

# Englist.me



## Vocabulary Builder Reference from...

*Valorie Kondos Field: Why winning doesn't always equal success | TED Talk*

[https://www.ted.com/talks/valorie\\_kondos\\_field\\_why\\_winning\\_doesn\\_t\\_always\\_equal\\_success](https://www.ted.com/talks/valorie_kondos_field_why_winning_doesn_t_always_equal_success)

### 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

### murmur

v. to say something very quietly; to complain about somebody or something under one's breath

*synonym*: burble, gurgle, mutter

(1) **murmur** at low wages, (2) **murmur** a greeting

He always **murmurs** at the ill-treatment.

### retire

v. to withdraw from one's position or occupation, especially because of age

*synonym*: relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms

After working for the company for 30 years, she decided to **retire** from her job.

### gymnastics

n. a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility

*synonym*: acrobatics, tumbling, contortion

(1) **gymnastics** competition, (2) **gymnastics** routine

**Gymnastics** classes are fun for kids to stay active and learn new skills.

## 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.

## induct

*v.* to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas

*synonym* : enlist, recruit, conscript

(1) **induct** them into military service, (2) **induct** a clergyperson to a benefice

We were **inducted** into the honor society.

## athletics

*n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

*synonym* : sports, physical activity, exercise

(1) high school **athletics**, (2) professional **athletics**

She excelled in **athletics** during high school and went on to compete at the collegiate level.

## fame

*n.* the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on

*synonym* : celebrity, renown, stardom

(1) leap into **fame**, (2) his undying **fame**

Good **fame** is better than a good face.

## confer

*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

*synonym* : consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

## insight

*n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

*synonym*: wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

## crisis

*n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

*synonym*: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

## honor

*n.* high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone

*synonym*: integrity, virtue, acclaim

(1) womanly **honor**, (2) **honor** our ancestors

I claim on my **honor** that it is true.

## pyramid

*n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

*synonym*: monument, edifice, tomb

(1) **pyramid** architecture, (2) a truncated **pyramid**

The Egyptian **pyramids** consist of a vast number of blocks.

## effusive

*adj.* expressing feelings of gratitude, affection, or enthusiasm in an unrestrained or excessive way; overflowing

*synonym*: gushy, demonstrative, unrestrained

(1) **effusive** welcome, (2) **effusive** tears

The employee received an **effusive** compliment from their

boss for their hard work.

## applaud

*v.* to express approval of someone or something by clapping the hands

*synonym*: clap, celebrate, praise

(1) **applaud** his courage, (2) **applaud** the orchestra  
I enthusiastically **applaud** my rival's achievement.

## 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.

## elect

*v.* to choose someone for a specific position by voting for them; to decide or choose to do something

*synonym*: select, choose, prefer

(1) **elect** the school board, (2) **elect** death  
Every five years, the provincial governors are **elected**.

## award

*n.* a prize or other mark of recognition given in honor of an achievement

*synonym*: prize, honor, accolade

(1) **award** ceremony, (2) participation **award**  
He won the **award** for best actor at the film festival.

## institutionalize

*v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

*synonym*: formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable energy sources.

## dam

*n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

*synonym* : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

## straight

*adj.* extending or moving in one direction without bending or curving; having no deviations

*synonym* : linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

## medal

*n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

*synonym* : award, decoration, badge

(1) gold **medal**, (2) a prize **medal**

She was proud to receive a **medal** for her hard work and dedication to the sport.

## athlete

*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

*synonym* : player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

## 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.

## 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.

## profit

*n.* money that is earned in business or by selling things after deducting the costs involved

*synonym*: earnings, gain, proceeds

(1) gross **profit**, (2) make a **profit**

This business yields little **profit**.

## 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.

## hyperfocus

*n.* an intense focus on a single task or activity to the exclusion of other things

*synonym*: zone, intense focus, deep focus

(1) **hyperfocus** state, (2) **hyperfocus** on the economy

He had a hard time focusing on anything else because he was in **hyperfocus** on his project.

## 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.

## sweep

*v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

*synonym*: clean, clear, brush off

(1) **sweep** up dead leaves, (2) **sweep** a room with a glance

The politician tried to **sweep** the embarrassing incident under the rug.

## proverb

*n.* a short saying that expresses a truth or gives advice based on practical experience

*synonym*: adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**

The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

## 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.

## redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

*synonym*: reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we work.

## 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.

## champion

n. someone who has won first place in a competition; someone who fights for a specific group of people or a belief

*synonym*: victor, winner, fighter

(1) a **champion** of peace, (2) the grand **champion**

The **champion** bicyclist outrode all his competitors.

## brag

v. to say something in a boastful manner, to impress others, or make oneself feel superior

*synonym*: boast, swagger, vaunt

(1) **brag** to each other, (2) **brag** about my knowledge

Despite his impressive achievements, he refrained from **bragging** about his success.

## dictate

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

*synonym*: read out, prescribe, order

(1) **dictate** a letter to secretary, (2) **dictate** to the associate

The allies **dictated** the terms of surrender to the country.

## appoint

v. to give someone a job or role, especially as a public official or member of an organization; to arrange or decide on a time or a place

*synonym*: designate, assign, name

(1) **appoint** members, (2) **appoint** the day

The court **appointed** a guardian for the child.

## ballet

n. a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing

(1) a **ballet** enthusiast, (2) **ballet** lessons

She is a leading female classical **ballet** dancer

## cartwheel

n. a gymnastic move in which a person performs a spinning movement with the body held straight while moving sideways in a handstand position; the wheel of a cart

*synonym*: sommersault, wheeling, flip

(1) **cartwheel** kick, (2) attempt a **cartwheel**

The gymnast did a perfect **cartwheel** across the mat.

## mimic

v. to imitate someone's speech, movement, or behavior, especially to make others laugh



*synonym* : mirror, imitate, ape

(1) **mimic** a human voice, (2) **mimic** numerous instruments  
He is very popular at school because he can **mimic** all the teachers' accents.

## **tough-minded**

*adj.* having a practical, no-nonsense approach to life, often characterized by resilience, determination, and a lack of sentimentality or emotionalism

*synonym* : resolute, determined, unsentimental

(1) **tough-minded** approach, (2) **tough-minded** leadership  
She's a **tough-minded** negotiator who always fights for what she believes is fair.

## **relentless**

*adj.* persistent and determined; continuing despite difficulties or setbacks

*synonym* : unyielding, tireless, unremitting

(1) **relentless** attack, (2) face **relentless** pressure  
The athlete's **relentless** training paid off in the end.

## **sympathetic**

*adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

*synonym* : compassionate, empathetic, understanding

(1) **sympathetic** nervous system, (2) **sympathetic** toward poor people

She is very **sympathetic** to our project.

## **bullish**

*adj.* feeling or expressing confidence or optimism about the future, often related to the stock market or other financial matters

*synonym* : optimistic, positive

(1) **bullish** market, (2) **bullish** trend

Investors are feeling **bullish** about the company's potential for growth in the coming years.

## **empathy**

*n.* the ability to share another person's feelings or experiences by imagining that person's situation

*synonym* : compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

**Empathy** is also necessary to understand history.

## downright

*adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely

*synonym* : absolute, utter, complete

(1) **downright** nonsense, (2) **downright** impossible

It was a **downright** lie that he would attend the event.

## abysmal

*adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable

*synonym* : dreadful, terrible, appalling

(1) **abysmal** performance, (2) **abysmal** living conditions

The company's **abysmal** sales performance led to layoffs and budget cuts.

## brash

*adj.* self-assertive in a rude, noisy, or overbearing way; impetuous; lacking in consideration for consequences or the opinions or feelings of others

*synonym* : reckless, impulsive, daring

(1) **brash** behavior, (2) **brash** confidence

The **brash** young CEO made a lot of enemies with his bold decisions.

## solid

*adj.* hard or firm; characterized by good substantial quality

*synonym* : stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

## arrogance

*n.* excessive self-confidence or self-importance

*synonym* : hubris, haughtiness, conceit

(1) brazen **arrogance**, (2) **arrogance** of power

He acted with **arrogance** and was not well-liked by his colleagues.

## demean

v. to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated

*synonym* : lower, degrade, humiliate

(1) **demean** the value, (2) **demean** the reputation

You shouldn't **demean** yourself by taking on tasks beneath your skill level.

## belittle

v. to speak or write about someone or something in a way that shows a lack of respect

*synonym* : degrade, demean, disparage

(1) **belittle** his ability, (2) **belittle** through talk

He **belittled** her in front of the office, making her feel small and insignificant.

## motivate

v. to make someone want to do something, especially something that requires tremendous work and effort

*synonym* : boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**

The ability to **motivate** people is a priceless asset.

## 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.

## dogmatic

adj. characterized by strong and unwavering opinions or beliefs that are often expressed with force and without consideration for alternative viewpoints or evidence

*synonym* : authoritative, doctrinal, opinionated

(1) **dogmatic** beliefs, (2) **dogmatic** approach

The company's old **dogmatic** policies were the cause of its downfall.

## dictator

*n.* a political leader who has complete power over a country, especially one who has obtained control by force

*synonym* : autocrat, tyrant, despot

(1) military **dictator**, (2) a **dictator** with enormous powers  
A popular uprising led to the overthrow of the **dictator**.

## compliant

*adj.* willing to comply with rules, requests, or demands

*synonym* : obedient, conforming, amenable

(1) **compliant** software, (2) **compliant** regulations

The company is committed to being **compliant** with industry regulations.

## motivation

*n.* the reason or enthusiasm for acting or behaving in a particular way

*synonym* : inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

## alter

*v.* to cause to change or make different

*synonym* : change, vary, adjust

(1) **alter** a decision, (2) **alter** data in a file

The design of the webpage has **altered** slightly.

## fortify

*v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support

*synonym* : strengthen, reinforce, bolster

(1) **fortify** a building, (2) **fortify** an immune system

He drank a protein shake to **fortify** his muscles before the marathon.

## shift

*n.* a slight transition in position, direction, or trend

*synonym* : transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

## philosophy

*n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

*synonym*: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

## translate

*v.* to convert or change words into another language

*synonym*: convert, transcribe, render

(1) **translate** a document into English, (2) **translate** the emotion to a movement

**Translate** the text from Italian into English.

## competition

*n.* a situation in which someone is attempting to beat or outperform another

*synonym*: contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

## ingredient

*n.* one of the things used to make something, especially one of the foods used to make a particular dish

*synonym*: element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

## patience

*n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry

*synonym*: forbearance, endurance, tolerance

(1) test my **patience**, (2) show **patience**

Healing a broken heart requires **patience**, as it takes time to heal.

## honesty

*n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

*synonym* : sincerity, integrity, truthfulness

(1) **honesty** policy, (2) **honesty** box

A culture of **honesty** in the workplace leads to better communication and productivity.

## routine

*n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

*synonym* : habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

## consensus

*n.* general agreement or accord in the judgment or opinion reached by a group as a whole

*synonym* : agreement, accord, harmony

(1) a public **consensus**, (2) **consensus** among scientists

The two parties have reached a **consensus**.

## purity

*n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

*synonym* : sinlessness, innocence, cleanliness

(1) the degree of **purity**, (2) high **purity**

Higher **purity** requires additional equipment and energy.

## spirit

*n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

*synonym* : soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**

Despite their tragic loss, the family is showing great **spirit**.

## stereotype

*n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**  
Changing **stereotypes** about LGBTQ requires considerable effort.

## freshman

*n.* a first-year student, typically in college or high school  
*synonym*: freshie, newcomer, rookie

(1) **freshman** orientation, (2) **freshman** year

The **freshman** class was excited to start their first year of college.

## rebel

*n.* someone who resists or opposes authority or control, especially by fighting against it

*synonym*: insurgent, dissenter, mutineer

(1) **rebel** uprising, (2) group of **rebels**

The **rebels** fought against the government for their independence.

## recruit

*v.* to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.

*synonym*: raise, enroll, enlist

(1) **recruit** a good worker, (2) **recruit** a new hire

The colonial government **recruited** militia support when civil war broke out.

## halfway

*adj.* in or at a point midway or an equal distance between two points

*synonym*: middle, median, center

(1) **halfway** through my journey, (2) **halfway** decent job

The famous restaurant stands **halfway** up the hill.

## psychology

*n.* the scientific study of mind and behavior

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

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

## apologetic

*adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an

excuse for something

*synonym* : sorry, regretful, remorseful

(1) **apologetic** tone, (2) **apologetic** letter

He was **apologetic** for being late to the meeting.

## punch

v. to strike someone or something with one's fist; to make a hole in something

*synonym* : hit, strike, slap

(1) **punch** out numbers, (2) **punch** a ticket

He **punched** the wall in anger.

## scholarship

n. a grant or payment made to support a student's education usually awarded based on academic or other achievements

*synonym* : grant, award, stipend

(1) a **scholarship** association, (2) college **scholarship**

She received a full **scholarship** to study abroad.

## snark

n. sarcastic or cutting remarks or comments intended to ridicule or undermine someone, often with a tone of superiority or disdain

*synonym* : criticism, sarcasm, irony

(1) media **snark**, (2) political **snark**

She couldn't resist adding a little **snark** to her online comment.

## clarity

n. the quality of being coherent and understandable; the quality of transparency or purity

*synonym* : clearness, translucence, brightness

(1) lack of **clarity**, (2) sake of **clarity**

The publisher will proofread most of this manuscript for **clarity**.

## associate

v. to mentally connect someone or something with someone or something else

*synonym* : tie in, link, consociate



(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

## enthusiasm

*n.* a strong feeling of excitement and interest in a particular subject or cause and an eagerness to become involved in it

*synonym*: eagerness, zeal, willingness

(1) unflagging **enthusiasm**, (2) lose **enthusiasm**

We are tackling the development for updates with **enthusiasm**.

## determination

*n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something

*synonym*: resolve, willpower, conviction

(1) a steely **determination**, (2) **determination** of a DNA sequence

His **determination** to succeed was unwavering, even in the face of adversity.

## opposition

*n.* the act of disagreeing or resisting; the state of strong disagreement

*synonym*: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

## proof

*n.* a fact or piece of information that shows something is true or exists

*synonym*: testimony, evidence, assurance

(1) documentary **proof**, (2) a geometric **proof**

**Proof** is better than argument.

## embark

*v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something

*synonym*: enter, undertake, commence

(1) **embark** on a trip, (2) **embark** on a foolish adventure  
We **embarked** on a new project.

## 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.

## foremost

*adj.* most important, leading, or prominent

*synonym* : leading, primary, first

(1) **foremost** expert, (2) keep **foremost** in mind  
The **foremost** priority is the safety of the passengers.

## strategy

*n.* a detailed plan of action designed to achieve a long-term or overall goal.

*synonym* : approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**  
Our plan includes a comprehensive marketing **strategy**.

## gym

*n.* a place equipped for exercise and other physical training

*synonym* : fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit  
She went to the fully equipped **gym** to work out every day.

## encourage

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

*synonym* : facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior  
They **encouraged** customers with a premium for loyal

patronage.

## blossom

*n.* the reproductive structure on a flowering plant that consists of usually colorful petals and a typically green calyx (merging of sepals); the state or time of flowering; the peak of a person's or thing's development or success

*synonym* : flower, bloom, bud

(1) apple **blossom**, (2) **blossom** garden

The cherry **blossom** trees in the park were in full bloom, creating a beautiful sight.

## rediscover

*v.* to discover or find again something that was previously known but lost

*synonym* : recover, get back, revive

(1) **rediscover** a value, (2) **rediscover** an old truth

The painting was **rediscovered** in an attic and turned out to be a long-lost masterpiece.

## guidance

*n.* advice or instructions given to help direct someone's behavior or decision-making

*synonym* : advice, direction, support

(1) vocational **guidance**, (2) **guidance** counselor

The mentor provided **guidance** to the young entrepreneur, helping her navigate the business world.

## excite

*v.* to make someone feel suddenly enthusiastic or eager

*synonym* : thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

## silent

*adj.* without any or little sound

*synonym* : quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

## appropriate

*adj.* suitable or proper in the circumstances; fitting

*synonym* : fitting, suitable, proper

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

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

## inadequate

*adj.* not sufficient or enough

*synonym* : insufficient, lacking, lacking enough

(1) an **inadequate** income, (2) **inadequate** funding

The small budget was **inadequate** to cover all the necessary expenses for the project.

## gymnast

*n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

*synonym* : acrobat, tumbler, contortionist

(1) talented **gymnast**, (2) female **gymnast**

The Olympic **gymnast** performed a flawless routine on the balance beam and received a perfect ten score.

## trifecta

*n.* a situation in which three things or events occur together, especially in a particular sequence, often used in the context of horse racing, where it refers to picking the first three finishers in a race in the correct order

*synonym* : hat trick, triple

(1) **trifecta** of evil, (2) **trifecta** bet

The chef's **trifecta** of appetizers was a hit at the dinner party.

## couch

*n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

*synonym* : sofa, settee, divan

(1) leather **couch**, (2) a **couch** potato

I love to relax on the **couch** and watch movies on the weekends.

## graduate

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

*synonym* : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

## whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

*synonym* : murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

## 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.

## convict

v. to prove or declare someone to be guilty of a crime;  
(noun) a person serving a sentence in a jail or prison

*synonym* : condemn, sentence, judge

(1) **convict** him of manslaughter, (2) **convict** in a jail

He was **convicted** on fraud charges and sentenced to five years in prison.

## serial

adj. consisting of or occurring in a series or sequence;  
relating to or involving a series or sequence of events,  
stories, or incidents

*synonym* : consecutive, sequential, successive

(1) **serial** killer, (2) **serial** number

The company is launching a new line of **serial** products aimed at young adults.

## molest

v. to harass, bother, or annoy someone, often sexually; to touch or handle someone in an unwelcome or inappropriate way

*synonym* : harass, harm, abuse

(1) **molest** a woman on a train, (2) sexually **molest** his

stepchild

The organization campaigns for stricter penalties for those who **molest** children.

## survivor

*n.* a person who remains alive after an event in which others have died

*synonym*: subsister

(1) ovarian cancer **survivor**, (2) a single **survivor**

The shipwreck **survivor** was rescued after floating in the ocean for three days.

## invoke

*v.* to call upon or request help or support, especially from a higher power; to mention or use something as a reason or justification for actions or decisions

*synonym*: evoke, summon, call forth

(1) **invoke** memories, (2) **invoke** the right to remain silent

The politician **invoked** the name of the founding fathers in his speech.

## tragedy

*n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character

*synonym*: disaster, adversity, calamity

(1) a **tragedy** during work, (2) the aftermath of this **tragedy**

Macbeth is a famous **tragedy** by Shakespeare.

## liberate

*v.* to set free; to release or rescue from captivity or oppression

*synonym*: emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential

The prisoners were **liberated** after the war ended.

## 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.

## invincible

*adj.* incapable of being conquered, defeated, or overcome;  
unassailable

*synonym*: unassailable, unbeatable, indomitable

(1) **invincible** army, (2) **invincible** will

The team felt **invincible** after their winning streak.

## metric

*adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic

*synonym*: metrical, measured

(1) **metric** units, (2) key performance **metrics**

In the **metric** system, measurements are made in meters and liters.

## ego

*n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

*synonym*: self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

## emphatically

*adv.* forcefully or assertively; expressing something with emphasis or conviction

*synonym*: clearly, unquestionably, decidedly

(1) **emphatically** deny, (2) **emphatically** state

The speaker **emphatically** expressed their opinion on the urgent need for climate action.

## 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.

## compromise

v. to settle a problem or disagreement by mutual concession

*synonym*: agree, settle, negotiate

(1) **compromise** the matter, (2) cannot **compromise** anymore

They never **compromised** on development despite the lack of funds.

## 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.

## 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.

## examine

v. to study or consider a person or object attentively and thoroughly to learn something about them

*synonym*: study, probe, analyze

(1) **examine** the data studiously, (2) **examine** the issue

Initially, we must **examine** all project-related expenses.

## alignment

*n.* an arrangement in which two or more elements are placed in a straight line or parallel to each other

*synonym*: conjunction, arrangement, coalition

(1) **alignment** in an organization, (2) be in **alignment**

In the last century, Britain formed a strong **alignment** with Egypt.

## responsible

*adj.* answerable or accountable for something within one's power, control, or management

*synonym*: accountable, answerable, liable



(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

## Session 2: Spelling

- |                                      |      |  |
|--------------------------------------|------|--|
| 1. el__t the school board            | v.   | to choose someone for a specific position by voting for them; to decide or choose to do something  |
| 2. key co_____nt                     | n.   | one of several parts that combines with others to form something bigger  |
| 3. abs_____ly obsessed with the girl | adv. | without restriction or limitation; completely or utterly   |
| 4. py_____d architecture             | n.   | a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt  |
| 5. cr___s management                 | n.   | a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken  |
| 6. da___e a relationship             | 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 |
| 7. co_____us among scientists        | n.   | general agreement or accord in the judgment or opinion reached by a group as a whole   |

ANSWERS: 1. elect, 2. component, 3. absolutely, 4. pyramid, 5. crisis, 6. damage, 7. consensus

8. re\_\_\_e after four terms      *v.* to withdraw from one's position or occupation, especially because of age
9. in\_\_\_t them into military service      *v.* to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas
10. full of em\_\_\_\_y      *n.* the ability to share another person's feelings or experiences by imagining that person's situation
11. the aftermath of this tr\_\_\_\_y      *n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
12. p\_\_r review      *n.* a person who has the same age, status, or ability
13. fo\_\_\_\_y an immune system      *v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
14. en\_\_\_\_ge a sense of affinity      *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
15. stay phy\_\_\_\_ly fit      *adv.* in a way related to a person's body or appearance rather than their mind
16. bu\_\_\_\_h trend      *adj.* feeling or expressing confidence or optimism about the future, often related to the stock market or other financial matters

ANSWERS: 8. retire, 9. induct, 10. empathy, 11. tragedy, 12. peer, 13. fortify, 14. encourage, 15. physically, 16. bullish

17. red\_\_\_\_\_er an old truth                    *v.*    to discover or find again something that was previously known but lost
18. com\_\_\_\_\_se the matter                    *v.*    to settle a problem or disagreement by mutual concession
19. ex\_\_\_e the crowd                                *v.*    to make someone feel suddenly enthusiastic or eager
20. college sch\_\_\_\_\_ip                         *n.*    a grant or payment made to support a student's education usually awarded based on academic or other achievements
21. a single su\_\_\_\_\_or                         *n.*    a person who remains alive after an event in which others have died
22. an indomitable sp\_\_\_\_t                       *n.*    the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
23. tr\_\_\_\_\_te the emotion to a movement    *v.*    to convert or change words into another language
24. mi\_\_c a human voice                         *v.*    to imitate someone's speech, movement, or behavior, especially to make others laugh
25. leather co\_\_h                                     *n.*    a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
26. lack of cl\_\_\_\_\_y                             *n.*    the quality of being coherent and understandable; the quality of transparency or purity

ANSWERS: 17. rediscover, 18. compromise, 19. excite, 20. scholarship, 21. survivor, 22. spirit, 23. translate, 24. mimic, 25. couch, 26. clarity

27. tou\_\_\_\_\_ded leadership *adj.* having a practical, no-nonsense approach to life, often characterized by resilience, determination, and a lack of sentimentality or emotionalism
28. ha\_\_\_\_\_y through my journey *adj.* in or at a point midway or an equal distance between two points
29. avoid ste\_\_\_\_\_pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
30. a hackneyed pr\_\_\_\_\_b *n.* a short saying that expresses a truth or gives advice based on practical experience
31. se\_\_\_\_\_l number *adj.* consisting of or occurring in a series or sequence; relating to or involving a series or sequence of events, stories, or incidents
32. do\_\_\_\_\_ht impossible *adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
33. female gy\_\_\_\_\_t *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
34. cannot com\_\_\_\_\_se anymore *v.* to settle a problem or disagreement by mutual concession
35. do\_\_\_\_\_ic beliefs *adj.* characterized by strong and unwavering opinions or beliefs that are often expressed with force and without consideration for alternative viewpoints or evidence

ANSWERS: 27. tough-minded, 28. halfway, 29. stereotype, 30. proverb, 31. serial, 32. downright, 33. gymnast, 34. compromise, 35. dogmatic

36. a st\_\_\_\_ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
37. psy\_\_\_\_\_gy experiment *n.* the scientific study of mind and behavior
38. bu\_\_\_\_\_h market *adj.* feeling or expressing confidence or optimism about the future, often related to the stock market or other financial matters
39. ins\_\_\_\_\_ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
40. high school at\_\_\_\_\_cs *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
41. di\_\_\_\_\_e a letter to secretary *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
42. mu\_\_\_\_r a greeting *v.* to say something very quietly; to complain about somebody or something under one's breath
43. share my in\_\_\_\_\_ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
44. ef\_\_\_\_\_ve tears *adj.* expressing feelings of gratitude, affection, or enthusiasm in an unrestrained or excessive way; overflowing

ANSWERS: 36. straight, 37. psychology, 38. bullish, 39. institutionalize, 40. athletics, 41. dictate, 42. murmur, 43. insight, 44. effusive

45. br\_\_h behavior *adj.* self-assertive in a rude, noisy, or overbearing way; impetuous; lacking in consideration for consequences or the opinions or feelings of others
46. as\_\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
47. get con\_\_\_\_\_nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
48. professional at\_\_\_\_\_cs *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
49. the first round of the com\_\_\_\_\_on *n.* a situation in which someone is attempting to beat or outperform another
50. understand his mot\_\_\_\_\_on *n.* the reason or enthusiasm for acting or behaving in a particular way
51. sw\_\_p up dead leaves *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
52. li\_\_\_\_\_te potential *v.* to set free; to release or rescue from captivity or oppression
53. g\_m membership *n.* a place equipped for exercise and other physical training
54. pu\_\_h a ticket *v.* to strike someone or something with one's fist; to make a hole in something
55. sym\_\_\_\_\_ic toward poor people *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

ANSWERS: 45. brash, 46. associate, 47. consistent, 48. athletics, 49. competition, 50. motivation, 51. sweep, 52. liberate, 53. gym, 54. punch, 55. sympathetic

56. de\_\_\_n the value      *v.* to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
57. det\_\_\_\_\_ion of a DNA sequence      *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
58. ab\_\_\_\_\_l performance      *adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
59. co\_\_\_\_\_t in a jail      *v.* to prove or declare someone to be guilty of a crime; (noun) a person serving a sentence in a jail or prison
60. womanly ho\_\_r      *n.* high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone
61. a co\_\_h potato      *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
62. emp\_\_\_\_\_lly deny      *adv.* forcefully or assertively; expressing something with emphasis or conviction
63. gym\_\_\_\_\_cs routine      *n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility
64. do\_\_\_\_\_ht nonsense      *adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely

ANSWERS: 56. demean, 57. determination, 58. abysmal, 59. convict, 60. honor, 61. couch, 62. emphatically, 63. gymnastics, 64. downright



65. tr\_\_\_\_\_te a document into English      *v.* to convert or change words into another language
66. a public co\_\_\_\_\_us      *n.* general agreement or accord in the judgment or opinion reached by a group as a whole
67. sake of cl\_\_\_\_\_y      *n.* the quality of being coherent and understandable; the quality of transparency or purity
68. fr\_\_\_\_\_an year      *n.* a first-year student, typically in college or high school
69. cha\_\_\_\_\_hip flag      *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
70. mu\_\_\_r at low wages      *v.* to say something very quietly; to complain about somebody or something under one's breath
71. apo\_\_\_\_\_ic tone      *adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
72. re\_\_\_\_\_t a good worker      *v.* to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.
73. b\_\_g about my knowledge      *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
74. Doppler sh\_\_t      *n.* a slight transition in position, direction, or trend
75. sw\_\_p a room with a glance      *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

ANSWERS: 65. translate, 66. consensus, 67. clarity, 68. freshman, 69. championship, 70. murmur, 71. apologetic, 72. recruit, 73. brag, 74. shift, 75. sweep

76. em\_\_\_k on a foolish adventure      *v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
77. al\_\_r a decision      *v.* to cause to change or make different
78. do on a con\_\_\_\_\_nt basis      *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
79. de\_\_\_e my position      *v.* to state or explain precisely the nature, scope, or meaning of something
80. ho\_\_\_\_\_y policy      *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
81. his undying f\_\_e      *n.* the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on
82. mot\_\_\_\_\_on for a change      *n.* the reason or enthusiasm for acting or behaving in a particular way
83. develop a st\_\_\_\_\_gy      *n.* a detailed plan of action designed to achieve a long-term or overall goal.
84. brazen ar\_\_\_\_\_ce      *n.* excessive self-confidence or self-importance
85. a steely det\_\_\_\_\_ion      *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
86. a built-in diagnostic ro\_\_\_\_\_e      *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 76. embark, 77. alter, 78. consistent, 79. define, 80. honesty, 81. fame, 82. motivation, 83. strategy, 84. arrogance, 85. determination, 86. routine

87. ab\_\_\_\_l living conditions *adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
88. attempt a ca\_\_\_\_\_el *n.* a gymnastic move in which a person performs a spinning movement with the body held straight while moving sideways in a handstand position; the wheel of a cart
89. ex\_\_\_\_\_e the data studiously *v.* to study or consider a person or object attentively and thoroughly to learn something about them
90. documentary pr\_\_f *n.* a fact or piece of information that shows something is true or exists
91. be in al\_\_\_\_\_nt *n.* an arrangement in which two or more elements are placed in a straight line or parallel to each other
92. ho\_\_\_\_\_y box *n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
93. ho\_\_r our ancestors *n.* high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone
94. p\_\_r group *n.* a person who has the same age, status, or ability
95. ovarian cancer su\_\_\_\_\_or *n.* a person who remains alive after an event in which others have died
96. e\_o defense mechanisms *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 87. abysmal, 88. cartwheel, 89. examine, 90. proof, 91. alignment, 92. honesty, 93. honor, 94. peer, 95. survivor, 96. ego

97. military di\_\_\_\_or *n.* a political leader who has complete power over a country, especially one who has obtained control by force
98. vocational gu\_\_\_\_ce *n.* advice or instructions given to help direct someone's behavior or decision-making
99. de\_\_\_\_e a word *v.* to state or explain precisely the nature, scope, or meaning of something
100. inv\_\_\_\_le will *adj.* incapable of being conquered, defeated, or overcome; unassailable
101. military st\_\_\_\_gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
102. di\_\_\_\_e to the associate *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
103. face rel\_\_\_\_ss pressure *adj.* persistent and determined; continuing despite difficulties or setbacks
104. na\_\_\_\_n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
105. all ability to mo\_\_\_\_te *v.* to make someone want to do something, especially something that requires tremendous work and effort
106. co\_\_\_\_r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
107. emp\_\_\_\_lly state *adv.* forcefully or assertively; expressing something with emphasis or conviction
108. sexually mo\_\_\_\_t his stepchild *v.* to harass, bother, or annoy someone, often sexually; to touch or handle someone in an unwelcome or inappropriate way

ANSWERS: 97. dictator, 98. guidance, 99. define, 100. invincible, 101. strategy, 102. dictate, 103. relentless, 104. nation, 105. motivate, 106. confer, 107. emphatically, 108. molest

109. a truncated py\_\_\_\_d *n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
110. so\_\_d ally *adj.* hard or firm; characterized by good substantial quality
111. phi\_\_\_\_\_hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
112. re\_\_\_\_\_ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
113. so\_\_d employment measures *adj.* hard or firm; characterized by good substantial quality
114. mi\_\_c numerous instruments *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
115. 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
116. se\_\_\_l killer *adj.* consisting of or occurring in a series or sequence; relating to or involving a series or sequence of events, stories, or incidents

ANSWERS: 109. pyramid, 110. solid, 111. philosophy, 112. redefine, 113. solid, 114. mimic, 115. bully, 116. serial

117. 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
118. al\_\_\_\_\_nt in an organization      *n.* an arrangement in which two or more elements are placed in a straight line or parallel to each other
119. re\_\_\_e voluntarily      *v.* to withdraw from one's position or occupation, especially because of age
120. ca\_\_\_\_\_el kick      *n.* a gymnastic move in which a person performs a spinning movement with the body held straight while moving sideways in a handstand position; the wheel of a cart
121. in\_\_\_e the right to remain silent      *v.* to call upon or request help or support, especially from a higher power; to mention or use something as a reason or justification for actions or decisions
122. ancient pr\_\_\_\_\_b      *n.* a short saying that expresses a truth or gives advice based on practical experience
123. em\_\_\_\_\_al distress      *adj.* relating to people's feelings
124. el\_\_t death      *v.* to choose someone for a specific position by voting for them; to decide or choose to do something
125. a sch\_\_\_\_\_ip association      *n.* a grant or payment made to support a student's education usually awarded based on academic or other achievements

ANSWERS: 117. develop, 118. alignment, 119. retire, 120. cartwheel, 121. invoke, 122. proverb, 123. emotional, 124. elect, 125. scholarship

126. em\_\_\_\_\_y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
127. res\_\_\_\_\_le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
128. mo\_\_\_\_\_te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
129. em\_\_\_\_\_al health *adj.* relating to people's feelings
130. d\_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
131. key performance me\_\_\_cs *adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
132. make a pr\_\_\_t *n.* money that is earned in business or by selling things after deducting the costs involved
133. honor gr\_\_\_\_\_te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
134. fr\_\_\_\_\_an orientation *n.* a first-year student, typically in college or high school
135. abs\_\_\_\_\_ly against *adv.* without restriction or limitation; completely or utterly
136. decision-making pr\_\_\_\_\_s *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: 126. empathy, 127. responsible, 128. motivate, 129. emotional, 130. dam, 131. metric, 132. profit, 133. graduate, 134. freshman, 135. absolutely, 136. process



137. secret ing\_\_\_\_\_nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
138. phy\_\_\_\_\_ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
139. tou\_\_\_\_\_ded approach *adj.* having a practical, no-nonsense approach to life, often characterized by resilience, determination, and a lack of sentimentality or emotionalism
140. br\_\_h confidence *adj.* self-assertive in a rude, noisy, or overbearing way; impetuous; lacking in consideration for consequences or the opinions or feelings of others
141. co\_\_\_\_\_nt software *adj.* willing to comply with rules, requests, or demands
142. group of re\_\_ls *n.* someone who resists or opposes authority or control, especially by fighting against it
143. tr\_\_\_\_\_ta bet *n.* a situation in which three things or events occur together, especially in a particular sequence, often used in the context of horse racing, where it refers to picking the first three finishers in a race in the correct order
144. compound the ing\_\_\_\_\_nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
145. apple bl\_\_\_\_\_m *n.* the reproductive structure on a flowering plant that consists of usually colorful petals and a typically green calyx (merging of sepals); the state or time of flowering; the peak of a person's or thing's development or success

ANSWERS: 137. ingredient, 138. physically, 139. tough-minded, 140. brash, 141. compliant, 142. rebel, 143. trifecta, 144. ingredient, 145. blossom

146. meet with opp\_\_\_\_\_on *n.* the act of disagreeing or resisting; the state of strong disagreement
147. gu\_\_\_\_\_ce counselor *n.* advice or instructions given to help direct someone's behavior or decision-making
148. an ina\_\_\_\_\_te income *adj.* not sufficient or enough
149. al\_\_r data in a file *v.* to cause to change or make different
150. a di\_\_\_\_\_or with enormous powers *n.* a political leader who has complete power over a country, especially one who has obtained control by force
151. become a professional at\_\_\_\_\_e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
152. national e\_o *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
153. do\_\_\_\_\_ic approach *adj.* characterized by strong and unwavering opinions or beliefs that are often expressed with force and without consideration for alternative viewpoints or evidence
154. a g\_m suit *n.* a place equipped for exercise and other physical training
155. negative ste\_\_\_\_\_pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 146. opposition, 147. guidance, 148. inadequate, 149. alter, 150. dictator, 151. athlete, 152. ego, 153. dogmatic, 154. gym, 155. stereotype

156. participation aw\_\_d *n.* a prize or other mark of recognition given in honor of an achievement
157. ex\_\_\_\_e the issue *v.* to study or consider a person or object attentively and thoroughly to learn something about them
158. 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
159. ar\_\_\_\_\_ce of power *n.* excessive self-confidence or self-importance
160. tr\_\_\_\_ta of evil *n.* a situation in which three things or events occur together, especially in a particular sequence, often used in the context of horse racing, where it refers to picking the first three finishers in a race in the correct order
161. political sn\_\_k *n.* sarcastic or cutting remarks or comments intended to ridicule or undermine someone, often with a tone of superiority or disdain
162. show pa\_\_\_\_\_ce *n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
163. an app\_\_\_\_\_te time *adj.* suitable or proper in the circumstances; fitting

ANSWERS: 156. award, 157. examine, 158. develop, 159. arrogance, 160. trifecta, 161. snark, 162. patience, 163. appropriate

164. li\_\_\_\_te people from oppression      *v.* to set free; to release or rescue from captivity or oppression
165. a profound in\_\_\_\_t      *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
166. ex\_\_\_\_e rebellion      *v.* to make someone feel suddenly enthusiastic or eager
167. mo\_\_\_\_t a woman on a train      *v.* to harass, bother, or annoy someone, often sexually; to touch or handle someone in an unwelcome or inappropriate way
168. talented gy\_\_\_\_t      *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
169. ap\_\_\_\_t members      *v.* to give someone a job or role, especially as a public official or member of an organization; to arrange or decide on a time or a place
170. leap into f\_\_e      *n.* the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on
171. ina\_\_\_\_te funding      *adj.* not sufficient or enough
172. a prize me\_\_l      *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

ANSWERS: 164. liberate, 165. insight, 166. excite, 167. molest, 168. gymnast, 169. appoint, 170. fame, 171. inadequate, 172. medal

173. re\_\_\_\_t a new hire      *v.* to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.
174. 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
175. a ba\_\_\_\_t enthusiast      *n.* a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing
176. si\_\_\_\_t reading      *adj.* without any or little sound
177. media sn\_\_k      *n.* sarcastic or cutting remarks or comments intended to ridicule or undermine someone, often with a tone of superiority or disdain
178. ap\_\_\_\_d the orchestra      *v.* to express approval of someone or something by clapping the hands
179. be\_\_\_\_le his ability      *v.* to speak or write about someone or something in a way that shows a lack of respect
180. fo\_\_\_\_st expert      *adj.* most important, leading, or prominent
181. en\_\_\_\_ge antisocial behavior      *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 173. recruit, 174. process, 175. ballet, 176. silent, 177. snark, 178. applaud, 179. belittle, 180. foremost, 181. encourage

182. as\_\_\_\_\_te alcohol with gambling      *v.*    to mentally connect someone or something with someone or something else
183. gr\_\_\_\_\_te degree program      *n.*    a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
184. unflagging ent\_\_\_\_\_sm      *n.*    a strong feeling of excitement and interest in a particular subject or cause and an eagerness to become involved in it
185. gross pr\_\_\_\_t      *n.*    money that is earned in business or by selling things after deducting the costs involved
186. a geometric pr\_\_f      *n.*    a fact or piece of information that shows something is true or exists
187. in\_\_\_\_e memories      *v.*    to call upon or request help or support, especially from a higher power; to mention or use something as a reason or justification for actions or decisions
188. hyp\_\_\_\_\_us state      *n.*    an intense focus on a single task or activity to the exclusion of other things
189. sp\_\_\_\_t and the letter of the law      *n.*    the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
190. co\_\_\_\_r degree      *v.*    to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

ANSWERS: 182. associate, 183. graduate, 184. enthusiasm, 185. profit, 186. proof, 187. invoke, 188. hyperfocus, 189. spirit, 190. confer

191. 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
192. ins\_\_\_\_\_ize customary laws *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
193. ap\_\_\_\_\_t the day *v.* to give someone a job or role, especially as a public official or member of an organization; to arrange or decide on a time or a place
194. psy\_\_\_\_\_gy of crowd *n.* the scientific study of mind and behavior
195. gold me\_\_l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
196. rel\_\_\_\_\_ss attack *adj.* persistent and determined; continuing despite difficulties or setbacks
197. de\_\_\_n the reputation *v.* to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
198. pu\_\_h out numbers *v.* to strike someone or something with one's fist; to make a hole in something
199. high school at\_\_\_\_\_es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
200. re\_\_l uprising *n.* someone who resists or opposes authority or control, especially by fighting against it

ANSWERS: 191. championship, 192. institutionalize, 193. appoint, 194. psychology, 195. medal, 196. relentless, 197. demean, 198. punch, 199. athlete, 200. rebel

201. em\_\_\_\_\_ee evaluation *n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker
202. red\_\_\_\_\_er a value *v.* to discover or find again something that was previously known but lost
203. gym\_\_\_\_\_cs competition *n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility
204. sym\_\_\_\_\_ic nervous system *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
205. st\_\_\_\_\_ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
206. the grand ch\_\_\_\_\_on *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief
207. a ch\_\_\_\_\_on of peace *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief
208. answer in a wh\_\_\_\_\_r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
209. hyp\_\_\_\_\_us on the economy *n.* an intense focus on a single task or activity to the exclusion of other things

ANSWERS: 201. employee, 202. rediscover, 203. gymnastics, 204. sympathetic, 205. straight, 206. champion, 207. champion, 208. whisper, 209. hyperfocus



210. fo\_\_\_\_y a building      *v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
211. the degree of pu\_\_\_\_y      *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
212. the wh\_\_\_\_r of the leaves      *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
213. financial cr\_\_\_\_s      *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
214. intraspecific com\_\_\_\_\_on      *n.* a situation in which someone is attempting to beat or outperform another
215. in\_\_\_\_t a clergyperson to a benefice      *v.* to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas
216. inv\_\_\_\_\_le army      *adj.* incapable of being conquered, defeated, or overcome; unassailable
217. d\_m-building program      *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
218. 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

ANSWERS: 210. fortify, 211. purity, 212. whisper, 213. crisis, 214. competition, 215. induct, 216. invincible, 217. dam, 218. bully

219. the problem of drug ab\_\_e                    *n.*    the use of something in an incorrect or harmful manner
220. em\_\_\_\_\_ee benefits                    *n.*    a person who is hired to work for a business or organization in exchange for wages or salary; a worker
221. 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
222. victim of sexual ab\_\_e                    *n.*    the use of something in an incorrect or harmful manner
223. spare co\_\_\_\_\_nts for cars                *n.*    one of several parts that combines with others to form something bigger
224. co\_\_\_\_\_nt regulations                    *adj.* willing to comply with rules, requests, or demands
225. b\_\_g to each other                        *v.*    to say something in a boastful manner, to impress others, or make oneself feel superior
226. a seafaring na\_\_\_n                        *n.*    a large organized community of people living in a particular country or region and having a particular culture
227. me\_\_\_c units                                *adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
228. test my pa\_\_\_\_\_ce                        *n.*    the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry

ANSWERS: 219. abuse, 220. employee, 221. damage, 222. abuse, 223. component, 224. compliant, 225. brag, 226. nation, 227. metric, 228. patience

229. ap\_\_\_\_d his courage      *v.* to express approval of someone or something by clapping the hands
230. opp\_\_\_\_\_on campaign      *n.* the act of disagreeing or resisting; the state of strong disagreement
231. ef\_\_\_\_\_ve welcome      *adj.* expressing feelings of gratitude, affection, or enthusiasm in an unrestrained or excessive way; overflowing
232. keep fo\_\_\_\_st in mind      *adj.* most important, leading, or prominent
233. app\_\_\_\_\_te behavior      *adj.* suitable or proper in the circumstances; fitting
234. major paradigm sh\_\_t      *n.* a slight transition in position, direction, or trend
235. give si\_\_\_\_t consent      *adj.* without any or little sound
236. apo\_\_\_\_\_ic letter      *adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
237. em\_\_\_\_k on a trip      *v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
238. be\_\_\_\_\_le through talk      *v.* to speak or write about someone or something in a way that shows a lack of respect
239. res\_\_\_\_\_le action      *adj.* answerable or accountable for something within one's power, control, or management
240. western phi\_\_\_\_\_hy      *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

ANSWERS: 229. applaud, 230. opposition, 231. effusive, 232. foremost, 233. appropriate, 234. shift, 235. silent, 236. apologetic, 237. embark, 238. belittle, 239. responsible, 240. philosophy

241. high pu\_\_\_y *n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
242. co\_\_\_\_\_t him of manslaughter *v.* to prove or declare someone to be guilty of a crime; (noun) a person serving a sentence in a jail or prison
243. lose ent\_\_\_\_\_sm *n.* a strong feeling of excitement and interest in a particular subject or cause and an eagerness to become involved in it
244. re\_\_\_\_\_ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
245. a tr\_\_\_\_\_y during work *n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
246. ba\_\_\_t lessons *n.* a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing
247. bl\_\_\_\_\_m garden *n.* the reproductive structure on a flowering plant that consists of usually colorful petals and a typically green calyx (merging of sepals); the state or time of flowering; the peak of a person's or thing's development or success
248. ro\_\_\_\_\_e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 241. purity, 242. convict, 243. enthusiasm, 244. redefine, 245. tragedy, 246. ballet, 247. blossom, 248. routine

249. aw\_\_d ceremony

*n.* a prize or other mark of recognition given in honor of an achievement

250. ha\_\_\_\_y decent job

*adj.* in or at a point midway or an equal distance between two points

ANSWERS: 249. award, 250. halfway

## Session 3: Fill in the Blanks

1. The mentor provided \_\_\_\_\_ to the young entrepreneur, helping her navigate the business world.  
*n.* advice or instructions given to help direct someone's behavior or decision-making
2. The speaker \_\_\_\_\_ expressed their opinion on the urgent need for climate action.  
*adv.* forcefully or assertively; expressing something with emphasis or conviction
3. The Chinese word for \_\_\_\_\_ comprises two characters, one for danger and the other for opportunity.  
*n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
4. It was a \_\_\_\_\_ lie that he would attend the event.  
*adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
5. The news of her promotion \_\_\_\_\_ her.  
*v.* to make someone feel suddenly enthusiastic or eager
6. The \_\_\_\_\_ young CEO made a lot of enemies with his bold decisions.  
*adj.* self-assertive in a rude, noisy, or overbearing way; impetuous; lacking in consideration for consequences or the opinions or feelings of others
7. 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

ANSWERS: 1. guidance, 2. emphatically, 3. crisis, 4. downright, 5. excited, 6. brash, 7. nation

8. He had a hard time focusing on anything else because he was in \_\_\_\_\_ on his project.
- n.* an intense focus on a single task or activity to the exclusion of other things
9. The ability to \_\_\_\_\_ people is a priceless asset.
- v.* to make someone want to do something, especially something that requires tremendous work and effort
10. 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
11. Every five years, the provincial governors are \_\_\_\_\_.
- v.* to choose someone for a specific position by voting for them; to decide or choose to do something
12. He \_\_\_\_\_ her in front of the office, making her feel small and insignificant.
- v.* to speak or write about someone or something in a way that shows a lack of respect
13. She's a \_\_\_\_\_ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management
14. In the \_\_\_\_\_ system, measurements are made in meters and liters.
- adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic

ANSWERS: 8. hyperfocus, 9. motivate, 10. employee, 11. elected, 12. belittled, 13. responsible, 14. metric

15. The team felt \_\_\_\_\_ after their winning streak.

*adj.* incapable of being conquered, defeated, or overcome; unassailable

16. The famous \_\_\_\_\_ "actions speak louder than words" reminds us to focus on deeds instead of words.

*n.* a short saying that expresses a truth or gives advice based on practical experience

17. We are tackling the development for updates with \_\_\_\_\_.

*n.* a strong feeling of excitement and interest in a particular subject or cause and an eagerness to become involved in it

18. Greed is the primary \_\_\_\_\_ in the making of criminals.

*n.* one of the things used to make something, especially one of the foods used to make a particular dish

19. Macbeth is a famous \_\_\_\_\_ by Shakespeare.

*n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character

20. I enthusiastically \_\_\_\_\_ my rival's achievement.

*v.* to express approval of someone or something by clapping the hands

21. The Olympic \_\_\_\_\_ performed a flawless routine on the balance beam and received a perfect ten score.

*n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

22. 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



ANSWERS: 15. invincible, 16. proverb, 17. enthusiasm, 18. ingredient, 19. tragedy,  
20. applaud, 21. gymnast, 22. damage

23. He acted with \_\_\_\_\_ and was not well-liked by his colleagues.  
*n.* excessive self-confidence or self-importance
24. It would be \_\_\_\_\_ to dress nicely for the wedding.  
*adj.* suitable or proper in the circumstances; fitting
25. To advance this discussion, we must \_\_\_\_\_ "success" rigorously.  
*v.* to state or explain precisely the nature, scope, or meaning of something
26. The leaders of the two countries met to \_\_\_\_\_ on the issue.  
*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
27. Changing \_\_\_\_\_ about LGBTQ requires considerable effort.  
*n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
28. The company's \_\_\_\_\_ sales performance led to layoffs and budget cuts.  
*adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
29. Investors are feeling \_\_\_\_\_ about the company's potential for growth in the coming years.  
*adj.* feeling or expressing confidence or optimism about the future, often related to the stock market or other financial matters
30. She was constantly trying to boost her \_\_\_\_ by talking about her accomplishments.  
*n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 23. arrogance, 24. appropriate, 25. define, 26. confer, 27. stereotypes, 28. abysmal, 29. bullish, 30. ego

31. The \_\_\_\_\_ class was excited to start their first year of college.  
*n.* a first-year student, typically in college or high school
32. He was sick for five \_\_\_\_\_ days.  
*adj.* extending or moving in one direction without bending or curving; having no deviations
33. She couldn't resist adding a little \_\_\_\_\_ to her online comment.  
*n.* sarcastic or cutting remarks or comments intended to ridicule or undermine someone, often with a tone of superiority or disdain
34. The politician remained \_\_\_\_\_ despite intense media scrutiny.  
*adj.* without any or little sound
35. She's a \_\_\_\_\_ negotiator who always fights for what she believes is fair.  
*adj.* having a practical, no-nonsense approach to life, often characterized by resilience, determination, and a lack of sentimentality or emotionalism
36. The organization campaigns for stricter penalties for those who \_\_\_\_\_ children.  
*v.* to harass, bother, or annoy someone, often sexually; to touch or handle someone in an unwelcome or inappropriate way
37. The cherry \_\_\_\_\_ trees in the park were in full bloom, creating a beautiful sight.  
*n.* the reproductive structure on a flowering plant that consists of usually colorful petals and a typically green calyx (merging of sepals); the state or time of flowering; the peak of a person's or thing's development or success
38. 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

ANSWERS: 31. freshman, 32. straight, 33. snark, 34. silent, 35. tough-minded, 36. molest, 37. blossom, 38. bully

39. Healing a broken heart requires \_\_\_\_\_ as it takes time to heal.
- n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
40. 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
41. 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
42. She had a master's degree in \_\_\_\_\_.
- n.* the scientific study of mind and behavior
43. 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
44. \_\_\_\_\_ the text from Italian into English.
- v.* to convert or change words into another language
45. The painting was \_\_\_\_\_ in an attic and turned out to be a long-lost masterpiece.
- v.* to discover or find again something that was previously known but lost
46. Ethics is a branch of \_\_\_\_\_.
- n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

ANSWERS: 39. patience, 40. physically, 41. component, 42. psychology, 43. develop, 44. Translate, 45. rediscovered, 46. philosophy

47. The company is launching a new line of \_\_\_\_\_ products aimed at young adults.  
*adj.* consisting of or occurring in a series or sequence; relating to or involving a series or sequence of events, stories, or incidents
48. The colonial government \_\_\_\_\_ militia support when civil war broke out.  
*v.* to persuade someone to work for a company; to find new members for an organization, the armed forces, etc.
49. 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
50. His dream is to become an Olympic \_\_\_\_\_.  
*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
51. A popular uprising led to the overthrow of the \_\_\_\_\_.  
*n.* a political leader who has complete power over a country, especially one who has obtained control by force
52. After working for the company for 30 years, she decided to \_\_\_\_\_ from her job.  
*v.* to withdraw from one's position or occupation, especially because of age
53. She excelled in \_\_\_\_\_ during high school and went on to compete at the collegiate level.  
*n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
54. She studies gardening on a \_\_\_\_\_ basis.  
*n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

ANSWERS: 47. serial, 48. recruited, 49. championship, 50. athlete, 51. dictator, 52. retire, 53. athletics, 54. routine

55. We gained various \_\_\_\_\_ by analyzing the vast amount of data owned by the company.
- n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
56. The court \_\_\_\_\_ a guardian for the child.
- v.* to give someone a job or role, especially as a public official or member of an organization; to arrange or decide on a time or a place
57. His \_\_\_\_\_ to succeed was unwavering, even in the face of adversity.
- n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
58. The \_\_\_\_\_ party strongly disagreed with the government's proposed legislation.
- n.* the act of disagreeing or resisting; the state of strong disagreement
59. Our plan includes a comprehensive marketing \_\_\_\_\_.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
60. The politician \_\_\_\_\_ the name of the founding fathers in his speech.
- v.* to call upon or request help or support, especially from a higher power; to mention or use something as a reason or justification for actions or decisions
61. He was \_\_\_\_\_ for being late to the meeting.
- adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
62. I claim on my \_\_\_\_\_ that it is true.
- n.* high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone

ANSWERS: 55. insights, 56. appointed, 57. determination, 58. opposition, 59. strategy, 60. invoked, 61. apologetic, 62. honor

63. Higher \_\_\_\_\_ requires additional equipment and energy.
- n.* the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
64. A culture of \_\_\_\_\_ in the workplace leads to better communication and productivity.
- n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
65. The gymnast did a perfect \_\_\_\_\_ across the mat.
- n.* a gymnastic move in which a person performs a spinning movement with the body held straight while moving sideways in a handstand position; the wheel of a cart
66. The publisher will proofread most of this manuscript for \_\_\_\_\_.
- n.* the quality of being coherent and understandable; the quality of transparency or purity
67. He won the \_\_\_\_\_ for best actor at the film festival.
- n.* a prize or other mark of recognition given in honor of an achievement
68. They never \_\_\_\_\_ on development despite the lack of funds.
- v.* to settle a problem or disagreement by mutual concession
69. I am \_\_\_\_\_ opposed to his idea because of morality.
- adv.* without restriction or limitation; completely or utterly
70. He was \_\_\_\_\_ on fraud charges and sentenced to five years in prison.
- v.* to prove or declare someone to be guilty of a crime; (noun) a person serving a sentence in a jail or prison

ANSWERS: 63. purity, 64. honesty, 65. cartwheel, 66. clarity, 67. award, 68. compromised, 69. absolutely, 70. convicted

71. \_\_\_\_\_ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
72. \_\_\_\_\_ classes are fun for kids to stay active and learn new skills.
- n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility
73. The \_\_\_\_\_ fought against the government for their independence.
- n.* someone who resists or opposes authority or control, especially by fighting against it
74. The politician tried to \_\_\_\_\_ the embarrassing incident under the rug.
- v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
75. She received a full \_\_\_\_\_ to study abroad.
- n.* a grant or payment made to support a student's education usually awarded based on academic or other achievements
76. She was proud to receive a \_\_\_\_\_ for her hard work and dedication to the sport.
- n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
77. The allies \_\_\_\_\_ the terms of surrender to the country.
- v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
78. He took me aside and \_\_\_\_\_ in my ear.
- v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

ANSWERS: 71. Empathy, 72. Gymnastics, 73. rebels, 74. sweep, 75. scholarship, 76. medal, 77. dictated, 78. whispered



79. Our company has an audit team that monitors directors for \_\_\_\_\_ of authority.

*n.* the use of something in an incorrect or harmful manner

80. He drank a protein shake to \_\_\_\_\_ his muscles before the marathon.

*v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support

81. The company's old \_\_\_\_\_ policies were the cause of its downfall.

*adj.* characterized by strong and unwavering opinions or beliefs that are often expressed with force and without consideration for alternative viewpoints or evidence

82. The majority of consumers \_\_\_\_\_ this brand with quality.

*v.* to mentally connect someone or something with someone or something else

83. He \_\_\_\_\_ the wall in anger.

*v.* to strike someone or something with one's fist; to make a hole in something

84. He is very popular at school because he can \_\_\_\_\_ all the teachers' accents.

*v.* to imitate someone's speech, movement, or behavior, especially to make others laugh

85. You are not \_\_\_\_\_ in your behavior.

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

86. Global \_\_\_\_\_ is rising in virtually every industry.

*n.* a situation in which someone is attempting to beat or outperform another

ANSWERS: 79. abuse, 80. fortify, 81. dogmatic, 82. associate, 83. punched, 84. mimic, 85. consistent, 86. competition

87. Human \_\_\_\_\_ responses vary widely depending on the society to which they belong.

*adj.* relating to people's feelings

88. The new policy aims to \_\_\_\_\_ the use of renewable energy sources.

*v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

89. The chef's \_\_\_\_\_ of appetizers was a hit at the dinner party.

*n.* a situation in which three things or events occur together, especially in a particular sequence, often used in the context of horse racing, where it refers to picking the first three finishers in a race in the correct order

90. I love to relax on the \_\_\_\_\_ and watch movies on the weekends.

*n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

91. She is a leading female classical \_\_\_\_\_ dancer

*n.* a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing

92. The famous restaurant stands \_\_\_\_\_ up the hill.

*adj.* in or at a point midway or an equal distance between two points

93. Good \_\_\_\_\_ is better than a good face.

*n.* the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on

94. She went to the fully equipped \_\_\_\_\_ to work out every day.

*n.* a place equipped for exercise and other physical training

ANSWERS: 87. emotional, 88. institutionalize, 89. trifecta, 90. couch, 91. ballet, 92. halfway, 93. fame, 94. gym

95. The video telephony application has \_\_\_\_\_ the way we work.
- v. to change the meaning or interpretation of something; to make people think about something in a new or different way
96. We were \_\_\_\_\_ into the honor society.
- v. to formally admit someone to a job or position of authority; to officially introduce someone to an organization or group, or beliefs or ideas
97. The company is committed to being \_\_\_\_\_ with industry regulations.
- adj. willing to comply with rules, requests, or demands
98. The small budget was \_\_\_\_\_ to cover all the necessary expenses for the project.
- adj. not sufficient or enough
99. The design of the webpage has \_\_\_\_\_ slightly.
- v. to cause to change or make different
100. This business yields little \_\_\_\_\_.
- n. money that is earned in business or by selling things after deducting the costs involved
101. You shouldn't \_\_\_\_\_ yourself by taking on tasks beneath your skill level.
- v. to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
102. 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: 95. redefined, 96. inducted, 97. compliant, 98. inadequate, 99. altered, 100. profit, 101. demean, 102. process

103. The \_\_\_\_\_ of water is called ice.

*adj.* hard or firm; characterized by good substantial quality

104. Among young people, \_\_\_\_\_ pressure can be pretty influential.

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

105. The employee received an \_\_\_\_\_ compliment from their boss for their hard work.

*adj.* expressing feelings of gratitude, affection, or enthusiasm in an unrestrained or excessive way; overflowing

106. She is very \_\_\_\_\_ to our project.

*adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

107. He always \_\_\_\_\_ at the ill-treatment.

*v.* to say something very quietly; to complain about somebody or something under one's breath

108. \_\_\_\_\_ is better than argument.

*n.* a fact or piece of information that shows something is true or exists

109. Despite their tragic loss, the family is showing great \_\_\_\_\_.

*n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

110. They \_\_\_\_\_ customers with a premium for loyal patronage.

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 103. solid-state, 104. peer, 105. effusive, 106. sympathetic, 107. murmurs, 108. Proof, 109. spirit, 110. encouraged

111. In the last century, Britain formed a strong \_\_\_\_\_ with Egypt.

*n.* an arrangement in which two or more elements are placed in a straight line or parallel to each other

112. Could you help me \_\_\_\_\_ some furniture?

*n.* a slight transition in position, direction, or trend

113. Many employers hire \_\_\_\_\_ trainees to train as managers.

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

114. The Egyptian \_\_\_\_\_ consist of a vast number of blocks.

*n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

115. The \_\_\_\_\_ bicyclist outrode all his competitors.

*n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief

116. The two parties have reached a \_\_\_\_\_.

*n.* general agreement or accord in the judgment or opinion reached by a group as a whole

117. The \_\_\_\_\_ priority is the safety of the passengers.

*adj.* most important, leading, or prominent

118. The athlete's \_\_\_\_\_ training paid off in the end.

*adj.* persistent and determined; continuing despite difficulties or setbacks

ANSWERS: 111. alignment, 112. shift, 113. graduate, 114. pyramids, 115. champion, 116. consensus, 117. foremost, 118. relentless

119. Despite his impressive achievements, he refrained from \_\_\_\_\_ about his success.
- v. to say something in a boastful manner, to impress others, or make oneself feel superior
120. The break in the \_\_\_\_ threatened the valley.
- n. a wall constructed over a river to block the flow of water, mainly used to generate energy
121. The shipwreck \_\_\_\_\_ was rescued after floating in the ocean for three days.
- n. a person who remains alive after an event in which others have died
122. Initially, we must \_\_\_\_\_ all project-related expenses.
- v. to study or consider a person or object attentively and thoroughly to learn something about them
123. The prisoners were \_\_\_\_\_ after the war ended.
- v. to set free; to release or rescue from captivity or oppression
124. We \_\_\_\_\_ on a new project.
- v. to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
125. A significant amount of \_\_\_\_\_ is required to be a teacher.
- n. the reason or enthusiasm for acting or behaving in a particular way

ANSWERS: 119. bragging, 120. dam, 121. survivor, 122. examine, 123. liberated, 124. embarked, 125. motivation