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TED Business: Should we cry at work? | TED Talk

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

All Words

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Session 1: Word List

colleague

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

synonym: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

defend

v. to protect someone or something from attack, criticism, danger, etc.

synonym: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

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.

frustrate

- v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym: hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

jaw

- n. either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information

synonym: mouth, (verb) chitchat

(1) snatch victory from the **jaws** of defeat, (2) **jaw** muscle
He dropped his **jaw** at the unexpected sight.

clench

- v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

synonym: grasp, clasp, tighten

(1) **clench** teeth, (2) **clench** muscles

He **clenched** his fist in anger when he heard the bad news.

sweat

- n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

palpitate

- v. to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion

synonym: throb, pound, pulsate

(1) **palpitate** at an extraordinary speed, (2) **palpitate** with excitement

Whenever I have to speak in public, my heart begins to **palpitate** nervously.

defensive

adj. used or intended to protect someone or something against attack or aggression

synonym: protective, watchful, opposing

(1) assume the **defensive**, (2) **defensive** weapons

Boxing fans often criticize his **defensive** stance.

conversation

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

synonym: chat, discussion, dialogue

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

Your **conversation** reflects your thoughts.

tense

adj. unable to relax because of being nervous or worried; stretched tight or rigid

synonym: tight, stretched, strained

(1) **tense** atmosphere, (2) have a **tense** face

This story makes me **tense**.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym: closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

inappropriate

adj. not suitable or proper for a particular occasion, purpose, or person

synonym : improper, unsuitable, unacceptable

(1) **inappropriate** behavior, (2) **inappropriate** language

It was highly **inappropriate** to make jokes during a serious business meeting.

engage

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

synonym : confront, employ, amuse

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

(2) **engage** a new employee

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

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

agility

n. the ability to move quickly and easily, often in a way that is graceful and controlled

synonym : nimbleness, quickness, dexterity

(1) ninja-like **agility**, (2) **agility** training

The coach had the team run through the **agility** ladder to

improve their coordination.

complicated

adj. involving a lot of different things or parts in a way that is difficult to understand or analyze

synonym: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

dissect

v. to cut into pieces to study the structure of something in detail

synonym: analyze, examine, study

(1) **dissect** the data, (2) **dissect** a personality

The scientist **dissected** the frog to study its internal organs.

explore

v. to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

synonym: analyze, delve into, examine

(1) **explore** the world, (2) **explore** our options

The management must **explore** strategies to increase office security.

intention

n. something you want to do and are going to do

synonym: purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**

Our CEO's **intentions** are always transparent and straightforward.

greet

v. to say hello to someone; to express welcome on meeting someone

synonym: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

thrive

v. to grow vigorously; to make steady progress

synonym: bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

increasingly

adv. more and more

synonym: more and more, progressively

(1) **increasingly** become common, (2) face **increasingly** complicated challenges

Our company found it **increasingly** difficult to keep up with the competition.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

fraught

adj. causing, accompanied by, or full of anxiety, tension, or stress

synonym: tense, anxious, stressed

(1) become increasingly **fraught**, (2) **fraught** with danger

The negotiations were **fraught** with challenges and setbacks.

crucial

adj. extremely vital or necessary

synonym: essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

conventional

adj. based on or following traditional rules, standards, customs, etc.

synonym: ancestral, customary, established

(1) a **conventional** style, (2) get a **conventional** loan

She is very **conventional** in her thoughts.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

rigid

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

synonym: strict, inflexible, stringent

(1) **rigid** rules, (2) **rigid** structure

He was unpopular because of his **rigid** adherence to the rules.

rigidity

n. the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding

synonym: stiffness, inflexibility, firmness

(1) mental **rigidity**, (2) legal **rigidity**

The **rigidity** of the school's dress code policy caused much controversy among the students and parents.

toxic

adj. of or relating to or caused by a poison; poisonous

synonym: poisonous, harmful, contaminated

(1) **toxic** molecule, (2) exposure to **toxic** chemicals
This chemical compound is a thousand-fold more **toxic**.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population
She is a **resilient** person and has always bounced back from setbacks.

hallowed

adj. considered holy or sacred; deserving of reverence or respect

synonym : sanctified, sacred, revered

(1) **hallowed** tradition, (2) **hallowed** memory
The church was considered a **hallowed** ground for the community, where their ancestors had worshiped for generations.

messy

adj. disorganized and untidy

synonym : cluttered, disorganized, untidy

(1) **messy** data, (2) **messy** handling
His **messy** bedroom is always a source of frustration for his mother.

suburb

n. an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods

synonym : outskirts, district, quarter

(1) **suburb** development, (2) **suburb** life
He grew up in the **suburbs** but always dreamed of living in the city.

apartheid

n. a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors

synonym : segregation, discrimination, oppression

(1) **apartheid** system, (2) **apartheid** policies

The South African government enforced **apartheid** laws that segregated people based on race.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

committed

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

synonym: devoted, faithful, attached

(1) in a **committed** relationship, (2) strong and **committed** sales staff

Our company is strongly **committed** to meeting customers' needs.

denial

n. a statement that something is not true or does not exist

synonym: refusal, rejection, veto

(1) state of **denial**, (2) an absolute **denial**

She gave us a categorical **denial** of the scandal.

racist

adj. characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

synonym: discriminatory, prejudiced, bigoted

(1) far-right **racist**, (2) **racist** attitudes

The **racist** comments made by the politician caused widespread condemnation.

legislation

n. a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws

synonym: act, regulation, decree

(1) anti-terrorist **legislation**, (2) introduce **legislation**
Similar **legislation** had already been rejected by the parliament four times.

convince

v. to persuade someone or make someone believe that something is true

synonym: persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent
I am considering what I should do to **convince** him.

destructive

adj. causing or able to cause tremendous and irreparable damage

synonym: destroying, harmful, disastrous

(1) lead to **destructive** behavior, (2) a habit **destructive** to health

It was the most **destructive** storm in decades.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves
He took me aside and **whispered** in my ear.

backpack

n. a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

synonym: knapsack, rucksack, pack

(1) **backpacker's** hostel, (2) **backpacking** trip

I packed my **backpack** with all the necessary camping gear for our trip.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

drift

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

synonym: float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft

I **drifted** around for years in Europe before going to university.

mathematics

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

grade

n. a particular level of quality, size, importance, etc.

synonym: score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

shrug

v. to raise your shoulders and then drop them to say you do not know or are not interested

(1) **shrug** off the importance, (2) **shrug** his shoulders sadly
I respect her ability to **shrug** off harsh criticism.

praise

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

synonym: acclaim, honor, commendation

(1) attain critical **praise**, (2) universal **praise**

The drama series mainly received **praise**.

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.

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.

creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym: flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

ravage

v. to cause damage to something badly

synonym: devastate, ruin, destroy

(1) **ravage** a country, (2) **ravage** the brain

A large fire **ravaged** the forest.

spiral

n. a curve that coils around a central point and gets progressively farther away from it as it goes around

synonym: coil, helix, twist

(1) **spiral** staircase, (2) **spiral** design

The leaves of the fern were arranged in a **spiral** pattern.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym: dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

binge

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym: spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

purge

v. to remove or get rid of something, especially that is unwanted or impure

synonym: cleanse, clear, eliminate

(1) **purge** the system, (2) **purge** his sins

The government tried to **purge** corrupt officials from the

bureaucracy.

refuse

v. to show that one is not willing to do or accept something

synonym: turn down, deny, decline

(1) **refuse** a request, (2) **refuse** the company

My initial reaction was to **refuse**.

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.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym: unyielding, tireless, unrelenting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

triumph

n. a great victory or achievement

synonym: victory, success, conquest

(1) **triumph** of democracy, (2) **triumph** of the spirit

The team's **triumph** in the championship resulted from their hard work and dedication.

blank

adj. without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information

synonym: empty, void, barren

(1) **blank** expression, (2) **blank** paper

The computer screen displayed nothing but a **blank** white screen

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

authentic

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

synonym: genuine, bona fide, original

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

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

revolution

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

synonym: coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

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.

correspondence

n. the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status

synonym: letters, closeness, likeness

(1) a business **correspondence**, (2) one-to-one **correspondence**

The results of the two experiments were in **correspondence**.

gymnast

n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

synonym: acrobat, tumbler, contortionist

(1) talented **gymnast**, (2) female **gymnast**

The Olympic **gymnast** performed a flawless routine on the balance beam and received a perfect ten score.

inseparable

adj. incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked

synonym: attached, connected, united

(1) **inseparable** friends, (2) **inseparable** duo

The two friends were **inseparable** and did everything together.

fragility

n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable

synonym: delicacy, weakness, frailty

(1) **fragility** of life, (2) emotional **fragility**

The **fragility** of the glass required careful handling during shipping.

unseen

adj. not seen or noticed; not perceived

synonym: invisible, hidden, undercover

(1) **unseen** danger, (2) an **unseen** force

The consequences of the pandemic remain **unseen** as scientists continue to research the virus.

nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym: hassle, bother, badger

(1) **nag** about the minor thing, (2) **nag** political leaders

She couldn't stop **nagging** her husband to take out the trash.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

certainty

n. the state of being certain

synonym: inevitability, confidence, assurance

(1) scientific **certainty**, (2) reach **certainty** about the theory

Through investigation, his suspicions hardened into **certainty**.

uncertain

adj. not being sure of something; not being able to choose

synonym: doubtful, skeptical, pending

(1) numerous **uncertain** factors, (2) take an **uncertain** attitude

She was **uncertain** about her friend's intentions.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym: guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

frailty

n. the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

synonym: weakness, fragility, delicacy

(1) cognitive **frailty**, (2) **frailty** syndrome

The doctor warned us about the human body's **frailty** and the dangers of neglecting our health.

sustainable

adj. able to continue or be continued for a long time

synonym: continuable, enduring, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally

sustainable agriculture.

organization

n. a group of people who work together for a shared purpose

synonym: association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

disability

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

synonym: impairment, disadvantage, restriction

(1) a **disability** pension, (2) a learning **disability**

Listening to music at a high volume may lead to a hearing **disability**.

unprecedented

adj. never having been seen, done, or known before

synonym: novel, outstanding, unparalleled

(1) **unprecedented** boom, (2) **unprecedented** business opportunity

Unprecedented amounts of heckling and slogan-shouting took place throughout the event.

technological

adj. based on scientific and industrial progress

synonym: specialized, technical

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

Technological advances have disrupted many industries.

economy

- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym: finance, trade, business

- (1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

obsessive

- adj.* relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

synonym: compulsive, fixated, besetting

- (1) **obsessive-compulsive** disorder, (2) **obsessive** thoughts

Her **obsessive** behavior towards perfectionism often led to burnout.

brood

- v.* to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth

synonym: offspring, hatch, family

- (1) **brood** about the defeat, (2) a **brood** of chickens

The terrible result **brooded** over her all day long.

hooked

- adj.* being caught or caught up in something; curved down like an eagle's beak

synonym: caught, captivated, addicted

- (1) **hooked** hair, (2) **hooked** on drugs

My son was **hooked** on the Internet.

victim

- n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

synonym: prey, target, sufferer

(1) **victim** support, (2) **victim** compensation

The **victim** of the crime deserves justice and support to recover from the trauma.

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.

deem

v. to consider or decide something in a particular way

synonym: believe, consider, suppose

(1) **deem** socially responsible, (2) **deem** wrong or inappropriate

Regarding earthquakes, some commercial buildings were **deemed** unsafe.

legitimate

adj. accordant with or allowed by law; lawful

synonym: lawful, honest, fair

(1) a **legitimate** child, (2) **legitimate** question

Public political demonstrations are considered **legitimate** rights for citizens.

survey

n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

synonym: study, examination, poll

(1) a comprehensive **survey**, (2) recent **survey**

That **survey** shows that people are accepting the tax increase to some extent.

conduct

v. to organize and carry out a particular activity

synonym: behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

judge

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym: arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**

The strict **judge** ruled in favor of the plaintiff in the case.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym: unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted

I **inadvertently** left my phone at home this morning and felt lost.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

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.

moral

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

synonym: honest, ethical, conscientious

(1) **moral** hazard, (2) **moral** burden

Ethics deals with **moral** conduct.

automatically

adv. without needing a direct human control

synonym: mechanically, unconsciously, spontaneously

(1) record driving **automatically**, (2) **automatically** adjusted

Our subscription plan is **automatically** renewed.

tyranny

n. a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

synonym: despotism, oppression, dictatorship

(1) brutal **tyranny**, (2) **tyranny** of the majority

The country was ruled by a **tyranny** that oppressed its citizens.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym: heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke

The dictator was known for his **cruel** and oppressive regime.

ineffective

adj. not producing any significant or intended effect or result

synonym: useless, feeble, fruitless

(1) an **ineffective** speech, (2) pull an **ineffective** player

These treatments were **ineffective** against a virus.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym: achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

inevitable

adj. certain to happen and unavoidable

synonym: inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result

In times of recession, an increase in unemployment is **inevitable**.

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

melt

v. to turn from something solid into something soft or liquid as a result of heating

synonym: disintegrate, soften, disappear

(1) **melt** the ice, (2) **melt** down gold

Her resistance **melted** under his persuasion.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

suppression

n. the act of stopping or preventing something from being expressed or revealed

synonym: repression, oppression, restriction

(1) the **suppression** of bandits, (2) **suppression** of estrogen

The government imposed a **suppression** of freedom of speech.

ignore

v. to intentionally not listen or pay attention to

synonym: neglect, disregard, shun

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

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

amplification

n. the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea

synonym: enlargement, expansion, intensification

(1) **amplification** system, (2) sound **amplification**

The political debate was an **amplification** of the candidates'

views on key issues.

delicious

adj. exceptionally pleasing to taste or smell

synonym: appetizing, mouthwatering, delectable

(1) **delicious** breeze, (2) variety of **delicious** foods

We could grill the meat in a **delicious** way.

refrigerator

n. an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment

synonym: fridge, cooler, icebox

(1) **refrigerator** magnet, (2) empty **refrigerator**

Don't forget to put the eggs in the **refrigerator** after you've used them.

unwanted

adj. not wanted or desired

synonym: undesired, unneeded

(1) **unwanted** attention, (2) **unwanted** guests

He threw away the **unwanted** items in his closet.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

ant

n. a very small insect that lives under the ground or in a mound in highly organized groups

synonym: pismire, insect

(1) a white **ant**, (2) **ant** bite

We can find many large **ant** mounds in this area.

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.

embrace

- v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

develop

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

synonym: evolve, progress, advance

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

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

disappoint

- v. to fail to meet someone or their hopes or expectations; to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

inconvenient

adj. causing trouble or difficulty; not convenient or suitable

synonym: troublesome, difficult, awkward

(1) face an **inconvenient** truth, (2) **inconvenient** for shopping

It was **inconvenient** for her to go out of her way to pick up the package.

disappointment

- n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes

synonym: letdown, frustration, discouragement

(1) **disappointment** in the result, (2) **disappointment** with the service

The cancellation of the concert was a huge **disappointment** for the fans.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

discomfort

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

synonym: affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

dismantle

v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment

synonym: take apart, demolish, take down

(1) **dismantle** a machine, (2) **dismantle** a system

The old building had to be **dismantled** because it was structurally unsound.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

synonym: skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

Lean operational improvements often lead to better environmental performance.

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.

radical

adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

synonym : extreme, revolutionary

(1) a **radical** flaw in the plan, (2) a **radical** cure

The government established by the coup was more **radical** than before.

cornerstone

n. a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed

synonym : foundation, basis, keystone

(1) **cornerstone** of democracy, (2) lay the **cornerstone**

Effective communication is often considered the **cornerstone** of a successful team.

accuracy

n. the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake

synonym : precision, exactness, truthfulness

(1) degree of **accuracy**, (2) the **accuracy** of his compass

To assure **accuracy**, I recommend investing in high-quality test kits.

essential

adj. indispensable; fundamental

synonym : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym: tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name

The **label** on the food package lists the ingredients and nutritional information.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

accurate

adj. correct and exact in all details

synonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains **accurate** academic records.

discern

v. to see, perceive, or understand something that is not obvious

synonym: determine, distinguish, sense

(1) **discern** the big picture, (2) **discern** friend from foe

Parents need to help their children **discern** right and wrong.

precise

adj. sharply exact or accurate or delimited

synonym: accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs

The content is **precise** and informative for me.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

concrete

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

synonym: actual, factual, hardened

(1) a **concrete** noun, (2) **concrete** examples

The president asked for a more **concrete** plan.

flash

n. a sudden intense burst of radiant energy; a momentary brightness

synonym: sparkle, gleam, glimmer

(1) a **flash** of lightning, (2) brilliant **flash**

These heavy rains caused **flash** floods on several islands.

rage

n. a strong feeling of anger or violence

synonym: fury, anger, outrage

(1) uncontrollable **rage**, (2) fall into a **rage**

She was filled with a burning **rage** at the injustice she had witnessed.

signpost

n. a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress

synonym: marker, guidepost, indicator

(1) follow **signposts** on roads, (2) clear **signpost**

The **signpost** on the hiking trail helped guide hikers toward the correct path.

equity

n. the value of the shares issued by a company

synonym: fairness

(1) private **equity** firm, (2) **equity** capital market

That company is cautious when it comes to **equity** investment.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

align

v. to put or arrange two or more things in a straight line or to form a straight line

synonym: coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with a historical trend

Both parties are now entirely ideologically **aligned**.

caveat

n. a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing

synonym: warning, caution, admonition

(1) a **caveat** against unfair practices, (2) general **caveat**

We often ignore important **caveats** from nature.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

endorse

v. to officially approve, support, or recommend someone or something

synonym: approve, support, advocate

(1) **endorse** candidate, (2) **endorse** a check

The celebrity **endorsed** the new product on social media.

mall

n. a large, enclosed shopping center that typically contains many stores, restaurants, and other businesses

synonym: shopping center, shopping complex

(1) largest electronic **mall**, (2) **mall** crawler

Many people go to the shopping **mall** to socialize and spend

time with friends.

intern

- v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

wisdom

- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

pathway

- n.* a track that constitutes or serves as a path; an approach or a way of doing something

synonym: route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling **pathways**

When the first molecule in the **pathway** receives a signal, it activates other molecules.

contour

- n.* the outline of its shape or form; a line drawn on a map connecting points of equal height

synonym: outline, silhouette, shape

(1) the **contour** of the earth's surface, (2) **contour** lines

The **contour** of the Atlantic coast of America is very complicated.

journal

- n.* a newspaper or magazine specialized in a specific topic or profession

synonym: periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym: pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

contributor

n. a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor

synonym: donor, giver, subscriber

(1) **contributor** of funds, (2) regular **contributor**

She is a major **contributor** to the local food bank, volunteering every week.

individualize

v. to make something personal or more personal to suit the needs of a particular person, place, etc.

synonym: personalize, differentiate

(1) **individualize** each patient, (2) **individualize** dosages

Our schools offer **individualized** education by excellent teachers.

engagement

n. a mutual promise to marry someone; an agreement to do something, especially at a particular time

synonym: betrothal, promise, commitment

(1) a prior **engagement**, (2) break off an **engagement**

They selected a gorgeous diamond **engagement** ring.

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**.

innovation

n. the creation of a new device or process resulting from study and experimentation

synonym : invention, initiation, creation

(1) **innovation** leader, (2) cutting-edge **innovation**

The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

flourish

v. to grow or develop vigorously or successfully

synonym : boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym : variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

agile

adj. able to move quickly and easily, often in a way that is graceful and controlled

synonym : nimble, quick, flexible

(1) an **agile** mind, (2) **agile** in his movements

The **agile** development process allowed the team to make changes quickly.

curiosity

n. a strong desire to know or learn about something

synonym : interest, inquisitiveness, novelty

(1) boundless **curiosity**, (2) satisfy my intellectual **curiosity**

We are motivated by **curiosity** rather than necessity.

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.

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.

terrify

v. to frighten someone very much

synonym: unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

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.

pet

n. an animal that you have at home as a companion and treated kindly

(1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

scared

adj. afraid or frightened

synonym: frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

invention

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

synonym: creation, design, innovation

(1) the **invention** of new techniques, (2) common **invention**

Necessity is the mother of **invention**.

buffer

n. a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

synonym: cushion, shield, insulation

(1) a **buffer** between the quarreling parents, (2) use a **buffer** to reduce noise

Using a password manager can act as a **buffer** against hackers who try to steal your personal information.

absence

n. the fact or condition of being away from a place where they are typically anticipated to be

synonym: dearth, scarcity, lack

(1) **absence** from work, (2) a leave of **absence**

Another critical factor of child poverty is the father's **absence**.

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.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

reserve

v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

synonym: keep, hold, preserve

(1) **reserve** the right, (2) **reserve** a concert ticket

You can easily **reserve** seats over the telephone.

lifelong

adj. lasting for the whole of someone's life

synonym: enduring, eternal, permanent

(1) **lifelong** career, (2) **lifelong** commitment

He had a **lifelong** love of reading and spent hours daily with a book.

fragile

adj. delicate or easily broken or damaged

synonym : delicate, brittle, breakable

(1) politically **fragile** nation, (2) **fragile** ecosystem

The vase was made of **fragile** ceramic and easily broke when it was dropped.

warn

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

synonym : alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan

I attempted to **warn** him, but he ignored me.

validate

v. to check or prove that something is true; to make something officially or legally acceptable or approved

synonym : approve, certify, verify

(1) **validate** a hypothesis, (2) **validate** a passport

To **validate** your purchase, please visit the following link.

brew

v. to make beer or tea by mixing a substance with hot water

synonym : make, prepare

(1) **brew** a cup of tea, (2) **brew** beer

I am going to **brew** some coffee this morning.

dire

adj. extremely serious or urgent; critical, grave, or disastrous

synonym : serious, critical, desperate

(1) suffer **dire** poverty, (2) **dire** situation

The **dire** economic straits called for immediate action.

tragic

adj. causing great sadness or suffering; very unfortunate

synonym : calamitous, disastrous, catastrophic

(1) **tragic** love stories, (2) **tragic** death

The **tragic** events of the war left many families torn apart.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion

synonym: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

outline

v. to describe the main facts or aspects involved in something

synonym: recap, summarize, digest

(1) **outlined** the plan, (2) **outline** the findings

This page **outlines** our response planning for an emergency.

economical

adj. providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary

synonym: frugal, thrifty, parsimonious

(1) **economical** use of her time, (2) an **economical** meal

It is more **economical** to wash your plastic bottle and reuse it.

instinctive

adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency

synonym: spontaneous, intuitive, natural

(1) **instinctive** reaction, (2) **instinctive** behavior

It was **instinctive** for the mother to protect her child from harm.

fridge

n. a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

synonym: refrigerator

(1) **fridge** magnet, (2) fill the **fridge**

She left the **fridge** door open inadvertently.

plummet

v. to fall or drop suddenly and steeply; to decline rapidly or sharply

synonym: drop, plunge, fall

(1) **plummeting** sales, (2) **plummet** against other major currencies

The stock prices have **plummeted** in the last hour, causing concern for investors.

contrast

v. to put in opposition to show or emphasize differences

synonym: differ, vary, counterpoint

(1) **contrast** with a decade ago, (2) **contrast** two things

It's intriguing to compare and **contrast** the two authors.

deliberate

adj. done with full consciousness of nature and effects rather than by accident

synonym: intentional, planned, careful

(1) the **deliberate** act of provocation, (2) **deliberate** attempt

Despite its advanced science and technology, the empire was **deliberate** about invasion.

volatile

adj. likely to change rapidly or unexpectedly, or being unstable or explosive

synonym: unstable, unpredictable, explosive

(1) highly- **volatile** elements, (2) **volatile** markets

Their relationship was **volatile** and prone to sudden outbursts of anger.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before

making a decision.

disregard

v. to pay no attention to or to ignore someone or something

synonym: ignore, pay no attention to, overlook

(1) **disregard** for human rights, (2) **disregard** the rules

She **disregarded** all the warnings and proceeded with her dangerous plan.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym: stable, solid, secure

(1) **steady** increase, (2) take a **steady** job

The patient's vital signs are **steady**, indicating a stable condition.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

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.

haywire

adj. out of control or malfunctioning; disordered or chaotic;
(noun) a type of wire that is used to tie bales of hay, straw, or other crops

synonym: chaotic, disordered, crazy

(1) **haywire** behavior, (2) **haywire** machine

The electronics in my car went **haywire** after the battery died.

instinct

- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym: intuition, aptitude, feeling

- (1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

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.

suppress

- v.* to bring something under control by force or authority; to put an end by force

synonym: subdue, bury, stifle

- (1) **suppress** a yawn, (2) **suppress** a revolt

The doctor prescribed medication to **suppress** the patient's appetite.

cartoon

- n.* a simple drawing depicting a humorous or critical situation, often accompanied by a caption

synonym: illustration, drawing, caricature

- (1) **cartoon** character, (2) **cartoon** industry

He spent his afternoon watching **cartoon** movies on TV.

environment

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

synonym: atmosphere, surroundings, climate

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

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

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.

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.

gender

n. the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

synonym: sexuality

(1) **gender-blind** policies, (2) dual **gender**

Cultural norms strongly influence **gender** expectations.

tune

n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

synonym: melody, harmony, (verb) adjust

(1) the **tune** of a song, (2) **tune** a piano

The band played a beautiful **tune** on their instruments.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

acupuncture

n. a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

synonym:

stylostixis, needling, reflexology

(1) **acupuncture** for anxiety, (2) **acupuncture** treatment

The **acupuncture** needles are very thin and are not painful to insert.

precision

n. the quality or condition of being exact and accurate

synonym: accuracy, exactness, rigor

(1) a **precision** instrument, (2) speak with **precision**

This operation requires both patience and **precision**.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

basis

n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

synonym: foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation

This evidence will form the **basis** for our discussion.

upset

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

synonym: disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach

He was awfully **upset** by the news.

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.

offend

v. to cause someone to feel upset, angry, or annoyed
synonym: insult, hurt, anger

(1) **offend** his sensibilities, (2) **offend** a customer
His rude comments **offended** many people at the party.

Session 2: Spelling

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|----------------------------------|---|
| 1. inc_____ent for shopping | <i>adj.</i> causing trouble or difficulty; not convenient or suitable |
| 2. of____d a customer | <i>v.</i> to cause someone to feel upset, angry, or annoyed |
| 3. we__h heavily on stock prices | <i>v.</i> to have a particular weight; to carefully evaluate things before making a conclusion |
| 4. su_____e beforehand | <i>v.</i> to think that something is likely to be actual or possible |
| 5. largest electronic m__l | <i>n.</i> a large, enclosed shopping center that typically contains many stores, restaurants, and other businesses |
| 6. ra____e a country | <i>v.</i> to cause damage to something badly |
| 7. a n__b mind | <i>adj.</i> unable to feel physical sensation and movement; not showing human feeling or sensitivity |
| 8. te_____y people | <i>v.</i> to frighten someone very much |
| 9. ob_____ve-compulsive disorder | <i>adj.</i> relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors |
| 10. a pr_____on instrument | <i>n.</i> the quality or condition of being exact and accurate |
| 11. empty ref_____tor | <i>n.</i> an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment |

ANSWERS: 1. inconvenient, 2. offend, 3. weigh, 4. suppose, 5. mall, 6. ravage, 7. numb, 8. terrify, 9. obsessive, 10. precision, 11. refrigerator

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| 12. a s__m battle | <i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |
| 13. a ne____ve number | <i>adj.</i> having the quality of something bad or harmful; expressing refusal |
| 14. the threats te____y him | <i>v.</i> to frighten someone very much |
| 15. lingual di____ty | <i>n.</i> the quality or fact of many different types of things or people being included in something; a range of different things or people |
| 16. ina____tly deleted | <i>adv.</i> unintentionally; accidentally; without purpose or deliberate intent |
| 17. the sup____on of bandits | <i>n.</i> the act of stopping or preventing something from being expressed or revealed |
| 18. legal ri____ty | <i>n.</i> the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding |
| 19. scientific jo____l | <i>n.</i> a newspaper or magazine specialized in a specific topic or profession |
| 20. em____al distress | <i>adj.</i> relating to people's feelings |
| 21. female gy____t | <i>n.</i> a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment |
| 22. 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 |

ANSWERS: 12. sham, 13. negative, 14. terrify, 15. diversity, 16. inadvertently, 17. suppression, 18. rigidity, 19. journal, 20. emotional, 21. gymnast, 22. courage

23. assume the de_____ve	<i>adj.</i> used or intended to protect someone or something against attack or aggression
24. bi__e on social media	<i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
25. tr_____h of the spirit	<i>n.</i> a great victory or achievement
26. ca_____n character	<i>n.</i> a simple drawing depicting a humorous or critical situation, often accompanied by a caption
27. id_____fy gene sequences	<i>v.</i> to recognize someone or something and say or prove who or what they are
28. pr_____e analyses	<i>adj.</i> sharply exact or accurate or delimited
29. sus_____le alternative fuel	<i>adj.</i> able to continue or be continued for a long time
30. jo_____l articles	<i>n.</i> a newspaper or magazine specialized in a specific topic or profession
31. n_g about the minor thing	<i>v.</i> to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
32. fr___e magnet	<i>n.</i> a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
33. 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

ANSWERS: 23. defensive, 24. binge, 25. triumph, 26. cartoon, 27. identify, 28. precise, 29. sustainable, 30. journal, 31. nag, 32. fridge, 33. decision

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| 34. su___b life | <i>n.</i> an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods |
| 35. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 36. scientific ce_____ty | <i>n.</i> the state of being certain |
| 37. gr___e for loss | <i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died |
| 38. use a bu___r to reduce noise | <i>n.</i> a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage |
| 39. state of de___l | <i>n.</i> a statement that something is not true or does not exist |
| 40. fall into a r___e | <i>n.</i> a strong feeling of anger or violence |
| 41. have a ne_____ve effect | <i>adj.</i> having the quality of something bad or harmful; expressing refusal |
| 42. re_____e a concert ticket | <i>v.</i> to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance |
| 43. a com_____ed process | <i>adj.</i> involving a lot of different things or parts in a way that is difficult to understand or analyze |
| 44. m___l crawler | <i>n.</i> a large, enclosed shopping center that typically contains many stores, restaurants, and other businesses |

ANSWERS: 34. suburb, 35. opportune, 36. certainty, 37. grieve, 38. buffer, 39. denial, 40. rage, 41. negative, 42. reserve, 43. complicated, 44. mall

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| 45. as___ts of social, political, and economic life | <i>n.</i> one part or feature of a situation, problem, subject, etc. |
| 46. acu_____re treatment | <i>n.</i> a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine |
| 47. st__k a key in a lock | <i>v.</i> to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material |
| 48. recent su___y | <i>n.</i> an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions |
| 49. de_____ve weapons | <i>adj.</i> used or intended to protect someone or something against attack or aggression |
| 50. pr____us information | <i>adj.</i> uncommon and extremely valuable |
| 51. env_____nt affairs | <i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live |
| 52. pull an ine_____ve player | <i>adj.</i> not producing any significant or intended effect or result |
| 53. de_____us breeze | <i>adj.</i> exceptionally pleasing to taste or smell |
| 54. sw__t bath | <i>n.</i> the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress |

ANSWERS: 45. aspect, 46. acupuncture, 47. stick, 48. survey, 49. defensive, 50. precious, 51. environment, 52. ineffective, 53. delicious, 54. sweat

55. take an un_____in attitude	<i>adj.</i> not being sure of something; not being able to choose
56. co_____ce her to go with us	<i>v.</i> to persuade someone or make someone believe that something is true
57. dr__t away on a raft	<i>v.</i> to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
58. express fru_____on	<i>n.</i> the feeling of being upset or annoyed as a result of being unable to change or achieve something
59. gr___e at the sad news	<i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died
60. dual ge___r	<i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
61. ca___r diagnosis	<i>n.</i> abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
62. control my em_____n	<i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
63. snatch victory from the j_ws of defeat	<i>n.</i> either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information

ANSWERS: 55. uncertain, 56. convince, 57. drift, 58. frustration, 59. grieve, 60. gender, 61. cancer, 62. emotion, 63. jaw

64. in___e guests	<i>v.</i> to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
65. co_____t research	<i>v.</i> to organize and carry out a particular activity
66. ra___t attitudes	<i>adj.</i> characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others
67. sp___l design	<i>n.</i> a curve that coils around a central point and gets progressively farther away from it as it goes around
68. the wh_____r of the leaves	<i>v.</i> to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
69. ex_____e our options	<i>v.</i> to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
70. beginning of the industrial rev_____on	<i>n.</i> a large-scale attempt to overthrow the government of a country, often using violence or war;
71. have com_____on toward the accident	<i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck
72. of___d his sensibilities	<i>v.</i> to cause someone to feel upset, angry, or annoyed
73. turn out to be all s__m	<i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 64. invite, 65. conduct, 66. racist, 67. spiral, 68. whisper, 69. explore, 70. revolution, 71. compassion, 72. offend, 73. sham

74. fr__k and open discussion	<i>adj.</i> honest and sincere; open and candid in expression
75. ou____e the findings	<i>v.</i> to describe the main facts or aspects involved in something
76. clear si____st	<i>n.</i> a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress
77. di____se the problem	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis
78. m__t the ice	<i>v.</i> to turn from something solid into something soft or liquid as a result of heating
79. su____e you're right	<i>v.</i> to think that something is likely to be actual or possible
80. the cr____or's claims	<i>n.</i> a person, company, etc. to whom a debtor owes money
81. ine____le changes of the seasons	<i>adj.</i> certain to happen and unavoidable
82. variety of de____us foods	<i>adj.</i> exceptionally pleasing to taste or smell
83. an op____ne remark	<i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose
84. ag____y training	<i>n.</i> the ability to move quickly and easily, often in a way that is graceful and controlled
85. di____le a system	<i>v.</i> to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment

ANSWERS: 74. frank, 75. outline, 76. signpost, 77. diagnose, 78. melt, 79. suppose, 80. creditor, 81. inevitable, 82. delicious, 83. opportune, 84. agility, 85. dismantle

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| 86. ab____e from work | <i>n.</i> the fact or condition of being away from a place where they are typically anticipated to be |
| 87. lay the cor_____ne | <i>n.</i> a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed |
| 88. a business cor_____nce | <i>n.</i> the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status |
| 89. dis_____nt the audience | <i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad |
| 90. cell and molecular bi_____y | <i>n.</i> the scientific study of life and the natural processes of living things |
| 91. pu__e the system | <i>v.</i> to remove or get rid of something, especially that is unwanted or impure |
| 92. ninja-like ag_____y | <i>n.</i> the ability to move quickly and easily, often in a way that is graceful and controlled |
| 93. words of co_____t | <i>n.</i> a state of physical ease and freedom from pain or constraint |
| 94. em_____e an opportunity | <i>v.</i> to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection |
| 95. attain critical pr____e | <i>n.</i> an expression that shows approval and admiration of the achievements or characteristics of someone or something |

ANSWERS: 86. absence, 87. cornerstone, 88. correspondence, 89. disappoint, 90. biology, 91. purge, 92. agility, 93. comfort, 94. embrace, 95. praise

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| 96. w__ned me of the plan | <i>v.</i> to make someone aware of potential danger or difficulty, particularly one that may occur in the future |
| 97. clear in_____on | <i>n.</i> something you want to do and are going to do |
| 98. 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 |
| 99. chaotic env_____nt | <i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live |
| 100. lead to des_____ve behavior | <i>adj.</i> causing or able to cause tremendous and irreparable damage |
| 101. far-right ra___t | <i>adj.</i> characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others |
| 102. get a con_____nal loan | <i>adj.</i> based on or following traditional rules, standards, customs, etc. |
| 103. ag__e in his movements | <i>adj.</i> able to move quickly and easily, often in a way that is graceful and controlled |
| 104. amp_____ion system | <i>n.</i> the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea |
| 105. get ne____s | <i>adj.</i> worried and anxious about something; relating to the nerves |
| 106. we__h a cargo | <i>v.</i> to have a particular weight; to carefully evaluate things before making a conclusion |

ANSWERS: 96. warn, 97. intention, 98. regret, 99. environment, 100. destructive, 101. racist, 102. conventional, 103. agile, 104. amplification, 105. nervous, 106. weigh

107. basic br__n function	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
108. w__n a reckless driver	<i>v.</i> to make someone aware of potential danger or difficulty, particularly one that may occur in the future
109. the sets were meticulously au____ic	<i>adj.</i> known to be real and what people say it is; not a fake or copy
110. strong and co____ed sales staff	<i>adj.</i> willing to put in a lot of effort, time, and energy into something; firmly believing in something
111. dis_____ent with the service	<i>n.</i> the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
112. dr__d getting old	<i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen
113. become increasingly com____ed	<i>adj.</i> involving a lot of different things or parts in a way that is difficult to understand or analyze
114. a ra____l flaw in the plan	<i>adj.</i> relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
115. al__n the economic interest of each other	<i>v.</i> to put or arrange two or more things in a straight line or to form a straight line
116. development of the ne____s system	<i>adj.</i> worried and anxious about something; relating to the nerves

ANSWERS: 107. brain, 108. warn, 109. authentic, 110. committed, 111. disappointment, 112. dread, 113. complicated, 114. radical, 115. align, 116. nervous

117. a mailing la__l	<i>n.</i> a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
118. li_____ng commitment	<i>adj.</i> lasting for the whole of someone's life
119. become increasingly fr_____t	<i>adj.</i> causing, accompanied by, or full of anxiety, tension, or stress
120. ref_____tor magnet	<i>n.</i> an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment
121. in_____nt risk	<i>adj.</i> existing in something as a permanent, essential, or characteristic attribute
122. numerous un_____in factors	<i>adj.</i> not being sure of something; not being able to choose
123. temporary me_____l treatment	<i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine
124. sp____l staircase	<i>n.</i> a curve that coils around a central point and gets progressively farther away from it as it goes around
125. st____y increase	<i>adj.</i> firmly fixed, supported, or balanced; not shaking or moving
126. eve_____ly become obsolete	<i>adv.</i> finally, particularly after a long time or a lot of struggle, complications, and so on
127. 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

ANSWERS: 117. label, 118. lifelong, 119. fraught, 120. refrigerator, 121. inherent, 122. uncertain, 123. medical, 124. spiral, 125. steady, 126. eventually, 127. struggle

128. l__n athletic figure *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
129. decision-making pr____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
130. medical in___n *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
131. to__c molecule *adj.* of or relating to or caused by a poison; poisonous
132. un____ed attention *adj.* not wanted or desired
133. mo__l hazard *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
134. a br__d of chickens *v.* to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
135. inn_____on leader *n.* the creation of a new device or process resulting from study and experimentation

ANSWERS: 128. lean, 129. process, 130. intern, 131. toxic, 132. unwanted, 133. moral, 134. brood, 135. innovation

136. di____n friend from foe	<i>v.</i> to see, perceive, or understand something that is not obvious
137. un___e design	<i>adj.</i> being the only one of its kind; unlike anything else
138. ins____le friends	<i>adj.</i> incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked
139. a p_t bird	<i>n.</i> an animal that you have at home as a companion and treated kindly
140. is____e a patient	<i>v.</i> to physically or socially separate someone or something from other people or things
141. re___e a request	<i>v.</i> to show that one is not willing to do or accept something
142. cr__l joke	<i>adj.</i> feeling or showing pleasure in causing pain or suffering to others
143. collaborate with co____ues	<i>n.</i> one of a group of a coworker, especially in a profession or a business
144. fr____te the advancement	<i>v.</i> to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
145. have gr__f and sorrow	<i>n.</i> a very great sadness, especially when somebody dies
146. make a fr__k apology	<i>adj.</i> honest and sincere; open and candid in expression
147. co____al swimming pool	<i>adj.</i> belonging to or used by a group rather than individuals; for common use

ANSWERS: 136. discern, 137. unique, 138. inseparable, 139. pet, 140. isolate, 141. refuse, 142. cruel, 143. colleague, 144. frustrate, 145. grief, 146. frank, 147. communal

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| 148. co____st with a decade ago | <i>v.</i> to put in opposition to show or emphasize differences |
| 149. mental ri____ty | <i>n.</i> the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding |
| 150. an eco_____al meal | <i>adj.</i> providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary |
| 151. sup_____on of estrogen | <i>n.</i> the act of stopping or preventing something from being expressed or revealed |
| 152. give si____t consent | <i>adj.</i> without any or little sound |
| 153. ind_____ize dosages | <i>v.</i> to make something personal or more personal to suit the needs of a particular person, place, etc. |
| 154. di____t a personality | <i>v.</i> to cut into pieces to study the structure of something in detail |
| 155. su____b development | <i>n.</i> an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods |
| 156. cr____ve writing | <i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something |
| 157. si____t reading | <i>adj.</i> without any or little sound |
| 158. take a st____y job | <i>adj.</i> firmly fixed, supported, or balanced; not shaking or moving |

ANSWERS: 148. contrast, 149. rigidity, 150. economical, 151. suppression, 152. silent, 153. individualize, 154. dissect, 155. suburb, 156. creative, 157. silent, 158. steady

159. sound amp_____ion	<i>n.</i> the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea
160. have a te__e face	<i>adj.</i> unable to relax because of being nervous or worried; stretched tight or rigid
161. emotional fr_____ty	<i>n.</i> the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
162. student on a ti__t budget	<i>adj.</i> fixed, fastened, or kept together firmly or closely
163. ap_____id policies	<i>n.</i> a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
164. cl___h teeth	<i>v.</i> to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
165. un___n danger	<i>adj.</i> not seen or noticed; not perceived
166. pl_____ting sales	<i>v.</i> to fall or drop suddenly and steeply; to decline rapidly or sharply
167. face an inc_____ent truth	<i>adj.</i> causing trouble or difficulty; not convenient or suitable
168. general ca___t	<i>n.</i> a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing

ANSWERS: 159. amplification, 160. tense, 161. fragility, 162. tight, 163. apartheid, 164. clench, 165. unseen, 166. plummet, 167. inconvenient, 168. caveat

169. bl__k paper	<i>adj.</i> without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
170. gr__t an idea	<i>v.</i> to say hello to someone; to express welcome on meeting someone
171. cl___h muscles	<i>v.</i> to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
172. fairly ty____l symptoms	<i>adj.</i> having the usual characteristics or traits of a specific group of things
173. rel_____ss attack	<i>adj.</i> persistent and determined; continuing despite difficulties or setbacks
174. former co_____ue	<i>n.</i> one of a group of a coworker, especially in a profession or a business
175. ho___d on drugs	<i>adj.</i> being caught or caught up in something; curved down like an eagle's beak
176. re_____nt population	<i>adj.</i> able to withstand or recover quickly from difficult conditions
177. speak with pr_____on	<i>n.</i> the quality or condition of being exact and accurate
178. de_____p a skill	<i>v.</i> to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
179. 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

ANSWERS: 169. blank, 170. greet, 171. clench, 172. typical, 173. relentless, 174. colleague, 175. hooked, 176. resilient, 177. precision, 178. develop, 179. struggle

180. fl____sh economically	<i>v.</i> to grow or develop vigorously or successfully
181. ha____ed tradition	<i>adj.</i> considered holy or sacred; deserving of reverence or respect
182. psy_____gy experiment	<i>n.</i> the scientific study of mind and behavior
183. fru_____on level	<i>n.</i> the feeling of being upset or annoyed as a result of being unable to change or achieve something
184. an ag__e mind	<i>adj.</i> able to move quickly and easily, often in a way that is graceful and controlled
185. me__y handling	<i>adj.</i> disorganized and untidy
186. cognitive fr____y	<i>n.</i> the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality
187. t__e a piano	<i>n.</i> a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
188. ou____ed the plan	<i>v.</i> to describe the main facts or aspects involved in something
189. in____al organs	<i>adj.</i> of or relating to the inside of something
190. pa____y to understanding	<i>n.</i> a track that constitutes or serves as a path; an approach or a way of doing something
191. th____e in a society	<i>v.</i> to grow vigorously; to make steady progress
192. a hard and re_____nt steel	<i>adj.</i> able to withstand or recover quickly from difficult conditions

ANSWERS: 180. flourish, 181. hallowed, 182. psychology, 183. frustration, 184. agile, 185. messy, 186. frailty, 187. tune, 188. outline, 189. internal, 190. pathway, 191. thrive, 192. resilient

193. ba__s for calculation	<i>n.</i> the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
194. degree of ac____cy	<i>n.</i> the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
195. mat____cs competition	<i>n.</i> the science dealing with the logic of quantities, shapes, spaces, and arrangement
196. bankrupt cr____or	<i>n.</i> a person, company, etc. to whom a debtor owes money
197. back f_n	<i>n.</i> a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
198. 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
199. a friendly con____ion	<i>n.</i> an informal talk between two or more people to exchange their views, ideas, information, etc.
200. ho___d hair	<i>adj.</i> being caught or caught up in something; curved down like an eagle's beak
201. 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
202. answer in a wh____r	<i>v.</i> to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

ANSWERS: 193. basis, 194. accuracy, 195. mathematics, 196. creditor, 197. fin, 198. stoic, 199. conversation, 200. hooked, 201. courage, 202. whisper

203. ha____ed memory	<i>adj.</i> considered holy or sacred; deserving of reverence or respect
204. cognitive com_____ty	<i>n.</i> the state or quality of being complicated or intricate and difficult to understand
205. co_____r lines	<i>n.</i> the outline of its shape or form; a line drawn on a map connecting points of equal height
206. cultural n__m	<i>n.</i> something that is regarded as usual, typical, or standard
207. an un___n force	<i>adj.</i> not seen or noticed; not perceived
208. a white a_t	<i>n.</i> a very small insect that lives under the ground or in a mound in highly organized groups
209. 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
210. de___d against a threat	<i>v.</i> to protect someone or something from attack, criticism, danger, etc.
211. ina_____tly omitted	<i>adv.</i> unintentionally; accidentally; without purpose or deliberate intent
212. face inc_____gly complicated challenges	<i>adv.</i> more and more
213. boundless cu_____ty	<i>n.</i> a strong desire to know or learn about something
214. n__m of action	<i>n.</i> something that is regarded as usual, typical, or standard
215. unp_____ted boom	<i>adj.</i> never having been seen, done, or known before

ANSWERS: 203. hallowed, 204. complexity, 205. contour, 206. norm, 207. unseen, 208. ant, 209. permit, 210. defend, 211. inadvertently, 212. increasingly, 213. curiosity, 214. norm, 215. unprecedented

216. ins_____ve reaction	<i>adj.</i> relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency
217. gr__t a customer	<i>v.</i> to say hello to someone; to express welcome on meeting someone
218. di_____n the big picture	<i>v.</i> to see, perceive, or understand something that is not obvious
219. di_____se with CT scans	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis
220. fire st__k	<i>v.</i> to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
221. d__m socially responsible	<i>v.</i> to consider or decide something in a particular way
222. cellular signaling pa_____ys	<i>n.</i> a track that constitutes or serves as a path; an approach or a way of doing something
223. ap_____id system	<i>n.</i> a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
224. common in_____on	<i>n.</i> the creation of a new device or process resulting from study and experimentation; the act of inventing

ANSWERS: 216. instinctive, 217. greet, 218. discern, 219. diagnose, 220. stick, 221. deem, 222. pathway, 223. apartheid, 224. invention

225. provide ac____te information	<i>adj.</i> correct and exact in all details
226. re____e the company	<i>v.</i> to show that one is not willing to do or accept something
227. regular con____or	<i>n.</i> a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
228. na____te the Pacific	<i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map
229. universal pr____e	<i>n.</i> an expression that shows approval and admiration of the achievements or characteristics of someone or something
230. severe cr____c	<i>n.</i> someone who expresses opinions about the quality of books, music, etc.
231. en____e in environmental protection activities	<i>v.</i> to attract and keep someone's attention and interest; to participate in or obtain services of something
232. cr____l information	<i>adj.</i> extremely vital or necessary
233. re____e the right	<i>v.</i> to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
234. the di____ty policy of the university	<i>n.</i> the quality or fact of many different types of things or people being included in something; a range of different things or people

ANSWERS: 225. accurate, 226. refuse, 227. contributor, 228. navigate, 229. praise, 230. critic, 231. engage, 232. crucial, 233. reserve, 234. diversity

235. on an equal ba__s	<i>n.</i> the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
236. an au_____ic signature	<i>adj.</i> known to be real and what people say it is; not a fake or copy
237. a per_____ve view	<i>n.</i> a confident attitude toward something; a particular style of thinking about something
238. an ine_____ve speech	<i>adj.</i> not producing any significant or intended effect or result
239. sh__g off the importance	<i>v.</i> to raise your shoulders and then drop them to say you do not know or are not interested
240. a prior eng_____nt	<i>n.</i> a mutual promise to marry someone; an agreement to do something, especially at a particular time
241. 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
242. dr__d failure	<i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen
243. 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
244. br__d about the defeat	<i>v.</i> to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth

ANSWERS: 235. basis, 236. authentic, 237. perspective, 238. ineffective, 239. shrug, 240. engagement, 241. decide, 242. dread, 243. decision, 244. brood

245. vo____le markets	<i>adj.</i> likely to change rapidly or unexpectedly, or being unstable or explosive
246. me__y data	<i>adj.</i> disorganized and untidy
247. tec____cal advancement	<i>adj.</i> based on scientific and industrial progress
248. in___e criticism	<i>v.</i> to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
249. highly-vo____le elements	<i>adj.</i> likely to change rapidly or unexpectedly, or being unstable or explosive
250. fr____t with danger	<i>adj.</i> causing, accompanied by, or full of anxiety, tension, or stress
251. in____on behind his decision	<i>n.</i> something you want to do and are going to do
252. nontechnical as____ts of the job	<i>n.</i> one part or feature of a situation, problem, subject, etc.
253. have an in____nt dislike	<i>adj.</i> existing in something as a permanent, essential, or characteristic attribute
254. ri__d structure	<i>adj.</i> extremely strict and difficult to change or adapt; incapable of or resistant to bending
255. barren of cr____ve spirit	<i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something
256. ine____le result	<i>adj.</i> certain to happen and unavoidable
257. pa____te at an extraordinary speed	<i>v.</i> to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion

ANSWERS: 245. volatile, 246. messy, 247. technological, 248. invite, 249. volatile, 250. fraught, 251. intention, 252. aspect, 253. inherent, 254. rigid, 255. creative, 256. inevitable, 257. palpitate

258. boys in the twelfth gr__e	<i>n.</i> a particular level of quality, size, importance, etc.
259. co____t level	<i>n.</i> a state of physical ease and freedom from pain or constraint
260. del____te attempt	<i>adj.</i> done with full consciousness of nature and effects rather than by accident
261. the ac____cy of his compass	<i>n.</i> the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
262. evolutionary bi____y	<i>n.</i> the scientific study of life and the natural processes of living things
263. is____e a compound	<i>v.</i> to physically or socially separate someone or something from other people or things
264. ca____n industry	<i>n.</i> a simple drawing depicting a humorous or critical situation, often accompanied by a caption
265. n_g political leaders	<i>v.</i> to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
266. face rel____ss pressure	<i>adj.</i> persistent and determined; continuing despite difficulties or setbacks
267. de____p a strategy	<i>v.</i> to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 258. grade, 259. comfort, 260. deliberate, 261. accuracy, 262. biology, 263. isolate, 264. cartoon, 265. nag, 266. relentless, 267. develop

268. all in a sw__t	<i>n.</i> the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
269. break off an eng_____nt	<i>n.</i> a mutual promise to marry someone; an agreement to do something, especially at a particular time
270. brilliant fl__h	<i>n.</i> a sudden intense burst of radiant energy; a momentary brightness
271. the in____al economy	<i>adj.</i> of or relating to the inside of something
272. fill the fr___e	<i>n.</i> a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
273. tr___c death	<i>adj.</i> causing great sadness or suffering; very unfortunate
274. tr___c love stories	<i>adj.</i> causing great sadness or suffering; very unfortunate
275. his majestic pr_____ce	<i>n.</i> the fact or state that someone or something exists, occurs, or is present
276. in a co_____ed relationship	<i>adj.</i> willing to put in a lot of effort, time, and energy into something; firmly believing in something
277. anti-terrorist leg_____on	<i>n.</i> a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
278. a leg_____te child	<i>adj.</i> accordant with or allowed by law; lawful
279. brutal ty_____y	<i>n.</i> a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

ANSWERS: 268. sweat, 269. engagement, 270. flash, 271. internal, 272. fridge, 273. tragic, 274. tragic, 275. presence, 276. committed, 277. legislation, 278. legitimate, 279. tyranny

280. a cr____l issue for women	<i>adj.</i> extremely vital or necessary
281. historical co____t	<i>n.</i> the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
282. unp____ted business opportunity	<i>adj.</i> never having been seen, done, or known before
283. di____rd the rules	<i>v.</i> to pay no attention to or to ignore someone or something
284. cutting-edge inn____on	<i>n.</i> the creation of a new device or process resulting from study and experimentation
285. the del____te act of provocation	<i>adj.</i> done with full consciousness of nature and effects rather than by accident
286. a leave of ab____e	<i>n.</i> the fact or condition of being away from a place where they are typically anticipated to be
287. d__e situation	<i>adj.</i> extremely serious or urgent; critical, grave, or disastrous
288. ju__e a competition	<i>n.</i> a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
289. ins____ve behavior	<i>adj.</i> relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency
290. vi__m compensation	<i>n.</i> a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

ANSWERS: 280. crucial, 281. context, 282. unprecedented, 283. disregard, 284. innovation, 285. deliberate, 286. absence, 287. dire, 288. judge, 289. instinctive, 290. victim

291. ha____e behavior	<i>adj.</i> out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
292. bl__k expression	<i>adj.</i> without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
293. ra___e the brain	<i>v.</i> to cause damage to something badly
294. a political rev_____on	<i>n.</i> a large-scale attempt to overthrow the government of a country, often using violence or war;
295. ba_____cker's hostel	<i>n.</i> a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
296. sc___d dog	<i>adj.</i> afraid or frightened
297. a f_n of a plane	<i>n.</i> a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
298. a fl__h of lightning	<i>n.</i> a sudden intense burst of radiant energy; a momentary brightness
299. uncontrollable r__e	<i>n.</i> a strong feeling of anger or violence
300. the per_____ve of the battle	<i>n.</i> a confident attitude toward something; a particular style of thinking about something
301. price of pr____us metals	<i>adj.</i> uncommon and extremely valuable
302. f__t accomplishment	<i>n.</i> a notable or impressive achievement, especially one that requires great skill or bravery

ANSWERS: 291. haywire, 292. blank, 293. ravage, 294. revolution, 295. backpack, 296. scared, 297. fin, 298. flash, 299. rage, 300. perspective, 301. precious, 302. feat

303. dis_____ent in the result	<i>n.</i> the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
304. ig___e a ban	<i>v.</i> to intentionally not listen or pay attention to
305. co_____ct law	<i>n.</i> a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
306. d___m wrong or inappropriate	<i>v.</i> to consider or decide something in a particular way
307. psy_____gy of crowd	<i>n.</i> the scientific study of mind and behavior
308. mo___l burden	<i>adj.</i> concerned with the principles of what is right and wrong, fairness, honesty, etc.
309. dr___t down the stream	<i>v.</i> to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
310. ina_____ate behavior	<i>adj.</i> not suitable or proper for a particular occasion, purpose, or person
311. fl_____sh worldwide	<i>v.</i> to grow or develop vigorously or successfully
312. va_____te a hypothesis	<i>v.</i> to check or prove that something is true; to make something officially or legally acceptable or approved
313. estimate pr_____e costs	<i>adj.</i> sharply exact or accurate or delimited
314. th___e on pressure	<i>v.</i> to grow vigorously; to make steady progress

ANSWERS: 303. disappointment, 304. ignore, 305. contract, 306. deem, 307. psychology, 308. moral, 309. drift, 310. inappropriate, 311. flourish, 312. validate, 313. precise, 314. thrive

315. su____ss a yawn	<i>v.</i> to bring something under control by force or authority; to put an end by force
316. the ul____te goal in life	<i>adj.</i> furthest or highest in degree or order
317. permanent br__n damage	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
318. get up__t	<i>adj.</i> causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
319. b__w beer	<i>v.</i> to make beer or tea by mixing a substance with hot water
320. endure dis____rt and pain	<i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
321. one-to-one cor_____nce	<i>n.</i> the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status
322. eve_____ly succeed	<i>adv.</i> finally, particularly after a long time or a lot of struggle, complications, and so on
323. students at all gr__e levels	<i>n.</i> a particular level of quality, size, importance, etc.
324. co____st two things	<i>v.</i> to put in opposition to show or emphasize differences
325. te__e atmosphere	<i>adj.</i> unable to relax because of being nervous or worried; stretched tight or rigid

ANSWERS: 315. suppress, 316. ultimate, 317. brain, 318. upset, 319. brew, 320. discomfort, 321. correspondence, 322. eventually, 323. grade, 324. contrast, 325. tense

326. aut_____lly adjusted	<i>adv.</i> without needing a direct human control
327. a lot of gr__f	<i>n.</i> a very great sadness, especially when somebody dies
328. a me_____l opinion	<i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine
329. ge___r-blind policies	<i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
330. su_____ss a revolt	<i>v.</i> to bring something under control by force or authority; to put an end by force
331. pl___t like the Earth	<i>n.</i> any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
332. satisfy my intellectual cu_____ty	<i>n.</i> a strong desire to know or learn about something
333. ina_____ate language	<i>adj.</i> not suitable or proper for a particular occasion, purpose, or person
334. a ti__t game	<i>adj.</i> fixed, fastened, or kept together firmly or closely
335. leg_____te question	<i>adj.</i> accordant with or allowed by law; lawful
336. ri__d rules	<i>adj.</i> extremely strict and difficult to change or adapt; incapable of or resistant to bending

ANSWERS: 326. automatically, 327. grief, 328. medical, 329. gender, 330. suppress, 331. planet, 332. curiosity, 333. inappropriate, 334. tight, 335. legitimate, 336. rigid

337. 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
338. a habit des_____ve to health	<i>adj.</i> causing or able to cause tremendous and irreparable damage
339. n__b with cold	<i>adj.</i> unable to feel physical sensation and movement; not showing human feeling or sensitivity
340. suffer d__e poverty	<i>adj.</i> extremely serious or urgent; critical, grave, or disastrous
341. na_____te through a document	<i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map
342. a fountain of wi___m	<i>n.</i> the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
343. a cr__l and unusual punishment	<i>adj.</i> feeling or showing pleasure in causing pain or suffering to others
344. reach ce_____ty about the theory	<i>n.</i> the state of being certain
345. m__t down gold	<i>v.</i> to turn from something solid into something soft or liquid as a result of heating
346. di_____le a machine	<i>v.</i> to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
347. dis_____rt in the abdomen	<i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

ANSWERS: 337. permit, 338. destructive, 339. numb, 340. dire, 341. navigate, 342. wisdom, 343. cruel, 344. certainty, 345. melt, 346. dismantle, 347. discomfort

348. en____e candidate	<i>v.</i> to officially approve, support, or recommend someone or something
349. com_____ty theory	<i>n.</i> the state or quality of being complicated or intricate and difficult to understand
350. a un___e teacher	<i>adj.</i> being the only one of its kind; unlike anything else
351. inc_____gly become common	<i>adv.</i> more and more
352. ha____e machine	<i>adj.</i> out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
353. ca___r research	<i>n.</i> abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
354. co____ce an opponent	<i>v.</i> to persuade someone or make someone believe that something is true
355. org_____ion chart	<i>n.</i> a group of people who work together for a shared purpose
356. es_____al commodities of life	<i>adj.</i> indispensable; fundamental
357. sh__g his shoulders sadly	<i>v.</i> to raise your shoulders and then drop them to say you do not know or are not interested
358. ec____y class	<i>n.</i> the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 348. endorse, 349. complexity, 350. unique, 351. increasingly, 352. haywire, 353. cancer, 354. convince, 355. organization, 356. essential, 357. shrug, 358. economy

359. sc___d all the time	<i>adj.</i> afraid or frightened
360. exposure to to__c chemicals	<i>adj.</i> of or relating to or caused by a poison; poisonous
361. eco_____al use of her time	<i>adj.</i> providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary
362. a ca___t against unfair practices	<i>n.</i> a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing
363. an absolute de___l	<i>n.</i> a statement that something is not true or does not exist
364. ac_____te measurements	<i>adj.</i> correct and exact in all details
365. a l___n horse	<i>adj.</i> having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
366. 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
367. the Great Dep_____on	<i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
368. alcohol bi___e	<i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
369. talented gy_____t	<i>n.</i> a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

ANSWERS: 359. scared, 360. toxic, 361. economical, 362. caveat, 363. denial, 364. accurate, 365. lean, 366. decide, 367. depression, 368. binge, 369. gymnast

370. ex_____e the world	<i>v.</i> to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
371. b__w a cup of tea	<i>v.</i> to make beer or tea by mixing a substance with hot water
372. es_____al amino acid	<i>adj.</i> indispensable; fundamental
373. fr_____ty of life	<i>n.</i> the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
374. a bu___r between the quarreling parents	<i>n.</i> a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
375. co_____t a background check	<i>v.</i> to organize and carry out a particular activity
376. private eq___y firm	<i>n.</i> the value of the shares issued by a company
377. ins_____le duo	<i>adj.</i> incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked
378. don't dis_____nt me	<i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad
379. principles of sus_____le development	<i>adj.</i> able to continue or be continued for a long time
380. id_____fy handwriting	<i>v.</i> to recognize someone or something and say or prove who or what they are

ANSWERS: 370. explore, 371. brew, 372. essential, 373. fragility, 374. buffer, 375. conduct, 376. equity, 377. inseparable, 378. disappoint, 379. sustainable, 380. identify

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| 381. the ul____te luxury | <i>adj.</i> furthest or highest in degree or order |
| 382. tr____h of democracy | <i>n.</i> a great victory or achievement |
| 383. pa_____te with excitement | <i>v.</i> to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion |
| 384. acu_____re for anxiety | <i>n.</i> a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine |
| 385. ind_____ize each patient | <i>v.</i> to make something personal or more personal to suit the needs of a particular person, place, etc. |
| 386. in____n civilians | <i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |
| 387. a ra____l cure | <i>adj.</i> relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions |
| 388. ty____l leader | <i>adj.</i> having the usual characteristics or traits of a specific group of things |
| 389. agricultural org_____ion | <i>n.</i> a group of people who work together for a shared purpose |
| 390. feel com_____on for the poor | <i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck |

ANSWERS: 381. ultimate, 382. triumph, 383. palpitate, 384. acupuncture, 385. individualize, 386. intern, 387. radical, 388. typical, 389. organization, 390. compassion

391. the t__e of a song	<i>n.</i> a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
392. art cr___c	<i>n.</i> someone who expresses opinions about the quality of books, music, etc.
393. tec_____cal policy	<i>adj.</i> based on scientific and industrial progress
394. aggressive in_____ct	<i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
395. introduce leg_____on	<i>n.</i> a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
396. politically fr_____e nation	<i>adj.</i> delicate or easily broken or damaged
397. em_____al health	<i>adj.</i> relating to people's feelings
398. record driving aut_____lly	<i>adv.</i> without needing a direct human control
399. vi___m support	<i>n.</i> a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
400. ind_____al freedom	<i>n.</i> a single person or thing, as distinct from a group
401. a dis_____ty pension	<i>n.</i> a physical or mental condition that makes it difficult for someone to do some things that other people do
402. a comprehensive su___y	<i>n.</i> an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

ANSWERS: 391. tune, 392. critic, 393. technological, 394. instinct, 395. legislation, 396. fragile, 397. emotional, 398. automatically, 399. victim, 400. individual, 401. disability, 402. survey

403. a learning dis_____ty	<i>n.</i> a physical or mental condition that makes it difficult for someone to do some things that other people do
404. have an up__t stomach	<i>adj.</i> causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
405. un_____ed guests	<i>adj.</i> not wanted or desired
406. afraid to show em_____n	<i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
407. ig___e her advice	<i>v.</i> to intentionally not listen or pay attention to
408. cor_____ne of democracy	<i>n.</i> a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed
409. ob_____ve thoughts	<i>adj.</i> relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
410. employment co_____ct	<i>n.</i> a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
411. eq___y capital market	<i>n.</i> the value of the shares issued by a company

ANSWERS: 403. disability, 404. upset, 405. unwanted, 406. emotion, 407. ignore, 408. cornerstone, 409. obsessive, 410. contract, 411. equity

412. the evidence of the pr____ce	<i>n.</i> the fact or state that someone or something exists, occurs, or is present
413. a con_____nal style	<i>adj.</i> based on or following traditional rules, standards, customs, etc.
414. po__t the premise	<i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration
415. the co____r of the earth's surface	<i>n.</i> the outline of its shape or form; a line drawn on a map connecting points of equal height
416. j_w muscle	<i>n.</i> either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information
417. en____e a check	<i>v.</i> to officially approve, support, or recommend someone or something
418. co____te examples	<i>adj.</i> existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
419. po__t the existence of life after death	<i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration
420. a good grounding in mat_____cs	<i>n.</i> the science dealing with the logic of quantities, shapes, spaces, and arrangement
421. 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: 412. presence, 413. conventional, 414. posit, 415. contour, 416. jaw, 417. endorse, 418. concrete, 419. posit, 420. mathematics, 421. stoic

422. co____al combination of funds	<i>adj.</i> belonging to or used by a group rather than individuals; for common use
423. the in_____on of new techniques	<i>n.</i> the creation of a new device or process resulting from study and experimentation; the act of inventing
424. an associate ju__e	<i>n.</i> a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
425. fr_____y syndrome	<i>n.</i> the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality
426. follow si_____sts on roads	<i>n.</i> a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress
427. fr_____te other team members	<i>v.</i> to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
428. save the pl____t	<i>n.</i> any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
429. a_t bite	<i>n.</i> a very small insect that lives under the ground or in a mound in highly organized groups
430. a private ind_____al	<i>n.</i> a single person or thing, as distinct from a group

ANSWERS: 422. communal, 423. invention, 424. judge, 425. frailty, 426. signpost, 427. frustrate, 428. planet, 429. ant, 430. individual

431. a co____te noun	<i>adj.</i> existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
432. va____te a passport	<i>v.</i> to check or prove that something is true; to make something officially or legally acceptable or approved
433. intellectual f__t	<i>n.</i> a notable or impressive achievement, especially one that requires great skill or bravery
434. de____d my country	<i>v.</i> to protect someone or something from attack, criticism, danger, etc.
435. en____e a new employee	<i>v.</i> to attract and keep someone's attention and interest; to participate in or obtain services of something
436. di____rd for human rights	<i>v.</i> to pay no attention to or to ignore someone or something
437. 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
438. the root problem of her dep____on	<i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
439. in____ct for self-preservation	<i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
440. fr____e ecosystem	<i>adj.</i> delicate or easily broken or damaged

ANSWERS: 431. concrete, 432. validate, 433. feat, 434. defend, 435. engage, 436. disregard, 437. regret, 438. depression, 439. instinct, 440. fragile

441. a warm em____e	<i>v.</i> to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
442. a teacher's p_t	<i>n.</i> an animal that you have at home as a companion and treated kindly
443. pu__e his sins	<i>v.</i> to remove or get rid of something, especially that is unwanted or impure
444. ty____y of the majority	<i>n.</i> a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others
445. la__l a bag with my name	<i>n.</i> a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
446. con_____ion in English	<i>n.</i> an informal talk between two or more people to exchange their views, ideas, information, etc.
447. con_____or of funds	<i>n.</i> a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
448. pr____s improvement	<i>n.</i> a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 441. embrace, 442. pet, 443. purge, 444. tyranny, 445. label, 446. conversation, 447. contributor, 448. process

449. ba____cking trip	<i>n.</i> a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
450. li____ng career	<i>adj.</i> lasting for the whole of someone's life
451. ec____y of scale	<i>n.</i> the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
452. al__n with a historical trend	<i>v.</i> to put or arrange two or more things in a straight line or to form a straight line
453. pl____t against other major currencies	<i>v.</i> to fall or drop suddenly and steeply; to decline rapidly or sharply
454. di____t the data	<i>v.</i> to cut into pieces to study the structure of something in detail
455. legal co____t	<i>n.</i> the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
456. wi____m literature	<i>n.</i> the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

ANSWERS: 449. backpack, 450. lifelong, 451. economy, 452. align, 453. plummet, 454. dissect, 455. context, 456. wisdom

Session 3: Fill in the Blanks

1. The cancellation of the concert was a huge _____ for the fans.
n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
2. The vase was made of _____ ceramic and easily broke when it was dropped.
adj. delicate or easily broken or damaged
3. The political debate was an _____ of the candidates' views on key issues.
n. the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea
4. Similar _____ had already been rejected by the parliament four times.
n. a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
5. When the first molecule in the _____ receives a signal, it activates other molecules.
n. a track that constitutes or serves as a path; an approach or a way of doing something
6. The dictator was known for his _____ and oppressive regime.
adj. feeling or showing pleasure in causing pain or suffering to others
7. The woods _____ the house.
v. to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

ANSWERS: 1. disappointment, 2. fragile, 3. amplification, 4. legislation, 5. pathway, 6. cruel, 7. embrace

8. Many multinational companies are _____ in the reconstruction of that country.
v. to attract and keep someone's attention and interest; to participate in or obtain services of something
9. It was _____ for the mother to protect her child from harm.
adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency
10. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal
11. He felt a deep _____ as he realized the project would not be completed on time.
n. the feeling of being upset or annoyed as a result of being unable to change or achieve something
12. The negotiations were _____ with challenges and setbacks.
adj. causing, accompanied by, or full of anxiety, tension, or stress
13. You can easily _____ seats over the telephone.
v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
14. Public political demonstrations are considered _____ rights for citizens.
adj. accordant with or allowed by law; lawful
15. The coach had the team run through the _____ ladder to improve their coordination.
n. the ability to move quickly and easily, often in a way that is graceful and controlled

ANSWERS: 8. engaged, 9. instinctive, 10. negative, 11. frustration, 12. fraught, 13. reserve, 14. legitimate, 15. agility

16. Despite its advanced science and technology, the empire was _____ about invasion.

adj. done with full consciousness of nature and effects rather than by accident

17. The _____ needles are very thin and are not painful to insert.

n. a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

18. The government should do more to support environmentally _____ agriculture.

adj. able to continue or be continued for a long time

19. My left arm became _____.

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

20. We should _____ several hypotheses to discuss the matter.

v. to suggest or accept something as fact or as a basis for argument or consideration

21. He has a flair for _____.

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

22. The corporation _____ dominated the entire tobacco business.

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

23. The _____ on the hiking trail helped guide hikers toward the correct path.

n. a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress

ANSWERS: 16. deliberate, 17. acupuncture, 18. sustainable, 19. numb, 20. posit, 21. mathematics, 22. eventually, 23. signpost

24. The politician remained _____ despite intense media scrutiny.

adj. without any or little sound

25. We often ignore important _____ from nature.

n. a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing

26. We can find many large ____ mounds in this area.

n. a very small insect that lives under the ground or in a mound in highly organized groups

27. The vegetarian burger was an _____ that quickly spread to the United Kingdom.

n. the creation of a new device or process resulting from study and experimentation

28. Effective communication is often considered the _____ of a successful team.

n. a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed

29. His rude comments _____ many people at the party.

v. to cause someone to feel upset, angry, or annoyed

30. Advocates for legal reform hear less harsh words from their _____.

n. someone who expresses opinions about the quality of books, music, etc.

31. My son was _____ on the Internet.

adj. being caught or caught up in something; curved down like an eagle's beak

ANSWERS: 24. silent, 25. caveats, 26. ant, 27. innovation, 28. cornerstone, 29. offended, 30. critics, 31. hooked

32. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
33. These heavy rains caused _____ floods on several islands.
n. a sudden intense burst of radiant energy; a momentary brightness
34. The South African government enforced _____ laws that segregated people based on race.
n. a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
35. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
36. The patient's vital signs are _____ indicating a stable condition.
adj. firmly fixed, supported, or balanced; not shaking or moving
37. He was impressed by the range and _____ of the collection.
n. the quality or fact of many different types of things or people being included in something; a range of different things or people
38. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
39. Their relationship was _____ and prone to sudden outbursts of anger.
adj. likely to change rapidly or unexpectedly, or being unstable or explosive

ANSWERS: 32. norms, 33. flash, 34. apartheid, 35. sham, 36. steady, 37. diversity, 38. resilient, 39. volatile

40. I have a parrot as a ____.

n. an animal that you have at home as a companion and treated kindly

41. The physician is reading the _____ related to medicine

n. a newspaper or magazine specialized in a specific topic or profession

42. She was filled with a burning _____ at the injustice she had witnessed.

n. a strong feeling of anger or violence

43. Whenever I have to speak in public, my heart begins to _____ nervously.

v. to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion

44. Our company is strongly _____ to meeting customers' needs.

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

45. Breast _____ is the most common type of cancer in women.

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

46. The athlete's _____ training paid off in the end.

adj. persistent and determined; continuing despite difficulties or setbacks

47. The coach explained a strategy to _____ the opponent's schemes to the players.

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

ANSWERS: 40. pet, 41. journals, 42. rage, 43. palpitate, 44. committed, 45. cancer, 46. relentless, 47. frustrate

48. We want to _____ you to our annual charity event.

- v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

49. We are motivated by _____ rather than necessity.

- n.* a strong desire to know or learn about something

50. He took me aside and _____ in my ear.

- v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

51. The prime minister canceled visits to other countries to resolve _____ disputes.

- adj.* of or relating to the inside of something

52. He did _____ pen-and-ink drawings in just a few days.

- adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

53. _____ symptoms might include a decrease in appetite and weight loss.

- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

54. He threw away the _____ items in his closet.

- adj.* not wanted or desired

55. Management must take _____ responsibility for the accident.

- adj.* furthest or highest in degree or order

ANSWERS: 48. invite, 49. curiosity, 50. whispered, 51. internal, 52. complicated, 53. Depression, 54. unwanted, 55. ultimate

56. The _____ by the citizen resulted in a redistribution of wealth.
- n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
57. I attempted to _____ him, but he ignored me.
- v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
58. It would be best not to _____ your associates into doing complex tasks.
- v.* to frighten someone very much
59. The terrible result _____ over her all day long.
- v.* to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
60. The results of the two experiments were in _____.
- n.* the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status
61. My initial reaction was to _____.
- v.* to show that one is not willing to do or accept something
62. This chemical compound is a thousand-fold more _____.
- adj.* of or relating to or caused by a poison; poisonous
63. He grew up in the _____ but always dreamed of living in the city.
- n.* an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods

ANSWERS: 56. revolution, 57. warn, 58. terrify, 59. brooded, 60. correspondence, 61. refuse, 62. toxic, 63. suburbs

64. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.

n. a person, company, etc. to whom a debtor owes money

65. The president asked for a more _____ plan.

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

66. She worked very hard not to _____ her boss's expectations.

v. to fail to meet someone or their hopes or expectations; to make someone feel sad

67. You should not _____ them from the community.

v. to physically or socially separate someone or something from other people or things

68. Don't forget to put the eggs in the _____ after you've used them.

n. an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment

69. To assure _____ I recommend investing in high-quality test kits.

n. the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake

70. It was _____ for her to go out of her way to pick up the package.

adj. causing trouble or difficulty; not convenient or suitable

71. It's important to understand the _____ of a situation before making a decision.

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

ANSWERS: 64. creditor, 65. concrete, 66. disappoint, 67. isolate, 68. refrigerator, 69. accuracy, 70. inconvenient, 71. context

72. Through investigation, his suspicions hardened into _____.

- n.* the state of being certain

73. This device is used to _____ brain cancer and other tumors.

- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

74. She _____ all the warnings and proceeded with her dangerous plan.

- v.* to pay no attention to or to ignore someone or something

75. The _____ of the country is struggling due to the recent political instability.

- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

76. When faced with a dangerous situation, his initial _____ was to flee.

- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

77. Listening to music at a high volume may lead to a hearing _____.

- n.* a physical or mental condition that makes it difficult for someone to do some things that other people do

78. Both parties are now entirely ideologically _____.

- v.* to put or arrange two or more things in a straight line or to form a straight line

79. Our knowledge helps _____ our clients successfully.

- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

ANSWERS: 72. certainty, 73. diagnose, 74. disregarded, 75. economy, 76. instinct, 77. disability, 78. aligned, 79. navigate

80. Many people go to the shopping _____ to socialize and spend time with friends.
n. a large, enclosed shopping center that typically contains many stores, restaurants, and other businesses
81. 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
82. She gave us a categorical _____ of the scandal.
n. a statement that something is not true or does not exist
83. The team's _____ in the championship resulted from their hard work and dedication.
n. a great victory or achievement
84. She had a master's degree in _____.
n. the scientific study of mind and behavior
85. 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
86. Our CEO's _____ are always transparent and straightforward.
n. something you want to do and are going to do
87. She is very _____ in her thoughts.
adj. based on or following traditional rules, standards, customs, etc.
88. He was unpopular because of his _____ adherence to the rules.
adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

ANSWERS: 80. mall, 81. colleague, 82. denial, 83. triumph, 84. psychology, 85. courage, 86. intentions, 87. conventional, 88. rigid

89. 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

90. This page _____ our response planning for an emergency.

- v.* to describe the main facts or aspects involved in something

91. _____ elections were held in several European countries.

- adj.* belonging to or used by a group rather than individuals; for common use

92. Our company found it _____ difficult to keep up with the competition.

- adv.* more and more

93. She couldn't stop _____ her husband to take out the trash.

- v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

94. As an _____ he had the right to make his own decisions and live his life as he saw fit.

- n.* a single person or thing, as distinct from a group

95. That company is cautious when it comes to _____ investment.

- n.* the value of the shares issued by a company

96. The navy _____ ships of defeated nations.

- v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 89. decide, 90. outlines, 91. Communal, 92. increasingly, 93. nagging, 94. individual, 95. equity, 96. interned

97. His professional experience includes all _____ of media production.
n. one part or feature of a situation, problem, subject, etc.
98. The shark's powerful _____ allowed it to swim at high speeds.
n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
99. 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
100. Another critical factor of child poverty is the father's _____.
n. the fact or condition of being away from a place where they are typically anticipated to be
101. Without investment, a business cannot _____.
v. to grow vigorously; to make steady progress
102. He _____ his friends with a warm smile and a hug.
v. to say hello to someone; to express welcome on meeting someone
103. It was highly _____ to make jokes during a serious business meeting.
adj. not suitable or proper for a particular occasion, purpose, or person
104. Boxing fans often criticize his _____ stance.
adj. used or intended to protect someone or something against attack or aggression
105. The country was ruled by a _____ that oppressed its citizens.
n. a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

ANSWERS: 97. aspects, 98. fins, 99. regret, 100. absence, 101. thrive, 102. greeted, 103. inappropriate, 104. defensive, 105. tyranny

106. A large fire _____ the forest.

- v.* to cause damage to something badly

107. I am going to _____ some coffee this morning.

- v.* to make beer or tea by mixing a substance with hot water

108. The community greatly respected and sought after the older adult's _____.

- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

109. The management must _____ strategies to increase office security.

- v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

110. What do you _____ the culprit's motive was?

- v.* to think that something is likely to be actual or possible

111. Every human is responsible for taking care of the Earth's _____.

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

112. These treatments were _____ against a virus.

- adj.* not producing any significant or intended effect or result

113. Some _____ are common across cultures and backgrounds.

- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

114. Each person has a unique _____ experience.

- n.* a very great sadness, especially when somebody dies

ANSWERS: 106. ravaged, 107. brew, 108. wisdom, 109. explore, 110. suppose, 111. environment, 112. ineffective, 113. emotions, 114. grief

115. The scientist _____ the frog to study its internal organs.

v. to cut into pieces to study the structure of something in detail

116. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

117. Your _____ reflects your thoughts.

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

118. He felt no _____ as the dentist drilled his deadened tooth.

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

119. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

120. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

121. The _____ comments made by the politician caused widespread condemnation.

adj. characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

122. The Ottoman Empire _____ for over five centuries.

v. to grow or develop vigorously or successfully

ANSWERS: 115. dissected, 116. medical, 117. conversation, 118. discomfort, 119. typical, 120. nervous, 121. racist, 122. flourished

123. The drama series mainly received _____.

- n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something

124. The official transcript contains _____ academic records.

- adj.* correct and exact in all details

125. The government tried to _____ corrupt officials from the bureaucracy.

- v.* to remove or get rid of something, especially that is unwanted or impure

126. The computer screen displayed nothing but a _____ white screen

- adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information

127. He spent his afternoon watching _____ movies on TV.

- n.* a simple drawing depicting a humorous or critical situation, often accompanied by a caption

128. The band played a beautiful _____ on their instruments.

- n.* a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

129. His _____ bedroom is always a source of frustration for his mother.

- adj.* disorganized and untidy

130. In junior high school, we had to dissect a frog in _____ class.

- n.* the scientific study of life and the natural processes of living things

131. The _____ development process allowed the team to make changes quickly.

- adj.* able to move quickly and easily, often in a way that is graceful and controlled

ANSWERS: 123. praise, 124. accurate, 125. purge, 126. blank, 127. cartoon, 128. tune, 129. messy, 130. biology, 131. agile

132. She _____ the loss of her parents.

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

133. The project's _____ made it difficult for the team to complete it on time.

n. the state or quality of being complicated or intricate and difficult to understand

134. He had a _____ love of reading and spent hours daily with a book.

adj. lasting for the whole of someone's life

135. The stages of the play were meticulously _____

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

136. The doctor prescribed medication to _____ the patient's appetite.

v. to bring something under control by force or authority; to put an end by force

137. He was awfully _____ by the news.

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

138. Trial and error is an _____ part of education.

adj. indispensable; fundamental

139. Our subscription plan is _____ renewed.

adv. without needing a direct human control

140. Necessity is the mother of _____.

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

ANSWERS: 132. grieved, 133. complexity, 134. lifelong, 135. authentic, 136. suppress, 137. upset, 138. essential, 139. automatically, 140. invention

141. Since independence, the area has been completely _____.
v. to intentionally not listen or pay attention to
142. She is the president of a large international _____.
n. a group of people who work together for a shared purpose
143. ____ operational improvements often lead to better environmental performance.
adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
144. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
145. X-rays revealed a small tumor in his _____.
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
146. The Olympic _____ performed a flawless routine on the balance beam and received a perfect ten score.
n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
147. I respect her ability to _____ off harsh criticism.
v. to raise your shoulders and then drop them to say you do not know or are not interested
148. The content is _____ and informative for me.
adj. sharply exact or accurate or delimited

ANSWERS: 141. ignored, 142. organization, 143. Lean, 144. grade, 145. brain, 146. gymnast, 147. shrug, 148. precise

149. The national election was held amid _____ security.

adj. fixed, fastened, or kept together firmly or closely

150. Parents need to help their children _____ right and wrong.

v. to see, perceive, or understand something that is not obvious

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

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

152. Mercury is the closest _____ to the sun.

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

153. It is more _____ to wash your plastic bottle and reuse it.

adj. providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary

154. He _____ his fist in anger when he heard the bad news.

v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

155. This operation requires both patience and _____.

n. the quality or condition of being exact and accurate

156. The path to a solid online _____ necessitates a high technical ability.

n. the fact or state that someone or something exists, occurs, or is present

157. I am considering what I should do to _____ him.

v. to persuade someone or make someone believe that something is true

ANSWERS: 149. tight, 150. discern, 151. inherent, 152. planet, 153. economical, 154. clenched, 155. precision, 156. presence, 157. convince

158. The government imposed a _____ of freedom of speech.

n. the act of stopping or preventing something from being expressed or revealed

159. The church was considered a _____ ground for the community, where their ancestors had worshiped for generations.

adj. considered holy or sacred; deserving of reverence or respect

160. I will introduce you to how to _____ the leading causes of the malfunction.

v. to recognize someone or something and say or prove who or what they are

161. The government established by the coup was more _____ than before.

adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

162. The _____ events of the war left many families torn apart.

adj. causing great sadness or suffering; very unfortunate

163. Regarding earthquakes, some commercial buildings were _____ unsafe.

v. to consider or decide something in a particular way

164. This story makes me _____.

adj. unable to relax because of being nervous or worried; stretched tight or rigid

165. The _____ of the glass required careful handling during shipping.

n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable

166. The _____ of the crime deserves justice and support to recover from the trauma.

n. a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

ANSWERS: 158. suppression, 159. hallowed, 160. identify, 161. radical, 162. tragic, 163. deemed, 164. tense, 165. fragility, 166. victim

167. The strict _____ ruled in favor of the plaintiff in the case.

- n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

168. Full involvement means _____ and prompt responses.

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

169. 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

170. We all _____ to think about what will happen if the company goes bankrupt.

- v.* to be very afraid of or worried about something that is going to happen or that might happen

171. Our schools offer _____ education by excellent teachers.

- v.* to make something personal or more personal to suit the needs of a particular person, place, etc.

172. Human _____ responses vary widely depending on the society to which they belong.

- adj.* relating to people's feelings

173. The _____ for applying for a visa can be lengthy and complicated.

- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 167. judge, 168. frank, 169. creative, 170. dread, 171. individualized, 172. emotional, 173. process

174. Cultural norms strongly influence _____ expectations.

- n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

175. The stock prices have _____ in the last hour, causing concern for investors.

- v.* to fall or drop suddenly and steeply; to decline rapidly or sharply

176. The phone rang at the most _____ time.

- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

177. _____ amounts of heckling and slogan-shouting took place throughout the event.

- adj.* never having been seen, done, or known before

178. The _____ on the food package lists the ingredients and nutritional information.

- n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

179. That _____ shows that people are accepting the tax increase to some extent.

- n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

180. I _____ left my phone at home this morning and felt lost.

- adv.* unintentionally; accidentally; without purpose or deliberate intent

181. Police will _____ random breath testing for drunk driving.

- v.* to organize and carry out a particular activity

ANSWERS: 174. gender, 175. plummeted, 176. opportune, 177. Unprecedented, 178. label, 179. survey, 180. inadvertently, 181. conduct

182. It was the most _____ storm in decades.

adj. causing or able to cause tremendous and irreparable damage

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

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

184. 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

185. I'm _____ of insects.

adj. afraid or frightened

186. She left the _____ door open inadvertently.

n. a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

187. Her _____ behavior towards perfectionism often led to burnout.

adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

188. I _____ around for years in Europe before going to university.

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

189. Ethics deals with _____ conduct.

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

190. I packed my _____ with all the necessary camping gear for our trip.

n. a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

ANSWERS: 182. destructive, 183. comfort, 184. decision, 185. scared, 186. fridge, 187. obsessive, 188. drifted, 189. moral, 190. backpack

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

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

192. She stayed up all night _____ her favorite TV show.

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

193. The electronics in my car went _____ after the battery died.

adj. out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops

194. The two friends were _____ and did everything together.

adj. incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked

195. In times of recession, an increase in unemployment is _____.

adj. certain to happen and unavoidable

196. Using a password manager can act as a _____ against hackers who try to steal your personal information.

n. a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

197. The old building had to be _____ because it was structurally unsound.

v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment

198. She is a major _____ to the local food bank, volunteering every week.

n. a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor

ANSWERS: 191. unique, 192. binge-watching, 193. haywire, 194. inseparable, 195. inevitable, 196. buffer, 197. dismantled, 198. contributor

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

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

200. The company signed a _____ with the supplier for the delivery of goods.

- n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

201. This evidence will form the _____ for our discussion.

- n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

202. We could grill the meat in a _____ way.

- adj.* exceptionally pleasing to taste or smell

203. His infinite love and _____ for everyone never weary.

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

204. The _____ economic straits called for immediate action.

- adj.* extremely serious or urgent; critical, grave, or disastrous

205. The doctor warned us about the human body's _____ and the dangers of neglecting our health.

- n.* the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

206. Her resistance _____ under his persuasion.

- v.* to turn from something solid into something soft or liquid as a result of heating

ANSWERS: 199. perspective, 200. contract, 201. basis, 202. delicious, 203. compassion, 204. dire, 205. frailty, 206. melted

207. The leaves of the fern were arranged in a _____ pattern.

- n.* a curve that coils around a central point and gets progressively farther away from it as it goes around

208. 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

209. They selected a gorgeous diamond _____ ring.

- n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time

210. 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

211. _____ advances have disrupted many industries.

- adj.* based on scientific and industrial progress

212. He dropped his ____ at the unexpected sight.

- n.* either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information

213. We cannot afford to squander _____ time.

- adj.* uncommon and extremely valuable

214. She was _____ about her friend's intentions.

- adj.* not being sure of something; not being able to choose

ANSWERS: 207. spiral, 208. permit, 209. engagement, 210. struggle, 211. Technological, 212. jaw, 213. precious, 214. uncertain

215. She wiped the _____ off her forehead with a towel.

- n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

216. It's intriguing to compare and _____ the two authors.

- v.* to put in opposition to show or emphasize differences

217. To _____ your purchase, please visit the following link.

- v.* to check or prove that something is true; to make something officially or legally acceptable or approved

218. The baby _____ 1 pound 3 oz.

- v.* to have a particular weight; to carefully evaluate things before making a conclusion

219. The celebrity _____ the new product on social media.

- v.* to officially approve, support, or recommend someone or something

220. 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

221. We must _____ a new system to streamline our workflow and increase efficiency.

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

222. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.

- n.* a notable or impressive achievement, especially one that requires great skill or bravery

ANSWERS: 215. sweat, 216. contrast, 217. validate, 218. weighs, 219. endorsed, 220. stoic, 221. develop, 222. feat

223. The revitalization of technology companies is _____ to the country's growth.

adj. extremely vital or necessary

224. The _____ of the school's dress code policy caused much controversy among the students and parents.

n. the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding

225. You _____ a bill in the change machine, and the coins pop out.

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

226. International law allows each nation to _____ itself when its rights and interests are illegally violated.

v. to protect someone or something from attack, criticism, danger, etc.

227. The consequences of the pandemic remain _____ as scientists continue to research the virus.

adj. not seen or noticed; not perceived

228. The _____ of the Atlantic coast of America is very complicated.

n. the outline of its shape or form; a line drawn on a map connecting points of equal height

ANSWERS: 223. crucial, 224. rigidity, 225. stick, 226. defend, 227. unseen, 228. contour