

Englist.me



Vocabulary Builder Reference from...

Anne Marie Albano: How to raise kids who can overcome anxiety | TED Talk

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

All Words

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

lightning

n. a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash

synonym : bolt, electrical discharge

(1) streaks of **lightning**, (2) **lightning** air strike

The human eye is **lightning-fast** in recognizing objects.

insect

n. any small creature that has six legs and a body divided into three sections

(1) **insect** antenna, (2) **insect** biology

These **insects** are more prevalent above a certain latitude.

costume

n. a set of clothes worn by an actor in a play or film or by a person representing a particular character or occupation

synonym : attire, garb, outfit

(1) **costume** party, (2) **costume** change

She wore a beautiful **costume** for the play.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym : harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

phobia

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

synonym : fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**

She has a **phobia** of spiders and always avoids them.

injection

n. the act of introducing a liquid, especially a drug, into the body using a needle and a syringe

synonym : shot, infusion, dose

(1) fuel **injection**, (2) **injection** needle

He received an **injection** of antibiotics to treat his infection.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym : toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

physically

adv. in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

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.

stun

v. to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

synonym : shock, amaze, astound

(1) **stun** fish, (2) **stun** an audience

This sprinter **stunned** the world with his speed.

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.

vaccine

n. a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

synonym : vaccinum

(1) development of **vaccines**, (2) an oral **vaccine**

The mRNA **vaccine** was approved in less than a year because it did not contain the fragments of the target virus.

parochial

adj. related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings

synonym : narrow-minded, insular, provincial

(1) **parochial** views, (2) **parochial** community

The **parochial** attitude of the small town made it difficult for outsiders to feel welcome.

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.

accent

n. a distinctive way of pronouncing the words of a language that shows which area, country, or social

group a person comes from; particular importance or significance

synonym : articulation, inflection, pronunciation

(1) a foreign **accent**, (2) put the **accent** on comfort

She has a thick southern **accent**.

precious

adj. uncommon and extremely valuable

synonym : adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

laughter

n. the act or sound of laughing

synonym : laugh, chuckle, giggle

(1) **laughter** all around, (2) bring **laughter**

Some doctor says **laughter** is the best medicine.

humiliate

v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

synonym : shame, embarrass, degrade

(1) **humiliate** him publicly, (2) **humiliate** the heckler in the audience

The boss **humiliated** her employee by belittling her in front of her colleagues.

sob

v. to cry or weep with short, sudden sounds

synonym : cry, weep, wail

(1) **sob** out a story, (2) **sob** quietly

She **sobbed** uncontrollably after hearing the news.

distraught

adj. deeply upset, agitated, or emotionally troubled

synonym : upset, troubled, distressed

(1) **distraught** with grief, (2) **distraught** emotions

After receiving the bad news, he was so **distraught** that he couldn't concentrate on anything else for the rest of the day.

- beg**
- v.* to ask for something urgently or earnestly; to appeal to someone to do something
synonym : plead, implore, entreat
(1) **beg** the question, (2) **beg** for help
She **begged** her parents to let her go to the concert.
- nunnery**
- n.* a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows
synonym : abbey, convent, monastery
(1) **nunnery** life, (2) Catholic **nunnery**
The young woman decided to enter the **nunnery** to pursue a life of religious devotion.
- investigate**
- v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
synonym : examine, analyze, look into
(1) **investigate** the matter, (2) **investigate** a data leak
The committee **investigated** several apparent inconsistencies.
- Monsignor**
- n.* a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church
synonym : archbishop, prelate, bishop
(1) **Monsignor's** guidance, (2) **Monsignor's** duties
The **Monsignor's** robes were adorned with intricate embroidery and gold accents.
- attendance**
- n.* the act of being present at an event or gathering; the number of people present at an event or gathering
synonym : presence, participation, appearance
(1) **attendance** sheet, (2) low **attendance**
Attendance at the meeting is mandatory for all employees.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym: move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

grade

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

synonym: score, rate, degree

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

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

supposedly

adv. according to what is generally assumed or believed without actually knowing for sure

synonym: seemingly, allegedly, purportedly

(1) **supposedly** identical, (2) neckless **supposedly** made of pure gold

He is **supposedly** nominated for a Nobel Prize.

cardinal

n. a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things

synonym: bishop, archbishop, carmine

(1) **cardinal** rule, (2) **cardinal** red

The **cardinal's** robes were made of rich red silk.

bishop

n. a high-ranking member of the Christian clergy who holds spiritual and administrative authority over a geographic region or diocese; a chess piece that moves diagonally and is marked with a symbol resembling a bishop's hat

synonym: clergyman, pastor, priest

(1) **bishop** hat, (2) **bishop's** sermon on forgiveness

The **bishop's** palace was located near the cathedral.

spot

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

synonym : dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor

This remote **spot** is rarely visited.

naive

adj. showing unaffected simplicity and lack of experience, wisdom, or judgment

synonym : innocent, unsophisticated, gullible

(1) **naive** belief, (2) **naive** mistake

The con artist's lies quickly took in the **naive** young man.

introductory

adj. intended as an introduction or preliminary; serving as a base or starting point

synonym : beginning, preliminary, initial

(1) **introductory** biology text, (2) product **introductory** sale

The **introductory** class was designed to give students a basic understanding of the subject.

papal

adj. relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church

synonym : pontifical, papistic, apostolical

(1) **papal** authority, (2) **papal** visit

The **papal** palace was a grand and imposing structure.

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**.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym : quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at

peace.

settle

v. to reach an agreement of disagreement

synonym : inhabit, occupy, decide

(1) **settle** a dispute, (2) **settle** down in the town

I don't want to **settle** for second best.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

stem

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

synonym : branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick

A rose has thorns on its **stem**.

psychiatric

adj. of or relating to the treatment or study of mental illness or disorders

synonym : mental, psychological, psychotherapeutic

(1) people with **psychiatric** disorders, (2) **psychiatric** hospital

The **psychiatric** evaluation revealed that the patient had been suffering from anxiety.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym : chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental

disorder.

adolescent

n. a young person who is in the process of developing from a child into an adult

synonym: teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

severely

adv. very badly or seriously

synonym: harshly, hardly, oppressively

(1) **severely** burned arm, (2) criticize him **severely**

Her company was **severely** affected by the bank's failure.

impair

v. to damage something or make it weaker or worse

synonym: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

peer

n. a person who has the same age, status, or ability

synonym: fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym: scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience
The news of the pandemic was a **frightening** reminder of the fragility of human health.

uncomfortable

adj. providing or feeling physical discomfort or slight pain
synonym: comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

misery

n. a state of ill-being due to affliction or misfortune

synonym: affliction, despair, anguish

(1) live in **misery**, (2) untold **misery**

Our company suffered **misery** from incurring a heavy loss.

wit

n. the ability to say or write things or ideas in a clever and humorous way

synonym: humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**

He has the **wit** to keep talking about this topic.

distress

n. a feeling of great worry, sadness, pain, or discomfort

synonym: discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**

She has been in great **distress** since she was heartbroken.

tale

n. a story made up in someone's imagination, especially one full of action and adventure

synonym: canard, fiction, fable

(1) a fairy **tale**, (2) **tale** of horror

Ghosts in folk **tales** are almost always malicious.

embarrass

v. to cause someone to feel awkward, worried, or ashamed
synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project
He looked for an opportunity to **embarrass** that actor in public.

upset

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

synonym: disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach
He was awfully **upset** by the news.

vaccinate

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

synonym: immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

inoculate

v. to introduce a vaccine into the body to produce immunity to a specific disease

synonym: vaccinate, immunize, protect

(1) **inoculate** against disease, (2) **inoculate** with a virus

The doctor **inoculated** the child with a vaccine.

measles

n. a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children

synonym: rash, red measles, rubella

(1) **measles** outbreak, (2) **measles** vaccine

The school sent a notice of a **measles** case in one of the classrooms.

- lifetime** *n.* the duration of someone's life or something's existence;
synonym : lifespan, duration
(1) **lifetime** benefits, (2) **lifetime** ban from the sport
She had lived through two world wars in her **lifetime**.
- excessive** *adj.* greater than what seems necessary, normal, or desirable
synonym : unreasonable, exorbitant, inflated
(1) an **excessive** force, (2) take **excessive** care
It would be best if you did not demand such an **excessive** charge.
- superbug** *n.* a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications
synonym : super bacteria, antibiotic-resistant bacteria
(1) **superbug** outbreak, (2) **superbug** infection
The hospital is battling a **superbug** that is resistant to antibiotics.
- infectious** *adj.* able to be passed quickly from one person, animal, or plant to another, especially through air or water
synonym : contagious, epidemic, transmittable
(1) an **infectious** fever, (2) person's smile is **infectious**
Leprosy is an indolent **infectious** disease.
- multiply** *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
synonym : boost, amplify, reproduce
(1) **multiply** 5 and 6, (2) **multiply** about hundredfold
Multiply a number by itself twice.
- 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.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

untreated

adj. not given medical care or treatment; not subjected to chemical or physical treatment

synonym: raw, unprocessed, coarse

(1) an **untreated** disease, (2) dispose of **untreated** formalin solution

Heat stroke is the result of **untreated** heat exhaustion.

depression

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

synonym: recession, slump, despair

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

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

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

substance

n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

synonym : essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem
The **substance** of the argument was well-presented.

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.

suicide

n. the act of killing yourself intentionally

synonym : self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

psychology

n. the scientific study of mind and behavior

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

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

tolerate

v. to allow something to exist or happen, even if it is disliked or opposed

synonym : endure, put up with, bear

(1) **tolerate** his disrespectful behavior, (2) **tolerate** ambiguity

I can't **tolerate** spicy food, and it always gives me heartburn

occasional

adj. happening or appearing at irregular intervals; not constant or regular

synonym : infrequent, sporadic, irregular

(1) **occasional** visitor, (2) **occasional** assistance
She only visited her grandparents on **occasional** weekends.

essence

n. the basic or most important part or quality of something that makes it what it is

synonym: core, nature, disposition

(1) vanilla **essence**, (2) universal **essence**

University teaches the art of understanding the **essence** of the matter.

homegrown

adj. grown or produced locally rather than imported from another area

synonym: indigenous, local, native

(1) **homegrown** talent, (2) **homegrown** produce

The restaurant prides itself on its **homegrown** ingredients sourced from local farms.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym: vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

cognitive

adj. of or relating to mental processes of understanding

synonym: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack

of sleep.

colleague

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

synonym: coworker, associate, fellow

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

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

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.

random

adj. made, done, or happening without method, conscious decision, or any regular pattern

synonym: incidental, arbitrary, unanticipated

(1) a **random** choice, (2) bombs fell at **random**

To find drunk drivers, police conduct **random** tests.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

serotonin

n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

uptake

n. the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating

synonym: absorption, incorporation, intake

(1) **uptake** rate, (2) **uptake** of calcium

The **uptake** of the new technology was slower than expected.

inhibitor

n. a substance or agent that slows down or prevents a chemical reaction or biological process from occurring at normal rates, often used in medicine or industrial applications to control or regulate various functions or reactions

synonym: hinderer, suppressor, blocker

(1) **inhibitor** protein, (2) chemical **inhibitor**

The virus uses an enzyme **inhibitor** to block the immune system's response.

combination

n. a collection of things that have been combined; an assemblage of separate parts or qualities

synonym: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

upward

adv. toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

synonym: skyward, uphill

(1) look **upward**, (2) demonstrate an **upward** trend

The company adjusted the revenue **upward**.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

relapse

n. the fact of becoming ill or starting to misbehave again after making an improvement

synonym: degeneration, deterioration, retrogression

(1) biochemical **relapse**, (2) **relapse** prevention

He had a **relapse** because he was working through the night.

hypothesize

v. to form or present a theory or explanation without sufficient evidence; to speculate

synonym: speculate, theorize, conjecture

(1) **hypothesize** as to outcomes, (2) **hypothesize** what could have happened

Scientists **hypothesize** that the new fish species evolved to survive in deep-sea environments.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

synonym: interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

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.

lab

n. a workplace for the conduct of scientific research; a laboratory

synonym: workshop, laboratory, research chamber

(1) **lab** instrument, (2) medical **lab**

The Prime Minister will pay a courtesy visit to the Nobel laureate's **lab**.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

trend

n. a general direction in which something is changing or developing

synonym : direction, movement, tendency

(1) an international **trend**, (2) the **trend** away from television

The oil price continued their downward **trend**.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym : unknowingly, unintentionally, accidentally

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

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

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by

cycle

The food chain causes a material **cycle**.

accommodation

n. a place to live, work, or stay, particularly for a temporary or short-term period; adjustment or adaptation to meet various needs or circumstances

synonym : lodging, housing, quarters

(1) temporary **accommodation**, (2) for your

accommodation

The hotel offers comfortable **accommodations** for both business and leisure travelers.

instinct

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

synonym : intuition, aptitude, feeling

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

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

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.

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.

intervene

v. to intentionally get involved in a situation to improve it or prevent it from getting worse

synonym: interfere, mediate, intercede

(1) **intervene** in a dispute, (2) **intervene** between quarreling parties

Following international law, our country does not **intervene** in the internal affairs of our neighbors.

arrange

v. to plan, prepare for, and carry out something

synonym: set up, order, organize

(1) **arrange** the meeting, (2) the list was **arranged** alphabetically

I need to **arrange** plans with him for the celebration.

playdate

n. a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children

synonym: kids' get-together, child's appointment

(1) **playdate** activities, (2) arrange a **playdate**

My toddler is having a **playdate** with her friend from preschool.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add

detail to something that is in the process of being created

synonym : evolve, progress, advance

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

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

invariably

adv. in every case or on every occasion; without exception

synonym : consistently, always, uniformly

(1) **invariably** polite, (2) **invariably** correct

She **invariably** arrived at the office early each day.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym : meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

sleepover

n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers

synonym : slumber party, overnighter, pajama party

(1) **sleepover** party, (2) girls' **sleepover**

My daughter is having a **sleepover** with her friends tonight.

conflict

n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

synonym : clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

engage

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

synonym : confront, employ, amuse

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

(2) **engage** a new employee

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

resolve

v. to find a suitable answer to the problems or difficulty

synonym : decide, determine, fix

(1) **resolve** a dispute, (2) **resolve** the computer error

This company **resolves** its battery problem completely.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym : block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project

We **delayed** the payment because of an incorrect invoice.

gratification

n. the feeling of being pleased or satisfied as a result of achieving something or having something you want

synonym : satisfaction, pleasure, contentment

(1) instant **gratification**, (2) aesthetic **gratification**

The **gratification** of completing a difficult task is a great feeling.

efficacy

n. the ability or power to produce a desired effect or result; effectiveness

synonym : potency, effectiveness, efficiency

(1) **efficacy** rate, (2) vaccine **efficacy**

The **efficacy** of this medication is still being tested in clinical trials.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym : beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties
He tried to **overcome** a bad reputation and win the election.

anxious

adj. worried and nervous

synonym: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look
He cast **anxious** glances behind her.

confident

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym: certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark
I'm not **confident** in our victory.

contrary

n. acting in opposition to what is expected or desired

synonym: opposing, contradictory, conflicting

(1) the clear **contrary**, (2) **contrary** evidence
The two sides argued their points, but the judge ultimately sided with the **contrary** viewpoint.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades
The older man **suffers** from arthritis and finds it difficult to move around.

incapable

adj. unable to do, control, or achieve something

synonym: unable, incompetent, unskilled

(1) drunk and **incapable**, (2) **incapable** of being resisted
He seems **incapable** of understanding what she says.

reassure

v. to cause someone to feel sure; to give or restore confidence

synonym: comfort, soothe, bolster

(1) **reassure** anxious patients, (2) **reassure** market

The pilot tried to **reassure** the customers that the planes were safe.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym : mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

caution

n. great care and attention that you take to avoid danger or mistakes; a warning against certain acts

synonym : carefulness, warning, notice

(1) extreme **caution**, (2) act with **caution**

He gave a stern **caution** to the naughty student.

impressive

adj. arousing admiration due to size, quality, or skill

synonym : impactful, remarkable, exceptional

(1) **impressive** performances, (2) an **impressive** array of facts

The budget reduction was an **impressive** feat for our nation.

beck

n. a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland

synonym : nod, signal, gesture

(1) **beck** and call, (2) throw a **beck**

The king summoned his subjects with a wave and a **beck** of his hand.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

attend

v. to be present at an event, to go to a place

synonym : go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

graduated

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

synonym : completed, finished, earned

(1) **graduated** taxation, (2) **graduated** flask

She was a **graduated** student of a prestigious university.

relation

n. the way two persons or groups of people feel and act toward one another

synonym : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

appointment

n. a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility

synonym : assignment, selection, commission

(1) **appointment** calendar, (2) take up an **appointment**

We had to reschedule the dentist's **appointment**.

laundry

n. the act of washing clothes and linens; a room or area where clothes are washed and ironed

synonym : wash, clothes, linen

(1) send out the **laundry**, (2) **laundry** room

I need to do the **laundry** before I run out of clean clothes.

flourish

v. to grow or develop vigorously or successfully
synonym : boom, advance, succeed

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

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

enormous

adj. extremely large or great

synonym : huge, giant, gigantic

(1) **enormous** amount, (2) **enormous** potential

Shakespeare's output of poetry was **enormous**.

guilt

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

synonym : regret, remorse, blame

(1) criminal **guilt**, (2) feeling of **guilt**

Shame and **guilt** have significant social influences.

resentment

n. bitterness or indignation at being treated unfairly

synonym : bitterness, enmity, animosity

(1) abiding **resentment**, (2) bitter **resentment**

She felt **resentment** towards her boss for not giving her a promotion.

assist

v. to help someone in doing anything

synonym : help, support, aid

(1) **assist** a patient, (2) **assist** his goal

Please **assist** her with the furniture relocation.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym : engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

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

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

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.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

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.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

typical

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

synonym: characteristic, usual, distinctive

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

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

matter-of-fact

adj. straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion

synonym: practical, pragmatic, realistic

(1) take a **matter-of-fact** approach, (2) **matter-of-fact** explanation

He delivered the news in a **matter-of-fact** tone, without any emotion.

validate

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

synonym: approve, certify, verify

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

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

heartbreak

n. a feeling of great sadness or disappointment

synonym: grief, sorrow, bitterness

(1) ease her **heartbreak**, (2) go through **heartbreak**

They had experienced the **heartbreak** of losing two children due to premature births.

swoop

v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

synonym: dart, pounce

(1) **swoop** down the water slide, (2) **swoop** up the escalator

The eagle **swooped** down from the sky to catch its prey.

overestimate

v. to estimate something to be greater in amount or importance than it really is

synonym: overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

overly

adv. to a greater degree than is appropriate or desirable

synonym: excessively, too much

(1) **overly** excessive, (2) **overly** unnecessary

The movie was **overly** dramatic, with exaggerated emotions and clichéd plot twists.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

emotion

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

synonym: feeling, sentiment, passion

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

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

Session 2: Spelling

1. universal es____e
n. the basic or most important part or quality of something that makes it what it is
2. put the ac____t on comfort
n. a distinctive way of pronouncing the words of a language that shows which area, country, or social group a person comes from; particular importance or significance
3. a southern ex____re
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
4. an____s about his health
adj. worried and nervous
5. im____r my health
v. to damage something or make it weaker or worse
6. key co____nt
n. one of several parts that combines with others to form something bigger
7. the longstanding co____ct
n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals
8. me____s outbreak
n. a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children
9. th____en national security
v. to utter intentions of injury or punishment against someone

ANSWERS: 1. essence, 2. accent, 3. exposure, 4. anxious, 5. impair, 6. component, 7. conflict, 8. measles, 9. threaten

10. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
11. in_____te with a virus *v.* to introduce a vaccine into the body to produce immunity to a specific disease
12. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
13. improve co_____ve function *adj.* of or relating to mental processes of understanding
14. s_b out a story *v.* to cry or weep with short, sudden sounds
15. aesthetic gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
16. imp_____ve performances *adj.* arousing admiration due to size, quality, or skill
17. pl_____te activities *n.* a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children
18. ove_____ate the amount of time spent *v.* to estimate something to be greater in amount or importance than it really is
19. hyp_____ze as to outcomes *v.* to form or present a theory or explanation without sufficient evidence; to speculate
20. immune fu_____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 10. anxiety, 11. inoculate, 12. comfort, 13. cognitive, 14. sob, 15. gratification, 16. impressive, 17. playdate, 18. overestimate, 19. hypothesize, 20.

function

- | | | |
|----------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 21. psy_____gy experiment | <i>n.</i> | the scientific study of mind and behavior |
| 22. em_____ss political enemy | <i>v.</i> | to cause someone to feel awkward, worried, or ashamed |
| 23. Mo_____or's guidance | <i>n.</i> | a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church |
| 24. occ_____al visitor | <i>adj.</i> | happening or appearing at irregular intervals; not constant or regular |
| 25. Catholic nu_____y | <i>n.</i> | a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows |
| 26. boys in the twelfth gr___e | <i>n.</i> | a particular level of quality, size, importance, etc. |
| 27. an_____y for knowledge | <i>n.</i> | a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 28. ph___a treatment | <i>n.</i> | an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder |
| 29. re_____re anxious patients | <i>v.</i> | to cause someone to feel sure; to give or restore confidence |
| 30. li_____me ban from the sport | <i>n.</i> | the duration of someone's life or something's existence; |
| 31. biological psy_____ry | <i>n.</i> | the branch of medicine concerned with the study, treatment, and prevention of mental illness |

ANSWERS: 21. psychology, 22. embarrass, 23. Monsignor, 24. occasional, 25. nunnery, 26. grade, 27. anxiety, 28. phobia, 29. reassure, 30. lifetime, 31. psychiatry

32. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
33. person's smile is inf_____us *adj.* able to be passed quickly from one person, animal, or plant to another, especially through air or water
34. ov___y excessive *adv.* to a greater degree than is appropriate or desirable
35. demonstrate an up___d trend *adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
36. hu_____te the heckler in the audience *v.* to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information
37. the ul_____te goal in life *adj.* furthest or highest in degree or order
38. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
39. a signal of di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort
40. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
41. li_____ng air strike *n.* a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash
42. as___t a patient *v.* to help someone in doing anything

ANSWERS: 32. relax, 33. infectious, 34. overly, 35. upward, 36. humiliate, 37. ultimate, 38. contribute, 39. distress, 40. involve, 41. lightning, 42. assist

43. development of va_____es *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
44. occ_____al assistance *adj.* happening or appearing at irregular intervals; not constant or regular
45. dispose of un_____ed formalin solution *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
46. la_____er all around *n.* the act or sound of laughing
47. ho_____wn produce *adj.* grown or produced locally rather than imported from another area
48. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
49. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
50. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
51. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
52. int_____ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
53. defense me_____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

ANSWERS: 43. vaccine, 44. occasional, 45. untreated, 46. laughter, 47. homegrown, 48. confidence, 49. component, 50. confident, 51. grade, 52. intervention, 53. mechanism

54. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
55. streaks of li_____ng *n.* a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash
56. fuel in_____on *n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe
57. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
58. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
59. ar_____e the meeting *v.* to plan, prepare for, and carry out something
60. va_____te against scarlet fever *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
61. s__m from a belief *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
62. ca_____al rule *n.* a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things

ANSWERS: 54. medication, 55. lightning, 56. injection, 57. specific, 58. therapy, 59. arrange, 60. vaccinate, 61. stem, 62. cardinal

63. full of w_t *n.* the ability to say or write things or ideas in a clever and humorous way
64. social ph___a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
65. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
66. an unc_____ble silence *adj.* providing or feeling physical discomfort or slight pain
67. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
68. get up__t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
69. bitter res_____nt *n.* bitterness or indignation at being treated unfairly
70. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
71. in___t antenna *n.* any small creature that has six legs and a body divided into three sections
72. na__e mistake *adj.* showing unaffected simplicity and lack of experience, wisdom, or judgment
73. co_____e change *n.* a set of clothes worn by an actor in a play or film or by a person representing a particular character or occupation

ANSWERS: 63. wit, 64. phobia, 65. frightening, 66. uncomfortable, 67. disorder, 68. upset, 69. resentment, 70. confident, 71. insect, 72. naive, 73. costume

74. t__e of horror *n.* a story made up in someone's imagination, especially one full of action and adventure
75. nu____y life *n.* a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows
76. so___e a baby to sleep *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
77. look up___d *adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
78. la____y room *n.* the act of washing clothes and linens; a room or area where clothes are washed and ironed
79. se____te cream from milk *v.* to force, take, or pull apart; mark as different
80. bring la____er *n.* the act or sound of laughing
81. in____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
82. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
83. co____ry evidence *n.* acting in opposition to what is expected or desired
84. re____nt population *adj.* able to withstand or recover quickly from difficult conditions

ANSWERS: 74. tale, 75. nunnery, 76. soothe, 77. upward, 78. laundry, 79. separate, 80. laughter, 81. involve, 82. cycle, 83. contrary, 84. resilient

85. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
86. do on a con_____nt basis *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
87. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
88. aggressive in_____ct *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
89. criminal gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
90. Mo_____or's duties *n.* a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church
91. an imp_____ve array of facts *adj.* arousing admiration due to size, quality, or skill
92. ina_____tly omitted *adv.* unintentionally; accidentally; without purpose or deliberate intent
93. l_b instrument *n.* a workplace for the conduct of scientific research; a laboratory

ANSWERS: 85. depression, 86. consistent, 87. depression, 88. instinct, 89. guilt, 90. Monsignor, 91. impressive, 92. inadvertently, 93. lab

94. mu____ly 5 and 6 *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
95. chemical re____on *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
96. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
97. en_____er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
98. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
99. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
100. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
101. co_____nt a global warming *v.* to face, meet or deal with a problem or difficult situation or person
102. se___e down in the town *v.* to reach an agreement or disagreement
103. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
104. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side

ANSWERS: 94. multiply, 95. reaction, 96. abuse, 97. encounter, 98. underestimate, 99. roll, 100. excessive, 101. confront, 102. settle, 103. cycle, 104. roll

105. an international tr__d *n.* a general direction in which something is changing or developing
106. bu__y the weak *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
107. in__t biology *n.* any small creature that has six legs and a body divided into three sections
108. ho_____wn talent *adj.* grown or produced locally rather than imported from another area
109. f__e abroad *v.* to leave by running away, especially out of fear or danger
110. se___e a dispute *v.* to reach an agreement of disagreement
111. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
112. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
113. hyp_____ze what could have happened *v.* to form or present a theory or explanation without sufficient evidence; to speculate
114. ef_____cy rate *n.* the ability or power to produce a desired effect or result; effectiveness
115. bi___p's sermon on forgiveness *n.* a high-ranking member of the Christian clergy who holds spiritual and administrative authority over a geographic region or diocese; a chess piece that moves diagonally and is marked with a symbol resembling a bishop's hat

ANSWERS: 105. trend, 106. bully, 107. insect, 108. homegrown, 109. flee, 110. settle, 111. emotion, 112. embarrass, 113. hypothesize, 114. efficacy, 115. bishop

116. en____us potential *adj.* extremely large or great
117. b_g the question *v.* to ask for something urgently or earnestly; to appeal to someone to do something
118. abs_____ly against *adv.* without restriction or limitation; completely or utterly
119. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
120. fl_____sh worldwide *v.* to grow or develop vigorously or successfully
121. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
122. pa_____al views *adj.* related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings
123. me_____s vaccine *n.* a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children
124. tr_____er power *v.* to move, pass, or change from one person, place, or situation to another
125. for your acc_____ion *n.* a place to live, work, or stay, particularly for a temporary or short-term period; adjustment or adaptation to meet various needs or circumstances

ANSWERS: 116. enormous, 117. beg, 118. absolutely, 119. delay, 120. flourish, 121. emotion, 122. parochial, 123. measles, 124. transfer, 125. accommodation

126. psy_____ic hospital *adj.* of or relating to the treatment or study of mental illness or disorders
127. att_____ce sheet *n.* the act of being present at an event or gathering; the number of people present at an event or gathering
128. criticize him se_____ly *adv.* very badly or seriously
129. par_____te fully in conversation *v.* to take part in something
130. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
131. ove_____ate the value *v.* to estimate something to be greater in amount or importance than it really is
132. in_____ne between quarreling parties *v.* to intentionally get involved in a situation to improve it or prevent it from getting worse
133. the clear co_____ry *n.* acting in opposition to what is expected or desired
134. re_____e prevention *n.* the fact of becoming ill or starting to misbehave again after making an improvement
135. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
136. co_____t research *v.* to organize and carry out a particular activity
137. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

ANSWERS: 126. psychiatric, 127. attendance, 128. severely, 129. participate, 130. struggle, 131. overestimate, 132. intervene, 133. contrary, 134. relapse, 135. absolutely, 136. conduct, 137. encounter

138. pr____us information *adj.* uncommon and extremely valuable
139. s__p on the back *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
140. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
141. a s__t on his honor *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
142. fl_____sh economically *v.* to grow or develop vigorously or successfully
143. re_____e a dispute *v.* to find a suitable answer to the problems or difficulty
144. co_____t a background check *v.* to organize and carry out a particular activity
145. bu__y bystander *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
146. s__n an audience *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
147. co_____t level *n.* a state of physical ease and freedom from pain or constraint
148. girls' sl_____er *n.* a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers

ANSWERS: 138. precious, 139. slap, 140. resilient, 141. spot, 142. flourish, 143. resolve, 144. conduct, 145. bully, 146. stun, 147. comfort, 148. sleepover

149. s__n fish *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
150. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
151. in_____on needle *n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe
152. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
153. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
154. mat_____act explanation *adj.* straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion
155. an un_____ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
156. low att_____ce *n.* the act of being present at an event or gathering; the number of people present at an event or gathering
157. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 149. stun, 150. colleague, 151. injection, 152. specific, 153. engage, 154. matter-of-fact, 155. untreated, 156. attendance, 157. develop

158. live in mi___y	<i>n.</i>	a state of ill-being due to affliction or misfortune
159. as___t his goal	<i>v.</i>	to help someone in doing anything
160. price of pr____us metals	<i>adj.</i>	uncommon and extremely valuable
161. research on co_____ve psychology	<i>adj.</i>	of or relating to mental processes of understanding
162. stay phy_____ly fit	<i>adv.</i>	in a way related to a person's body or appearance rather than their mind
163. vaccine ef_____cy	<i>n.</i>	the ability or power to produce a desired effect or result; effectiveness
164. boost my con_____ce	<i>n.</i>	the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
165. to_____te ambiguity	<i>v.</i>	to allow something to exist or happen, even if it is disliked or opposed
166. p__r group	<i>n.</i>	a person who has the same age, status, or ability
167. sl_____er party	<i>n.</i>	a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers
168. ado_____nt girl	<i>n.</i>	a young person who is in the process of developing from a child into an adult
169. th_____en a healthy relationship	<i>v.</i>	to utter intentions of injury or punishment against someone
170. psy_____gy of crowd	<i>n.</i>	the scientific study of mind and behavior

ANSWERS: 158. misery, 159. assist, 160. precious, 161. cognitive, 162. physically, 163. efficacy, 164. confidence, 165. tolerate, 166. peer, 167. sleepover, 168. adolescent, 169. threaten, 170. psychology

171. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
172. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
173. take ex_____ve care *adj.* greater than what seems necessary, normal, or desirable
174. abiding res_____nt *n.* bitterness or indignation at being treated unfairly
175. su_____ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
176. an inf_____us fever *adj.* able to be passed quickly from one person, animal, or plant to another, especially through air or water
177. f__e their homes *v.* to leave by running away, especially out of fear or danger
178. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
179. the s__m of a matchstick *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
180. bombs fell at ra___m *adj.* made, done, or happening without method, conscious decision, or any regular pattern

ANSWERS: 171. severe, 172. medication, 173. excessive, 174. resentment, 175. substance, 176. infectious, 177. flee, 178. separate, 179. stem, 180. random

181. emotional di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort
182. ov_____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
183. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
184. instant gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
185. ease her hea_____ak *n.* a feeling of great sadness or disappointment
186. pa__l authority *adj.* relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church
187. sup_____ly identical *adv.* according to what is generally assumed or believed without actually knowing for sure
188. b__k and call *n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
189. with an unc_____ble face *adj.* providing or feeling physical discomfort or slight pain
190. people with psy_____ic disorders *adj.* of or relating to the treatment or study of mental illness or disorders
191. re__x at home *v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 181. distress, 182. overcome, 183. relation, 184. gratification, 185. heartbreak, 186. papal, 187. supposedly, 188. beck, 189. uncomfortable, 190. psychiatric, 191. relax

192. dis_____ht emotions *adj.* deeply upset, agitated, or emotionally troubled
193. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
194. commit su_____e *n.* the act of killing yourself intentionally
195. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
196. in_____ne in a dispute *v.* to intentionally get involved in a situation to improve it or prevent it from getting worse
197. vanilla es_____e *n.* the basic or most important part or quality of something that makes it what it is
198. par_____te in the program *v.* to take part in something
199. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
200. su_____ug infection *n.* a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications
201. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
202. li_____me benefits *n.* the duration of someone's life or something's existence;

ANSWERS: 192. distraught, 193. underestimate, 194. suicide, 195. calm, 196. intervene, 197. essence, 198. participate, 199. mechanism, 200. superbug, 201. overcome, 202. lifetime

203. the ex_____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
204. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
205. inv_____te the matter *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
206. at____d a meeting *v.* to be present at an event, to go to a place
207. va_____te a hypothesis *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
208. in_____al organs *adj.* of or relating to the inside of something
209. the in_____al economy *adj.* of or relating to the inside of something
210. collaborate with co_____ues *n.* one of a group of a coworker, especially in a profession or a business
211. chemical in_____or *n.* a substance or agent that slows down or prevents a chemical reaction or biological process from occurring at normal rates, often used in medicine or industrial applications to control or regulate various functions or reactions
212. at____d service *v.* to be present at an event, to go to a place

ANSWERS: 203. exposure, 204. calm, 205. investigate, 206. attend, 207. validate, 208. internal, 209. internal, 210. colleague, 211. inhibitor, 212. attend

213. re_____e the computer error *v.* to find a suitable answer to the problems or difficulty
214. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent
215. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
216. so_____e anxiety *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
217. en_____us amount *adj.* extremely large or great
218. the co_____ct between good and evil *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
219. b_g for help *v.* to ask for something urgently or earnestly; to appeal to someone to do something
220. the curved shape of a h__k *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
221. the list was ar_____ed alphabetically *v.* to plan, prepare for, and carry out something
222. ov_____y unnecessary *adv.* to a greater degree than is appropriate or desirable
223. to_____te his disrespectful behavior *v.* to allow something to exist or happen, even if it is disliked or opposed
224. genic com_____ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities

ANSWERS: 213. resolve, 214. inadvertently, 215. typical, 216. soothe, 217. enormous, 218. conflict, 219. beg, 220. hook, 221. arrange, 222. overly, 223. tolerate, 224. combination

225. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
226. s__p a heavy fine *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
227. medical l_b *n.* a workplace for the conduct of scientific research; a laboratory
228. people with bipolar di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
229. untold mi___y *n.* a state of ill-being due to affliction or misfortune
230. dis_____ht with grief *adj.* deeply upset, agitated, or emotionally troubled
231. the tr__d away from television *n.* a general direction in which something is changing or developing
232. arrange a pl_____te *n.* a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children
233. de__y a flight three hours *v.* to cause something to happen at a later time than originally intended or expected
234. gr_____ed flask *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees

ANSWERS: 225. severe, 226. slap, 227. lab, 228. disorder, 229. misery, 230. distraught, 231. trend, 232. playdate, 233. delay, 234. graduated

235. co_____e party *n.* a set of clothes worn by an actor in a play or film or by a person representing a particular character or occupation
236. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
237. surgical int_____ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
238. inv_____ly correct *adv.* in every case or on every occasion; without exception
239. neckless sup_____ly made of pure gold *adv.* according to what is generally assumed or believed without actually knowing for sure
240. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
241. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
242. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
243. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
244. beauty s__t *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 235. costume, 236. develop, 237. intervention, 238. invariably, 239. supposedly, 240. consistent, 241. typical, 242. abuse, 243. relation, 244. spot

245. va____te a passport *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
246. p__r review *n.* a person who has the same age, status, or ability
247. int_____ory biology text *adj.* intended as an introduction or preliminary; serving as a base or starting point
248. a fairy t__e *n.* a story made up in someone's imagination, especially one full of action and adventure
249. feeling of gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
250. su_____e attack *n.* the act of killing yourself intentionally
251. the ul_____te luxury *adj.* furthest or highest in degree or order
252. com_____on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
253. an an_____s look *adj.* worried and nervous
254. su__r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
255. up___e rate *n.* the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating

ANSWERS: 245. validate, 246. peer, 247. introductory, 248. tale, 249. guilt, 250. suicide, 251. ultimate, 252. combination, 253. anxious, 254. suffer, 255. uptake

256. inv_____te a data leak *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
257. mu_____ly about hundredfold *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
258. a hat h__k *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
259. trigger a re_____on *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
260. an oral va_____e *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
261. phy_____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
262. in_____or protein *n.* a substance or agent that slows down or prevents a chemical reaction or biological process from occurring at normal rates, often used in medicine or industrial applications to control or regulate various functions or reactions
263. va_____te every year *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease

ANSWERS: 256. investigate, 257. multiply, 258. hook, 259. reaction, 260. vaccine, 261. physically, 262. inhibitor, 263. vaccinate

264. se_____ly burned arm *adv.* very badly or seriously
265. an explosive su_____ce *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
266. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
267. biochemical re_____e *n.* the fact of becoming ill or starting to misbehave again after making an improvement
268. temporary acc_____ion *n.* a place to live, work, or stay, particularly for a temporary or short-term period; adjustment or adaptation to meet various needs or circumstances
269. drunk and in_____le *adj.* unable to do, control, or achieve something
270. take a mat_____act approach *adj.* straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion
271. s_b quietly *v.* to cry or weep with short, sudden sounds
272. re_____re market *v.* to cause someone to feel sure; to give or restore confidence
273. en____e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
274. pa_____al community *adj.* related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings

ANSWERS: 264. severely, 265. substance, 266. suffer, 267. relapse, 268. accommodation, 269. incapable, 270. matter-of-fact, 271. sob, 272. reassure, 273. engage, 274. parochial

275. se_____in drug *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
276. tr_____er a file *v.* to move, pass, or change from one person, place, or situation to another
277. a foreign ac____t *n.* a distinctive way of pronouncing the words of a language that shows which area, country, or social group a person comes from; particular importance or significance
278. product int_____ory sale *adj.* intended as an introduction or preliminary; serving as a base or starting point
279. app_____nt calendar *n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
280. sw__p down the water slide *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
281. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
282. se_____in levels *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
283. ca_____al red *n.* a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things

ANSWERS: 275. serotonin, 276. transfer, 277. accent, 278. introductory, 279. appointment, 280. swoop, 281. contribute, 282. serotonin, 283. cardinal

284. pa__l visit *adj.* relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church
285. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
286. a ra___m choice *adj.* made, done, or happening without method, conscious decision, or any regular pattern
287. up___e of calcium *n.* the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating
288. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
289. send out the la____y *n.* the act of washing clothes and linens; a room or area where clothes are washed and ironed
290. su____ug outbreak *n.* a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications
291. inv_____ly polite *adv.* in every case or on every occasion; without exception
292. pre-ado_____nt children *n.* a young person who is in the process of developing from a child into an adult
293. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 284. papal, 285. frightening, 286. random, 287. uptake, 288. impair, 289. laundry, 290. superbug, 291. invariably, 292. adolescent, 293. function

294. na__e belief *adj.* showing unaffected simplicity and lack of experience, wisdom, or judgment
295. in_____le of being resisted *adj.* unable to do, control, or achieve something
296. throw a b__k *n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
297. bi___p hat *n.* a high-ranking member of the Christian clergy who holds spiritual and administrative authority over a geographic region or diocese; a chess piece that moves diagonally and is marked with a symbol resembling a bishop's hat
298. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
299. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
300. act with ca_____n *n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
301. hu_____te him publicly *v.* to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information
302. sw__p up the escalator *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

ANSWERS: 294. naive, 295. incapable, 296. beck, 297. bishop, 298. upset, 299. therapy, 300. caution, 301. humiliate, 302. swoop

303. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
304. take up an app_____nt *n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
305. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
306. go through hea_____ak *n.* a feeling of great sadness or disappointment
307. in_____te against disease *v.* to introduce a vaccine into the body to produce immunity to a specific disease
308. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
309. gr_____ed taxation *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
310. in_____ct for self-preservation *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
311. extreme ca_____n *n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
312. the w_t of man *n.* the ability to say or write things or ideas in a clever and humorous way

ANSWERS: 303. psychiatry, 304. appointment, 305. struggle, 306. heartbreak, 307. inoculate, 308. confront, 309. graduated, 310. instinct, 311. caution, 312. wit

ANSWERS:

Session 3: Fill in the Blanks

1. The mRNA _____ was approved in less than a year because it did not contain the fragments of the target virus.
 - n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

2. He found _____ in the warm embrace of his loved ones.
 - n.* a state of physical ease and freedom from pain or constraint

3. We had to reschedule the dentist's _____.
 - n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility

4. The boss _____ her employee by belittling her in front of her colleagues.
 - v.* to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

5. The committee _____ several apparent inconsistencies.
 - v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

6. In an economically prosperous country, most male _____ is due to child support problems.
 - n.* the act of killing yourself intentionally

7. The _____ of this medication is still being tested in clinical trials.
 - n.* the ability or power to produce a desired effect or result; effectiveness

ANSWERS: 1. vaccine, 2. comfort, 3. appointment, 4. humiliated, 5. investigated, 6. suicide, 7. efficacy

8. Shame and _____ have significant social influences.
n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
9. She has been in great _____ since she was heartbroken.
n. a feeling of great worry, sadness, pain, or discomfort
10. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
11. She wore a beautiful _____ for the play.
n. a set of clothes worn by an actor in a play or film or by a person representing a particular character or occupation
12. I'm not _____ in our victory.
adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future
13. The _____ to the safe was a secret.
n. a collection of things that have been combined; an assemblage of separate parts or qualities
14. 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
15. We _____ the payment because of an incorrect invoice.
v. to cause something to happen at a later time than originally intended or expected

ANSWERS: 8. guilt, 9. distress, 10. grade, 11. costume, 12. confident, 13. combination, 14. involves, 15. delayed

16. She _____ the money from her savings account to her checking account.
v. to move, pass, or change from one person, place, or situation to another
17. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
18. They had experienced the _____ of losing two children due to premature births.
n. a feeling of great sadness or disappointment
19. He cast _____ glances behind her.
adj. worried and nervous
20. This artwork is _____ of her work.
adj. having the usual characteristics or traits of a specific group of things
21. He was awfully _____ by the news.
adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
22. He had a _____ because he was working through the night.
n. the fact of becoming ill or starting to misbehave again after making an improvement
23. He could not _____ against temptation.
v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
24. The researchers try to discover a common _____ in all types of successful organizations.
n. one of several parts that combines with others to form something bigger

ANSWERS: 16. transferred, 17. ultimate, 18. heartbreak, 19. anxious, 20. typical, 21. upset, 22. relapse, 23. struggle, 24. component

25. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

26. My daughter is having a _____ with her friends tonight.

n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers

27. To find drunk drivers, police conduct _____ tests.

adj. made, done, or happening without method, conscious decision, or any regular pattern

28. 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

29. We must _____ a new system to streamline our workflow and increase efficiency.

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

30. The brain is an incredibly complex organ that controls the body's _____.

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 25. consistent, 26. sleepover, 27. random, 28. hook, 29. develop, 30. function

31. I need to do the _____ before I run out of clean clothes.
n. the act of washing clothes and linens; a room or area where clothes are washed and ironed
32. The _____ of completing a difficult task is a great feeling.
n. the feeling of being pleased or satisfied as a result of achieving something or having something you want
33. Police will _____ random breath testing for drunk driving.
v. to organize and carry out a particular activity
34. I decided to seek counseling on the advice of my _____.
n. one of a group of a coworker, especially in a profession or a business
35. The _____ palace was located near the cathedral.
n. a high-ranking member of the Christian clergy who holds spiritual and administrative authority over a geographic region or diocese; a chess piece that moves diagonally and is marked with a symbol resembling a bishop's hat
36. He discovered unique _____ for photochemical reactions.
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
37. _____ a number by itself twice.
v. to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
38. His abusive words made me _____.
adj. providing or feeling physical discomfort or slight pain

ANSWERS: 31. laundry, 32. gratification, 33. conduct, 34. colleague, 35. bishop's, 36. mechanisms, 37. Multiply, 38. uncomfortable

39. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.

v. to force, take, or pull apart; mark as different

40. He tried to _____ a bad reputation and win the election.

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

41. The company adjusted the revenue _____.

adv. toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

42. This sprinter _____ the world with his speed.

v. to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

43. 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

44. He seems _____ of understanding what she says.

adj. unable to do, control, or achieve something

45. The accident made his vision _____.

v. to damage something or make it weaker or worse

46. It would be best if you did not demand such an _____ charge.

adj. greater than what seems necessary, normal, or desirable

ANSWERS: 39. separate, 40. overcome, 41. upward, 42. stunned, 43. specific, 44. incapable, 45. impaired, 46. excessive

47. The rules were _____ after the new executive arrived.
v. to become or cause someone to become less active or tense and calmer
48. The school sent a notice of a _____ case in one of the classrooms.
n. a highly infectious viral disease that causes fever, red spots on the skin, and other flu-like symptoms, typically affects children
49. The Prime Minister will pay a courtesy visit to the Nobel laureate's _____.
n. a workplace for the conduct of scientific research; a laboratory
50. He has the ____ to keep talking about this topic.
n. the ability to say or write things or ideas in a clever and humorous way
51. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
52. The _____ evaluation revealed that the patient had been suffering from anxiety.
adj. of or relating to the treatment or study of mental illness or disorders
53. The hospital is battling a _____ that is resistant to antibiotics.
n. a strain of bacteria that is resistant to multiple types of antibiotics, making it difficult or impossible to treat with traditional medications
54. These _____ are more prevalent above a certain latitude.
n. any small creature that has six legs and a body divided into three sections
55. Our company has an audit team that monitors directors for _____ of authority.
n. the use of something in an incorrect or harmful manner

ANSWERS: 47. relaxed, 48. measles, 49. lab, 50. wit, 51. Depression, 52. psychiatric, 53. superbug, 54. insects, 55. abuse

56. Having a _____ healthy physique is essential for a great life.

adv. in a way related to a person's body or appearance rather than their mind

57. The con artist's lies quickly took in the _____ young man.

adj. showing unaffected simplicity and lack of experience, wisdom, or judgment

58. The movie was _____ dramatic, with exaggerated emotions and cliched plot twists.

adv. to a greater degree than is appropriate or desirable

59. Leprosy is an indolent _____ disease.

adj. able to be passed quickly from one person, animal, or plant to another, especially through air or water

60. I _____ left my phone at home this morning and felt lost.

adv. unintentionally; accidentally; without purpose or deliberate intent

61. The nurse _____ the children in the school.

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

62. She waited for her daughter with _____.

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

63. A rose has thorns on its _____.

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

ANSWERS: 56. physically, 57. naive, 58. overly, 59. infectious, 60. inadvertently, 61. vaccinated, 62. anxiety, 63. stem

64. The doctor prescribed some medicine for the mental _____.
- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
65. Shakespeare's output of poetry was _____.
- adj.* extremely large or great
66. He and I often had _____ not only in personality but also in ideology.
- n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
67. He received an _____ of antibiotics to treat his infection.
- n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe
68. It is a basic instinct to _____ from a dangerous situation.
- v.* to leave by running away, especially out of fear or danger
69. The _____ robes were made of rich red silk.
- n.* a high-ranking official in the Roman Catholic Church, appointed by the Pope; a deep or bright red color; a bird of the finch family with a distinctive crest on its head; (adjective) of or relating to the highest or most important things
70. He gave a stern _____ to the naughty student.
- n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
71. This remote _____ is rarely visited.
- n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 64. disorder, 65. enormous, 66. conflicts, 67. injection, 68. flee, 69. cardinal's, 70. caution, 71. spot

72. When faced with a dangerous situation, his initial _____ was to flee.
- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
73. Scientists _____ that the new fish species evolved to survive in deep-sea environments.
- v.* to form or present a theory or explanation without sufficient evidence; to speculate
74. The _____ of the argument was well-presented.
- n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
75. She had lived through two world wars in her _____.
- n.* the duration of someone's life or something's existence;
76. My toddler is having a _____ with her friend from preschool.
- n.* a scheduled meeting between two or more children to play together, typically arranged by the parents or caregivers of the children
77. This company _____ its battery problem completely.
- v.* to find a suitable answer to the problems or difficulty
78. The prime minister canceled visits to other countries to resolve _____ disputes.
- adj.* of or relating to the inside of something
79. The _____ attitude of the small town made it difficult for outsiders to feel welcome.
- adj.* related to or characteristic of a small or narrow-minded community, often referring to a geographic location or mindset; having limited or narrow knowledge or experience of the world outside one's immediate surroundings

ANSWERS: 72. instinct, 73. hypothesize, 74. substance, 75. lifetime, 76. playdate, 77. resolves, 78. internal, 79. parochial

80. The restaurant prides itself on its _____ ingredients sourced from local farms.

adj. grown or produced locally rather than imported from another area

81. She is a _____ person and has always bounced back from setbacks.

adj. able to withstand or recover quickly from difficult conditions

82. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

83. She _____ arrived at the office early each day.

adv. in every case or on every occasion; without exception

84. The eagle _____ down from the sky to catch its prey.

v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

85. I need to _____ plans with him for the celebration.

v. to plan, prepare for, and carry out something

86. To _____ your purchase, please visit the following link.

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

87. It was the first time in a long time that I felt truly _____ and at peace.

adj. not excited, angry, or nervous; free from wind, large waves

88. She had a master's degree in _____.

n. the scientific study of mind and behavior

ANSWERS: 80. homegrown, 81. resilient, 82. relations, 83. invariably, 84. swooped, 85. arrange, 86. validate, 87. calm, 88. psychology

89. The pilot tried to _____ the customers that the planes were safe.
v. to cause someone to feel sure; to give or restore confidence
90. She only visited her grandparents on _____ weekends.
adj. happening or appearing at irregular intervals; not constant or regular
91. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
92. Some _____ are common across cultures and backgrounds.
n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
93. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
94. 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
95. The medicine works by boosting _____ levels in the brain.
n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
96. The long _____ to the air tarnished the antique tableware.
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

ANSWERS: 89. reassure, 90. occasional, 91. suffers, 92. emotions, 93. underestimated, 94. slap, 95. serotonin, 96. exposure

97. Among young people, _____ pressure can be pretty influential.
n. a person who has the same age, status, or ability
98. The oil price continued their downward _____.
n. a general direction in which something is changing or developing
99. The _____ of the new technology was slower than expected.
n. the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating
100. His _____ faculties were getting worse because of a lack of sleep.
adj. of or relating to mental processes of understanding
101. Please _____ her with the furniture relocation.
v. to help someone in doing anything
102. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something
103. I am _____ opposed to his idea because of morality.
adv. without restriction or limitation; completely or utterly
104. She has a _____ of spiders and always avoids them.
n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
105. The two sides argued their points, but the judge ultimately sided with the _____ viewpoint.
n. acting in opposition to what is expected or desired

ANSWERS: 97. peer, 98. trend, 99. uptake, 100. cognitive, 101. assist, 102. participated, 103. absolutely, 104. phobia, 105. contrary

106. _____ at the meeting is mandatory for all employees.
n. the act of being present at an event or gathering; the number of people present at an event or gathering
107. We cannot afford to squander _____ time.
adj. uncommon and extremely valuable
108. The Ottoman Empire _____ for over five centuries.
v. to grow or develop vigorously or successfully
109. Various artificially induced causes are _____ our ecosystem.
v. to utter intentions of injury or punishment against someone
110. He tends to _____ his abilities.
v. to estimate something to be greater in amount or importance than it really is
111. 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
112. Following international law, our country does not _____ in the internal affairs of our neighbors.
v. to intentionally get involved in a situation to improve it or prevent it from getting worse
113. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
114. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 106. Attendance, 107. precious, 108. flourished, 109. threatening, 110. overestimate, 111. rolled, 112. intervene, 113. therapy, 114. cycle

115. I'm prepared to _____ challenges throughout this adventure.

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

116. University teaches the art of understanding the _____ of the matter.

n. the basic or most important part or quality of something that makes it what it is

117. She was a _____ student of a prestigious university.

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

118. The _____ palace was a grand and imposing structure.

adj. relating to the pope (= the head of the Roman Catholic Church) or the Roman Catholic Church

119. She applied aloe vera to _____ her sunburn.

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

120. I can't _____ spicy food, and it always gives me heartburn

v. to allow something to exist or happen, even if it is disliked or opposed

121. The pharmacist not only prescribes the _____ but also guides its proper use.

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

122. The _____ robes were adorned with intricate embroidery and gold accents.

n. a Roman Catholic priest who holds a specific honorary title conferred by the Pope, indicating a certain level of honor or distinction within the church

ANSWERS: 115. encounter, 116. essence, 117. graduated, 118. papal, 119. soothe, 120. tolerate, 121. medication, 122. Monsignor's

123. Her company was _____ affected by the bank's failure.

adv. very badly or seriously

124. The hotel offers comfortable _____ for both business and leisure travelers.

n. a place to live, work, or stay, particularly for a temporary or short-term period; adjustment or adaptation to meet various needs or circumstances

125. He finally decided to _____ problems directly.

v. to face, meet or deal with a problem or difficult situation or person

126. 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

127. Some doctor says _____ is the best medicine.

n. the act or sound of laughing

128. We must _____ to this matter.

v. to be present at an event, to go to a place

129. After receiving the bad news, he was so _____ that he couldn't concentrate on anything else for the rest of the day.

adj. deeply upset, agitated, or emotionally troubled

130. The budget reduction was an _____ feat for our nation.

adj. arousing admiration due to size, quality, or skill

131. Ghosts in folk _____ are almost always malicious.

n. a story made up in someone's imagination, especially one full of action and adventure

ANSWERS: 123. severely, 124. accommodations, 125. confront, 126. reaction, 127. laughter, 128. attend, 129. distraught, 130. impressive, 131. tales

132. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.
- n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
133. The young woman decided to enter the _____ to pursue a life of religious devotion.
- n.* a convent or house of nuns; a community of women who have dedicated themselves to religious life and live together under vows
134. He delivered the news in a _____ tone, without any emotion.
- adj.* straightforward; without emotion or exaggeration; dealing only with facts and avoiding speculation or opinion
135. He looked for an opportunity to _____ that actor in public.
- v.* to cause someone to feel awkward, worried, or ashamed
136. She _____ her parents to let her go to the concert.
- v.* to ask for something urgently or earnestly; to appeal to someone to do something
137. The schoolyard _____ terrorized the other children and made their lives miserable.
- n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
138. The human eye is _____ in recognizing objects.
- n.* a flash, or several flashes, of light that accompanies an electric discharge in the atmosphere, or something resembling such a flash

ANSWERS: 132. psychiatry, 133. nunnery, 134. matter-of-fact, 135. embarrass, 136. begged, 137. bully, 138. lightning-fast

139. Heat stroke is the result of _____ heat exhaustion.

adj. not given medical care or treatment; not subjected to chemical or physical treatment

140. She felt _____ towards her boss for not giving her a promotion.

n. bitterness or indignation at being treated unfairly

141. She _____ uncontrollably after hearing the news.

v. to cry or weep with short, sudden sounds

142. Timely education about birth control might help reduce _____ pregnancies.

n. a young person who is in the process of developing from a child into an adult

143. I don't want to _____ for second best.

v. to reach an agreement of disagreement

144. The news of the pandemic was a _____ reminder of the fragility of human health.

adj. causing fear or alarm, or very surprising and alarming

145. Many multinational companies are _____ in the reconstruction of that country.

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

146. The _____ class was designed to give students a basic understanding of the subject.

adj. intended as an introduction or preliminary; serving as a base or starting point

ANSWERS: 139. untreated, 140. resentment, 141. sobbed, 142. adolescent, 143. settle, 144. frightening, 145. engaged, 146. introductory

147. The virus uses an enzyme _____ to block the immune system's response.
- n.* a substance or agent that slows down or prevents a chemical reaction or biological process from occurring at normal rates, often used in medicine or industrial applications to control or regulate various functions or reactions
148. Our company suffered _____ from incurring a heavy loss.
- n.* a state of ill-being due to affliction or misfortune
149. The doctor _____ the child with a vaccine.
- v.* to introduce a vaccine into the body to produce immunity to a specific disease
150. The king summoned his subjects with a wave and a _____ of his hand.
- n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
151. She has a thick southern _____.
- n.* a distinctive way of pronouncing the words of a language that shows which area, country, or social group a person comes from; particular importance or significance
152. Government workers cannot _____ to political campaigns.
- v.* to give something, especially money or goods, to provide or achieve something together with other people
153. Skill and _____ are an unconquered army.
- n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
154. This _____ does not require the patient's consent.
- n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

ANSWERS: 147. inhibitor, 148. misery, 149. inoculated, 150. beck, 151. accent, 152. contribute, 153. confidence, 154. intervention

155. He is _____ nominated for a Nobel Prize.

adv. according to what is generally assumed or believed without actually knowing for sure

156. The senator received _____ criticism from his opponent.

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

ANSWERS: 155. supposedly, 156. severe