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Vocabulary Builder Reference from...

Adie Delaney: An aerialist on listening to your body's signals | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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.

sensation

n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement

synonym: feeling, perception, mania

(1) cause a widespread **sensation**, (2) taste **sensation**

If you apply this ointment, you may feel a mild burning **sensation**.

aerial

n. a type of acrobatics or gymnastics performed while suspended from hanging fabric or rings; a pass or shot in sports (particularly in soccer or volleyball) that is made while the player is in the air

synonym: antenna, skywire, transmitter

(1) **aerial** antenna, (2) **aerial** photography

The **aerial** view from the airplane showed the beautiful landscape below.

visceral

adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

synonym: instinctive, intuitive, gut

(1) **visceral** organ, (2) **visceral** fear

After watching the horror movie, she had a **visceral** reaction and couldn't sleep all night.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

horror

n. intense fear or disgust, especially at something shocking or terrifying

synonym: fear, terror, dread

(1) **horror** movie, (2) **horror-struck** look

The stories of war crimes filled her with **horror**.

circus

n. a traveling show or entertainment that often features acrobats, clowns, animals, and other performers; a chaotic, confusing, or tumultuous situation or environment

synonym: fair, carnival, spectacle

(1) **circus** performer, (2) **circus** tent

The kids were excited to go to the **circus** and see the clowns and animals perform.

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.

release

v. to set free or allow to escape from confinement

synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

junk

n. discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition

synonym: trash, debris, waste

(1) **junk** mail, (2) hunk of **junk**

I need to clear out some of the **junk** in my garage.

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.

overwhelm

- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

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

flee

- v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

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.

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.

acknowledge

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

synonym: accept, agree, declare

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

He never **acknowledged** his fault.

communicate

- v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,
(2) **communicate** well with my advisor
Dolphins use sound to **communicate** with each other.

scare

v. to frighten a person or animal, or to become frightened
synonym: frighten, spook, intimidate
(1) **scare** off her attacker by screaming, (2) **scare** the birds away
We hit the ground to **scare** out the rabbits.

awkward

adj. making you feel uncomfortable or embarrassed; causing inconvenience or difficulty
synonym: embarrassing, discomfiting, clumsy
(1) an **awkward** expression, (2) an **awkward** date
The **awkward** design of the interface made the operation difficult.

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**.

consent

n. permission or agreement to do something, especially given by somebody in authority
synonym: approval, authorization, concession
(1) **consent** for surgery, (2) give silent **consent**
She gave her **consent** to the company's proposal.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
synonym: benefit, authorization, advantage
(1) a breach of **privilege**, (2) **privilege** of membership
In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

educator

n. a person who teaches or educates people

synonym: teacher, instructor, lecturer

(1) business **educator**, (2) duty as an **educator**

She is an **educator** with progressive ideas.

firsthand

adv. from the source; directly; (adjective) received directly from a source

synonym: direct

(1) hear customer's voices **firsthand**, (2) conduct **firsthand** research

The manager tried to hear customers' voices **firsthand**.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

survivor

n. a person who remains alive after an event in which others have died

synonym: subsister

(1) ovarian cancer **survivor**, (2) a single **survivor**

The shipwreck **survivor** was rescued after floating in the ocean for three days.

abuse

n. the use of something in an incorrect or harmful manner

synonym: misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**

Our company has an audit team that monitors directors for **abuse** of authority.

intimate

adj. having a very close friendship, personal

synonym: close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship

He has an **intimate** knowledge of American history.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym: aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

intimacy

n. close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person

synonym: closeness, familiarity, nearness

(1) on terms of **intimacy**, (2) build **intimacy**

They were looking for **intimacy** in their relationship and wanted to be close to each other.

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.

trapeze

n. a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics

synonym: swing bar, aerial hoop

(1) **trapeze** artist, (2) do the flying **trapeze**

The daring **trapeze** act left the audience gasping in amazement.

instruction

n. detailed direction, order, etc., on how to do or use something

synonym: education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**

They needed further **instruction** to perform their duties efficiently.

hook

n. a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook

synonym: buckle, pin, curve

(1) a hat **hook**, (2) the curved shape of a **hook**

Please hang your towel on a **hook**.

regardless

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

synonym: anyhow, nevertheless, still

(1) **regardless** of the difficulties, (2) **regardless** tread

People can pick out superior products **regardless** of the quality of the advertising.

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.

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.

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.

stud

n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock;

(verb) to decorate or adorn with studs; to provide with studs for support

synonym: beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

backward

adv. at, to, or toward the direction or place that is behind or rear

synonym: back, rearward, in reverse

(1) walk **backward**, (2) **backward** angle

She falls over **backward** when she sees her mother-in-law.

woo

v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

synonym: court, pursue, charm

(1) **woo** consumers, (2) **woo** voters with promises

He tried to **woo** her with his charm and wit.

accident

n. an unfortunate event, especially one causing damage or injury

synonym: calamity, casualty, chance

(1) cause an **accident**, (2) injury in a car **accident**

The **accident** partially destroyed my vehicle.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

interaction

n. the act of connecting with someone, mainly when working, playing, or spending time with them

synonym: dealings, exchange, relations

(1) the **interaction** between man and his environment,

(2) **interaction** among human beings

The **interaction** of the two groups is good for brainstorming.

ambiguity

n. the quality of being open to more than one interpretation; the uncertainty of meaning

synonym: uncertainty, vagueness, obscurity

(1) free from **ambiguity**, (2) avoid **ambiguity** in writing

The **ambiguity** in the instructions made it difficult for her to complete the task.

script

n. a written text of a film, play, broadcast, or speech; something written by hand

synonym: writing, penmanship, article

(1) a hand **script**, (2) the **script** of a play

The archaeologist found a hieratic Egyptian **script** on a stone monument.

slight

adj. very small in degree or amount

synonym: feeble, nuanced, subtle

(1) feel a **slight** concern, (2) **slight** increase

We made **slight** modifications to reflect the views of both sides.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

lexicon

n. all the words and phrases of a particular language or branch of knowledge, such as nautical or medical

synonym: glossary, dictionary, vocabulary

(1) Greek-English **lexicon**, (2) **lexicon** of business phrases

This bilingual **lexicon** was essential for his language improvement.

inject

- v. to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

synonym: shoot, infiltrate, insinuate

(1) **inject** under the skin, (2) **inject** a personal opinion into a debate

Let's try to **inject** a bit of enthusiasm into your performance.

interact

- v. to communicate or react with somebody

synonym: cooperate, combine, collaborate

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

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

involve

- v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

discuss

- v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym: talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

addition

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

synonym: accumulation, expansion, addendum

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

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

fond

adj. having affection or liking for someone, particularly someone you've known for a long time

synonym: liking, enjoying, affectionate

(1) very **fond** of, (2) **fond** memories of the birthday

He is excessively **fond** of alcohol.

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.

broaden

v. to make or become wider or more extensive; to make or become more tolerant or liberal.

synonym: expand, widen, enlarge

(1) **broaden** students' knowledge, (2) **broaden** their horizon

The company **broadened** its product line to include more customer options.

verb

n. a word or phrase that describes an action, state, or experience

(1) complex **verb**, (2) an auxiliary **verb**

Use a singular **verb** if the subject is singular.

noun

n. a word that generally functions as the name of a specific object or set of objects

(1) **noun** phrase, (2) proper **noun**

In some foreign languages, the gender of **nouns** exists.

ongoing

adj. continuing to exist or develop, or currently happening

synonym: continuous, current, proceeding

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

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

tick

n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis

synonym: sound, noise, beat

(1) **tick** of the clock, (2) **tick** fever

I always put a **tick** mark next to the items on my grocery list after buying them.

mood

n. the way you feel at a particular time; an angry or impatient state of mind

synonym: mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

exciting

adj. causing a lot of interest or excitement

synonym: exhilarating, stimulating, thrilling

(1) **exciting** football player, (2) **exciting** news

The findings of the experiment were both **exciting** and unexpected.

thrill

n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

synonym: exhilaration, delight, rush

(1) the **thrill** of speed, (2) incredible **thrill**

Skydiving is an overwhelming **thrill** for many people.

Session 2: Spelling

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|-------------------------------------|--|
| 1. 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 |
| 2. in____te relationship | <i>adj.</i> having a very close friendship, personal |
| 3. 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 |
| 4. f__e their homes | <i>v.</i> to leave by running away, especially out of fear or danger |
| 5. the sc____t of a play | <i>n.</i> a written text of a film, play, broadcast, or speech; something written by hand |
| 6. t__k of the clock | <i>n.</i> a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis |
| 7. still on____g | <i>adj.</i> continuing to exist or develop, or currently happening |
| 8. injury in a car ac____nt | <i>n.</i> an unfortunate event, especially one causing damage or injury |
| 9. a hat h__k | <i>n.</i> a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook |
| 10. com_____te well with my advisor | <i>v.</i> to share or exchange information with others by speaking, writing, moving your body, or using other signals |

ANSWERS: 1. sweat, 2. intimate, 3. warn, 4. flee, 5. script, 6. tick, 7. ongoing, 8. accident, 9. hook, 10. communicate

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| 11. com_____te his anxieties to the psychiatrist | <i>v.</i> to share or exchange information with others by speaking, writing, moving your body, or using other signals |
| 12. j__k mail | <i>n.</i> discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition |
| 13. tr_____e artist | <i>n.</i> a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics |
| 14. an auxiliary v__b | <i>n.</i> a word or phrase that describes an action, state, or experience |
| 15. int_____on among human beings | <i>n.</i> the act of connecting with someone, mainly when working, playing, or spending time with them |
| 16. the int_____on between man and his environment | <i>n.</i> the act of connecting with someone, mainly when working, playing, or spending time with them |
| 17. a friendly con_____ion | <i>n.</i> an informal talk between two or more people to exchange their views, ideas, information, etc. |
| 18. ovarian cancer su_____or | <i>n.</i> a person who remains alive after an event in which others have died |
| 19. free from am_____ty | <i>n.</i> the quality of being open to more than one interpretation; the uncertainty of meaning |
| 20. avoid am_____ty in writing | <i>n.</i> the quality of being open to more than one interpretation; the uncertainty of meaning |

ANSWERS: 11. communicate, 12. junk, 13. trapeze, 14. verb, 15. interaction, 16. interaction, 17. conversation, 18. survivor, 19. ambiguity, 20. ambiguity

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| 21. chemical ad____on | <i>n.</i> the act or process of adding something to something else; the process of adding numbers |
| 22. co____t level | <i>n.</i> a state of physical ease and freedom from pain or constraint |
| 23. complex v__b | <i>n.</i> a word or phrase that describes an action, state, or experience |
| 24. the ul____te goal in life | <i>adj.</i> furthest or highest in degree or order |
| 25. the threats te____y him | <i>v.</i> to frighten someone very much |
| 26. wall s__d | <i>n.</i> a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support |
| 27. 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 |
| 28. r__l a ball | <i>v.</i> to move in a particular direction by turning over and over or from side to side |
| 29. ex____ng news | <i>adj.</i> causing a lot of interest or excitement |
| 30. horse s__d | <i>n.</i> a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support |

ANSWERS: 21. addition, 22. comfort, 23. verb, 24. ultimate, 25. terrify, 26. stud, 27. regret, 28. roll, 29. exciting, 30. stud

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| 31. vi____t incident | <i>adj.</i> involving or caused by physical force or aggression against someone or something |
| 32. adr_____ne receptor | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 33. f__e abroad | <i>v.</i> to leave by running away, especially out of fear or danger |
| 34. the curved shape of a h__k | <i>n.</i> a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook |
| 35. br_____n students' knowledge | <i>v.</i> to make or become wider or more extensive; to make or become more tolerant or liberal. |
| 36. build in_____cy | <i>n.</i> close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person |
| 37. walk ba_____rd | <i>adv.</i> at, to, or toward the direction or place that is behind or rear |
| 38. in_____ct directly with customers | <i>v.</i> to communicate or react with somebody |
| 39. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 40. duty as an ed_____or | <i>n.</i> a person who teaches or educates people |
| 41. w_o voters with promises | <i>v.</i> to seek the affection or favor of someone; to court or pursue someone romantically or with flattery |

ANSWERS: 31. violent, 32. adrenaline, 33. flee, 34. hook, 35. broaden, 36. intimacy, 37. backward, 38. interact, 39. opportune, 40. educator, 41. woo

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| 42. reg_____ss of the difficulties | <i>adv.</i> not paying attention or considering something or someone even if the situation is bad or there are difficulties |
| 43. co_____t for surgery | <i>n.</i> permission or agreement to do something, especially given by somebody in authority |
| 44. an op_____ne remark | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 45. vi_____al fear | <i>adj.</i> relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses |
| 46. Greek-English le_____n | <i>n.</i> all the words and phrases of a particular language or branch of knowledge, such as nautical or medical |
| 47. in____t a personal opinion into a debate | <i>v.</i> to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube) |
| 48. business ed_____or | <i>n.</i> a person who teaches or educates people |
| 49. official sta_____cs | <i>n.</i> the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data |
| 50. victim of sexual ab__e | <i>n.</i> the use of something in an incorrect or harmful manner |
| 51. the problem of drug ab__e | <i>n.</i> the use of something in an incorrect or harmful manner |

ANSWERS: 42. regardless, 43. consent, 44. opportune, 45. visceral, 46. lexicon, 47. inject, 48. educator, 49. statistics, 50. abuse, 51. abuse

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|---------------------------------------|------|---|
| 52. in___t under the skin | v. | to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube) |
| 53. r__l down his cheeks | v. | to move in a particular direction by turning over and over or from side to side |
| 54. te____y people | v. | to frighten someone very much |
| 55. w_o consumers | v. | to seek the affection or favor of someone; to court or pursue someone romantically or with flattery |
| 56. he was ov_____lmed with gratitude | v. | to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 57. industry-sp_____ic regulations | adj. | clearly defined or particular to a certain thing or situation; distinct, explicit, and precise |
| 58. di_____s options | v. | to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic |
| 59. ci___s tent | n. | a traveling show or entertainment that often features acrobats, clowns, animals, and other performers; a chaotic, confusing, or tumultuous situation or environment |
| 60. victim of a vi_____t crime | adj. | involving or caused by physical force or aggression against someone or something |

ANSWERS: 52. inject, 53. roll, 54. terrify, 55. woo, 56. overwhelm, 57. specific, 58. discuss, 59. circus, 60. violent

- | | |
|--------------------------------------|--|
| 61. on terms of in____cy | <i>n.</i> close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person |
| 62. ov_____lm opponents by numbers | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 63. hunk of j__k | <i>n.</i> discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition |
| 64. ho___r movie | <i>n.</i> intense fear or disgust, especially at something shocking or terrifying |
| 65. on_____g support | <i>adj.</i> continuing to exist or develop, or currently happening |
| 66. t__k fever | <i>n.</i> a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis |
| 67. individual ins_____on | <i>n.</i> detailed direction, order, etc., on how to do or use something |
| 68. in an ugly m__d | <i>n.</i> the way you feel at a particular time; an angry or impatient state of mind |
| 69. ba_____rd angle | <i>adv.</i> at, to, or toward the direction or place that is behind or rear |
| 70. hear customer's voices fi_____nd | <i>adv.</i> from the source; directly; (adjective) received directly from a source |

ANSWERS: 61. intimacy, 62. overwhelm, 63. junk, 64. horror, 65. ongoing, 66. tick, 67. instruction, 68. mood, 69. backward, 70. firsthand

71. 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
72. cultural n__m	<i>n.</i> something that is regarded as usual, typical, or standard
73. 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
74. 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
75. incredible th___l	<i>n.</i> a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
76. n__m of action	<i>n.</i> something that is regarded as usual, typical, or standard
77. le_____n of business phrases	<i>n.</i> all the words and phrases of a particular language or branch of knowledge, such as nautical or medical
78. proper n__n	<i>n.</i> a word that generally functions as the name of a specific object or set of objects
79. ex_____ng football player	<i>adj.</i> causing a lot of interest or excitement
80. ack_____ge the deed	<i>v.</i> to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

ANSWERS: 71. sweat, 72. norm, 73. warn, 74. navigate, 75. thrill, 76. norm, 77. lexicon, 78. noun, 79. exciting, 80. acknowledge

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| 81. re____e resource allocation | <i>v.</i> to reinterpret, rephrase, or redefine an issue, situation, or question in a different way |
| 82. adr_____ne addiction | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 83. a hand sc____t | <i>n.</i> a written text of a film, play, broadcast, or speech; something written by hand |
| 84. ack_____ge his help | <i>v.</i> to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.; |
| 85. sl____t increase | <i>adj.</i> very small in degree or amount |
| 86. a un____e teacher | <i>adj.</i> being the only one of its kind; unlike anything else |
| 87. di____s solutions | <i>v.</i> to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic |
| 88. pr_____ge of membership | <i>n.</i> a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society |
| 89. sp____ic instructions | <i>adj.</i> clearly defined or particular to a certain thing or situation; distinct, explicit, and precise |

ANSWERS: 81. reframe, 82. adrenaline, 83. script, 84. acknowledge, 85. slight, 86. unique, 87. discuss, 88. privilege, 89. specific

90. an aw____d expression	<i>adj.</i> making you feel uncomfortable or embarrassed; causing inconvenience or difficulty
91. ad____on of vectors	<i>n.</i> the act or process of adding something to something else; the process of adding numbers
92. my in____te affairs	<i>adj.</i> having a very close friendship, personal
93. con______ion in English	<i>n.</i> an informal talk between two or more people to exchange their views, ideas, information, etc.
94. re____e a prisoner	<i>v.</i> to set free or allow to escape from confinement
95. in____e a high degree of risk	<i>v.</i> to include or affect someone or something as a necessary part of something else
96. very f__d of	<i>adj.</i> having affection or liking for someone, particularly someone you've known for a long time
97. the m__d in a room	<i>n.</i> the way you feel at a particular time; an angry or impatient state of mind
98. reg____ss tread	<i>adv.</i> not paying attention or considering something or someone even if the situation is bad or there are difficulties
99. in____e a lot of paperwork	<i>v.</i> to include or affect someone or something as a necessary part of something else
100. vi____al organ	<i>adj.</i> relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

ANSWERS: 90. awkward, 91. addition, 92. intimate, 93. conversation, 94. release, 95. involve, 96. fond, 97. mood, 98. regardless, 99. involve, 100. visceral

101. un___e design	<i>adj.</i> being the only one of its kind; unlike anything else
102. ci___s performer	<i>n.</i> a traveling show or entertainment that often features acrobats, clowns, animals, and other performers; a chaotic, confusing, or tumultuous situation or environment
103. re____e CO2 into the air	<i>v.</i> to set free or allow to escape from confinement
104. ho___r-struck look	<i>n.</i> intense fear or disgust, especially at something shocking or terrifying
105. sc___e the birds away	<i>v.</i> to frighten a person or animal, or to become frightened
106. conduct fi_____nd research	<i>adv.</i> from the source; directly; (adjective) received directly from a source
107. cause a widespread se_____on	<i>n.</i> a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
108. a breach of pr_____ge	<i>n.</i> a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
109. ae___l antenna	<i>n.</i> a type of acrobatics or gymnastics performed while suspended from hanging fabric or rings; a pass or shot in sports (particularly in soccer or volleyball) that is made while the player is in the air

ANSWERS: 101. unique, 102. circus, 103. release, 104. horror, 105. scare, 106. firsthand, 107. sensation, 108. privilege, 109. aerial

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| 110. do the flying tr____e | <i>n.</i> a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics |
| 111. sc__e off her attacker by screaming | <i>v.</i> to frighten a person or animal, or to become frightened |
| 112. taste se_____on | <i>n.</i> a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement |
| 113. get inc_____ly insecure | <i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely |
| 114. f__d memories of the birthday | <i>adj.</i> having affection or liking for someone, particularly someone you've known for a long time |
| 115. feel a sl____t concern | <i>adj.</i> very small in degree or amount |
| 116. 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 |
| 117. n__n phrase | <i>n.</i> a word that generally functions as the name of a specific object or set of objects |
| 118. 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 |
| 119. inc_____ly cheerful character | <i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely |
| 120. words of co____t | <i>n.</i> a state of physical ease and freedom from pain or constraint |

ANSWERS: 110. trapeze, 111. scare, 112. sensation, 113. incredibly, 114. fond, 115. slight, 116. regret, 117. noun, 118. navigate, 119. incredibly, 120. comfort

121. the ul____te luxury	<i>adj.</i> furthest or highest in degree or order
122. cause an ac____nt	<i>n.</i> an unfortunate event, especially one causing damage or injury
123. ae____l photography	<i>n.</i> a type of acrobatics or gymnastics performed while suspended from hanging fabric or rings; a pass or shot in sports (particularly in soccer or volleyball) that is made while the player is in the air
124. the th____l of speed	<i>n.</i> a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
125. give silent co____t	<i>n.</i> permission or agreement to do something, especially given by somebody in authority
126. br____n their horizon	<i>v.</i> to make or become wider or more extensive; to make or become more tolerant or liberal.
127. re____e problem	<i>v.</i> to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
128. follow his ins____ons	<i>n.</i> detailed direction, order, etc., on how to do or use something
129. sta____cs for cancer	<i>n.</i> the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
130. a single su____or	<i>n.</i> a person who remains alive after an event in which others have died

ANSWERS: 121. ultimate, 122. accident, 123. aerial, 124. thrill, 125. consent, 126. broaden, 127. reframe, 128. instruction, 129. statistics, 130. survivor

131. an aw____d date

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

132. in____ct with one another

v. to communicate or react with somebody

ANSWERS: 131. awkward, 132. interact

Session 3: Fill in the Blanks

1. The _____ demonstrate that poverty and unemployment are genuine problems.
 - n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
2. He never _____ his fault.
 - v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
3. I need to clear out some of the _____ in my garage.
 - n. discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition
4. He was exhausted and _____ into bed as soon as he got home.
 - v. to move in a particular direction by turning over and over or from side to side
5. It would be best not to _____ your associates into doing complex tasks.
 - v. to frighten someone very much
6. The band has released a lot of _____ rock music.
 - n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
7. The _____ view from the airplane showed the beautiful landscape below.
 - n. a type of acrobatics or gymnastics performed while suspended from hanging fabric or rings; a pass or shot in sports (particularly in soccer or volleyball) that is made while the player is in the air

ANSWERS: 1. statistics, 2. acknowledged, 3. junk, 4. rolled, 5. terrify, 6. adrenaline-pumping, 7. aerial

8. 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
9. In some foreign languages, the gender of _____ exists.
- n.* a word that generally functions as the name of a specific object or set of objects
10. The company _____ its product line to include more customer options.
- v.* to make or become wider or more extensive; to make or become more tolerant or liberal.
11. They were looking for _____ in their relationship and wanted to be close to each other.
- n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
12. He is excessively _____ of alcohol.
- adj.* having affection or liking for someone, particularly someone you've known for a long time
13. The animal rights group worked to _____ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
14. I always put a _____ mark next to the items on my grocery list after buying them.
- n.* a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis
15. After watching the horror movie, she had a _____ reaction and couldn't sleep all night.
- adj.* relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

ANSWERS: 8. navigate, 9. nouns, 10. broadened, 11. intimacy, 12. fond, 13. release, 14. tick, 15. visceral

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

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

17. The phone rang at the most _____ time.

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

18. Let's try to _____ a bit of enthusiasm into your performance.

- v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

19. He tried to ____ her with his charm and wit.

- v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

20. Several cities are experiencing _____ high unemployment rates.

- adv.* in a way that is very difficult to believe; exceedingly or extremely

21. The kids were excited to go to the _____ and see the clowns and animals perform.

- n.* a traveling show or entertainment that often features acrobats, clowns, animals, and other performers; a chaotic, confusing, or tumultuous situation or environment

22. They needed further _____ to perform their duties efficiently.

- n.* detailed direction, order, etc., on how to do or use something

23. This bilingual _____ was essential for his language improvement.

- n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical

ANSWERS: 16. consent, 17. opportune, 18. inject, 19. woo, 20. incredibly, 21. circus, 22. instruction, 23. lexicon

24. He found _____ in the warm embrace of his loved ones.
n. a state of physical ease and freedom from pain or constraint
25. The therapist tried to _____ his negative thoughts.
v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
26. The findings of the experiment were both _____ and unexpected.
adj. causing a lot of interest or excitement
27. The _____ design of the interface made the operation difficult.
adj. making you feel uncomfortable or embarrassed; causing inconvenience or difficulty
28. 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
29. She is an _____ with progressive ideas.
n. a person who teaches or educates people
30. The archaeologist found a hieratic Egyptian _____ on a stone monument.
n. a written text of a film, play, broadcast, or speech; something written by hand
31. 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
32. In _____ private corporations provide healthcare services.
n. the act or process of adding something to something else; the process of adding numbers

ANSWERS: 24. comfort, 25. reframe, 26. exciting, 27. awkward, 28. regret, 29. educator, 30. script, 31. sweat, 32. addition,

33. Our company has an audit team that monitors directors for _____ of authority.
n. the use of something in an incorrect or harmful manner
34. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
35. If you apply this ointment, you may feel a mild burning _____.
n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
36. The new prime minister has vowed to take measures against the _____.
economic crisis.
adj. continuing to exist or develop, or currently happening
37. Please hang your towel on a _____.
n. a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook
38. His gaffe spoiled the _____ of the dinner party.
n. the way you feel at a particular time; an angry or impatient state of mind
39. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
40. Dolphins use sound to _____ with each other.
v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

ANSWERS: 33. abuse, 34. norms, 35. sensation, 36. ongoing, 37. hook, 38. mood, 39. conversation, 40. communicate

41. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
42. We need to _____ the next steps for the project during our meeting tomorrow.
- v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
43. 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
44. She falls over _____ when she sees her mother-in-law.
- adv.* at, to, or toward the direction or place that is behind or rear
45. The _____ in the instructions made it difficult for her to complete the task.
- n.* the quality of being open to more than one interpretation; the uncertainty of meaning
46. He should _____ more with his colleagues.
- v.* to communicate or react with somebody
47. He has an _____ knowledge of American history.
- adj.* having a very close friendship, personal
48. Too much variety may _____ and confuse viewers.
- v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

ANSWERS: 41. involves, 42. discuss, 43. warn, 44. backward, 45. ambiguity, 46. interact, 47. intimate, 48. overwhelm

49. He bought a new _____ to attach the strap to his watch.

- n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

50. The protesters became _____ when the police tried to disperse them.

- adj.* involving or caused by physical force or aggression against someone or something

51. We made _____ modifications to reflect the views of both sides.

- adj.* very small in degree or amount

52. The _____ partially destroyed my vehicle.

- n.* an unfortunate event, especially one causing damage or injury

53. It is a basic instinct to _____ from a dangerous situation.

- v.* to leave by running away, especially out of fear or danger

54. We hit the ground to _____ out the rabbits.

- v.* to frighten a person or animal, or to become frightened

55. The daring _____ act left the audience gasping in amazement.

- n.* a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics

56. People can pick out superior products _____ of the quality of the advertising.

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

ANSWERS: 49. stud, 50. violent, 51. slight, 52. accident, 53. flee, 54. scare, 55. trapeze, 56. regardless

57. The manager tried to hear customers' voices _____.

adv. from the source; directly; (adjective) received directly from a source

58. Skydiving is an overwhelming _____ for many people.

n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

59. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

60. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

61. The shipwreck _____ was rescued after floating in the ocean for three days.

n. a person who remains alive after an event in which others have died

62. Use a singular _____ if the subject is singular.

n. a word or phrase that describes an action, state, or experience

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

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

64. The _____ of the two groups is good for brainstorming.

n. the act of connecting with someone, mainly when working, playing, or spending time with them

65. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

ANSWERS: 57. firsthand, 58. thrill, 59. specific, 60. ultimate, 61. survivor, 62. verb, 63. unique, 64. interaction, 65. privilege

66. The stories of war crimes filled her with _____.

n. intense fear or disgust, especially at something shocking or terrifying

ANSWERS: 66. horror