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Vocabulary Builder Reference from...

Tilak Mandadi: 3 ways companies can support grieving employees | TED Talk

https://www.ted.com/talks/tilak_mandadi_3_ways_companies_can_support_grieving_employees

All Words

IMPORTANT

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Session 1: Word List

assault

n. a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will

synonym: assault, attack, raid

(1) **assault** aircraft, (2) victim of sexual **assault**

We got caught up in an **assault** case.

murder

n. the crime of killing somebody intentionally

synonym: slaying, killing

(1) **murder** in the second degree, (2) attempted **murder**

This intriguing **murder** mystery remains unsolved.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym: amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

all-consuming

adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

synonym: engrossing, immersive

(1) **all-consuming** flame, (2) **all-consuming** passion

His **all-consuming** love for her made him forget about everything else in his life.

grief

n. a very great sadness, especially when somebody dies

synonym: anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

desperate

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

synonym: anguish, frantic, hopeless

(1) her **desperate** screams, (2) **desperate** attempt

He was **desperate** when he lost all his money by gambling.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym: agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

unexpected

adj. not anticipated or regarded as likely to happen

synonym: surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

unlikely

adj. not probable or likely to happen

synonym: doubtful, questionable, far-fetched

(1) **unlikely** event, (2) it is **unlikely** that he would win the game

The passage of the bill is **unlikely**.

self-doubt

n. lack of confidence in one's abilities or oneself

synonym: insecurity, uncertainty, diffident

(1) overcome **self-doubt**, (2) spiral of **self-doubt**

I was filled with **self-doubt**.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

employee

n. a person who is hired to work for a business or organization in exchange for wages or salary; a worker

synonym: worker, staff, personnel

(1) **employee** benefits, (2) **employee** evaluation

The **employee** handbook outlines the rules and regulations that all employees must follow.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

resentment

n. bitterness or indignation at being treated unfairly

synonym: bitterness, enmity, animosity

(1) abiding **resentment**, (2) bitter **resentment**

She felt **resentment** towards her boss for not giving her a promotion.

regret

- v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

synonym: apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless

I **regret** to say that you did not gain admission to the university.

decision

- n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

burden

- n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

synonym: obligation, duty, load

(1) carry a **burden**, (2) **burden** of disease

That car has a low environmental **burden**.

distract

- v.* to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

evolve

- v.* to develop gradually, or to cause the development of something or someone gradually

synonym: develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

therapeutic

adj. relating to or involved in the treatment of illness or injury

synonym: healing, remedial, curative

(1) **therapeutic** massage, (2) **therapeutic** administration

Yoga is known to have **therapeutic** benefits for the mind and body.

indispensable

adj. so good or important that you could not be omitted or remitted; absolutely necessary

synonym: critical, essential, integral

(1) an **indispensable** duty, (2) foods **indispensable** to good nutrition

She is **indispensable** to our team.

retain

v. to keep or continue to possess or maintain something

synonym: possess, hold, keep on

(1) **retain** information, (2) **retain** a lawyer

Computers help people **retain** specific memories.

beneficial

adj. helpful, useful, or sound; promoting or enhancing well-being

synonym: useful, advantageous, fruitful

(1) a **beneficial** result, (2) **beneficial** to all countries

Laughing is **beneficial** to our health.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

precious

adj. uncommon and extremely valuable

synonym : adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

humility

n. the quality or condition of being humble; a low estimate of one's self

synonym : humbleness, modesty, unpretentiousness

(1) develop an attitude of **humility**, (2) lack of **humility**

We were filled with **humility** at the sight of the Queen.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym : viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

ego

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

synonym : self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

agenda

n. a list or outline of things to be done, discussed, or considered

synonym : program, schedule, list

(1) **agenda** setting, (2) ambitious **agenda**

The **agenda** for the meeting includes discussions on the budget and new project proposals.

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.

re-entry

n. a return to a previous state or condition; the return of a spacecraft or missile into the Earth's atmosphere during descent

synonym: return, resumption

(1) **re-entry** permit, (2) **re-entry** program

The spacecraft's smooth **re-entry** into Earth's atmosphere was a breathtaking sight.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym: smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine

The politician tried to **slap** down the rumors about his personal life.

prompt

v. to make someone decide to or try to do something, or to make something happen

synonym: actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate

That incident **prompted** a nationwide chain reaction regarding the crackdown on illegal groups.

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.

exhaust

n. the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

synonym: emission, fumes, (verb) deplete

(1) **exhaust** pipe, (2) **exhaust** a topic

The factory's **exhaust** fumes polluted the air and affected the health of the nearby residents.

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.

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.

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.

sympathy

n. the feeling of being sorry for someone who is experiencing a difficult or unpleasant situation; understanding or sharing someone else's feelings or emotions

synonym: compassion, empathy, understanding

(1) **sympathy** card, (2) feel **sympathy**

I expressed my **sympathy** to my friend after her cat passed

away.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

core

n. the most essential or fundamental part of something

synonym: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulae are merely newborn galactic **cores**.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

loyalty

n. the quality of being devoted or faithful to someone or something

synonym: faithfulness, devotion, allegiance

(1) **loyalty** program, (2) earn his **loyalty**

He has always shown great **loyalty** to his friends and family.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news
She **grieved** the loss of her parents.

policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

synonym: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

administer

v. to oversee and control the operation or arrangement of something

synonym: allocate, distribute, dispense

(1) **administer** justice, (2) **administer** the funds

After the accident, three governmental bodies **administer** the company.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

integral

adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

synonym: essential, fundamental, indispensable

(1) **integral** function, (2) **integral** component

Effective communication is an **integral** part of any successful team.

regard

- v. to think about or consider somebody or something in a specified way

synonym: consider, see, reckon

(1) **regard** him as an enemy, (2) **regard** the situation as unfortunate

Frugality and industry are still **regarded** as virtues.

expiration

- n. the act of expiring or coming to an end; the termination of a contract or agreement; the process of breathing out or expelling air from the lungs

synonym: expiry, termination, cease

(1) automatic **expiration**, (2) contract **expiration**

The **expiration** date on the milk carton had already passed, so it was no longer safe to consume.

undo

- v. to reverse the effect of an action or event, typically one that is recent or specific

synonym: reverse, retract, revoke

(1) **undo** changes, (2) **undo** a belt

I accidentally deleted the file, so can you **undo** that action?

coexist

- v. to live or exist together at the same time in the same place

synonym: cohabit, accompany, synchronize

(1) **coexist** with nature, (2) **coexist** with diversity

The different species can **coexist** in the same ecosystem by filling different niches and using different resources.

cobble

- n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

synonym: pebble, boulder, stone

(1) **cobble** driveway, (2) **cobble** up a policy accord

The town is known for its historic **cobble** streets, which were laid by hand in the 19th century.

vacation

n. a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure

synonym : leave, recess, break

(1) a short **vacation**, (2) summer **vacation**

Do you have a plan for a long **vacation**?

unpaid

adj. not yet paid; without payment

synonym : overdue, delinquent, outstanding

(1) **unpaid** account, (2) **unpaid** leave

Some employees claim they were simply **unpaid**.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym : thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym : ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

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.

merge

v. to combine or integrate things, or to cause this to happen

synonym : combine, join, coalesce

(1) **merge** into a new party, (2) **merge** those systems into a new one

This consulting firm decided to **merge** the two companies into one.

parallel

adj. being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations

synonym : aligned, side-by-side, similar

(1) a **parallel** case, (2) **parallel** processing

He walked a road **parallel** to the railroad.

straddle

v. to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests

synonym : straddle, sit astride, span

(1) **straddle** a fence, (2) **straddle** a motorcycle

We had to **straddle** the fallen tree to cross the river.

scatter

v. to cause to separate and go in different directions

synonym : disperse, spread, bestrew

(1) **scatter** seeds, (2) **scatter** around the internet

The hunter's approach **scattered** the geese.

ash

n. the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation

synonym : cinder, soot, dust

(1) **ash** tree, (2) soda **ash**

The volcanic **ash** covered the island after the eruption.

horrific

adj. causing horror or disgust; gruesome and terrifying

synonym : terrifying, alarming, shocking

(1) **horrific** experience, (2) **horrific** condition

The accident scene was **horrific**, with bodies and debris scattered everywhere.

arbitrate

- v. to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively

synonym: mediate, judge, umpire

- (1) **arbitrate** a disagreement, (2) **arbitrate** a contract

The mediator will **arbitrate** our dispute and help us reach a fair agreement.

debate

- n. a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives

synonym: argument, discussion, dispute

- (1) **debate** topic, (2) **debate** competition

The **debate** over climate change continues to be a hot topic in politics.

wallpaper

- n. a decorative paper or fabric that is applied to walls or ceilings to enhance their appearance; a digital image used as a background on a computer screen

synonym: cover

- (1) floral **wallpaper**, (2) textured **wallpaper**

I found a retro-inspired **wallpaper** for my bathroom that matches the vintage sink and bathtub.

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**.

permit

- v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

synonym: allow, authorize, concede

- (1) **permit** application, (2) work **permit**

The teacher will not **permit** any students to leave the

classroom early.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body
Infants and pregnant women are particularly **vulnerable**.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**
Health and **strength** are, above all, gold.

corporate

adj. of or relating to a large company

synonym: business, commercial, organizational

(1) **corporate** right, (2) **corporate** environment
The **corporate** office has decided to lay off 10% of the workforce.

unrelated

adj. having no connection; not belonging to the kinship

synonym: irrelevant, unconnected, independent

(1) statistically **unrelated**, (2) an **unrelated** position
Excuse me if my question is **unrelated** to the topic.

trivial

adj. of little value or importance

synonym: insignificant, minor, unimportant

(1) a **trivial** man, (2) for **trivial** reasons
The problem seemed **trivial** initially, but it became a significant issue.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation
The incident **triggered** a political controversy.

smack

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

synonym: hit, slap, strike

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

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

anniversary

n. the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

synonym: commemoration, celebration, observance

(1) **anniversary** celebration, (2) a bicentennial **anniversary**

They celebrated their 10th **anniversary** with a romantic dinner.

hijack

v. to seize control of an airplane or other vehicle during an operation, especially with violence

synonym: commandeer, seize, pirate

(1) **hijack** a helicopter, (2) **hijack** a phone number

He made a desperate effort to **hijack** an airliner.

arrest

v. to take into custody

synonym: capture, detain, imprison

(1) **arrest** the thief, (2) **arrest** the progress

A police officer has the authority to **arrest** a criminal.

unique

adj. being the only one of its kind; unlike anything else

synonym: one-of-a-kind, unparalleled, incomparable

(1) a **unique** teacher, (2) **unique** design

The painting is **unique**, and there is no other like it.

independence

n. freedom from another's or others' control or influence

synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony

There is nothing more valuable than **independence** and freedom.

odd	<p><i>adj.</i> strange or unexpected; not divisible by two <i>synonym</i> : strange, bizarre, abnormal (1) in an odd way, (2) odd behavior His grandfather was an odd man.</p>
naturally	<p><i>adv.</i> as might be expected; by natural manners <i>synonym</i> : by nature, inherently, intrinsically (1) naturally arising, (2) naturally regenerated forest He was naturally gifted.</p>
colleague	<p><i>n.</i> one of a group of a coworker, especially in a profession or a business <i>synonym</i> : coworker, associate, fellow (1) collaborate with colleagues, (2) former colleague I decided to seek counseling on the advice of my colleague.</p>
electron	<p><i>n.</i> a tiny particle with the negative electrical charge <i>synonym</i> : negatron (1) flow of electrons, (2) beam of electrons The outermost electron shell determines the chemical properties of an atom.</p>
frame	<p><i>n.</i> a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window <i>synonym</i> : body, skeleton, scaffolding (1) a picture frame, (2) the frame of the policy The detective looked for fingerprints on the window frame.</p>
rot	<p><i>v.</i> to decay, or cause something to decay, naturally and gradually <i>synonym</i> : perish, decay, corrode (1) begin to rot, (2) rot with age Please refrigerate the meat, or it will rot.</p>
ignore	<p><i>v.</i> to intentionally not listen or pay attention to <i>synonym</i> : neglect, disregard, shun</p>

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

dwell

v. to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave

synonym: reside, inhabit, occupy

(1) **dwell** on a problem, (2) **dwell** on the past

I love to **dwell** in nature and feel its calming effects on me.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

emphasize

v. to give or show particular importance to something

synonym: highlight, accentuate, stress

(1) **emphasize** her words, (2) **emphasize** a direct relationship

Use italics or capitals to **emphasize** a word in a piece of writing.

awful

adj. causing fear, dread, or terror; very bad or unpleasant

synonym: terrible, appalling, horrible

(1) an **awful** error, (2) do **awful** damage

I regretted making an **awful** mistake in my final exam.

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.

spokesperson

n. a person who represents or speaks on behalf of an organization, group, or individual to the media or the public

synonym: representative, interpreter, mouthpiece

(1) company **spokesperson**, (2) official **spokesperson**

The celebrity **spokesperson** made an appearance at the product launch event.

folk

n. people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

interact

v. to communicate or react with somebody

synonym: cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

consent

n. permission or agreement to do something, especially given by somebody in authority

synonym: approval, authorization, concession

(1) **consent** for surgery, (2) give silent **consent**

She gave her **consent** to the company's proposal.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym: preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

absolute

adj. perfect or complete or to the most considerable degree possible

synonym: complete, infrangible, indisputable

(1) **absolute** loyalty, (2) an **absolute** must
Gandhi had an **absolute** zeal for nonviolence.

stoic

adj. calm and unemotional, especially in difficult situations;
(noun) a member of the ancient Greek school of philosophy founded by Zeno

synonym: unflappable, resigned, unemotional

(1) **stoic** courage, (2) do **stoic** strength training
He was known for his **stoic** demeanor, never showing emotion or weakness.

deaf

adj. lacking the ability to hear, or having impaired hearing; unresponsive or unaware of certain sounds or signals

synonym: hearing-impaired, unresponsive, insensitive

(1) **deaf** in one ear, (2) **deaf** child
The **deaf** student needed an interpreter to understand the lecture.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent
The politician remained **silent** despite intense media scrutiny.

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.

specification

n. a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job

synonym: description, requirement, guideline

(1) functional **specification**, (2) engineering **specification**
The project's **specifications** outlined the goals and

requirements for the team to complete.

devastating

adj. causing a great deal of destruction or damage

synonym : destructive, annihilative, disastrous

(1) have **devastating** effects, (2) treat this **devastating** disease

This typhoon was the most **devastating** in years.

frank

adj. honest and sincere; open and candid in expression

synonym : candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

console

v. to provide emotional support or encouragement to someone

synonym : soothe, calm, pacify

(1) **console** her for the loss of her son, (2) **console** the spirits of the victims

She **consoled** her crying friend with words of encouragement.

distraught

adj. deeply upset, agitated, or emotionally troubled

synonym : upset, troubled, distressed

(1) **distraught** with grief, (2) **distraught** emotions

After receiving the bad news, he was so **distraught** that he couldn't concentrate on anything else for the rest of the day.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym : intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike

Honesty is an **inherent** quality that everyone should strive to possess.

awkward

adj. making you feel uncomfortable or embarrassed; causing inconvenience or difficulty

synonym :

embarrassing, discomfiting, clumsy

(1) an **awkward** expression, (2) an **awkward** date

The **awkward** design of the interface made the operation difficult.

awareness

n. the fact or state of knowing something exists and is important

synonym: understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness**

There has been a gradual but steady rise in environmental **awareness**.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym: accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help

He never **acknowledged** his fault.

priority

n. something that is more important than other things and should be dealt with first

synonym: importance, precedence, primacy

(1) **priority** call, (2) **priority** seating for elderly

Her **priority** is to be a mother.

purposeful

adj. having a specific aim or purpose; determined

synonym: determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace

She had a **purposeful** look and was determined to complete the task.

relief

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

synonym: remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

nightmare

n. a very frightening or unpleasant dream

synonym: agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation

Life as a waiter was a big **nightmare** for him.

unnatural

adj. not in accordance with the normal or natural order or not normal, typical, or expected

synonym: abnormal, bizarre, artificial

(1) **unnatural** death, (2) **unnatural** disaster

The **unnatural** growth of the city has disrupted wildlife habitats.

uncommon

adj. not occurring or seen very often; rare

synonym: rare, scarce, unusual

(1) **uncommon** occurrence, (2) **uncommon** talents

It was **uncommon** for the store to have such a big sale.

survive

v. to live or exist despite a dangerous event or period

synonym: endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

foster

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym: nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids

The pastor contributed to **fostering** the sense of a community embracing all classes.

expense

n. the money, time, or effort incurred or required for something

synonym: cost, expenditure, outlay

(1) enormous **expenses**, (2) **expense** account

For this project to be successful, we must control **expenses** strictly.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

Session 2: Spelling

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|---------------------------------|--|
| 1. do aw__l damage | <i>adj.</i> causing fear, dread, or terror; very bad or unpleasant |
| 2. vul_____le parts of the body | <i>adj.</i> capable of being hurt or influenced physically or mentally |
| 3. for tr_____l reasons | <i>adj.</i> of little value or importance |
| 4. un___d account | <i>adj.</i> not yet paid; without payment |
| 5. the_____ic massage | <i>adj.</i> relating to or involved in the treatment of illness or injury |
| 6. re___e a story | <i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something |
| 7. give silent co_____t | <i>n.</i> permission or agreement to do something, especially given by somebody in authority |
| 8. financial ind_____nce | <i>n.</i> freedom from another's or others' control or influence |
| 9. sigh of re___f | <i>n.</i> a feeling of happiness and relaxation that comes when something burdensome is removed or reduced |
| 10. em_____ee evaluation | <i>n.</i> a person who is hired to work for a business or organization in exchange for wages or salary; a worker |
| 11. begin to r_t | <i>v.</i> to decay, or cause something to decay, naturally and gradually |

ANSWERS: 1. awful, 2. vulnerable, 3. trivial, 4. unpaid, 5. therapeutic, 6. relate, 7. consent, 8. independence, 9. relief, 10. employee, 11. rot

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|---------------------------------|---|
| 12. muscular st____th | <i>n.</i> the quality or state of being physically, or sometimes mentally, strong |
| 13. ben_____al to all countries | <i>adj.</i> helpful, useful, or sound; promoting or enhancing well-being |
| 14. a pa_____el case | <i>adj.</i> being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations |
| 15. wat_____ler gossip | <i>n.</i> a shared location in an office or workplace where people gather to take a break, socialize, and chat informally |
| 16. raise public aw_____ss | <i>n.</i> the fact or state of knowing something exists and is important |
| 17. se_____te cream from milk | <i>v.</i> to force, take, or pull apart; mark as different |
| 18. f__k art | <i>n.</i> people in general, especially those of a particular group or type |
| 19. a selfish de_____on | <i>n.</i> the act or process of making up someone's mind about something; a choice or judgment reached after considering options |
| 20. co_____er relationship | <i>n.</i> a person who works with another in the same company or organization |
| 21. give si____t consent | <i>adj.</i> without any or little sound |
| 22. a_h tree | <i>n.</i> the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation |

ANSWERS: 12. strength, 13. beneficial, 14. parallel, 15. water-cooler, 16. awareness, 17. separate, 18. folk, 19. decision, 20. coworker, 21. silent, 22. ash

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| 23. de___e a question | <i>v.</i> to make up someone's mind about something; to come to a conclusion or judgment after considering options |
| 24. ab____te loyalty | <i>adj.</i> perfect or complete or to the most considerable degree possible |
| 25. a ben_____al result | <i>adj.</i> helpful, useful, or sound; promoting or enhancing well-being |
| 26. statistically un_____ed | <i>adj.</i> having no connection; not belonging to the kinship |
| 27. a gr____ul breeze | <i>adj.</i> feeling or showing an appreciation of kindness; thankful |
| 28. ar_____te a disagreement | <i>v.</i> to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively |
| 29. de_____te attempt | <i>adj.</i> feeling or showing a lack of hope and a willingness to do anything because of the problematic situation |
| 30. in_____e him to write a novel | <i>v.</i> to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative |
| 31. ma_____in good health | <i>v.</i> to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true |
| 32. abs_____ly obsessed with the girl | <i>adv.</i> without restriction or limitation; completely or utterly |
| 33. in_____ct with one another | <i>v.</i> to communicate or react with somebody |
| 34. di_____ct attention from the real issue | <i>v.</i> to draw someone's attention away from what they are trying to do |

ANSWERS: 23. decide, 24. absolute, 25. beneficial, 26. unrelated, 27. grateful, 28. arbitrate, 29. desperate, 30. inspire, 31. maintain, 32. absolutely, 33. interact, 34. distract

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| 35. res_____le for a customer service | <i>adj.</i> answerable or accountable for something within one's power, control, or management |
| 36. psychic tr____a | <i>n.</i> an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience |
| 37. em_____y for patients | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation |
| 38. hi____k a phone number | <i>v.</i> to seize control of an airplane or other vehicle during an operation, especially with violence |
| 39. abs_____ly against | <i>adv.</i> without restriction or limitation; completely or utterly |
| 40. de____e competition | <i>n.</i> a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives |
| 41. some une_____ed events | <i>adj.</i> not anticipated or regarded as likely to happen |
| 42. at inc_____le speed | <i>adj.</i> unbelievable; enormous |
| 43. death from sh__k | <i>n.</i> a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant |
| 44. em_____ze a direct relationship | <i>v.</i> to give or show particular importance to something |

ANSWERS: 35. responsible, 36. trauma, 37. empathy, 38. hijack, 39. absolutely, 40. debate, 41. unexpected, 42. incredible, 43. shock, 44. emphasize

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| 45. national e_o | <i>n.</i> a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one |
| 46. tr____r a biochemical response | <i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function |
| 47. un_____al death | <i>adj.</i> not in accordance with the normal or natural order or not normal, typical, or expected |
| 48. de___e on a course of action | <i>v.</i> to make up someone's mind about something; to come to a conclusion or judgment after considering options |
| 49. automatic exp_____on | <i>n.</i> the act of expiring or coming to an end; the termination of a contract or agreement; the process of breathing out or expelling air from the lungs |
| 50. boost my con_____ce | <i>n.</i> the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something |
| 51. have dev_____ng effects | <i>adj.</i> causing a great deal of destruction or damage |
| 52. foreign po___y | <i>n.</i> a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective |
| 53. fr__k and open discussion | <i>adj.</i> honest and sincere; open and candid in expression |

ANSWERS: 45. ego, 46. trigger, 47. unnatural, 48. decide, 49. expiration, 50. confidence, 51. devastating, 52. policy, 53. frank

54. the_____ic administration	<i>adj.</i> relating to or involved in the treatment of illness or injury
55. ex_____e account	<i>n.</i> the money, time, or effort incurred or required for something
56. aw_____ss of my ignorance	<i>n.</i> the fact or state of knowing something exists and is important
57. at a pur_____ul pace	<i>adj.</i> having a specific aim or purpose; determined
58. health po____y	<i>n.</i> a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
59. tr_____r inflation	<i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function
60. un_____on occurrence	<i>adj.</i> not occurring or seen very often; rare
61. co____e up a policy accord	<i>n.</i> a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way
62. st_____th of the economy	<i>n.</i> the quality or state of being physically, or sometimes mentally, strong
63. res_____le action	<i>adj.</i> answerable or accountable for something within one's power, control, or management
64. in_____nt risk	<i>adj.</i> existing in something as a permanent, essential, or characteristic attribute

ANSWERS: 54. therapeutic, 55. expense, 56. awareness, 57. purposeful, 58. policy, 59. trigger, 60. uncommon, 61. cobble, 62. strength, 63. responsible, 64. inherent

65. overcome sel_____bt	<i>n.</i> lack of confidence in one's abilities or oneself
66. textured wa_____er	<i>n.</i> a decorative paper or fabric that is applied to walls or ceilings to enhance their appearance; a digital image used as a background on a computer screen
67. n__m of action	<i>n.</i> something that is regarded as usual, typical, or standard
68. co_____t for surgery	<i>n.</i> permission or agreement to do something, especially given by somebody in authority
69. di_____ct public opinion	<i>v.</i> to draw someone's attention away from what they are trying to do
70. co_____t with nature	<i>v.</i> to live or exist together at the same time in the same place
71. the c__e of an apple	<i>n.</i> the most essential or fundamental part of something
72. feel com_____on for the poor	<i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck
73. st_____le against discrimination	<i>v.</i> 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
74. in_____al component	<i>adj.</i> necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

ANSWERS: 65. self-doubt, 66. wallpaper, 67. norm, 68. consent, 69. distract, 70. coexist, 71. core, 72. compassion, 73. struggle, 74. integral

75. a tr____l man	<i>adj.</i> of little value or importance
76. co____e driveway	<i>n.</i> a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way
77. an ab____te must	<i>adj.</i> perfect or complete or to the most considerable degree possible
78. sm__k on the lips	<i>v.</i> to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke
79. pr____t a debate	<i>v.</i> to make someone decide to or try to do something, or to make something happen
80. ann______ry celebration	<i>n.</i> the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
81. co______te environment	<i>adj.</i> of or relating to a large company
82. tax re____f	<i>n.</i> a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
83. sh__k-resistant	<i>n.</i> a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
84. lack of hu____ty	<i>n.</i> the quality or condition of being humble; a low estimate of one's self
85. fo____r a better relationship	<i>v.</i> to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

ANSWERS: 75. trivial, 76. cobble, 77. absolute, 78. smack, 79. prompt, 80. anniversary, 81. corporate, 82. relief, 83. shock, 84. humility, 85. foster

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| 86. di____t sleep | <i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance |
| 87. official spo_____son | <i>n.</i> a person who represents or speaks on behalf of an organization, group, or individual to the media or the public |
| 88. ho____ic condition | <i>adj.</i> causing horror or disgust; gruesome and terrifying |
| 89. wat_____ler conversation | <i>n.</i> a shared location in an office or workplace where people gather to take a break, socialize, and chat informally |
| 90. dw__l on a problem | <i>v.</i> to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave |
| 91. a bicentennial ann_____ry | <i>n.</i> the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year |
| 92. ar____t the thief | <i>v.</i> to take into custody |
| 93. de____on authority | <i>n.</i> the act or process of making up someone's mind about something; a choice or judgment reached after considering options |
| 94. a short va_____on | <i>n.</i> a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure |
| 95. u__o a belt | <i>v.</i> to reverse the effect of an action or event, typically one that is recent or specific |

ANSWERS: 86. disrupt, 87. spokesperson, 88. horrific, 89. water-cooler, 90. dwell, 91. anniversary, 92. arrest, 93. decision, 94. vacation, 95. undo

96. ma_____in order	<i>v.</i> to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
97. dis_____ht emotions	<i>adj.</i> deeply upset, agitated, or emotionally troubled
98. barren of cr_____ve spirit	<i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something
99. attempted mu____r	<i>n.</i> the crime of killing somebody intentionally
100. former co_____ue	<i>n.</i> one of a group of a coworker, especially in a profession or a business
101. em_____ee benefits	<i>n.</i> a person who is hired to work for a business or organization in exchange for wages or salary; a worker
102. ar_____te a contract	<i>v.</i> to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively
103. victim of sexual as_____t	<i>n.</i> a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will
104. un_____al disaster	<i>adj.</i> not in accordance with the normal or natural order or not normal, typical, or expected
105. an aw_____d date	<i>adj.</i> making you feel uncomfortable or embarrassed; causing inconvenience or difficulty
106. do st__c strength training	<i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno

ANSWERS: 96. maintain, 97. distraught, 98. creative, 99. murder, 100. colleague, 101. employee, 102. arbitrate, 103. assault, 104. unnatural, 105. awkward, 106. stoic

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| 107. u__o changes | v. | to reverse the effect of an action or event, typically one that is recent or specific |
| 108. st____le a fence | v. | to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests |
| 109. nu____e his talents | v. | to take care of, feed, and protect someone or something while they are growing and developing |
| 110. ack____ge his help | v. | to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.; |
| 111. sc____r around the internet | v. | to cause to separate and go in different directions |
| 112. floral wa____er | n. | a decorative paper or fabric that is applied to walls or ceilings to enhance their appearance; a digital image used as a background on a computer screen |
| 113. de___e topic | n. | a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives |

ANSWERS: 107. undo, 108. straddle, 109. nurture, 110. acknowledge, 111. scatter, 112. wallpaper, 113. debate

114. her de_____te screams	<i>adj.</i> feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
115. tr____a care	<i>n.</i> an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
116. d__f child	<i>adj.</i> lacking the ability to hear, or having impaired hearing; unresponsive or unaware of certain sounds or signals
117. ni_____re situation	<i>n.</i> a very frightening or unpleasant dream
118. beam of el_____ons	<i>n.</i> a tiny particle with the negative electrical charge
119. it is un_____ly that he would win the game	<i>adj.</i> not probable or likely to happen
120. me__e those systems into a new one	<i>v.</i> to combine or integrate things, or to cause this to happen
121. re____t a decision	<i>v.</i> to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
122. in_____e a feeling of curiosity	<i>v.</i> to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
123. feel sy_____hy	<i>n.</i> the feeling of being sorry for someone who is experiencing a difficult or unpleasant situation; understanding or sharing someone else's feelings or emotions
124. in____t capital	<i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 114. desperate, 115. trauma, 116. deaf, 117. nightmare, 118. electron, 119. unlikely, 120. merge, 121. regret, 122. inspire, 123. sympathy, 124. invest

125. have an in_____nt dislike	<i>adj.</i> existing in something as a permanent, essential, or characteristic attribute
126. full of em_____y	<i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation
127. d__f in one ear	<i>adj.</i> lacking the ability to hear, or having impaired hearing; unresponsive or unaware of certain sounds or signals
128. a vul_____le bridge	<i>adj.</i> capable of being hurt or influenced physically or mentally
129. mu____r in the second degree	<i>n.</i> the crime of killing somebody intentionally
130. hi____k a helicopter	<i>v.</i> to seize control of an airplane or other vehicle during an operation, especially with violence
131. ex_____t pipe	<i>n.</i> the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
132. an ind_____ble duty	<i>adj.</i> so good or important that you could not be omitted or remitted; absolutely necessary
133. the fr__e of the policy	<i>n.</i> a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
134. un____e design	<i>adj.</i> being the only one of its kind; unlike anything else
135. in_____ct directly with customers	<i>v.</i> to communicate or react with somebody

ANSWERS: 125. inherent, 126. empathy, 127. deaf, 128. vulnerable, 129. murder, 130. hijack, 131. exhaust, 132. indispensable, 133. frame, 134. unique, 135. interact

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| 136. mental co____e | <i>n.</i> the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous |
| 137. an aw__l error | <i>adj.</i> causing fear, dread, or terror; very bad or unpleasant |
| 138. collaborate with co____ues | <i>n.</i> one of a group of a coworker, especially in a profession or a business |
| 139. pur____ul series of actions | <i>adj.</i> having a specific aim or purpose; determined |
| 140. st__c courage | <i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno |
| 141. fo___r two kids | <i>v.</i> to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents |
| 142. as____t aircraft | <i>n.</i> a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will |
| 143. enormous ex____es | <i>n.</i> the money, time, or effort incurred or required for something |
| 144. na____ly arising | <i>adv.</i> as might be expected; by natural manners |
| 145. flow of el____ons | <i>n.</i> a tiny particle with the negative electrical charge |
| 146. the f__k songs of a particular district | <i>n.</i> people in general, especially those of a particular group or type |

ANSWERS: 136. courage, 137. awful, 138. colleague, 139. purposeful, 140. stoic, 141. foster, 142. assault, 143. expense, 144. naturally, 145. electron, 146. folk

147. re_____ry program	<i>n.</i> a return to a previous state or condition; the return of a spacecraft or missile into the Earth's atmosphere during descent
148. co_____te right	<i>adj.</i> of or relating to a large company
149. against tr_____on	<i>n.</i> a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
150. un_____ly event	<i>adj.</i> not probable or likely to happen
151. pr_____ty seating for elderly	<i>n.</i> something that is more important than other things and should be dealt with first
152. in an o_d way	<i>adj.</i> strange or unexpected; not divisible by two
153. re____n information	<i>v.</i> to keep or continue to possess or maintain something
154. pr_____ty call	<i>n.</i> something that is more important than other things and should be dealt with first
155. foods ind_____ble to good nutrition	<i>adj.</i> so good or important that you could not be omitted or remitted; absolutely necessary
156. price of pr_____us metals	<i>adj.</i> uncommon and extremely valuable
157. ex_____t a topic	<i>n.</i> the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
158. all_____ing flame	<i>adj.</i> taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

ANSWERS: 147. re-entry, 148. corporate, 149. tradition, 150. unlikely, 151. priority, 152. odd, 153. retain, 154. priority, 155. indispensable, 156. precious, 157. exhaust, 158. all-consuming

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| 159. se____te video into chapter | <i>v.</i> to force, take, or pull apart; mark as different |
| 160. adm_____er the funds | <i>v.</i> to oversee and control the operation or arrangement of something |
| 161. dis_____ht with grief | <i>adj.</i> deeply upset, agitated, or emotionally troubled |
| 162. pr____t a feeling of hunger | <i>v.</i> to make someone decide to or try to do something, or to make something happen |
| 163. field of gene th____y | <i>n.</i> the act of caring for someone through medication, remedial training, etc. |
| 164. soda a_h | <i>n.</i> the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation |
| 165. un____d leave | <i>adj.</i> not yet paid; without payment |
| 166. st_____le a motorcycle | <i>v.</i> to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests |
| 167. na_____ly regenerated forest | <i>adv.</i> as might be expected; by natural manners |
| 168. put a gr____ul expression | <i>adj.</i> feeling or showing an appreciation of kindness; thankful |
| 169. have a ni_____re | <i>n.</i> a very frightening or unpleasant dream |

ANSWERS: 159. separate, 160. administer, 161. distraught, 162. prompt, 163. therapy, 164. ash, 165. unpaid, 166. straddle, 167. naturally, 168. grateful, 169. nightmare

- | | |
|-----------------------------------|--|
| 170. st____le to get the job | <i>v.</i> 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 |
| 171. co____t level | <i>n.</i> a state of physical ease and freedom from pain or constraint |
| 172. o_d behavior | <i>adj.</i> strange or unexpected; not divisible by two |
| 173. ind____nce ceremony | <i>n.</i> freedom from another's or others' control or influence |
| 174. re____t being so careless | <i>v.</i> to feel sad, repentant, or disappointed over something you have done or something you have not been able to do |
| 175. ev____e | <i>v.</i> to develop gradually, or to cause the development of something or someone gradually |
| 176. ig____e a ban | <i>v.</i> to intentionally not listen or pay attention to |
| 177. work pe____t | <i>v.</i> to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization |
| 178. contract exp____on | <i>n.</i> the act of expiring or coming to an end; the termination of a contract or agreement; the process of breathing out or expelling air from the lungs |
| 179. ev____e over the past decade | <i>v.</i> to develop gradually, or to cause the development of something or someone gradually |
| 180. s__p a heavy fine | <i>v.</i> to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly |

ANSWERS: 170. struggle, 171. comfort, 172. odd, 173. independence, 174. regret, 175. evolve, 176. ignore, 177. permit, 178. expiration, 179. evolve, 180. slap

- | | |
|-----------------------------|--|
| 181. re___d him as an enemy | <i>v.</i> to think about or consider somebody or something in a specified way |
| 182. sy____hy card | <i>n.</i> the feeling of being sorry for someone who is experiencing a difficult or unpleasant situation; understanding or sharing someone else's feelings or emotions |
| 183. a picture fr__e | <i>n.</i> a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window |
| 184. ack_____ge the deed | <i>v.</i> to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.; |
| 185. dw__l on the past | <i>v.</i> to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave |
| 186. abiding res_____nt | <i>n.</i> bitterness or indignation at being treated unfairly |
| 187. sc____r seeds | <i>v.</i> to cause to separate and go in different directions |
| 188. me__e into a new party | <i>v.</i> to combine or integrate things, or to cause this to happen |
| 189. a per_____ve view | <i>n.</i> a confident attitude toward something; a particular style of thinking about something |

ANSWERS: 181. regard, 182. sympathy, 183. frame, 184. acknowledge, 185. dwell, 186. resentment, 187. scatter, 188. merge, 189. perspective

190. su____e a plane crash	<i>v.</i> to live or exist despite a dangerous event or period
191. ho____ic experience	<i>adj.</i> causing horror or disgust; gruesome and terrifying
192. have com_____on toward the accident	<i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck
193. in____al function	<i>adj.</i> necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
194. an un_____ed position	<i>adj.</i> having no connection; not belonging to the kinship
195. argue with a co____er	<i>n.</i> a person who works with another in the same company or organization
196. bu____n of disease	<i>n.</i> a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
197. company spo_____son	<i>n.</i> a person who represents or speaks on behalf of an organization, group, or individual to the media or the public
198. a lot of gr__f	<i>n.</i> a very great sadness, especially when somebody dies
199. inc_____le amount	<i>adj.</i> unbelievable; enormous
200. co____e the spirits of the victims	<i>v.</i> to provide emotional support or encouragement to someone

ANSWERS: 190. survive, 191. horrific, 192. compassion, 193. integral, 194. unrelated, 195. coworker, 196. burden, 197. spokesperson, 198. grief, 199. incredible, 200. console

201. nu____e love	<i>v.</i> to take care of, feed, and protect someone or something while they are growing and developing
202. engineering spe_____ion	<i>n.</i> a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job
203. earn his lo____y	<i>n.</i> the quality of being devoted or faithful to someone or something
204. con_____ce as a teacher	<i>n.</i> the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
205. gr___e for loss	<i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died
206. su____e a blizzard	<i>v.</i> to live or exist despite a dangerous event or period
207. all_____ing passion	<i>adj.</i> taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence
208. r_t with age	<i>v.</i> to decay, or cause something to decay, naturally and gradually
209. treat this dev_____ng disease	<i>adj.</i> causing a great deal of destruction or damage
210. co____t with diversity	<i>v.</i> to live or exist together at the same time in the same place
211. re___d the situation as unfortunate	<i>v.</i> to think about or consider somebody or something in a specified way

ANSWERS: 201. nurture, 202. specification, 203. loyalty, 204. confidence, 205. grieve, 206. survive, 207. all-consuming, 208. rot, 209. devastating, 210. coexist, 211. regard

212. re___n a lawyer	<i>v.</i> to keep or continue to possess or maintain something
213. words of co____t	<i>n.</i> a state of physical ease and freedom from pain or constraint
214. make a fr__k apology	<i>adj.</i> honest and sincere; open and candid in expression
215. gr___e at the sad news	<i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died
216. pe___t application	<i>v.</i> to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
217. adm_____er justice	<i>v.</i> to oversee and control the operation or arrangement of something
218. ar___t the progress	<i>v.</i> to take into custody
219. inspire co____e	<i>n.</i> the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
220. pa_____el processing	<i>adj.</i> being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations
221. a un___e teacher	<i>adj.</i> being the only one of its kind; unlike anything else
222. 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

ANSWERS: 212. retain, 213. comfort, 214. frank, 215. grieve, 216. permit, 217. administer, 218. arrest, 219. courage, 220. parallel, 221. unique, 222. pretension

223. functional spe_____ion	<i>n.</i> a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job
224. a tr_____on of a culture	<i>n.</i> a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
225. ambitious ag____a	<i>n.</i> a list or outline of things to be done, discussed, or considered
226. em_____ze her words	<i>v.</i> to give or show particular importance to something
227. ig____e her advice	<i>v.</i> to intentionally not listen or pay attention to
228. the per_____ve of the battle	<i>n.</i> a confident attitude toward something; a particular style of thinking about something
229. summer va_____on	<i>n.</i> a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
230. un_____on talents	<i>adj.</i> not occurring or seen very often; rare
231. bitter res_____nt	<i>n.</i> bitterness or indignation at being treated unfairly
232. e_o defense mechanisms	<i>n.</i> a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 223. specification, 224. tradition, 225. agenda, 226. emphasize, 227. ignore, 228. perspective, 229. vacation, 230. uncommon, 231. resentment, 232. ego

233. lo____y program	<i>n.</i> the quality of being devoted or faithful to someone or something
234. pre_____on to authority	<i>n.</i> the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
235. ag____a setting	<i>n.</i> a list or outline of things to be done, discussed, or considered
236. have gr__f and sorrow	<i>n.</i> a very great sadness, especially when somebody dies
237. s__p on the back	<i>v.</i> to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
238. di____t a well-ordered condition	<i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
239. carry a bu____n	<i>n.</i> a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
240. an aw____d expression	<i>adj.</i> making you feel uncomfortable or embarrassed; causing inconvenience or difficulty
241. cr____ve writing	<i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something

ANSWERS: 233. loyalty, 234. pretension, 235. agenda, 236. grief, 237. slap, 238. disrupt, 239. burden, 240. awkward, 241. creative

242. sm__k his knee	<i>v.</i> to hit something or someone with force, often making a loud noise; to deliver a sharp criticism or rebuke
243. re___e a message	<i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
244. pr____us information	<i>adj.</i> uncommon and extremely valuable
245. in___t in stocks	<i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result
246. c__e business activity	<i>n.</i> the most essential or fundamental part of something
247. spiral of sel_____bt	<i>n.</i> lack of confidence in one's abilities or oneself
248. develop an attitude of hu____ty	<i>n.</i> the quality or condition of being humble; a low estimate of one's self
249. co_____e her for the loss of her son	<i>v.</i> to provide emotional support or encouragement to someone
250. th_____y for a patient	<i>n.</i> the act of caring for someone through medication, remedial training, etc.
251. si___t reading	<i>adj.</i> without any or little sound
252. re_____ry permit	<i>n.</i> a return to a previous state or condition; the return of a spacecraft or missile into the Earth's atmosphere during descent
253. an une_____ed visitor	<i>adj.</i> not anticipated or regarded as likely to happen

ANSWERS: 242. smack, 243. relate, 244. precious, 245. invest, 246. core, 247. self-doubt, 248. humility, 249. console, 250. therapy, 251. silent, 252. re-entry, 253. unexpected

254. cultural n__m

n. something that is regarded as usual,
typical, or standard

ANSWERS: 254. norm

Session 3: Fill in the Blanks

1. The hunter's approach _____ the geese.
v. to cause to separate and go in different directions
2. I need to _____ my car regularly to prevent any major mechanical issues.
v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
3. 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
4. The pastor contributed to _____ the sense of a community embracing all classes.
v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
5. The _____ growth of the city has disrupted wildlife habitats.
adj. not in accordance with the normal or natural order or not normal, typical, or expected
6. It was _____ for the store to have such a big sale.
adj. not occurring or seen very often; rare
7. 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

ANSWERS: 1. scattered, 2. maintain, 3. decide, 4. fostering, 5. unnatural, 6. uncommon, 7. pretensions

8. These gas nebulas are merely newborn galactic _____.

n. the most essential or fundamental part of something

9. He walked a road _____ to the railroad.

adj. being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations

10. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

11. His grandfather was an ____ man.

adj. strange or unexpected; not divisible by two

12. He never _____ his fault.

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

13. She gave her _____ to the company's proposal.

n. permission or agreement to do something, especially given by somebody in authority

14. Infants and pregnant women are particularly _____.

adj. capable of being hurt or influenced physically or mentally

15. I found a retro-inspired _____ for my bathroom that matches the vintage sink and bathtub.

n. a decorative paper or fabric that is applied to walls or ceilings to enhance their appearance; a digital image used as a background on a computer screen

ANSWERS: 8. cores, 9. parallel, 10. decision, 11. odd, 12. acknowledged, 13. consent, 14. vulnerable, 15. wallpaper

16. The accident scene was _____ with bodies and debris scattered everywhere.

adj. causing horror or disgust; gruesome and terrifying

17. I regretted making an _____ mistake in my final exam.

adj. causing fear, dread, or terror; very bad or unpleasant

18. Please don't _____ me while I'm studying.

v. to draw someone's attention away from what they are trying to do

19. I _____ to say that you did not gain admission to the university.

v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

20. Since independence, the area has been completely _____.

v. to intentionally not listen or pay attention to

21. The _____ rainstorm caused the collapse of the corral.

adj. not anticipated or regarded as likely to happen

22. All the supervisor has to do is assign tasks that make his subordinates more _____.

adj. relating to or involving the use of skill and original and unusual ideas to create something

23. The unique style of this martial arts _____ many action film producers.

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

ANSWERS: 16. horrific, 17. awful, 18. distract, 19. regret, 20. ignored, 21. unexpected, 22. creative, 23. inspired

24. He has always shown great _____ to his friends and family.

n. the quality of being devoted or faithful to someone or something

25. He was _____ gifted.

adv. as might be expected; by natural manners

26. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

27. After receiving the bad news, he was so _____ that he couldn't concentrate on anything else for the rest of the day.

adj. deeply upset, agitated, or emotionally troubled

28. His father's death changed his whole _____ on life.

n. a confident attitude toward something; a particular style of thinking about something

29. I decided to seek counseling on the advice of my _____.

n. one of a group of a coworker, especially in a profession or a business

30. Some seaweed was used as _____ medicine in ancient times.

n. people in general, especially those of a particular group or type

31. The government should view children as national assets and actively _____ in them.

v. to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 24. loyalty, 25. naturally, 26. tradition, 27. distraught, 28. perspective, 29. colleague, 30. folk, 31. invest

32. _____ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
33. There is nothing more valuable than _____ and freedom.
- n.* freedom from another's or others' control or influence
34. For this project to be successful, we must control _____ strictly.
- n.* the money, time, or effort incurred or required for something
35. She _____ the loss of her parents.
- v.* to feel or show great sadness or sorrow, especially for someone who has died
36. Do you have a plan for a long _____
- n.* a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
37. I expressed my _____ to my friend after her cat passed away.
- n.* the feeling of being sorry for someone who is experiencing a difficult or unpleasant situation; understanding or sharing someone else's feelings or emotions
38. These birds can only _____ in temperate climates.
- v.* to live or exist despite a dangerous event or period
39. 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
40. The mediator will _____ our dispute and help us reach a fair agreement.
- v.* to act as a mediator or judge between conflicting parties, often to settle a dispute; to decide or determine something impartially or authoritatively

ANSWERS: 32. Empathy, 33. independence, 34. expenses, 35. grieved, 36. vacation?, 37. sympathy, 38. survive, 39. coworker, 40. arbitrate

41. The problem seemed _____ initially, but it became a significant issue.

adj. of little value or importance

42. Use italics or capitals to _____ a word in a piece of writing.

v. to give or show particular importance to something

43. His _____ love for her made him forget about everything else in his life.

adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

44. She felt _____ towards her boss for not giving her a promotion.

n. bitterness or indignation at being treated unfairly

45. He should _____ more with his colleagues.

v. to communicate or react with somebody

46. Schools should _____ children's mutual interest spirit.

v. to take care of, feed, and protect someone or something while they are growing and developing

47. I am _____ opposed to his idea because of morality.

adv. without restriction or limitation; completely or utterly

48. After the accident, three governmental bodies _____ the company.

v. to oversee and control the operation or arrangement of something

49. I'm so sorry to _____ you when you're pretty busy.

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 41. trivial, 42. emphasize, 43. all-consuming, 44. resentment, 45. interact, 46. nurture, 47. absolutely, 48. administer, 49. disrupt

50. That car has a low environmental _____.

- n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

51. The factory's _____ fumes polluted the air and affected the health of the nearby residents.

- n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

52. The _____ handbook outlines the rules and regulations that all employees must follow.

- n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker

53. That incident _____ a nationwide chain reaction regarding the crackdown on illegal groups.

- v.* to make someone decide to or try to do something, or to make something happen

54. I underwent aversion _____ for my addiction to alcohol.

- n.* the act of caring for someone through medication, remedial training, etc.

55. The volcanic ____ covered the island after the eruption.

- n.* the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation

56. The incident _____ a political controversy.

- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 50. burden, 51. exhaust, 52. employee, 53. prompted, 54. therapy, 55. ash, 56. triggered

57. 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

58. Health and _____ are, above all, gold.

- n.* the quality or state of being physically, or sometimes mentally, strong

59. He found _____ in the warm embrace of his loved ones.

- n.* a state of physical ease and freedom from pain or constraint

60. The baseball player _____ the ball out of the park, securing a home run.

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

61. She is _____ to our team.

- adj.* so good or important that you could not be omitted or remitted; absolutely necessary

62. The company's new _____ on remote work has made it a more inclusive workplace.

- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

63. The _____ student needed an interpreter to understand the lecture.

- adj.* lacking the ability to hear, or having impaired hearing; unresponsive or unaware of certain sounds or signals

64. Computers help people _____ specific memories.

- v.* to keep or continue to possess or maintain something

ANSWERS: 57. confidence, 58. strength, 59. comfort, 60. smacked, 61. indispensable, 62. policy, 63. deaf, 64. retain

65. The different species can _____ in the same ecosystem by filling different niches and using different resources.

v. to live or exist together at the same time in the same place

66. Some employees claim they were simply _____.

adj. not yet paid; without payment

67. Frugality and industry are still _____ as virtues.

v. to think about or consider somebody or something in a specified way

68. She _____ her crying friend with words of encouragement.

v. to provide emotional support or encouragement to someone

69. Her response revealed _____ idiocy.

adj. unbelievable; enormous

70. The _____ for the meeting includes discussions on the budget and new project proposals.

n. a list or outline of things to be done, discussed, or considered

71. The teacher will not _____ any students to leave the classroom early.

v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

72. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.

v. to force, take, or pull apart; mark as different

73. Many civilians have suffered _____ as a result of the war.

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

ANSWERS: 65. coexist, 66. unpaid, 67. regarded, 68. consoled, 69. incredible, 70. agenda, 71. permit, 72. separate, 73. trauma

74. 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
75. The spacecraft's smooth _____ into Earth's atmosphere was a breathtaking sight.
- n.* a return to a previous state or condition; the return of a spacecraft or missile into the Earth's atmosphere during descent
76. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management
77. The project's _____ outlined the goals and requirements for the team to complete.
- n.* a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job
78. This intriguing _____ mystery remains unsolved.
- n.* the crime of killing somebody intentionally
79. 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
80. His infinite love and _____ for everyone never weary.
- n.* a strong feeling of sympathy and sadness for another's suffering or bad luck

ANSWERS: 74. courage, 75. re-entry, 76. responsible, 77. specifications, 78. murder, 79. struggle, 80. compassion

81. 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

82. We had to _____ the fallen tree to cross the river.

- v.* to sit or stand with one leg on either side of something or someone; to adopt a position or attitude that involves a compromise or combination of two or more opposing principles, ideas, or interests

83. This typhoon was the most _____ in years.

- adj.* causing a great deal of destruction or damage

84. The _____ design of the interface made the operation difficult.

- adj.* making you feel uncomfortable or embarrassed; causing inconvenience or difficulty

85. Her _____ is to be a mother.

- n.* something that is more important than other things and should be dealt with first

86. They celebrated their 10th _____ with a romantic dinner.

- n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

87. Full involvement means _____ and prompt responses.

- adj.* honest and sincere; open and candid in expression

88. I love to _____ in nature and feel its calming effects on me.

- v.* to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave

ANSWERS: 81. frame, 82. straddle, 83. devastating, 84. awkward, 85. priority, 86. anniversary, 87. frank, 88. dwell

89. Honesty is an _____ quality that everyone should strive to possess.

adj. existing in something as a permanent, essential, or characteristic attribute

90. We got caught up in an _____ case.

n. a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will

91. I was filled with _____.

n. lack of confidence in one's abilities or oneself

92. This consulting firm decided to _____ the two companies into one.

v. to combine or integrate things, or to cause this to happen

93. We were filled with _____ at the sight of the Queen.

n. the quality or condition of being humble; a low estimate of one's self

94. He was _____ when he lost all his money by gambling.

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

95. There has been a gradual but steady rise in environmental _____.

n. the fact or state of knowing something exists and is important

96. She was constantly trying to boost her _____ by talking about her accomplishments.

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

97. He was known for his _____ demeanor, never showing emotion or weakness.

adj. calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno

ANSWERS: 89. inherent, 90. assault, 91. self-doubt, 92. merge, 93. humility, 94. desperate, 95. awareness, 96. ego, 97. stoic

98. The passage of the bill is _____.

adj. not probable or likely to happen

99. The town is known for its historic _____ streets, which were laid by hand in the 19th century.

n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

100. Excuse me if my question is _____ to the topic.

adj. having no connection; not belonging to the kinship

101. The _____ over climate change continues to be a hot topic in politics.

n. a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives

102. 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

103. He made a desperate effort to _____ an airliner.

v. to seize control of an airplane or other vehicle during an operation, especially with violence

104. I accidentally deleted the file, so can you _____ that action?

v. to reverse the effect of an action or event, typically one that is recent or specific

105. Eyeless fish _____ in dark caves.

v. to develop gradually, or to cause the development of something or someone gradually

ANSWERS: 98. unlikely, 99. cobble, 100. unrelated, 101. debate, 102. water-cooler, 103. hijack, 104. undo, 105. evolved

106. Life as a waiter was a big _____ for him.

n. a very frightening or unpleasant dream

107. A police officer has the authority to _____ a criminal.

v. to take into custody

108. Each person has a unique _____ experience.

n. a very great sadness, especially when somebody dies

109. He tried to _____ his experience to the group, but they couldn't understand.

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

110. Effective communication is an _____ part of any successful team.

adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

111. The _____ date on the milk carton had already passed, so it was no longer safe to consume.

n. the act of expiring or coming to an end; the termination of a contract or agreement; the process of breathing out or expelling air from the lungs

112. He devoted his life to establishing a humanitarian _____ fund.

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

113. The _____ office has decided to lay off 10% of the workforce.

adj. of or relating to a large company

ANSWERS: 106. nightmare, 107. arrest, 108. grief, 109. relate, 110. integral, 111. expiration, 112. relief, 113. corporate

114. Laughing is _____ to our health.

adj. helpful, useful, or sound; promoting or enhancing well-being

115. The celebrity _____ made an appearance at the product launch event.

n. a person who represents or speaks on behalf of an organization, group, or individual to the media or the public

116. The politician remained _____ despite intense media scrutiny.

adj. without any or little sound

117. Please refrigerate the meat, or it will ____.

v. to decay, or cause something to decay, naturally and gradually

118. The systems we have developed has accepted as industry ____.

n. something that is regarded as usual, typical, or standard

119. She had a _____ look and was determined to complete the task.

adj. having a specific aim or purpose; determined

120. Gandhi had an _____ zeal for nonviolence.

adj. perfect or complete or to the most considerable degree possible

121. She was _____ for the help he provided.

adj. feeling or showing an appreciation of kindness; thankful

122. The politician tried to ____ down the rumors about his personal life.

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

ANSWERS: 114. beneficial, 115. spokesperson, 116. silent, 117. rot, 118. norms, 119. purposeful, 120. absolute, 121. grateful, 122. slap

123. The outermost _____ shell determines the chemical properties of an atom.

n. a tiny particle with the negative electrical charge

124. He got an electric _____ at work.

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

125. The painting is _____ and there is no other like it.

adj. being the only one of its kind; unlike anything else

126. Yoga is known to have _____ benefits for the mind and body.

adj. relating to or involved in the treatment of illness or injury

127. We cannot afford to squander _____ time.

adj. uncommon and extremely valuable

ANSWERS: 123. electron, 124. shock, 125. unique, 126. therapeutic, 127. precious