

Englist.me



Vocabulary Builder Reference from...

YeYoon Kim: What kids can teach adults about asking for help | TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

thermos

n. a container designed to keep its contents at a constant temperature, usually by having a vacuum-insulated double wall

synonym: vacuum flask, insulated bottle

(1) keep coffee hot with a **thermos**, (2) stainless steel

thermos

My **thermos** cup keeps my coffee hot all day at work.

discreet

adj. characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense

synonym: cautious, careful, circumspect

(1) **discreet** manner, (2) **discreet** conversation

He was **discreet** with the sensitive information he had been entrusted with.

kimchi

n. a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes

synonym: pickled vegetables, spicy cabbage, Korean food

(1) **kimchi** recipe, (2) spicy **kimchi** paste

There are many different varieties of **kimchi**, each with its

unique taste and texture.

discontent

n. dissatisfaction or unhappiness with a situation or condition; a feeling of displeasure or disapproval

synonym: dissatisfaction, unrest, displeasure

(1) political **discontent**, (2) widespread **discontent**

The worker's **discontent** with their wages led to a strike.

puzzled

adj. confused or uncertain because you do not understand something

synonym: confused, perplexed, bewildered

(1) **puzzled** expression, (2) **puzzled** by the question

She was **puzzled** by the strange behavior of her cat.

jealousy

n. a feeling of resentment or bitterness towards someone because they have something that you desire

synonym: envy, covetousness, resentment

(1) **jealousy** feeling towards another person, (2) burn with **jealousy**

His **jealousy** of his brother's success caused a rift in their relationship.

recess

n. a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

synonym: break, interval, pause

(1) a court **recess**, (2) during noon **recess**

The company decided to take a **recess** and reconvene the meeting later that day.

lamine

n. a material made by bonding together two or more layers of different materials, often used in furniture or flooring

synonym: veneer, coating, layer

(1) **lamine** flooring, (2) **lamine** table

The countertop in my kitchen is made of durable **lamine** material.

yell	<p>v. to shout in a sudden and loud way</p> <p><i>synonym</i>: shout, scream, cry</p> <p>(1) yell for help, (2) yell as loud as we can</p> <p>When I asked my father for more money, he became furious and yelled at me.</p>
tremble	<p>v. to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness</p> <p><i>synonym</i>: shiver, flutter, quaver</p> <p>(1) tremble in fear, (2) tremble violently with emotion</p> <p>When I heard the news, my whole body trembled with excitement.</p>
reprimand	<p>v. to express severe disapproval of someone, typically in a formal statement or action; (noun) a rebuke or scolding given to someone, especially by an authority figure, for a mistake or misbehavior</p> <p><i>synonym</i>: rebuke, admonition, scolding</p> <p>(1) reprimand me for staying out too late, (2) official reprimand</p> <p>The teacher reprimanded the student for cheating on the test.</p>
bruise	<p>n. a mark caused by a blow, typically one that is purple or black on the skin</p> <p><i>synonym</i>: contusion, injury, wound</p> <p>(1) livid bruise, (2) earlier emotional bruise</p> <p>She had a bruise on her arm from where she fell on the playground.</p>
opportune	<p>adj. suitable or happening at a time that is suitable or convenient for a particular purpose</p> <p><i>synonym</i>: suitable, timely, practical</p> <p>(1) opportune occasion, (2) an opportune remark</p> <p>The phone rang at the most opportune time.</p>

conquer

v. to bring under control by force or authority

synonym: defeat, overpower, subdue

(1) **conquer** fatal disease, (2) **conquer** the world

You must **conquer** your anxiety about driving.

distract

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

synonym: divert, preoccupy, confuse

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

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

preach

v. to deliver a religious or moral message to an audience

synonym: expound, advocate, sermonize

(1) **preach** the gospel, (2) **preach** to the masses

The pastor **preached** about the importance of forgiveness.

slap

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

synonym: smack, hit, whack

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

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

burnout

n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

synonym: breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

understatement

n. an expression that describes something as less important or serious than it really is

synonym: minimization, underplay, underrating

(1) with a certain **understatement**, (2) master of **understatement**

It's just a small fire, the firefighter said, in a classic **understatement**.

swell

v. to become larger or more inflated; to become more intense or important

synonym: expand, increase, inflate

(1) **swell** at room temperature, (2) **swell** a population

His arm was **swelling** from the insect bite.

hoarse

adj. having a rough or harsh-sounding voice, often due to illness, strain, or overuse of the vocal cords

synonym: gravelly, raspy, harsh

(1) **hoarse** cough, (2) **hoarse** whisper

The teacher's voice became **hoarse** after lecturing for three hours.

wail

v. to make a prolonged, high-pitched cry expressing grief, pain, or anger

synonym: moan, keen, lament

(1) **wail** in sorrow, (2) **wail** in pain

The baby **wailed** loudly, signaling its hunger.

recollection

n. the act of remembering or the state of being remembered

synonym: memory, reminiscence, remembrance

(1) a vague **recollection**, (2) **recollection** of a traumatic event

The older man's **recollections** of his youth were filled with stories of adventure and romance.

tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

synonym: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

self-reliant

adj. able to rely on oneself or one's abilities; not needing or depending on others for support or guidance

synonym: independent, self-sufficient, autonomous

(1) **self-reliant** person, (2) **self-reliant** community

After moving to a new city, she became more **self-reliant** and learned to navigate the streets independently.

Session 2: Spelling

- | | |
|-----------------------------|--|
| 1. sel_____ant person | <i>adj.</i> able to rely on oneself or one's abilities; not needing or depending on others for support or guidance |
| 2. co_____r fatal disease | <i>v.</i> to bring under control by force or authority |
| 3. di_____ct public opinion | <i>v.</i> to draw someone's attention away from what they are trying to do |
| 4. ki____i recipe | <i>n.</i> a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes |
| 5. tr_____e in fear | <i>v.</i> to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness |
| 6. ti____e up my spine | <i>v.</i> to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement |
| 7. ho____e whisper | <i>adj.</i> having a rough or harsh-sounding voice, often due to illness, strain, or overuse of the vocal cords |
| 8. la_____te flooring | <i>n.</i> a material made by bonding together two or more layers of different materials, often used in furniture or flooring |

ANSWERS: 1. self-reliant, 2. conquer, 3. distract, 4. kimchi, 5. tremble, 6. tingle, 7. hoarse, 8. laminate

- | | |
|------------------------------|--|
| 9. spicy ki___i paste | <i>n.</i> a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes |
| 10. ti___e with anticipation | <i>v.</i> to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement |
| 11. widespread dis_____nt | <i>n.</i> dissatisfaction or unhappiness with a situation or condition; a feeling of displeasure or disapproval |
| 12. y___l as loud as we can | <i>v.</i> to shout in a sudden and loud way |
| 13. w___l in pain | <i>v.</i> to make a prolonged, high-pitched cry expressing grief, pain, or anger |
| 14. s___p on the back | <i>v.</i> to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly |
| 15. s___p a heavy fine | <i>v.</i> to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly |
| 16. a court re___s | <i>n.</i> a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court |

ANSWERS: 9. kimchi, 10. tingle, 11. discontent, 12. yell, 13. wail, 14. slap, 15. slap, 16. recess

- | | |
|--------------------------------|---|
| 17. la____te table | <i>n.</i> a material made by bonding together two or more layers of different materials, often used in furniture or flooring |
| 18. sw__l at room temperature | <i>v.</i> to become larger or more inflated; to become more intense or important |
| 19. master of und_____ent | <i>n.</i> an expression that describes something as less important or serious than it really is |
| 20. with a certain und_____ent | <i>n.</i> an expression that describes something as less important or serious than it really is |
| 21. sel_____ant community | <i>adj.</i> able to rely on oneself or one's abilities; not needing or depending on others for support or guidance |
| 22. political dis_____nt | <i>n.</i> dissatisfaction or unhappiness with a situation or condition; a feeling of displeasure or disapproval |
| 23. di_____et conversation | <i>adj.</i> characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense |
| 24. earlier emotional br___e | <i>n.</i> a mark caused by a blow, typically one that is purple or black on the skin |
| 25. an op_____ne remark | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 26. pr___h the gospel | <i>v.</i> to deliver a religious or moral message to an audience |

ANSWERS: 17. laminate, 18. swell, 19. understatement, 20. understatement, 21. self-reliant, 22. discontent, 23. discreet, 24. bruise, 25. opportune, 26. preach

27. ho___e cough	<i>adj.</i> having a rough or harsh-sounding voice, often due to illness, strain, or overuse of the vocal cords
28. burn with je____sy	<i>n.</i> a feeling of resentment or bitterness towards someone because they have something that you desire
29. tr____e violently with emotion	<i>v.</i> to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness
30. di____ct attention from the real issue	<i>v.</i> to draw someone's attention away from what they are trying to do
31. keep coffee hot with a th____s	<i>n.</i> a container designed to keep its contents at a constant temperature, usually by having a vacuum-insulated double wall
32. rec______ion of a traumatic event	<i>n.</i> the act of remembering or the state of being remembered
33. di____et manner	<i>adj.</i> characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense
34. official re____nd	<i>v.</i> to express severe disapproval of someone, typically in a formal statement or action; (noun) a rebuke or scolding given to someone, especially by an authority figure, for a mistake or misbehavior

ANSWERS: 27. hoarse, 28. jealousy, 29. tremble, 30. distract, 31. thermos, 32. recollection, 33. discreet, 34. reprimand

35. livid br___e	<i>n.</i> a mark caused by a blow, typically one that is purple or black on the skin
36. stainless steel th____s	<i>n.</i> a container designed to keep its contents at a constant temperature, usually by having a vacuum-insulated double wall
37. je____sy feeling towards another person	<i>n.</i> a feeling of resentment or bitterness towards someone because they have something that you desire
38. co____r the world	<i>v.</i> to bring under control by force or authority
39. re____nd me for staying out too late	<i>v.</i> to express severe disapproval of someone, typically in a formal statement or action; (noun) a rebuke or scolding given to someone, especially by an authority figure, for a mistake or misbehavior
40. during noon re____s	<i>n.</i> a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court
41. a vague rec____ion	<i>n.</i> the act of remembering or the state of being remembered
42. y__l for help	<i>v.</i> to shout in a sudden and loud way
43. sw__l a population	<i>v.</i> to become larger or more inflated; to become more intense or important
44. mental bu____t	<i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

ANSWERS: 35. bruise, 36. thermos, 37. jealousy, 38. conquer, 39. reprimand, 40. recess, 41. recollection, 42. yell, 43. swell, 44. burnout

- | | |
|------------------------------|---|
| 45. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 46. pu_____d by the question | <i>adj.</i> confused or uncertain because you do not understand something |
| 47. pr____h to the masses | <i>v.</i> to deliver a religious or moral message to an audience |
| 48. w__l in sorrow | <i>v.</i> to make a prolonged, high-pitched cry expressing grief, pain, or anger |
| 49. bu_____t syndrome | <i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking |
| 50. pu_____d expression | <i>adj.</i> confused or uncertain because you do not understand something |

ANSWERS: 45. opportune, 46. puzzled, 47. preach, 48. wail, 49. burnout, 50. puzzled

Session 3: Fill in the Blanks

1. The teacher _____ the student for cheating on the test.
v. to express severe disapproval of someone, typically in a formal statement or action; (noun) a rebuke or scolding given to someone, especially by an authority figure, for a mistake or misbehavior
2. His _____ of his brother's success caused a rift in their relationship.
n. a feeling of resentment or bitterness towards someone because they have something that you desire
3. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
4. There are many different varieties of _____ each with its unique taste and texture.
n. a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes
5. After moving to a new city, she became more _____ and learned to navigate the streets independently.
adj. able to rely on oneself or one's abilities; not needing or depending on others for support or guidance
6. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
7. The baby _____ loudly, signaling its hunger.
v. to make a prolonged, high-pitched cry expressing grief, pain, or anger

ANSWERS: 1. reprimanded, 2. jealousy, 3. opportune, 4. kimchi, 5. self-reliant, 6. distract, 7. wailed

8. You must _____ your anxiety about driving.
v. to bring under control by force or authority
9. When I heard the news, my whole body _____ with excitement.
v. to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness
10. He was _____ with the sensitive information he had been entrusted with.
adj. characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense
11. The worker's _____ with their wages led to a strike.
n. dissatisfaction or unhappiness with a situation or condition; a feeling of displeasure or disapproval
12. My _____ cup keeps my coffee hot all day at work.
n. a container designed to keep its contents at a constant temperature, usually by having a vacuum-insulated double wall
13. The teacher's voice became _____ after lecturing for three hours.
adj. having a rough or harsh-sounding voice, often due to illness, strain, or overuse of the vocal cords
14. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
15. The countertop in my kitchen is made of durable _____ material.
n. a material made by bonding together two or more layers of different materials, often used in furniture or flooring

ANSWERS: 8. conquer, 9. trembled, 10. discreet, 11. discontent, 12. thermos, 13. hoarse, 14. yelled, 15. laminate

16. My nerves began to _____ before the show started.

- v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

17. She had a _____ on her arm from where she fell on the playground.

- n.* a mark caused by a blow, typically one that is purple or black on the skin

18. She was _____ by the strange behavior of her cat.

- adj.* confused or uncertain because you do not understand something

19. He suffered from job _____ because of hard work.

- n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

20. The company decided to take a _____ and reconvene the meeting later that day.

- n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

21. It's just a small fire, the firefighter said, in a classic _____.

- n.* an expression that describes something as less important or serious than it really is

22. The pastor _____ about the importance of forgiveness.

- v.* to deliver a religious or moral message to an audience

23. The older man's _____ of his youth were filled with stories of adventure and romance.

- n.* the act of remembering or the state of being remembered

ANSWERS: 16. tingle, 17. bruise, 18. puzzled, 19. burnout, 20. recess, 21. understatement, 22. preached, 23. recollections

24. The politician tried to _____ down the rumors about his personal life.

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

25. His arm was _____ from the insect bite.

- v. to become larger or more inflated; to become more intense or important

ANSWERS: 24. slap, 25. swelling