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Vocabulary Builder Reference from...

Matt Walker: How sleep affects your emotions | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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.

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**.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

synonym: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of

thinking

How did he **react** to your idea?

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.

deprive

v. to take away something from someone

synonym: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status
He was **deprived** of his freedom when sentenced to life in prison.

scan

v. to examine something hastily, with the eyes or with a machine, to get information

synonym: look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF
She stood on the podium and **scanned** an audience.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain
The organizational **structure** of start-ups is often flat and straightforward.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage
The **amygdala** has been associated with memories of past emotional events.

centerpiece

n. the most important or attractive part of something; something placed at the center of something, as on a table

synonym: highlight, focal point, heart

(1) the **centerpiece** of the meal, (2) **centerpiece** proposal
His writing activities are the **centerpiece** of his life.

reaction

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

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.

appropriate

adj. suitable or proper in the circumstances; fitting

synonym: fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

moderate

adj. being within reasonable limits; not excessive or extreme

synonym: average, middle-of-the-road, tempered

(1) **moderate** growth, (2) **moderate** risk

He had a **moderate** understanding of the topic but needed further research.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade
She received her **degree** in psychology from the university.

hyperactive

adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

synonym: hyperkinetic, overactive, restless

(1) **hyperactive** child, (2) **hyperactive** imagination
The **hyperactive** dog was running around the house, knocking things over.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

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.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

top-down

adj. controlled or implemented from the highest level of authority or management

synonym: centralized, hierarchical

(1) **top-down** management, (2) **top-down** approach

The **top-down** management approach could have been more effective in implementing organizational changes.

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.

evolve

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

synonym: develop, mature, grow

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

Eyeless fish **evolved** in dark caves.

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.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

essentially

adv. relating to the essential features or concepts of anything

synonym: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same
Essentially, a society is an organism.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym: speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car

The government tried to **accelerate** the commercialization of this development.

pedal

n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument

synonym: treadle, accelerator

(1) clutch **pedal**, (2) piano **pedal**

He pressed the **pedal** with all his might, but the car still wouldn't start.

regulatory

adj. having the power to control or restrict something such as business or industry according to rules or principles

synonym: regulative, managerial

(1) **regulatory** cells, (2) compliance with **regulatory** requirements

In the past, Japanese banks were protected by **regulatory** control.

brake

n. a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels

synonym: damper, restraint, check

(1) apply the **brake**, (2) **brake** pedal

The results of that election put a **brake** on political reform.

buckle

v. to bend out of shape, as under pressure or from heat;
(noun) a device used for fastening two loose ends of a belt or strap

synonym: bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

integrity

n. the quality of being honest and having strong moral principles; the state of being whole and undivided

synonym: honesty, honor, morality

(1) a person of **integrity**, (2) **integrity** of data

The company's reputation for honesty and **integrity** is highly valued among its customers.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

aid

n. things sent to help countries in need, notably food or money; support

synonym: helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

nocturnal

adj. relating to or occurring in the night; active or awake during the night

synonym: nighttime, nightly, after-dark

(1) **nocturnal** insects, (2) **nocturnal** habits

Nocturnal animals, such as owls and bats, are active at night.

soothe

v. to calm or comfort someone or something; to make something less painful or uncomfortable

synonym: calm, relax, comfort

(1) **soothe** anxiety, (2) **soothe** a baby to sleep

She applied aloe vera to **soothe** her sunburn.

balm

n. a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress

synonym: ointment, salve, lotion

(1) healing **balm**, (2) soothing **balm**

Aloe vera is a natural **balm** often used to treat burns and rashes.

heal

v. to make a wound or injury to become well again

synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

convalescence

n. the process of recovering from an illness or injury, during which the body gradually returns to health and strength

synonym: recovery, recuperation, rehabilitation

(1) post-surgery **convalescence**, (2) prolonged **convalescence**

After her surgery, she had a long **convalescence** period at home to recover.

Session 2: Spelling

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|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. irr_____al numbers | <i>adj.</i> not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers |
| 2. co____x cells | <i>n.</i> the outermost layer of an organ, especially the brain |
| 3. so____e a baby to sleep | <i>v.</i> to calm or comfort someone or something; to make something less painful or uncomfortable |
| 4. acc_____te the car | <i>v.</i> to make something faster or earlier; to cause to develop or progress more quickly |
| 5. healing b__m | <i>n.</i> a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress |
| 6. mo_____te growth | <i>adj.</i> being within reasonable limits; not excessive or extreme |
| 7. 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 |
| 8. an irr_____al request | <i>adj.</i> not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers |
| 9. financial a_d | <i>n.</i> things sent to help countries in need, notably food or money; support |

ANSWERS: 1. irrational, 2. cortex, 3. soothe, 4. accelerate, 5. balm, 6. moderate, 7. communicate, 8. irrational, 9. aid

10. to_____wn approach	<i>adj.</i> controlled or implemented from the highest level of authority or management
11. unintended con_____ces	<i>n.</i> the outcome of a particular action or event, especially relative to an individual
12. country-by-country a_d programs	<i>n.</i> things sent to help countries in need, notably food or money; support
13. mo_____nt of troops	<i>n.</i> a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
14. in_____ty of data	<i>n.</i> the quality of being honest and having strong moral principles; the state of being whole and undivided
15. the st_____re of a machine	<i>n.</i> the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
16. basic br__n function	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
17. to_____wn management	<i>adj.</i> controlled or implemented from the highest level of authority or management
18. app_____te behavior	<i>adj.</i> suitable or proper in the circumstances; fitting
19. a circular mo_____nt	<i>n.</i> a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 10. top-down, 11. consequence, 12. aid, 13. movement, 14. integrity, 15. structure, 16. brain, 17. top-down, 18. appropriate, 19. movement

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|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20. trigger a re____on | <i>n.</i> a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others |
| 21. s__n the face of the man | <i>v.</i> to examine something hastily, with the eyes or with a machine, to get information |
| 22. re_____te our conduct | <i>v.</i> to control something, especially by means of rules or laws |
| 23. a scientific di_____ry | <i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known |
| 24. clutch pe__l | <i>n.</i> a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument |
| 25. hyp_____ve imagination | <i>adj.</i> excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD) |
| 26. piano pe__l | <i>n.</i> a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument |
| 27. mo_____te risk | <i>adj.</i> being within reasonable limits; not excessive or extreme |
| 28. re__t at a high temperature | <i>v.</i> to take action in response to something |
| 29. h__l a broken bone | <i>v.</i> to make a wound or injury to become well again |
| 30. apply the br__e | <i>n.</i> a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels |

ANSWERS: 20. reaction, 21. scan, 22. regulate, 23. discovery, 24. pedal, 25. hyperactive, 26. pedal, 27. moderate, 28. react, 29. heal, 30. brake

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|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 31. 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 |
| 32. ess_____ly correct | <i>adv.</i> relating to the essential features or concepts of anything |
| 33. cen_____ce proposal | <i>n.</i> the most important or attractive part of something; something placed at the center of something, as on a table |
| 34. st_____re and function of the brain | <i>n.</i> the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts |
| 35. h__l the hurt mind | <i>v.</i> to make a wound or injury to become well again |
| 36. pre_____al bone | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |
| 37. no_____al habits | <i>adj.</i> relating to or occurring in the night; active or awake during the night |
| 38. soothing b__m | <i>n.</i> a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress |
| 39. have a ne_____ve effect | <i>adj.</i> having the quality of something bad or harmful; expressing refusal |
| 40. the decline in am_____la activity | <i>n.</i> one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell |

ANSWERS: 31. communicate, 32. essentially, 33. centerpiece, 34. structure, 35. heal, 36. prefrontal, 37. nocturnal, 38. balm, 39. negative, 40. amygdala

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|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 41. post-surgery con_____nce | <i>n.</i> the process of recovering from an illness or injury, during which the body gradually returns to health and strength |
| 42. acc_____te a chemical reaction | <i>v.</i> to make something faster or earlier; to cause to develop or progress more quickly |
| 43. em_____al health | <i>adj.</i> relating to people's feelings |
| 44. br__e pedal | <i>n.</i> a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels |
| 45. a ne_____ve number | <i>adj.</i> having the quality of something bad or harmful; expressing refusal |
| 46. am_____la damage | <i>n.</i> one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell |
| 47. the cen_____ce of the meal | <i>n.</i> the most important or attractive part of something; something placed at the center of something, as on a table |
| 48. compliance with reg_____ry requirements | <i>adj.</i> having the power to control or restrict something such as business or industry according to rules or principles |
| 49. ev___e over the past decade | <i>v.</i> to develop gradually, or to cause the development of something or someone gradually |
| 50. in_____e a high degree of risk | <i>v.</i> to include or affect someone or something as a necessary part of something else |
| 51. 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 |

ANSWERS: 41. convalescence, 42. accelerate, 43. emotional, 44. brake, 45. negative, 46. amygdala, 47. centerpiece, 48. regulatory, 49. evolve, 50. involve, 51. decision

52. prolonged con_____nce	<i>n.</i> the process of recovering from an illness or injury, during which the body gradually returns to health and strength
53. re__t against his way of thinking	<i>v.</i> to take action in response to something
54. pre_____al region	<i>adj.</i> in or about the foremost part of the frontal lobe of the brain
55. bachelor's de___e	<i>n.</i> a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
56. s__n a document into PDF	<i>v.</i> to examine something hastily, with the eyes or with a machine, to get information
57. visual co___x neuron	<i>n.</i> the outermost layer of an organ, especially the brain
58. so___e anxiety	<i>v.</i> to calm or comfort someone or something; to make something less painful or uncomfortable
59. the con_____ce of an argument	<i>n.</i> the outcome of a particular action or event, especially relative to an individual
60. in_____e a lot of paperwork	<i>v.</i> to include or affect someone or something as a necessary part of something else
61. a person of in_____ty	<i>n.</i> the quality of being honest and having strong moral principles; the state of being whole and undivided
62. de_____e others of profit	<i>v.</i> to take away something from someone

ANSWERS: 52. convalescence, 53. react, 54. prefrontal, 55. degree, 56. scan, 57. cortex, 58. soothe, 59. consequence, 60. involve, 61. integrity, 62. deprive

63. se__r a rope	<i>v.</i> to break or separate something by cutting, especially suddenly and forcibly
64. de____e him of his status	<i>v.</i> to take away something from someone
65. se__r a positive relationship	<i>v.</i> to break or separate something by cutting, especially suddenly and forcibly
66. the great di____ry of the century	<i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known
67. permanent br__n damage	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
68. bu____e shoe	<i>v.</i> to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
69. become ess____ly same	<i>adv.</i> relating to the essential features or concepts of anything
70. co____t a background check	<i>v.</i> to organize and carry out a particular activity
71. an app____te time	<i>adj.</i> suitable or proper in the circumstances; fitting
72. chemical re____on	<i>n.</i> a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
73. reg____ry cells	<i>adj.</i> having the power to control or restrict something such as business or industry according to rules or principles

ANSWERS: 63. sever, 64. deprive, 65. sever, 66. discovery, 67. brain, 68. buckle, 69. essentially, 70. conduct, 71. appropriate, 72. reaction, 73. regulatory

74. em_____al distress	<i>adj.</i> relating to people's feelings
75. ev___e	<i>v.</i> to develop gradually, or to cause the development of something or someone gradually
76. co_____t research	<i>v.</i> to organize and carry out a particular activity
77. no_____al insects	<i>adj.</i> relating to or occurring in the night; active or awake during the night
78. bu___e down to study	<i>v.</i> to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
79. hyp_____ve child	<i>adj.</i> excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
80. 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
81. de___e centigrade	<i>n.</i> a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
82. re_____te blood sugar levels	<i>v.</i> to control something, especially by means of rules or laws

ANSWERS: 74. emotional, 75. evolve, 76. conduct, 77. nocturnal, 78. buckle, 79. hyperactive, 80. decision, 81. degree, 82. regulate

Session 3: Fill in the Blanks

1. He pressed the _____ with all his might, but the car still wouldn't start.
n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
2. These economic activities had disastrous environmental _____.
n. the outcome of a particular action or event, especially relative to an individual
3. We must manage to _____ our expenditure.
v. to control something, especially by means of rules or laws
4. He had a _____ understanding of the topic but needed further research.
adj. being within reasonable limits; not excessive or extreme
5. The organizational _____ of start-ups is often flat and straightforward.
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
6. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again
7. She applied aloe vera to _____ her sunburn.
v. to calm or comfort someone or something; to make something less painful or uncomfortable
8. The government tried to _____ the commercialization of this development.
v. to make something faster or earlier; to cause to develop or progress more quickly

ANSWERS: 1. pedal, 2. consequences, 3. regulate, 4. moderate, 5. structure, 6. heal, 7. soothe, 8. accelerate

9. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
10. Pakistan's ____ budget was still being reviewed.
- n.* things sent to help countries in need, notably food or money; support
11. Her research team made an important _____.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
12. 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
13. He _____ a branch from a tree quickly.
- v.* to break or separate something by cutting, especially suddenly and forcibly
14. The _____ of the dancers on stage was graceful and elegant.
- n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
15. She stood on the podium and _____ an audience.
- v.* to examine something hastily, with the eyes or with a machine, to get information
16. The results of that election put a _____ on political reform.
- n.* a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels

ANSWERS: 9. degree, 10. aid, 11. discovery, 12. brain, 13. severed, 14. movement, 15. scanned, 16. brake

17. In the past, Japanese banks were protected by _____ control.

adj. having the power to control or restrict something such as business or industry according to rules or principles

18. He was _____ of his freedom when sentenced to life in prison.

v. to take away something from someone

19. Aloe vera is a natural _____ often used to treat burns and rashes.

n. a soothing substance or treatment used to alleviate pain or discomfort often applied to the skin; a comforting influence or alleviation for grief or distress

20. Eyeless fish _____ in dark caves.

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

21. 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

22. Police will _____ random breath testing for drunk driving.

v. to organize and carry out a particular activity

23. 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

24. The movie has received almost universally _____ criticism.

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

ANSWERS: 17. regulatory, 18. deprived, 19. balm, 20. evolved, 21. communicate, 22. conduct, 23. involves, 24. negative

25. It would be _____ to dress nicely for the wedding.

adj. suitable or proper in the circumstances; fitting

26. The severe heat wave _____ railway tracks.

v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap

27. There was a chemical _____ of the lime with the groundwater.

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

28. The _____ has been associated with memories of past emotional events.

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

29. _____ animals, such as owls and bats, are active at night.

adj. relating to or occurring in the night; active or awake during the night

30. The _____ dog was running around the house, knocking things over.

adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

31. The _____ management approach could have been more effective in implementing organizational changes.

adj. controlled or implemented from the highest level of authority or management

32. The company's reputation for honesty and _____ is highly valued among its customers.

n. the quality of being honest and having strong moral principles; the state of being whole and undivided

ANSWERS: 25. appropriate, 26. buckled, 27. reaction, 28. amygdala, 29. Nocturnal, 30. hyperactive, 31. top-down, 32. integrity

33. Research shows that damage to the _____ cortex leads to increased aggression.

adj. in or about the foremost part of the frontal lobe of the brain

34. How did he _____ to your idea?

v. to take action in response to something

35. The cerebral _____ consists of six layers.

n. the outermost layer of an organ, especially the brain

36. His writing activities are the _____ of his life.

n. the most important or attractive part of something; something placed at the center of something, as on a table

37. 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

38. After her surgery, she had a long _____ period at home to recover.

n. the process of recovering from an illness or injury, during which the body gradually returns to health and strength

39. They continued to endure _____ treatment by the dictatorship.

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

40. _____ a society is an organism.

adv. relating to the essential features or concepts of anything

ANSWERS: 33. prefrontal, 34. react, 35. cortex, 36. centerpiece, 37. decision, 38. convalescence, 39. irrational, 40. Essentially,

41. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

ANSWERS: 41. emotional