

# Englist.me



## Vocabulary Builder Reference from...

*Rob Cooke: The cost of work stress -- and how to reduce it | TED Talk*

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### All Words

#### IMPORTANT

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## Session 1: Word List

### handle

*v.* to deal with a situation, problem, or strong emotion  
*synonym*: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

### 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.

### difficulty

*n.* a condition or state that causes problems

*synonym*: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

### frank

*adj.* honest and sincere; open and candid in expression

*synonym*: candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

## platform

*n.* the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed

*synonym*: stage, podium, forum

(1) an arrival **platform**, (2) a digital **platform** for enterprise

The speaker mounted the **platform** and started to speak.

## mess

*n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

*synonym*: disarray, confusion, predicament

(1) have a whole **mess**, (2) get into a **mess**

He made a frightful **mess** in his room.

## 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.

## affluent

*adj.* rich and wealthy; having a lot of money and material wealth

*synonym*: wealthy, rich, prosperous

(1) **affluent** society, (2) live in **affluent** circumstances

She lived in an **affluent** neighborhood surrounded by wealth and luxury.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## wealth

*n.* a large amount of money, property, or other things that someone or an organization owns

*synonym* : affluence, assets, fortunate

(1) majority of his **wealth**, (2) material **wealth**

The **wealth** inequality was unavoidable.

## folk

*n.* people in general, especially those of a particular group or type

*synonym* : community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

## achieve

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

*synonym* : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

## economy

*n.* the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

*synonym* : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

## massive

*adj.* enormous amount; very heavy and solid

*synonym* : enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

## estimate

*v.* to guess or calculate the cost, size, value, etc. of something

*synonym* : calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh

three pounds

We **estimated** the season's total trade deficit at \$50 billion.

## relate

*v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

*synonym* : connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

## employee

*n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker

*synonym* : worker, staff, personnel

(1) **employee** benefits, (2) **employee** evaluation

The **employee** handbook outlines the rules and regulations that all employees must follow.

## disengage

*v.* to withdraw or separate oneself from a situation or relationship

*synonym* : withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially

He **disengaged** from the conversation and walked away.

## chronic

*adj.* being long-lasting and recurrent or characterized by long suffering; habitual

*synonym* : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

**Chronic** hyperglycemia is a trigger for a variety of serious diseases.

## disease

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

*synonym* : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

## **injury**

*n.* harm done to a person's or an animal's body caused by an accident or an attack

*synonym*: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

## **trillion**

*n.* the number 1,000,000,000,000; a million million

(1) **trillion** cubic feet, (2) many **trillions** of dollars

One light year is nearly 6 **trillion** miles.

## **represent**

*v.* to speak, act, or be present on behalf of another person or group; to form or constitute

*synonym*: depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

## **crazy**

*adj.* stupid or not sensible; very angry

*synonym*: insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

## **experiment**

*n.* the scientific test conducted to observe what happens and gain new knowledge

*synonym*: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

## **environment**

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym*: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## convenience

*n.* the state of being suitable or opportune

*synonym*: availability, usefulness, amenity

(1) **convenience** goods, (2) for **convenience** sake

They offered the **convenience** of an installment plan.

## 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 cliched plot twists.

## process

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

*synonym*: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

## diet

*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

*synonym*: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

## diabetes

*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

## medical

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym*: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

## distracted

*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

*synonym*: preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

## scenario

*n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work

*synonym*: plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

## tweak

*v.* to pinch or squeeze something sharply; to adjust something finely

*synonym*: nip, pinch, fine-tune

(1) **tweak** his cheek, (2) **tweak** the economy

He didn't **tweak** the plan, even though he had time.

## nation

*n.* a large organized community of people living in a particular country or region and having a particular culture

*synonym*: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and

advanced technology.

## intelligent

*adj.* having the capacity for thought and reason, especially to a high degree

*synonym*: brilliant, clever, competent

(1) an **intelligent** person, (2) **intelligent** assisting system  
**Intelligent** robots that can cooperate with humans have limited motor output for safety.

## definitely

*adv.* without any question and beyond doubt; clearly

*synonym*: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**  
The paper is **definitely** worth reading thoroughly.

## embrace

*v.* to accept something willingly and enthusiastically;  
(noun) the act of clasping another person in the arms as in greeting or affection

*synonym*: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**  
The woods **embrace** the house.

## breadwinner

*n.* the member of a family who earns money to support the others

(1) family **breadwinner**, (2) two- **breadwinner** couple  
Many women are now their families' primary **breadwinners**.

## combine

*v.* to join or merge to form a single thing or group

*synonym*: coalesce, cohere, blend

(1) **combine** chemically with another substance,  
(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

## 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.

## irreversible

*adj.* impossible to change or return to a previous condition

*synonym*: irrevocable, unrecoverable, permanent

(1) avoid **irreversible** damage, (2) an **irreversible** change

The development of agricultural technology has had an **irreversible** impact on humanity.

## eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym*: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## 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**.

## kidney

*n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

## dialysis

*n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure

(1) **dialysis** nurse, (2) **dialysis** machine

Regular **dialysis** treatments are necessary for those with kidney failure.

## transplant

*v.* to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another

*synonym* : relocate, emigrate, graft

(1) **transplant** a heart, (2) **transplant** my family to America  
He tried to **transplant** the seedling into a larger pot.

## ethic

*n.* a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems

*synonym* : moral code, code of conduct, principles

(1) moral **ethic**, (2) professional **ethic**

Having a strong work **ethic** is important for success in any field.

## intelligence

*n.* the ability to learn, comprehend, or make judgments or conclusions based on reasons

*synonym* : brains, brightness, cleverness

(1) an **intelligence** test, (2) field of artificial **intelligence**

In terms of **intelligence**, he was head and shoulders above his classmates.

## organization

*n.* a group of people who work together for a shared purpose

*synonym* : association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

## institute

*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish

something

*synonym*: academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

## industrious

*adj.* hardworking, diligent, and persistent in effort

*synonym*: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

## well-being

*n.* the state of being happy and healthy and prosperous

*synonym*: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

## reframe

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

*synonym*: redefine, restructure, reposition

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

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

## consequence

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

*synonym*: result, impact, outcome

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

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

## balance

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

*synonym*: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's

**balance** sheet

Try to keep a **balance** between work and off.

**bond**

*n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

*synonym*: bind, adhesion, attachment

(1) **bond** as a family, (2) global **bond** market

They had formed a friendship **bond**.

**disconnect**

*v.* to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment

*synonym*: unplug, detach, take apart

(1) **disconnect** a plug, (2) **disconnect** the water supply

She finally decided to **disconnect** herself from the company.

**blame**

*v.* to think or say that someone or something did something wrong or is responsible for something bad

*synonym*: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

**technological**

*adj.* based on scientific and industrial progress

*synonym*: specialized, technical

(1) **technological** advancement, (2) **technological** policy

**Technological** advances have disrupted many industries.

**laser**

*n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification

*synonym*: beam, bar, ray

(1) **laser** printer, (2) pulse **laser**

The company holds patents on core components of **laser** jet printers.

## shareholder

*n.* a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company

*synonym* : stockholder, shareowner, investor

(1) the **shareholder's** meeting, (2) gain **shareholder** approval

Our company is committed to increasing **shareholder** value.

## fundamental

*adj.* forming an essential base or core from which everything else develops or is affected

*synonym* : basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

## corporation

*n.* a large company or group of companies that are controlled together by law as a single unit

*synonym* : business, company, enterprise

(1) a public **corporation**, (2) **corporation** assets

Four companies were amalgamated into a single **corporation**.

## specifically

*adv.* only associated with or meant for one thing

*synonym* : especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

## communicate

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

*synonym* : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

## pivotal

*adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something

*synonym*: crucial, essential, important

(1) **pivotal** moment, (2) **pivotal** role

The CEO's decision was **pivotal** in the success of the company's expansion plans.

## define

v. to state or explain precisely the nature, scope, or meaning of something

*synonym*: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

## invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

*synonym*: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

## emotional

*adj.* relating to people's feelings

*synonym*: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

## innovation

n. the creation of a new device or process resulting from study and experimentation

*synonym*: invention, initiation, creation

(1) **innovation** leader, (2) cutting-edge **innovation**

The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

## stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

*synonym*: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

## accuracy

*n.* the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake

*synonym*: precision, exactness, truthfulness

(1) degree of **accuracy**, (2) the **accuracy** of his compass  
To assure **accuracy**, I recommend investing in high-quality test kits.

## precision

*n.* the quality or condition of being exact and accurate

*synonym*: accuracy, exactness, rigor

(1) a **precision** instrument, (2) speak with **precision**  
This operation requires both patience and **precision**.

## competitive

*adj.* involving competition or competitiveness

*synonym*: aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position  
The mobile application industry is a **competitive** one.

## advantage

*n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

*synonym*: benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

## catalyst

*n.* a person or thing that causes an important event to happen or changes the current situation rapidly;  
(chemistry) a substance that initiates or accelerates a chemical reaction without being changed itself

*synonym*: accelerator, stimulant, motivation

(1) a **catalyst** in the process of hydrolysis, (2) **catalyst** for

reform

The global financial crisis acted as a **catalyst** to unite the country.

## fan

*n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

*synonym*: lover, devotee, blade

(1) a film **fan**, (2) engine cooling **fan**

I'm a big **fan** of French food.

## cardiovascular

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

## workout

*n.* a session of physical exercise or training

*synonym*: exercise, training, physical activity

(1) **workout** at the health club, (2) boxing **workout**

He does a different **workout** every day to keep things interesting.

## spectate

*v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself

*synonym*: watch, observe, view

(1) **spectate** a game, (2) **spectate** a race

We decided to **spectate** at the football game rather than participate in it.

## 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.

## complain

v. to say dissatisfaction or annoyance about something or somebody

*synonym*: gripe, claim, denounce

(1) **complain** about a job, (2) call and **complain** frequently  
Our users are often **complaining** about the slow application.

## dial

v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

*synonym*: adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension  
He **dialed** the phone number and waited for an answer.

## prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

*synonym*: support, buttress, column

(1) emotional **prop**, (2) **prop** stick  
We have finally lost our last **prop**.

## equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

*synonym*: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

## government

n. the group of people with authority to control a country or state

*synonym*: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding  
The federal **government** is planning to increase taxes for the

next fiscal year.

## enforce

*v.* to make sure that people obey a particular law, rule, or situation

*synonym*: execute, implement, administer

(1) **enforce** the law, (2) **enforce** a contract

Governments make rules, and police **enforce** them.

## corporate

*adj.* of or relating to a large company

*synonym*: business, commercial, organizational

(1) **corporate** right, (2) **corporate** environment

The **corporate** office has decided to lay off 10% of the workforce.

## incentive

*n.* something, such as a punishment, reward, etc., that encourages a person to do something

*synonym*: encouragement, inducement, enticement

(1) financial **incentives**, (2) an **incentive** to work hard

They have no **incentive** to win the game.

## policy

*n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

*synonym*: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

## crucial

*adj.* extremely vital or necessary

*synonym*: essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

## dynamic

*adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

*synonym* : energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person

The sprinter has a **dynamic** way of running.

## psychology

*n.* the scientific study of mind and behavior

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

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

## rear

*adj.* at, toward, or near the back part of something; (verb) to look after a child until it is an adult

*synonym* : back, end, behind

(1) the **rear** gate, (2) **rear** children

The player quickly went to the **rear** side of the defender.

## damage

*v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

*synonym* : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

## preservation

*n.* the act of keeping something in its original state or of preventing it from being damaged

*synonym* : conserving, protection, conservancy

(1) wildlife **preservation**, (2) the **preservation** of food

The museum had kept the paintings in remarkable **preservation**.

## 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.

## **courage**

*n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

*synonym* : bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**

It takes a lot of **courage** to stand up for what you believe is right.

## **tournament**

*n.* a competition or series of contests involving several players or teams, leading to a final winner or winners

*synonym* : competition, championship, contest

(1) **tournament** for professionals, (2) national **tournament**

The basketball **tournament** was fiercely competitive, with the top teams all vying for first place.

## **championship**

*n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

*synonym* : crown, title, contest

(1) a world **championship**, (2) **championship** flag

His team won the **championship** for three years running.

## **opportune**

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

*synonym* : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

## **bow**

*v.* to bend your knee or body, or lower your head; (noun) a weapon made of a curved piece of wood or other flexible material, strung with a cord and used to shoot arrows

*synonym* : bend, curve, arch

(1) **bow** and greet, (2) a **bow** wave

She **bowed** to the audience after her performance.

## discovery

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

*synonym* : finding, uncovering, detection

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

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

## 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**.

## mastery

*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

*synonym* : proficiency, aptitude, domination

(1) **mastery** of mathematics, (2) strive for **mastery**

The country finally gained **mastery** over the whole land of its neighbors.

## awareness

*n.* the fact or state of knowing something exists and is important

*synonym* : understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness**

There has been a gradual but steady rise in environmental **awareness**.

## acknowledgment

*n.* the act of accepting or admitting something, or the fact of being accepted or admitted; recognition or acceptance of the existence or truth of something

*synonym* : recognition, acceptance, admission

(1) in thankful **acknowledgment**, (2) **acknowledgment** of obligation

The recipient signed the **acknowledgment** of receipt.

## **retirement**

*n.* the fact or act of stopping working and leaving one's job  
*synonym*: resignation, withdrawal, retreat

(1) **retirement** from politics, (2) impending **retirement**

This fund is responsible for disability and **retirement** benefits.

## Session 2: Spelling

- |   |  |
|---|--|
| 1. material we___h                      | <i>n.</i> a large amount of money, property, or other things that someone or an organization owns  |
| 2. boxing wo____t                       | <i>n.</i> a session of physical exercise or training   |
| 3. ov___y excessive                     | <i>adv.</i> to a greater degree than is appropriate or desirable   |
| 4. def_____ly become a problem          | <i>adv.</i> without any question and beyond doubt; clearly   |
| 5. a seafaring na___n                   | <i>n.</i> a large organized community of people living in a particular country or region and having a particular culture   |
| 6. env_____nt affairs                   | <i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live   |
| 7. temporary me_____l treatment         | <i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine   |
| 8. da___e a relationship                | <i>v.</i> to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity |
| 9. bl___e circumstances for the failure | <i>v.</i> to think or say that someone or something did something wrong or is responsible for something bad  |

ANSWERS: 1. wealth, 2. workout, 3. overly, 4. definitely, 5. nation, 6. environment, 7. medical, 8. damage, 9. blame

10. a scientific di\_\_\_\_\_ry      *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
11. int\_\_\_\_\_nt assisting system      *adj.* having the capacity for thought and reason, especially to a high degree
12. strive for ma\_\_\_\_\_y      *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
13. chaotic env\_\_\_\_\_nt      *n.* the natural world such as air, water, and land in which humans, animals, and plants live
14. la\_\_r printer      *n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
15. a pr\_\_\_\_\_on instrument      *n.* the quality or condition of being exact and accurate
16. the characters that re\_\_\_\_\_nt numbers      *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
17. emotional p\_\_p      *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
18. in\_\_\_\_\_te a lawsuit      *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

ANSWERS: 10. discovery, 11. intelligent, 12. mastery, 13. environment, 14. laser, 15. precision, 16. represent, 17. prop, 18. institute



19. eve\_\_\_\_\_ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
20. global b\_\_d market *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
21. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
22. tec\_\_\_\_\_cal advancement *adj.* based on scientific and industrial progress
23. foreign po\_\_\_\_y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
24. get dis\_\_\_\_\_ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
25. con\_\_\_\_\_ce goods *n.* the state of being suitable or opportune
26. in\_\_\_\_t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
27. en\_\_\_\_\_e the law *v.* to make sure that people obey a particular law, rule, or situation
28. en\_\_\_\_\_e a contract *v.* to make sure that people obey a particular law, rule, or situation

ANSWERS: 19. eventually, 20. bond, 21. opportune, 22. technological, 23. policy, 24. distracted, 25. convenience, 26. invest, 27. enforce, 28. enforce



35. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
36. moral et\_\_c *n.* a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems
37. have a whole m\_\_s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
38. an in\_\_\_\_\_ve to work hard *n.* something, such as a punishment, reward, etc., that encourages a person to do something
39. co\_\_\_\_\_e chemically with another substance *v.* to join or merge to form a single thing or group
40. re\_\_\_e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
41. inspire co\_\_\_\_\_e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
42. es\_\_\_\_\_te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
43. aw\_\_\_\_\_ss of my ignorance *n.* the fact or state of knowing something exists and is important
44. tw\_\_k his cheek *v.* to pinch or squeeze something sharply; to adjust something finely

ANSWERS: 35. well-being, 36. ethic, 37. mess, 38. incentive, 39. combine, 40. relate, 41. courage, 42. estimate, 43. awareness, 44. tweak

45. chronic ki\_\_\_y disease *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
46. ha\_\_\_e a precious object *v.* to deal with a situation, problem, or strong emotion
47. cutting-edge inn\_\_\_\_\_on *n.* the creation of a new device or process resulting from study and experimentation
48. co\_\_\_\_\_e augmented reality *v.* to join or merge to form a single thing or group
49. wildlife pre\_\_\_\_\_ion *n.* the act of keeping something in its original state or of preventing it from being damaged
50. say def\_\_\_\_\_ly *adv.* without any question and beyond doubt; clearly
51. af\_\_\_\_\_nt society *adj.* rich and wealthy; having a lot of money and material wealth
52. ret\_\_\_\_\_nt from politics *n.* the fact or act of stopping working and leaving one's job
53. the degree of dif\_\_\_\_\_ty *n.* a condition or state that causes problems
54. di\_\_\_\_\_is machine *n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure
55. d\_\_l down the tension *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

ANSWERS: 45. kidney, 46. handle, 47. innovation, 48. combine, 49. preservation, 50. definitely, 51. affluent, 52. retirement, 53. difficulty, 54. dialysis, 55. dial

56. degree of ac\_\_\_\_cy *n.* the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
57. a digital pl\_\_\_\_rm for enterprise *n.* the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed
58. ma\_\_\_\_y of mathematics *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
59. fr\_\_k and open discussion *adj.* honest and sincere; open and candid in expression
60. the great di\_\_\_\_ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
61. a world cha\_\_\_\_hip *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
62. f\_\_k art *n.* people in general, especially those of a particular group or type
63. the f\_\_k songs of a particular district *n.* people in general, especially those of a particular group or type
64. di\_\_\_\_ge the clutch *v.* to withdraw or separate oneself from a situation or relationship
65. da\_\_\_\_e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 56. accuracy, 57. platform, 58. mastery, 59. frank, 60. discovery, 61. championship, 62. folk, 63. folk, 64. disengage, 65. damage

66. in thankful ack\_\_\_\_\_ent      *n.* the act of accepting or admitting something, or the fact of being accepted or admitted; recognition or acceptance of the existence or truth of something
67. em\_\_\_\_\_al health      *adj.* relating to people's feelings
68. a private ind\_\_\_\_\_al      *n.* a single person or thing, as distinct from a group
69. ha\_\_\_ed the incident      *v.* to deal with a situation, problem, or strong emotion
70. b\_\_d as a family      *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
71. gov\_\_\_\_\_nt funding      *n.* the group of people with authority to control a country or state
72. dy\_\_\_\_\_c person      *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
73. take ad\_\_\_\_\_ge of his weak points      *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
74. many tr\_\_\_\_\_ons of dollars      *n.* the number 1,000,000,000,000; a million million
75. ca\_\_\_\_\_st for reform      *n.* a person or thing that causes an important event to happen or changes the current situation rapidly; (chemistry) a substance that initiates or accelerates a chemical reaction without being changed itself

ANSWERS: 66. acknowledgment, 67. emotional, 68. individual, 69. handle, 70. bond, 71. government, 72. dynamic, 73. advantage, 74. trillion, 75. catalyst

76. gov\_\_\_\_\_nt bureaucracy *n.* the group of people with authority to control a country or state
77. 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
78. 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
79. mental co\_\_\_\_\_e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
80. car\_\_\_\_\_lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
81. ma\_\_\_\_\_e stars *adj.* enormous amount; very heavy and solid
82. co\_\_\_\_\_te right *adj.* of or relating to a large company
83. gain sha\_\_\_\_\_er approval *n.* a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
84. re\_\_\_\_\_on of inclusion *n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 76. government, 77. function, 78. contribute, 79. courage, 80. cardiovascular, 81. massive, 82. corporate, 83. shareholder, 84. relation

85. ch\_\_\_\_c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
86. st\_\_k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
87. an irr\_\_\_\_\_ble change *adj.* impossible to change or return to a previous condition
88. de\_\_\_e a word *v.* to state or explain precisely the nature, scope, or meaning of something
89. an int\_\_\_\_\_nt person *adj.* having the capacity for thought and reason, especially to a high degree
90. car\_\_\_\_\_lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
91. research in\_\_\_\_\_tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
92. speak with pr\_\_\_\_\_on *n.* the quality or condition of being exact and accurate
93. raise public aw\_\_\_\_\_ss *n.* the fact or state of knowing something exists and is important
94. di\_\_\_\_\_e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 85. chronic, 86. stick, 87. irreversible, 88. define, 89. intelligent, 90. cardiovascular, 91. institute, 92. precision, 93. awareness, 94. disease



95. dis\_\_\_\_\_ct a plug *v.* to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment
96. the r\_\_r gate *adj.* at, toward, or near the back part of something; (verb) to look after a child until it is an adult
97. the pre\_\_\_\_\_ion of food *n.* the act of keeping something in its original state or of preventing it from being damaged
98. tou\_\_\_\_\_nt for professionals *n.* a competition or series of contests involving several players or teams, leading to a final winner or winners
99. unintended con\_\_\_\_\_ces *n.* the outcome of a particular action or event, especially relative to an individual
100. par\_\_\_\_\_te fully in conversation *v.* to take part in something
101. eq\_\_p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
102. the ba\_\_\_\_\_e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
103. pi\_\_\_\_\_l role *adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
104. in\_\_\_t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 95. disconnect, 96. rear, 97. preservation, 98. tournament, 99. consequence, 100. participate, 101. equip, 102. balance, 103. pivotal, 104. invest

105. pi_____l moment	<i>adj.</i> relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
106. es_____te a fair value	<i>v.</i> to guess or calculate the cost, size, value, etc. of something
107. co_____in about a job	<i>v.</i> to say dissatisfaction or annoyance about something or somebody
108. the con_____ce of an argument	<i>n.</i> the outcome of a particular action or event, especially relative to an individual
109. avoid irr_____ble damage	<i>adj.</i> impossible to change or return to a previous condition
110. cha_____hip flag	<i>n.</i> a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
111. tra_____nt my family to America	<i>v.</i> to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another
112. ind_____us worker	<i>adj.</i> hardworking, diligent, and persistent in effort
113. an international tr__d	<i>n.</i> a general direction in which something is changing or developing
114. asset on the company's ba_____e sheet	<i>n.</i> a condition in which everything has the same weight or force; something left after other parts have been taken away
115. professional et__c	<i>n.</i> a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems

ANSWERS: 105. pivotal, 106. estimate, 107. complain, 108. consequence, 109. irreversible, 110. championship, 111. transplant, 112. industrious, 113. trend, 114. balance, 115. ethic

116. re\_\_\_\_\_on between cause and effect    *n.*    the way two persons or groups of people feel and act toward one another
117. exp\_\_\_\_\_nt design    *n.*    the scientific test conducted to observe what happens and gain new knowledge
118. eve\_\_\_\_\_ly become obsolete    *adv.*    finally, particularly after a long time or a lot of struggle, complications, and so on
119. a cr\_\_y scheme    *adj.*    stupid or not sensible; very angry
120. em\_\_\_\_\_al distress    *adj.*    relating to people's feelings
121. bl\_\_e the lack of knowledge    *v.*    to think or say that someone or something did something wrong or is responsible for something bad
122. field of artificial int\_\_\_\_\_nce    *n.*    the ability to learn, comprehend, or make judgments or conclusions based on reasons
123. a ca\_\_\_\_\_st in the process of hydrolysis    *n.*    a person or thing that causes an important event to happen or changes the current situation rapidly; (chemistry) a substance that initiates or accelerates a chemical reaction without being changed itself
124. a fatal in\_\_\_y    *n.*    harm done to a person's or an animal's body caused by an accident or an attack
125. p\_\_p stick    *n.*    a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 116. relation, 117. experiment, 118. eventually, 119. crazy, 120. emotional, 121. blame, 122. intelligence, 123. catalyst, 124. injury, 125. prop

126. a dy\_\_\_\_c market *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
127. con\_\_\_\_\_te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
128. com\_\_\_\_\_ve position *adj.* involving competition or competitiveness
129. make a fr\_\_k apology *adj.* honest and sincere; open and candid in expression
130. na\_\_\_n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
131. em\_\_\_\_\_e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of claspng another person in the arms as in greeting or affection
132. b\_w and greet *v.* to bend your knee or body, or lower your head; (noun) a weapon made of a curved piece of wood or other flexible material, strung with a cord and used to shoot arrows
133. a com\_\_\_\_\_ve price *adj.* involving competition or competitiveness
134. for spe\_\_\_\_\_lly American customers *adv.* only associated with or meant for one thing
135. dis\_\_\_\_\_ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

ANSWERS: 126. dynamic, 127. contribute, 128. competitive, 129. frank, 130. nation, 131. embrace, 132. bow, 133. competitive, 134. specifically, 135. distracted



146. a public cor\_\_\_\_\_on                    *n.* a large company or group of companies that are controlled together by law as a single unit
147. health po\_\_\_\_y                            *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
148. fun\_\_\_\_\_al rights                    *adj.* forming an essential base or core from which everything else develops or is affected
149. em\_\_\_\_\_ee benefits                    *n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker
150. wo\_\_\_\_\_t at the health club                    *n.* a session of physical exercise or training
151. inn\_\_\_\_\_on leader                    *n.* the creation of a new device or process resulting from study and experimentation
152. the ac\_\_\_\_\_cy of his compass                    *n.* the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
153. tr\_\_\_\_\_on cubic feet                    *n.* the number 1,000,000,000,000; a million million
154. engine cooling f\_n                            *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

ANSWERS: 146. corporation, 147. policy, 148. fundamental, 149. employee, 150. workout, 151. innovation, 152. accuracy, 153. trillion, 154. fan

155. em\_\_\_\_\_ee evaluation *n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker
156. re\_\_\_\_\_e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
157. risk of ch\_\_\_\_\_c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
158. par\_\_\_\_\_te in the program *v.* to take part in something
159. de\_\_\_\_\_e my position *v.* to state or explain precisely the nature, scope, or meaning of something
160. designed spe\_\_\_\_\_lly for men *adv.* only associated with or meant for one thing
161. the worst case sc\_\_\_\_\_io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
162. live in af\_\_\_\_\_nt circumstances *adj.* rich and wealthy; having a lot of money and material wealth
163. d\_\_l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
164. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
165. cr\_\_y about cars and racing *adj.* stupid or not sensible; very angry
166. 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

ANSWERS: 155. employee, 156. reframe, 157. chronic, 158. participate, 159. define, 160. specifically, 161. scenario, 162. affluent, 163. dial, 164. individual, 165. crazy, 166. develop

167. re\_\_\_\_\_e resource allocation      *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
168. di\_\_\_\_\_ge socially      *v.* to withdraw or separate oneself from a situation or relationship
169. ma\_\_\_\_\_e amounts      *adj.* enormous amount; very heavy and solid
170. ec\_\_\_\_\_y class      *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
171. fun\_\_\_\_\_al education      *adj.* forming an essential base or core from which everything else develops or is affected
172. agricultural org\_\_\_\_\_ion      *n.* a group of people who work together for a shared purpose
173. sp\_\_\_\_\_te a game      *v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself
174. re\_\_\_e a message      *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
175. com\_\_\_\_\_te well with my advisor      *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

ANSWERS: 167. reframe, 168. disengage, 169. massive, 170. economy, 171. fundamental, 172. organization, 173. spectate, 174. relate, 175. communicate



176. pr\_\_\_\_s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
177. call and co\_\_\_\_in frequently *v.* to say dissatisfaction or annoyance about something or somebody
178. psy\_\_\_\_\_gy of crowd *n.* the scientific study of mind and behavior
179. org\_\_\_\_\_ion chart *n.* a group of people who work together for a shared purpose
180. for con\_\_\_\_\_ce sake *n.* the state of being suitable or opportune
181. r\_\_r children *adj.* at, toward, or near the back part of something; (verb) to look after a child until it is an adult
182. a me\_\_\_\_l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
183. two-bre\_\_\_\_\_er couple *n.* the member of a family who earns money to support the others
184. series of exp\_\_\_\_\_nts *n.* the scientific test conducted to observe what happens and gain new knowledge
185. without in\_\_\_\_y *n.* harm done to a person's or an animal's body caused by an accident or an attack
186. an artificial ki\_\_\_\_y *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

ANSWERS: 176. process, 177. complain, 178. psychology, 179. organization, 180. convenience, 181. rear, 182. medical, 183. breadwinner, 184. experiment, 185. injury, 186. kidney

187. juvenile di\_\_\_\_\_es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
188. D\_\_t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
189. co\_\_\_\_\_te environment *adj.* of or relating to a large company
190. tw\_\_k the economy *v.* to pinch or squeeze something sharply; to adjust something finely
191. ac\_\_\_\_\_e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
192. dif\_\_\_\_\_ty in breathing *n.* a condition or state that causes problems
193. control my em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
194. national tou\_\_\_\_\_nt *n.* a competition or series of contests involving several players or teams, leading to a final winner or winners
195. the tr\_\_d away from television *n.* a general direction in which something is changing or developing
196. ov\_\_\_y unnecessary *adv.* to a greater degree than is appropriate or desirable
197. family bre\_\_\_\_\_er *n.* the member of a family who earns money to support the others

ANSWERS: 187. diabetes, 188. diet, 189. corporate, 190. tweak, 191. achieve, 192. difficulty, 193. emotion, 194. tournament, 195. trend, 196. overly, 197. breadwinner



206. di\_\_\_\_\_is nurse *n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure
207. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
208. psy\_\_\_\_\_gy experiment *n.* the scientific study of mind and behavior
209. score an ad\_\_\_\_\_ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
210. pulse la\_\_r *n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
211. ac\_\_\_\_\_e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
212. re\_\_\_\_\_nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
213. sp\_\_\_\_\_te a race *v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself
214. 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: 206. dialysis, 207. opportune, 208. psychology, 209. advantage, 210. laser, 211. achieve, 212. represent, 213. spectate, 214. develop

215. a cr\_\_\_\_l issue for women *adj.* extremely vital or necessary
216. financial in\_\_\_\_ves *n.* something, such as a punishment, reward, etc., that encourages a person to do something
217. a film f\_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
218. an arrival pl\_\_\_\_rm *n.* the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed
219. di\_\_\_\_es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
220. majority of his we\_\_\_\_h *n.* a large amount of money, property, or other things that someone or an organization owns

ANSWERS: 215. crucial, 216. incentive, 217. fan, 218. platform, 219. diabetes, 220. wealth

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ team worked quickly to save the patient's life.  
*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
2. He has \_\_\_\_\_ exercising because of a back injury sustained in an accident.  
*n.* a condition or state that causes problems
3. Human behavior has \_\_\_\_\_ characteristics.  
*adj.* forming an essential base or core from which everything else develops or is affected
4. This fund is responsible for disability and \_\_\_\_\_ benefits.  
*n.* the fact or act of stopping working and leaving one's job
5. We decided to \_\_\_\_\_ at the football game rather than participate in it.  
*v.* to watch a sporting event, performance, or other activity as a member of the audience, without participating in oneself
6. She lived in an \_\_\_\_\_ neighborhood surrounded by wealth and luxury.  
*adj.* rich and wealthy; having a lot of money and material wealth
7. The woods \_\_\_\_\_ the house.  
*v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
8. Government workers cannot \_\_\_\_\_ to political campaigns.  
*v.* to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 1. medical, 2. difficulty, 3. fundamental, 4. retirement, 5. spectate, 6. affluent, 7. embrace, 8. contribute

9. One light year is nearly 6 \_\_\_\_\_ miles.  
*n.* the number 1,000,000,000,000; a million million
10. He tried to \_\_\_\_\_ the seedling into a larger pot.  
*v.* to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another
11. Having a strong work \_\_\_\_\_ is important for success in any field.  
*n.* a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems
12. The museum had kept the paintings in remarkable \_\_\_\_\_.  
*n.* the act of keeping something in its original state or of preventing it from being damaged
13. He \_\_\_\_\_ the phone number and waited for an answer.  
*v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
14. Full involvement means \_\_\_\_\_ and prompt responses.  
*adj.* honest and sincere; open and candid in expression
15. She had a master's degree in \_\_\_\_\_.  
*n.* the scientific study of mind and behavior
16. In terms of \_\_\_\_\_ he was head and shoulders above his classmates.  
*n.* the ability to learn, comprehend, or make judgments or conclusions based on reasons

ANSWERS: 9. trillion, 10. transplant, 11. ethic, 12. preservation, 13. dialed, 14. frank, 15. psychology, 16. intelligence,

17. Try to keep a \_\_\_\_\_ between work and off.

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

18. The revitalization of technology companies is \_\_\_\_\_ to the country's growth.

*adj.* extremely vital or necessary

19. This ad campaign is aimed \_\_\_\_\_ at young women.

*adv.* only associated with or meant for one thing

20. She \_\_\_\_\_ to the audience after her performance.

*v.* to bend your knee or body, or lower your head; (noun) a weapon made of a curved piece of wood or other flexible material, strung with a cord and used to shoot arrows

21. The \_\_\_\_\_ inequality was unavoidable.

*n.* a large amount of money, property, or other things that someone or an organization owns

22. It takes a lot of \_\_\_\_\_ to stand up for what you believe is right.

*n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

23. One of the main \_\_\_\_\_ of the new product is its increased efficiency.

*n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

24. My father was tested for \_\_\_\_\_.

*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

ANSWERS: 17. balance, 18. crucial, 19. specifically, 20. bowed, 21. wealth, 22. courage, 23. advantages, 24. diabetes



25. I will work hard to \_\_\_\_\_ my goals and realize my dreams.
- v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
26. Our company is committed to increasing \_\_\_\_\_ value.
- n.* a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
27. We have finally lost our last \_\_\_\_\_.
- n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
28. The CEO's decision was \_\_\_\_\_ in the success of the company's expansion plans.
- adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
29. The \_\_\_\_\_ of Japan is known for its unique culture and advanced technology.
- n.* a large organized community of people living in a particular country or region and having a particular culture
30. The \_\_\_\_\_ office has decided to lay off 10% of the workforce.
- adj.* of or relating to a large company
31. Dolphins use sound to \_\_\_\_\_ with each other.
- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
32. He didn't \_\_\_\_\_ the plan, even though he had time.
- v.* to pinch or squeeze something sharply; to adjust something finely

ANSWERS: 25. achieve, 26. shareholder, 27. prop, 28. pivotal, 29. nation, 30. corporate, 31. communicate, 32. tweak

33. The government should view children as national assets and actively \_\_\_\_\_ in them.
- v.* to put money, effort, time, etc. into something to make a profit or achieve a result
34. The corporation \_\_\_\_\_ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
35. Governments make rules, and police \_\_\_\_\_ them.
- v.* to make sure that people obey a particular law, rule, or situation
36. Hydrogen and oxygen \_\_\_\_\_ to form water.
- v.* to join or merge to form a single thing or group
37. The president prepared several possible \_\_\_\_\_ for an enemy attack.
- n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
38. His team won the \_\_\_\_\_ for three years running.
- n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
39. 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
40. The federal \_\_\_\_\_ is planning to increase taxes for the next fiscal year.
- n.* the group of people with authority to control a country or state

ANSWERS: 33. invest, 34. eventually, 35. enforce, 36. combine, 37. scenarios, 38. championship, 39. develop, 40. government

41. He \_\_\_\_\_ from the conversation and walked away.  
*v.* to withdraw or separate oneself from a situation or relationship
42. The basketball \_\_\_\_\_ was fiercely competitive, with the top teams all vying for first place.  
*n.* a competition or series of contests involving several players or teams, leading to a final winner or winners
43. The \_\_\_\_\_ handbook outlines the rules and regulations that all employees must follow.  
*n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker
44. The speaker mounted the \_\_\_\_\_ and started to speak.  
*n.* the raised flat space close to the track at a train station where passengers get on or off the train; (technology) a computational or digital environment in which a piece of software is executed
45. We all should learn how to \_\_\_\_\_ stress.  
*v.* to deal with a situation, problem, or strong emotion
46. The rain and thunder are \_\_\_\_\_ today.  
*adj.* stupid or not sensible; very angry
47. \_\_\_\_\_ advances have disrupted many industries.  
*adj.* based on scientific and industrial progress
48. His \_\_\_\_\_ showed highly positive results.  
*n.* the scientific test conducted to observe what happens and gain new knowledge

ANSWERS: 41. disengaged, 42. tournament, 43. employee, 44. platform, 45. handle, 46. crazy, 47. Technological, 48. experiments

49. He does a different \_\_\_\_\_ every day to keep things interesting.  
*n.* a session of physical exercise or training
50. There has been a gradual but steady rise in environmental \_\_\_\_\_.  
*n.* the fact or state of knowing something exists and is important
51. These economic activities had disastrous environmental \_\_\_\_\_.  
*n.* the outcome of a particular action or event, especially relative to an individual
52. He made a frightful \_\_\_\_\_ in his room.  
*n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
53. He tried to \_\_\_\_\_ his experience to the group, but they couldn't understand.  
*v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
54. Every human is responsible for taking care of the Earth's \_\_\_\_\_.  
*n.* the natural world such as air, water, and land in which humans, animals, and plants live
55. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.  
*n.* a single person or thing, as distinct from a group
56. To advance this discussion, we must \_\_\_\_\_ "success" rigorously.  
*v.* to state or explain precisely the nature, scope, or meaning of something

ANSWERS: 49. workout, 50. awareness, 51. consequences, 52. mess, 53. relate, 54. environment, 55. individual, 56. define

57. 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
58. This region has many \_\_\_\_\_ offering higher education.
- n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
59. You \_\_\_\_\_ a bill in the change machine, and the coins pop out.
- v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
60. Some seaweed was used as \_\_\_\_\_ medicine in ancient times.
- n.* people in general, especially those of a particular group or type
61. She is the president of a large international \_\_\_\_\_.
- n.* a group of people who work together for a shared purpose
62. Her research team made an important \_\_\_\_\_.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
63. The therapist tried to \_\_\_\_\_ his negative thoughts.
- v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
64. The sprinter has a \_\_\_\_\_ way of running.
- adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

ANSWERS: 57. emotions, 58. institutes, 59. stick, 60. folk, 61. organization, 62. discovery, 63. reframe, 64. dynamic

65. The global financial crisis acted as a \_\_\_\_\_ to unite the country.  
*n.* a person or thing that causes an important event to happen or changes the current situation rapidly; (chemistry) a substance that initiates or accelerates a chemical reaction without being changed itself
66. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.  
*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
67. The majority of students actively \_\_\_\_\_ in the college's intramural sports program.  
*v.* to take part in something
68. He was known to be very \_\_\_\_\_ and would often work late into the night.  
*adj.* hardworking, diligent, and persistent in effort
69. The player quickly went to the \_\_\_\_\_ side of the defender.  
*adj.* at, toward, or near the back part of something; (verb) to look after a child until it is an adult
70. This operation requires both patience and \_\_\_\_\_.  
*n.* the quality or condition of being exact and accurate
71. Human \_\_\_\_\_ responses vary widely depending on the society to which they belong.  
*adj.* relating to people's feelings
72. \_\_\_\_\_ robots that can cooperate with humans have limited motor output for safety.  
*adj.* having the capacity for thought and reason, especially to a high degree

ANSWERS: 65. catalyst, 66. disease, 67. participated, 68. industrious, 69. rear, 70. precision, 71. emotional, 72. Intelligent

73. The company holds patents on core components of \_\_\_\_\_ jet printers.  
*n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
74. The vegetarian burger was an \_\_\_\_\_ that quickly spread to the United Kingdom.  
*n.* the creation of a new device or process resulting from study and experimentation
75. The development of agricultural technology has had an \_\_\_\_\_ impact on humanity.  
*adj.* impossible to change or return to a previous condition
76. To assure \_\_\_\_\_ I recommend investing in high-quality test kits.  
*n.* the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
77. The recent economic downturn has resulted in \_\_\_\_\_ layoffs.  
*adj.* enormous amount; very heavy and solid
78. \_\_\_\_\_ hyperglycemia is a trigger for a variety of serious diseases.  
*adj.* being long-lasting and recurrent or characterized by long suffering; habitual
79. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
80. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.  
*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 73. laser, 74. innovation, 75. irreversible, 76. accuracy, 77. massive, 78. Chronic, 79. well-being, 80. process

81. I'm a big \_\_\_\_ of French food.

- n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

82. We \_\_\_\_\_ our impeded progress on lack of money.

- v.* to think or say that someone or something did something wrong or is responsible for something bad

83. 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

84. I was so \_\_\_\_\_ by my phone that I nearly walked into a lamppost.

- adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

85. The phone rang at the most \_\_\_\_\_ time.

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

86. We \_\_\_\_\_ the season's total trade deficit at \$50 billion.

- v.* to guess or calculate the cost, size, value, etc. of something

87. The recipient signed the \_\_\_\_\_ of receipt.

- n.* the act of accepting or admitting something, or the fact of being accepted or admitted; recognition or acceptance of the existence or truth of something

88. The \_\_\_\_\_ of the country is struggling due to the recent political instability.

- n.* the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 81. fan, 82. blamed, 83. relations, 84. distracted, 85. opportune, 86. estimated, 87. acknowledgment, 88. economy



89. The oil price continued their downward \_\_\_\_\_.
- n.* a general direction in which something is changing or developing
90. Smoking places you at severe risk of \_\_\_\_\_ and respiratory disease.
- adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
91. The construction company \_\_\_\_\_ the building with an earthquake-resistant device.
- v.* to provide a person or a place with the things that are needed for a particular purpose or activity
92. She finally decided to \_\_\_\_\_ herself from the company.
- v.* to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment
93. They offered the \_\_\_\_\_ of an installment plan.
- n.* the state of being suitable or opportune
94. We elected him to \_\_\_\_\_ us at the international conference.
- v.* to speak, act, or be present on behalf of another person or group; to form or constitute
95. They have no \_\_\_\_\_ to win the game.
- n.* something, such as a punishment, reward, etc., that encourages a person to do something
96. A balanced \_\_\_\_\_ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 89. trend, 90. cardiovascular, 91. equipped, 92. disconnect, 93. convenience, 94. represent, 95. incentive, 96. diet

97. The surgeon removed the healthy \_\_\_\_\_ from the donor.  
*n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
98. Regular \_\_\_\_\_ treatments are necessary for those with kidney failure.  
*n.* a medical treatment that removes waste and excess fluids from the blood of a patient with kidney failure
99. Many women are now their families' primary \_\_\_\_\_.  
*n.* the member of a family who earns money to support the others
100. The paper is \_\_\_\_\_ worth reading thoroughly.  
*adv.* without any question and beyond doubt; clearly
101. The mobile application industry is a \_\_\_\_\_ one.  
*adj.* involving competition or competitiveness
102. Our users are often \_\_\_\_\_ about the slow application.  
*v.* to say dissatisfaction or annoyance about something or somebody
103. The country finally gained \_\_\_\_\_ over the whole land of its neighbors.  
*n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
104. Four companies were amalgamated into a single \_\_\_\_\_.  
*n.* a large company or group of companies that are controlled together by law as a single unit
105. The movie was \_\_\_\_\_ dramatic, with exaggerated emotions and cliched plot twists.  
*adv.* to a greater degree than is appropriate or desirable

ANSWERS: 97. kidney, 98. dialysis, 99. breadwinners, 100. definitely, 101. competitive, 102. complaining, 103. mastery, 104. corporation, 105. overly

106. The company's new \_\_\_\_\_ on remote work has made it a more inclusive workplace.

- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

107. My accidental \_\_\_\_\_ got better right away.

- n.* harm done to a person's or an animal's body caused by an accident or an attack

108. During the surgery, the doctor had to be extremely cautious not to \_\_\_\_\_ a blood vessel.

- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

109. They had formed a friendship \_\_\_\_\_.

- n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

110. 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: 106. policy, 107. injury, 108. damage, 109. bond, 110. function