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# Vocabulary Builder Reference from...

Wendy De La Rosa: Can't stick to a budget? Try these tweaks instead | TED Talk https://www.ted.com/talks/wendy\_de\_la\_rosa\_can\_t\_ stick\_to\_a\_budget\_try\_these\_tweaks\_instead



# All Words

#### **IMPORTANT**

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# **Session 1: Word List**

#### chase

v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

synonym: pursue, hunt, track

(1) **chase** a dream, (2) wild goose **chase** 

The police officer **chased** the suspect through the crowded streets until they finally caught him.

#### decision

 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.

# 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.

## ongoing

adj. continuing to exist or develop, or currently happening synonym: continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

# frequent

adj. happening constantly

synonym: periodic, recurring, routine

(1) frequent absence, (2) frequent use

His heartaches are less frequent now.

# delivery

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

synonym: sending, transporting, bringing

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

The delivery truck arrived with the packages.

#### tackle

- v. to try to deal with a complex problem or situation synonym: deal with, dive into, work on
- (1) **tackle** the issue, (2) help **tackle** climate change The government is determined to **tackle** sharp inflation.

# individually

adv. separately or apart from others

synonym: separately, one by one, independently

(1) answer questions **individually**, (2) **individually** designed product

Each department has done its product costing **individually**.

# colleague

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

synonym: coworker, associate, fellow

collaborate with colleagues,
 former colleague
 decided to seek counseling on the advice of my colleague.

### 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.

# expense

 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.

# satisfy

fee

v. to make somebody pleased by giving them what they want or need

synonym: please, amuse, meet

- (1) **satisfy** a desire, (2) **satisfy** a user's needs Did this response **satisfy** your request?
- n. a sum of money charged for a particular service synonym: charge, cost, expense
- (1) fee calculation, (2) service feeThe lawyer's fee for the case was \$10,000.

# frequency

 an ordered array of colors into which a light beam can be split

synonym: recurrence, repetition, regularity

frequency band, (2) high frequency
 The oscillator hunts for the correct frequency.

# craving

- n. a strong desire of wanting somethingsynonym: desire, appetite, longing
- (1) craving for revenge, (2) curb our cravingsI have a craving for nicotine.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym: edge, advice, gratuity

- (1) the tip of a paintbrush, (2) give the waiter a tip.I will introduce some tips on learning English in this class.
- an outdoor meal or social gathering where food is served and eaten in nature, typically in a park, forest, or other outdoor settings

synonym: outing, barbecue, walkover

(1) picnic basket, (2) picnic table

The family enjoyed a lovely **picnic** in the park on a sunny day.

workout

picnic

- n. a session of physical exercise or trainingsynonym: exercise, training, physical activity
- (1) **workout** at the health club, (2) boxing **workout** He does a different **workout** every day to keep things interesting.

investigation

 the act or process of thoroughly examining a crime, problem, statement, etc., to uncover the truth

synonym: examination, analysis, inspection

(1) a preliminary **investigation**, (2) the scope of an **investigation** 

We have never before conducted a legitimate investigation.

app

 n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

synonym: application, software

(1) killer app, (2) cannot log in to the app

The discovery of a critical bug caused the company to delay the **app's** release.

#### din

- n. a loud, confused noise; a loud, persistent racketsynonym: noise, racket, clamor
- (1) din of traffic, (2) mighty din

The **din** of the city was overwhelming.

# pile

a collection of objects positioned one on top of another;
 a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile** 

After the party, they had to clean up **piles** of dirty dishes.

## miscellaneous

adj. consisting of various types or elements that are not easily categorized or organized; having no specific purpose or theme

synonym: assorted, varied, diverse

(1) miscellaneous tasks, (2) miscellaneous expenses

The **miscellaneous** items in the box included some old toys, a few books, and some decorative items.

# analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

#### addition

*n.* the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical addition, (2) addition of vectors

In **addition**, private corporations provide healthcare services.

#### associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) associate alcohol with gambling, (2) associate with

# people widely

The majority of consumers **associate** this brand with quality.

#### delete

- v. to remove something, especially that has been written;
   to wipe out digitally or magnetically recorded information
   synonym: erase, wipe out, remove
- (1) **delete** a file, (2) **delete** this modification Highlight the sentences that you want to **delete**.

### permanent

- adj. lasting for a long time without essential change synonym: lasting, ceaseless, endless
- (1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

#### extreme

- adj. very great in amount or degree synonym: farthermost, outermost, fierce
- extreme sports, (2) extreme weather events
   Solar gravity creates extreme pressures and temperatures.

#### environment

- n. the natural world such as air, water, and land in which humans, animals, and plants livesynonym: atmosphere, surroundings, climate
- environment affairs, (2) chaotic environment
   Every human is responsible for taking care of the Earth's environment.

# bump

v. to hit or knock against something hard, often with a dull sound; to meet with by accident

*synonym*: collide, hit, jolt

(1) **bump** against a wall, (2) **bump** up prices

She accidentally **bumped** into him in the crowded room.

#### pace

 the speed at which someone or something moves, or the rate at which something happens or changes

synonym: gait, rate, speed

(1) at your own pace, (2) the runner's pace The economy is growing at a supercharged **pace**.

debit

an entry in a financial account that represents money n. owed or transferred out of the account; a payment card or other means of withdrawing funds from a bank account

synonym: charge, withdrawal, deduction

(1) debit card, (2) debit balance

I checked my bank statement and noticed an unexpected debit from an unknown source.

preset

to set or adjust something beforehand, often about ν. electronic or technological devices or systems; (noun) a preconfigured setting or adjustment that is programmed into a device, system, or software

synonym: preconfigure, program, prearrange

- (1) **preset** not to make a connection, (2) **preset** settings I always **preset** my coffee maker the night before to have a fresh cup when I wake up.
- to attract or lure someone with something desirable or tempting

synonym: lure, tempt, attract

(1) **entice** foreign investment, (2) **entice** shoppers The salesperson tried to **entice** the customer into buying a new car.

encourage

to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

# entice

#### retail

 the sale of goods or services to consumers, especially in small quantities, either directly to the end customer or through retail outlets

synonym: sales, trade, commerce

(1) retail store, (2) a retail dealer

The **retail** industry has been affected by the rise of online shopping.

# therapy

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

synonym: antidote, medicine, treatment

(1) therapy for a patient, (2) field of gene therapyI underwent aversion therapy for my addiction to alcohol.

#### donation

- a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
   synonym: contribution, gift, subsidy
- (1) make a **donation**, (2) political **donation**He made a generous **donation** to the charity.

#### overwhelm

- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebodysynonym: conquer, crush, dominate
- (1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

#### 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.

#### hire

v. to give somebody a job

synonym: employ, engage, lease

(1) hire a guide, (2) hire a car by the hour

We should always be prepared to hire talented recruits.

#### schooler

n. a student who attends a school

synonym: student, pupil, learner

(1) a primary **schooler**, (2) **schooler** uniform

He often traveled abroad alone when he was in high schooler.

mow

 to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops

synonym: cut, trim, clip

(1) mow the field, (2) mow a yard

My father likes to **mow** the lawn early on Saturday mornings.

lawn

 a stretch of ground covered with grass, typically attached to a house, and often used for recreation or aesthetics

synonym: yard, grass, meadow

(1) lawn mower, (2) lush lawn

The family enjoyed a picnic on the lawn in the park.

pricy

adj. expensive or costly; having a high price or worthsynonym: expensive, costly, dear

(1) pricy hotel, (2) pricy gift

The restaurant had **pricy** menu items, but the food was worth it.

penny

 a small denomination of currency or coin, typically the smallest unit of a currency system; in the US, a coin worth one cent

synonym: cent, coin, copper

(1) penny stock, (2) save a penny

I found a lucky **penny** on the ground while walking to work this morning.

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# discretionary

adj. subject to one's judgment or decision; available for use as needed or desired

*synonym*: optional, elective, voluntary

(1) **discretionary** power, (2) **discretionary** fund The **discretionary** bonus was a nice surprise for the employees.

#### satisfaction

 a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

synonym: delight, pleasure, content

(1) a sense of **satisfaction**, (2) customer **satisfaction**The mediated settlement brought **satisfaction** to both sides.

adj. feeling responsible for or having done something wrong or criminal

synonym: culpable, blameworthy, at fault

(1) feel a bit **guilty**, (2) **guilty** verdict

After much contemplation, the suspect decided to plead **guilty** to the theft charge.

# **Session 2: Spelling**

1.	he was ovlmed with gratitude	ν.	to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
2.	make a doon	n.	a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
3.	enge a sense of affinity	ν.	to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
4.	misous expenses	adj.	consisting of various types or elements that are not easily categorized or organized; having no specific purpose or theme
5.	wot at the health club	n.	a session of physical exercise or training
6.	scer uniform	n.	a student who attends a school
7.	service f_e	n.	a sum of money charged for a particular service
8.	ret a decision	v.	to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
9.	dee this modification	v.	to remove something, especially that has been written; to wipe out digitally or magnetically recorded information

ANSWERS: 1. overwhelm, 2. donation, 3. encourage, 4. miscellaneous, 5. workout, 6. schooler, 7. fee, 8. regret, 9. delete

- 10. sa\_\_\_\_y a user's needs
- 11. a primary sc\_\_\_er
- 12. ad\_\_\_\_on of vectors
- 13. cannot log in to the a\_p
- 14. cr g for revenge
- 15. ex\_\_\_e account
- 16. pr y gift
- 17. pe\_\_y stock
- 18. help ta\_\_\_e climate change
- 19. h e a car by the hour
- 20. m w the field
- 21. an e a chemical compound

- v. to make somebody pleased by giving them what they want or need
- n. a student who attends a school
- the act or process of adding something to something else; the process of adding numbers
- n. (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
- n. a strong desire of wanting something
- *n.* the money, time, or effort incurred or required for something
- adj. expensive or costly; having a high price or worth
- a small denomination of currency or coin, typically the smallest unit of a currency system; in the US, a coin worth one cent
- v. to try to deal with a complex problem or situation
- v. to give somebody a job
- v. to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops
- v. to think about in-depth and evaluate to discover essential features or meaning

ANSWERS: 10. satisfy, 11. schooler, 12. addition, 13. app, 14. craving, 15. expense, 16. pricy, 17. penny, 18. tackle, 19. hire, 20. mow, 21. analyze

22.	m_w a yard	<i>v</i> .	to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops
23.	the scope of an invion	n.	the act or process of thoroughly examining a crime, problem, statement, etc., to uncover the truth
24.	ane your real motives	<i>v</i> .	to think about in-depth and evaluate to discover essential features or meaning
25.	say a desire	<i>v</i> .	to make somebody pleased by giving them what they want or need
26.	d_n of traffic	n.	a loud, confused noise; a loud, persistent racket
27.	deon authority	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
28.	pry hotel	adj.	expensive or costly; having a high price or worth
29.	enormous exes	n.	the money, time, or effort incurred or required for something
30.	aste with people widely	<i>v</i> .	to mentally connect someone or something with someone or something else
31.	aste alcohol with gambling	<i>v</i> .	to mentally connect someone or something with someone or something else
32.	enge antisocial behavior	v.	to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 22. mow, 23. investigation, 24. analyze, 25. satisfy, 26. din, 27. decision, 28. pricy, 29. expense, 30. associate, 31. associate, 32. encourage

33. a selfish de on the act or process of making up n. someone's mind about something; a choice or judgment reached after considering options 34. boxing wo\_\_\_\_t a session of physical exercise or n. training 35. former co\_\_\_\_ue one of a group of a coworker, especially n. in a profession or a business 36. h\_\_e a guide to give somebody a job 37. customer sat\_\_\_\_ion a pleasant feeling you have when you n. have fulfilled a desire, need, or expectation or have achieved something a sum of money charged for a particular 38. f e calculation n. service 39. the runner's p e the speed at which someone or n. something moves, or the rate at which something happens or changes 40. pe nt life insurance adj. lasting for a long time without essential change 41. chemical ad\_\_\_on the act or process of adding something n. to something else; the process of adding numbers adj. continuing to exist or develop, or 42. on g support currently happening 43. in\_\_\_t capital to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 33. decision, 34. workout, 35. colleague, 36. hire, 37. satisfaction, 38. fee, 39. pace, 40. permanent, 41. addition, 42. ongoing, 43. invest

- 44. save a pe\_\_y
- 45. I\_\_n mower
- 46. ch\_\_e a dream

- 47. dis ary power
- 48. ta e the issue
- 49. gu\_\_\_y verdict
- 50. b p up prices
- 51. en\_\_\_e shoppers
- 52. give the waiter a t\_p.

- a small denomination of currency or coin, typically the smallest unit of a currency system; in the US, a coin worth one cent
- a stretch of ground covered with grass,
   typically attached to a house, and often
   used for recreation or aesthetics
- v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
- adj. subject to one's judgment or decision; available for use as needed or desired
- v. to try to deal with a complex problem or situation
- adj. feeling responsible for or having done something wrong or criminal
- v. to hit or knock against something hard, often with a dull sound; to meet with by accident
- v. to attract or lure someone with something desirable or tempting
- n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

ANSWERS: 44. penny, 45. lawn, 46. chase, 47. discretionary, 48. tackle, 49. guilty, 50. bump, 51. entice, 52. tip

ANSWERS: 53. extreme, 54. pile, 55. app, 56. permanent, 57. preset, 58. craving, 59. picnic, 60. investigation, 61. individually, 62. environment

ANSWERS: 63. guilty, 64. debit, 65. struggle, 66. retail, 67. delivery, 68. chase, 69. frequency, 70. din, 71. individually

ANSWERS: 72. bump, 73. frequency, 74. environment, 75. discretionary, 76. pace, 77. invest, 78. colleague, 79. satisfaction, 80. frequent, 81. debit, 82. picnic

83. en e foreign investment to attract or lure someone with ν. something desirable or tempting 84. mis\_\_\_\_ous tasks adj. consisting of various types or elements that are not easily categorized or organized; having no specific purpose or theme 85. field of gene th\_\_\_y the act of caring for someone through n. medication, remedial training, etc. 86. st le to get the job 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 to defeat someone or something by 87. ov Im opponents by numbers ν. using a great deal of force; to have a strong emotional effect on somebody 88. re\_\_\_l store the sale of goods or services to n. consumers, especially in small quantities, either directly to the end customer or through retail outlets adj. continuing to exist or develop, or 89. still on g currently happening 90. lush l n a stretch of ground covered with grass, n. typically attached to a house, and often used for recreation or aesthetics the top or extreme point of something 91. the t p of a paintbrush slender or tapering, usually a mountain or hill; a piece of advice about

ANSWERS: 83. entice, 84. miscellaneous, 85. therapy, 86. struggle, 87. overwhelm, 88. retail, 89. ongoing, 90. lawn, 91. tip

something practical; a small amount of

money given for services

92. the height of a p e a collection of objects positioned one on n. top of another; a large sum of something, such as money 93. ex\_\_\_e weather events adj. very great in amount or degree 94. an easy de ry the act of taking or sending something n. to a destination; the bringing of a baby during childbirth to feel sad, repentant, or disappointed 95. re t being so careless ν. over something you have done or something you have not been able to do to set or adjust something beforehand, 96. pr t not to make a connection often about electronic or technological devices or systems; (noun) a preconfigured setting or adjustment that is programmed into a device, system, or software 97. fr nt absence adj. happening constantly 98. th\_\_\_y for a patient the act of caring for someone through n. medication, remedial training, etc. 99. de e a file to remove something, especially that ν. has been written; to wipe out digitally or magnetically recorded information a voluntary gift of money, service, or 100. political do\_\_\_\_on

ANSWERS: 92. pile, 93. extreme, 94. delivery, 95. regret, 96. preset, 97. frequent, 98. therapy, 99. delete, 100. donation

ideas that are given to a person or an organization, or the act of giving them

# **Session 3: Fill in the Blanks**

1.	I underwent aversion for my addiction to alcohol.
n.	the act of caring for someone through medication, remedial training, etc.
2.	He does a different every day to keep things interesting.
n.	a session of physical exercise or training
3.	The new prime minister has vowed to take measures against the economic crisis.
ad	continuing to exist or develop, or currently happening
4.	She accidentally into him in the crowded room.
<i>v</i> .	to hit or knock against something hard, often with a dull sound; to meet with by accident
5.	He often traveled abroad alone when he was in high
n.	a student who attends a school
6.	The majority of consumers this brand with quality.
<i>v</i> .	to mentally connect someone or something with someone or something else
7.	The items in the box included some old toys, a few books, and some decorative items.
adj	<ul> <li>consisting of various types or elements that are not easily categorized or organized; having no specific purpose or theme</li> </ul>
8.	The government should view children as national assets and actively in them.
ν.	to put money, effort, time, etc. into something to make a profit or achieve a result
	SWERS: 1. therapy, 2. workout, 3. ongoing, 4. bumped, 5. schooler, 6. associate niscellaneous, 8. invest

Vocab-Builder Ref from "Wendy De La Rosa: Can't stick to a budget? Try these tweaks instead | TED Talk" (50 words)

satisfaction, 24. extreme, 25. preset

Vocab-Builder Ref from "Wendy De La Rosa: Can't stick to a budget? Try these tweaks instead | TED Talk" (50 words)

Vocab-Builder Ref from "Wendy De La Rosa: Can't stick to a budget? Try these tweaks instead | TED Talk" (50 words)

<ol> <li>I checked my bank statement and noticed an unexpected from an unknown source.</li> </ol>	
n. an entry in a financial account that represents money owed or transferred out of the account; a payment card or other means of withdrawing funds from a bank account	
13. Each department has done its product costing	
adv. separately or apart from others	
14. I will introduce some on learning English in this class.	
n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services	
45. She is searching for a residence.	
adj. lasting for a long time without essential change	
16. 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	
17. Too much variety may and confuse viewers.	
v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody	
18. The family enjoyed a lovely in the park on a sunny day.	
<ul> <li>an outdoor meal or social gathering where food is served and eaten in nature, typically in a park, forest, or other outdoor settings</li> </ul>	
19. The bonus was a nice surprise for the employees.	
adj. subject to one's judgment or decision; available for use as needed or desired	
ANSWERS: 42. debit, 43. individually, 44. tips, 45. permanent, 46. struggle, 47. overwhelm, 48. picnic, 49. discretionary	

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50. He made a generous \_\_\_\_\_ to the charity.

a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them

ANSWERS: 50. donation