

# Englist.me



## Vocabulary Builder Reference from...

*Matt Walker: A walk through the stages of sleep | TED Talk*

[https://www.ted.com/talks/matt\\_walker\\_a\\_walk\\_throu\\_gh\\_the\\_stages\\_of\\_sleep](https://www.ted.com/talks/matt_walker_a_walk_throu_gh_the_stages_of_sleep)

### 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

### imaginative

*adj.* having or showing new and creative ideas

*synonym*: creative, innovative, inventive

(1) capable of **imaginative** creation, (2) **imaginative** as a child

She is a hard worker but not very **imaginative**.

### erupt

*v.* (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently

*synonym*: eject, emit, burst

(1) **erupt** in anger, (2) **erupt** into tears

Battles between whites and blacks **erupted** immediately.

### recharge

*v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep

*synonym*: renew, refresh, replenish

(1) **recharge** brain and body, (2) **recharge** energy

He needed to **recharge** his phone before the meeting.

### overhaul

*n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine,

repair, and improve something to ensure that it is functioning properly and up to standard

*synonym*: renovation, revamp, modernization

(1) **overhaul** process, (2) vehicle **overhaul**

The mechanic suggested an **overhaul** of the engine to improve performance.

## hallucinogen

*n.* a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline

*synonym*: psychedelic drug, mind-bender

(1) **hallucinogen** effects, (2) take a **hallucinogen**

Psilocybin is a type of **hallucinogen** found in some mushrooms.

## seesaw

*n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground

*synonym*: teeter-totter, balance board

(1) **seesaw** motion, (2) **seesaw** effect

The children played on the **seesaw** in the park.

## detriment

*n.* something that causes harm, injury, or damage

*synonym*: harm, damage, injury

(1) **detriment** of society, (2) bring great **detriment**

The new approach resulted in a significant **detriment** to the local economy.

## Session 2: Spelling

1. de\_\_\_\_\_nt of society *n.* something that causes harm, injury, or damage
2. ima\_\_\_\_\_ve as a child *adj.* having or showing new and creative ideas
3. vehicle ov\_\_\_\_\_ul *n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
4. se\_\_\_\_w motion *n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground
5. ov\_\_\_\_\_ul process *n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
6. re\_\_\_\_\_ge energy *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep

ANSWERS: 1. detriment, 2. imaginative, 3. overhaul, 4. seesaw, 5. overhaul, 6. recharge

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| 7. hal_____gen effects             | <i>n.</i> a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline |
| 8. bring great de_____nt           | <i>n.</i> something that causes harm, injury, or damage  |
| 9. er__t into tears                | <i>v.</i> (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently  |
| 10. se___w effect                  | <i>n.</i> a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground                |
| 11. capable of ima_____ve creation | <i>adj.</i> having or showing new and creative ideas   |
| 12. take a hal_____gen             | <i>n.</i> a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline |
| 13. re_____ge brain and body       | <i>v.</i> to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep        |
| 14. er__t in anger                 | <i>v.</i> (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently  |

ANSWERS: 7. hallucinogen, 8. detriment, 9. erupt, 10. seesaw, 11. imaginative, 12. hallucinogen, 13. recharge, 14. erupt

## Session 3: Fill in the Blanks

1. The mechanic suggested an \_\_\_\_\_ of the engine to improve performance.  
*n.* a thorough examination, evaluation, or inspection of something, often with the intent of making necessary improvements; a major reorganization or restructuring of a system or process; (verb) to thoroughly examine, repair, and improve something to ensure that it is functioning properly and up to standard
  
2. The new approach resulted in a significant \_\_\_\_\_ to the local economy.  
*n.* something that causes harm, injury, or damage
  
3. She is a hard worker but not very \_\_\_\_\_.  
*adj.* having or showing new and creative ideas
  
4. The children played on the \_\_\_\_\_ in the park.  
*n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground
  
5. He needed to \_\_\_\_\_ his phone before the meeting.  
*v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
  
6. Battles between whites and blacks \_\_\_\_\_ immediately.  
*v.* (of a volcano) to become active and eject rocks, smoke, etc.; to start abruptly and violently
  
7. Psilocybin is a type of \_\_\_\_\_ found in some mushrooms.  
*n.* a substance that produces hallucinations (i.e., perceptions of things that are not present or real), such as LSD, psilocybin, or mescaline

ANSWERS: 1. overhaul, 2. detriment, 3. imaginative, 4. seesaw, 5. recharge, 6. erupted, 7. hallucinogen

ANSWERS: