-cooler, 24. confident, 25. spite

26. re_____e the computer error *v.* to find a suitable answer to the problems or difficulty
27. mental co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
28. fa_____l accuracy *adj.* relating to or consisting of facts; based on or pertaining to verifiable knowledge or information
29. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
30. cultural n___m *n.* something that is regarded as usual, typical, or standard
31. an_____s about his health *adj.* worried and nervous
32. ob_____e wildlife *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
33. ob_____s reasons *adj.* easy to see, discover or understand
34. wat_____ler conversation *n.* a shared location in an office or workplace where people gather to take a break, socialize, and chat informally
35. food ve____r *n.* a person or company that sells goods or services
36. the co_____ct between good and evil *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

ANSWERS: 26. resolve, 27. courage, 28. factual, 29. environment, 30. norm, 31. anxious, 32. observe, 33. obvious, 34. water-cooler, 35. vendor, 36. conflict

37. a low-pi__hed sound *n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
38. fa_____l evidence *adj.* relating to or consisting of facts; based on or pertaining to verifiable knowledge or information
39. in_____se training *adj.* existing within or carried out by a particular organization or company rather than being outsourced to a third party
40. global di_____er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
41. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
42. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
43. special de_____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
44. reg_____ss of the difficulties *adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties
45. b_t my future *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

ANSWERS: 37. pitch, 38. factual, 39. in-house, 40. disaster, 41. amazing, 42. embarrass, 43. delivery, 44. regardless, 45. bet

46. s__g up a hill *v.* to work hard or make slow, laborious progress towards a goal; to walk heavily or with difficulty, especially through mud or over rough terrain
47. an unr_____ble amount of money *adj.* not fair, sensible, or likely to be true
48. clogged fi____r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
49. learn new co_____ts *n.* an idea or principle associated with something abstract
50. the de_____ne for applications *n.* a date or period by which something must be done
51. his conclusion was ob_____s *adj.* easy to see, discover or understand
52. p__r review *n.* a person who has the same age, status, or ability
53. native to____e *n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language
54. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
55. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
56. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
57. ar__e a case *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

ANSWERS: 46. slog, 47. unreasonable, 48. filter, 49. concept, 50. deadline, 51. obvious, 52. peer, 53. tongue, 54. confident, 55. recommend, 56. strategy, 57. argue

58. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
59. make a pi__h for a new product *n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
60. an an_____s look *adj.* worried and nervous
61. di_____e settlement *n.* a disagreement, argument, or controversy between two people, groups, or countries, especially a formal one
62. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
63. unr_____ble demand *adj.* not fair, sensible, or likely to be true
64. b_t on a race *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
65. help ta_____e climate change *v.* to try to deal with a complex problem or situation
66. a legal di_____e over the title *n.* a disagreement, argument, or controversy between two people, groups, or countries, especially a formal one
67. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

ANSWERS: 58. conversation, 59. pitch, 60. anxious, 61. dispute, 62. confidence, 63. unreasonable, 64. bet, 65. tackle, 66. dispute, 67. frame

68. n__m of action *n.* something that is regarded as usual, typical, or standard
69. ind_____al freedom *n.* a single person or thing, as distinct from a group
70. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
71. p__p blood throughout the body *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
72. gas fi___r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
73. in_____se software *adj.* existing within or carried out by a particular organization or company rather than being outsourced to a third party
74. aid re_____er *n.* the part of a phone that you hold close to your ear and mouth; a person who receives something
75. an agg_____ve tumor *adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly
76. pa_____e vocabulary *adj.* characterized by a lack of activity or initiative; not actively participating or engaging in something; marked by a tendency to accept things without resistance or opposition

ANSWERS: 68. norm, 69. individual, 70. bunch, 71. pump, 72. filter, 73. in-house, 74. receiver, 75. aggressive, 76. passive

77. ex____e sports *adj.* very great in amount or degree
78. the mi____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
79. a hackneyed pr____b *n.* a short saying that expresses a truth or gives advice based on practical experience
80. dy____c person *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
81. an agg____ve war *adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly
82. an und____ng cause of an accident *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
83. ob____e a tradition *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
84. an und____ng motive *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
85. ca____n of industry *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
86. 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

ANSWERS: 77. extreme, 78. mindset, 79. proverb, 80. dynamic, 81. aggressive, 82. underlying, 83. observe, 84. underlying, 85. captain, 86. scream

87. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
88. genic com_____ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
89. h__h brown patty *n.* a dish consisting of chopped or minced meat and vegetables that are mixed and then cooked, often served with potatoes; purified resinous extract of the hemp plant; a symbol (#) used on social media to indicate a specific topic or category or to add emphasis to a post
90. a com_____nt to an alliance *n.* a promise or firm decision to do something or to behave in a certain way
91. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
92. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
93. gr_____ng customer *n.* a low, muttering sound typically expressing dissatisfaction or discontent; a complaint or expression of displeasure
94. an easy de_____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth

ANSWERS: 87. nervous, 88. combination, 89. hash, 90. commitment, 91. struggle, 92. pump, 93. grumbling, 94. delivery

95. meet his com_____nts *n.* a promise or firm decision to do something or to behave in a certain way
96. ex_____al commerce *adj.* belonging to or situated outside of someone or something
97. street ve____r *n.* a person or company that sells goods or services
98. sp____t for a bus *v.* to run at full speed over a short distance or period of time
99. co_____er relationship *n.* a person who works with another in the same company or organization
100. s__g my way *v.* to work hard or make slow, laborious progress towards a goal; to walk heavily or with difficulty, especially through mud or over rough terrain
101. dull si__t *n.* the ability to see; anything that is seen
102. vitreous hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
103. the worst case sc_____io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
104. to____e cancer *n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language
105. re____d a film *v.* to make something, such as a film or tape, go back to the beginning
106. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
107. co_____t car *n.* an idea or principle associated with something abstract

ANSWERS: 95. commitment, 96. external, 97. vendor, 98. sprint, 99. coworker, 100. slog, 101. sight, 102. humor, 103. scenario, 104. tongue, 105. rewind, 106. embarrass, 107. concept

108. an unexpected si__t *n.* the ability to see; anything that is seen
109. a GPS re_____er *n.* the part of a phone that you hold close to your ear and mouth; a person who receives something
110. inspire co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
111. ta___e the issue *v.* to try to deal with a complex problem or situation
112. di_____er recovery *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
113. pa_____e response *adj.* characterized by a lack of activity or initiative; not actively participating or engaging in something; marked by a tendency to accept things without resistance or opposition
114. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
115. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
116. 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
117. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

ANSWERS: 108. sight, 109. receiver, 110. courage, 111. tackle, 112. disaster, 113. passive, 114. calm, 115. environment, 116. schedule, 117. recommend

118. ex____al factors *adj.* belonging to or situated outside of someone or something
119. 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
120. com_____on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
121. sp____t towards the finish line *v.* to run at full speed over a short distance or period of time
122. a private ind_____al *n.* a single person or thing, as distinct from a group
123. re_____e a dispute *v.* to find a suitable answer to the problems or difficulty
124. a st____n of bacillus *n.* a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups
125. em_____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
126. ho_____y box *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
127. ancient pr_____b *n.* a short saying that expresses a truth or gives advice based on practical experience
128. take a mat_____act approach *adj.* straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion

ANSWERS: 118. external, 119. scenario, 120. combination, 121. sprint, 122. individual, 123. resolve, 124. strain, 125. empathy, 126. honesty, 127. proverb, 128. matter-of-fact

129. sardonic hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
130. mat_____act explanation *adj.* straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion
131. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
132. manually re____d the tape *v.* to make something, such as a film or tape, go back to the beginning
133. ar__e passionately *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
134. ex_____e weather events *adj.* very great in amount or degree
135. reg_____ss tread *adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties
136. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
137. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
138. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
139. dy_____cs of group *n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change

ANSWERS: 129. humor, 130. matter-of-fact, 131. struggle, 132. rewind, 133. argue, 134. extreme, 135. regardless, 136. decide, 137. mindset, 138. amazing, 139. dynamics

140. the in___t of a question *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
141. p__r group *n.* a person who has the same age, status, or ability
142. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
143. st___e hard to get *v.* to try very hard to do, achieve, or obtain something
144. transfer de_____ne day *n.* a date or period by which something must be done

ANSWERS: 140. intent, 141. peer, 142. calm, 143. strive, 144. deadline

Session 3: Fill in the Blanks

1. Our _____ team can handle all of our software development needs.
adj. existing within or carried out by a particular organization or company rather than being outsourced to a third party
2. The government is determined to _____ sharp inflation.
v. to try to deal with a complex problem or situation
3. It's important to present evidence-based and _____ arguments.
adj. relating to or consisting of facts; based on or pertaining to verifiable knowledge or information
4. Delivery companies often require the _____ signature to certify the completion of package delivery.
n. the part of a phone that you hold close to your ear and mouth; a person who receives something
5. My ex-_____ and I had different working styles but managed to get along.
n. a person who works with another in the same company or organization
6. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
7. Dictators of the past often had the erroneous idea of a pure racial _____.
n. a force or pressure that stretches or pulls something, sometimes causing damage; (biology) a group of organisms within a species that differ in trivial ways from similar groups

ANSWERS: 1. in-house, 2. tackle, 3. factual, 4. receiver's, 5. coworker, 6. decide, 7. strain

8. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

9. The _____ at the market sold the freshest produce I have ever tasted.

n. a person or company that sells goods or services

10. When a company discloses information to the market, an _____ auditor verifies them.

adj. belonging to or situated outside of someone or something

11. Our plan includes a comprehensive marketing _____.

n. a detailed plan of action designed to achieve a long-term or overall goal.

12. The _____ truck arrived with the packages.

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

13. He was alert and could not _____ any critical information out of him.

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

14. He delivered the news in a _____ tone, without any emotion.

adj. straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion

15. He looked for an opportunity to _____ that actor in public.

v. to cause someone to feel awkward, worried, or ashamed

ANSWERS: 8. struggle, 9. vendor, 10. external, 11. strategy, 12. delivery, 13. pump, 14. matter-of-fact, 15. embarrass

16. Top athletes can _____ 100 meters in less than 10 seconds.
v. to run at full speed over a short distance or period of time
17. The detective looked for fingerprints on the window _____.
n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
18. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand
19. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live
20. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
21. They _____ to make their dream come true.
v. to try very hard to do, achieve, or obtain something
22. The _____ over the ownership of the land has been ongoing for years.
n. a disagreement, argument, or controversy between two people, groups, or countries, especially a formal one
23. 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: 16. sprint, 17. frame, 18. obvious, 19. environment, 20. nervous, 21. strived, 22. dispute, 23. honesty

24. I ____ that you know it.

- v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

25. Your _____ reflects your thoughts.

- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

26. The sprinter has a _____ way of running.

- adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

27. This company _____ its battery problem completely.

- v.* to find a suitable answer to the problems or difficulty

28. There was much _____ amongst the employees about the new policies.

- n.* a low, muttering sound typically expressing dissatisfaction or discontent; a complaint or expression of displeasure

29. The golfer recorded an _____ distance.

- adj.* extremely surprising, especially in a way that you like or admire

30. Her voice gradually increased in _____.

- n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something

31. The relationship _____ between the two countries were complex and constantly changing.

- n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change

ANSWERS: 24. bet, 25. conversation, 26. dynamic, 27. resolves, 28. grumbling, 29. amazing, 30. pitch, 31. dynamics

32. He added a dash of salt and a _____ of pepper to the soup to give it extra flavor.
- n.* a dish consisting of chopped or minced meat and vegetables that are mixed and then cooked, often served with potatoes; purified resinous extract of the hemp plant; a symbol (#) used on social media to indicate a specific topic or category or to add emphasis to a post
33. It takes a lot of _____ to stand up for what you believe is right.
- n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
34. He cast _____ glances behind her.
- adj.* worried and nervous
35. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
36. Please _____ the thread onto the reel.
- v.* to make something, such as a film or tape, go back to the beginning
37. The _____ approach taken by the government towards climate change is concerning.
- adj.* characterized by a lack of activity or initiative; not actively participating or engaging in something; marked by a tendency to accept things without resistance or opposition
38. 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
39. The designer's _____ was to create a minimalist aesthetic for the interior of the building.
- n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

ANSWERS: 32. hash, 33. courage, 34. anxious, 35. norms, 36. rewind, 37. passive, 38. scenarios, 39. intent

40. My wife seems to be in ill _____.

n. the quality of being amusing or funny; the liquid parts of the body

41. I'm not _____ in our victory.

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

42. One such rapidly growing _____ is quantum cryptography.

n. an idea or principle associated with something abstract

43. An _____ tide wrecked the ship.

adj. behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly

44. No matter what, we must have this done before the _____.

n. a date or period by which something must be done

45. Many famous _____ are within walking distance.

n. the ability to see; anything that is seen

46. Ozone is a primary _____ to protect Earth's surface from harmful UV rays.

n. any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

47. It would be _____ for me to expect you to work overtime without any extra compensation.

adj. not fair, sensible, or likely to be true

48. Skill and _____ are an unconquered army.

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

ANSWERS: 40. humor, 41. confident, 42. concept, 43. aggressive, 44. deadline, 45. sights, 46. filter, 47. unreasonable, 48. confidence

49. The _____ is boneless, but it is as strong as bones.

- n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language

50. He and I often had _____ not only in personality but also in ideology.

- n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

51. 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

52. He did it out of _____ to annoy me.

- n.* feelings of anger and resentment; (in spite of, also despite) a phrase that is used to indicate that something happened or exists even though there is a particular obstacle or difficulty

53. The _____ ordered the troops to fire.

- n.* the leader of a group of people, especially who is in charge of a ship or aircraft

54. The couple began to _____ over which restaurant to go to for dinner.

- v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

55. One bad apple spoils the whole _____.

- n.* a grouping of several similar things which are growing or fastened together

56. I had to _____ through the mud to get to the top of the mountain.

- v.* to work hard or make slow, laborious progress towards a goal; to walk heavily or with difficulty, especially through mud or over rough terrain

ANSWERS: 49. tongue, 50. conflicts, 51. screaming, 52. spite, 53. captain, 54. argue, 55. bunch, 56. slog

57. It is important to _____ safety procedures in the workplace to prevent accidents.
- v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
58. Solar gravity creates _____ pressures and temperatures.
- adj.* very great in amount or degree
59. _____ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
60. 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
61. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
- n.* the established set of attitudes or fixed ideas held by someone
62. 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
63. 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
64. It was the first time in a long time that I felt truly _____ and at peace.
- adj.* not excited, angry, or nervous; free from wind, large waves

ANSWERS: 57. observe, 58. extreme, 59. Empathy, 60. recommend, 61. mindset, 62. schedule, 63. individual, 64. calm

65. Among young people, _____ pressure can be pretty influential.
- n.* a person who has the same age, status, or ability
66. His business _____ took him to the United States.
- n.* a promise or firm decision to do something or to behave in a certain way
67. The famous _____ "actions speak louder than words" reminds us to focus on deeds instead of words.
- n.* a short saying that expresses a truth or gives advice based on practical experience
68. People can pick out superior products _____ of the quality of the advertising.
- adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties
69. The _____ in the breakroom is a popular spot for employees to chat and catch up.
- n.* a shared location in an office or workplace where people gather to take a break, socialize, and chat informally
70. The _____ response team worked around the clock to aid those affected by the earthquake.
- n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
71. The _____ to the safe was a secret.
- n.* a collection of things that have been combined; an assemblage of separate parts or qualities

ANSWERS: 65. peer, 66. commitments, 67. proverb, 68. regardless, 69. water-cooler, 70. disaster, 71. combination

72. The _____ principle of every business was identical.

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

ANSWERS: 72. underlying