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Vocabulary Builder Reference from...

Sydney Jensen: How can we support the emotional well-being of teachers? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

ice-breaking

adj. a situation, activity, or conversation that is intended to help people become more comfortable with one another and establish rapport, especially in a formal or unfamiliar setting

synonym : introductory, opening

(1) **ice-breaking** activity, (2) **ice-breaking** session

The **ice-breaking** game helped the team members get to know each other better.

diverse

adj. including numerous categories of individuals or entities; various

synonym : manifold, various, myriad

(1) **diverse** backgrounds, (2) a person of **diverse** talents

New York is a city with a **diverse** ethnic population.

mascot

n. a person, animal, or object that is believed to bring good luck, often adopted by a sports team or organization as a symbol of their identity or values

synonym : symbol, emblem, icon

(1) team **mascot**, (2) corporate **mascot**

The city's **mascot** is a famous landmark that attracts tourists.

chain

n. a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle

synonym: series, string, link

(1) **chain** reaction, (2) supply **chain**

The **chain** on my bike broke, leaving me stranded.

statue

n. a sculpture of a person or animal, typically made of stone or metal, that is intended to represent the subject in a lifelike or symbolic way

synonym: sculpture, figurine, monument

(1) a beautiful **statue**, (2) the ancient Egyptian **statues**

The **statue** of the famous hero stood proudly in the town square.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

excellence

n. the quality of being extremely good

synonym: distinction, goodness, superiority

(1) **excellence** in product design, (2) highest standards of **excellence**

He has also won many marketing **excellence** awards.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

stapler

n. a device used to bind sheets of paper together by driving a small metal staple (= a fastener used to secure multiple sheets of paper together) through them

synonym: staple gun, paper clipper, clincher

(1) **stapler** pins, (2) electric **stapler**

The heavy-duty **stapler** is perfect for binding thick stacks of paper.

staple

adj. essential, crucial, or regularly used

synonym: essential, fundamental, pivotal

(1) **staple** commodities, (2) **staple** crop

Rice and beans are a **staple** food in many cultures.

decoration

n. the act of adding something that is intended to make something more attractive; an award or honor that is given to someone in recognition of their achievements

synonym: adornment, ornament, embellishment

(1) colorful **decorations**, (2) chocolate **decorations** for cakes

The room was filled with beautiful **decorations** for the wedding reception.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

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.

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
synonym: educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

well-rounded

adj. having knowledge, skill, or experience in a wide range of areas or subjects; not limited or restricted to one area of expertise or focus

synonym: versatile, well-balanced, all-around

(1) **well-rounded** diet, (2) **well-rounded** personality

A **well-rounded** education includes academic pursuits and extracurricular activities such as sports and art.

supper

n. an evening meal, typically a light or informal one eaten after the main meal of the day

synonym: dinner, evening meal, last meal

(1) home-cooked **supper**, (2) **supper** dishes

We have roast chicken for **supper** tonight, one of our family favorites.

summarize

v. to give a brief statement of the most important facts or ideas about something

synonym: recap, outline, digest

(1) **summarizes** the main ideas, (2) **summarize** text

Each chapter **summarizes** the most critical issues.

grade

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

synonym : score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels
Departments may set requirements for a higher **grade** point average.

Newtonian

adj. relating to Sir Isaac Newton or his laws of motion and universal gravitation

synonym : classical, physics, mechanics

(1) **Newtonian** physics, (2) **Newtonian** mechanics

The motion of planets can be described using **Newtonian** mechanics.

homeless

adj. without a home, and therefore typically living on the streets

synonym : destitute, displaced, transient

(1) **homeless** shelter, (2) a **homeless** cat

He became **homeless** after losing his job.

shelter

n. a structure built to protect from poor weather, danger, or attack:

synonym : refuge, hideout, lair

(1) rainproof **shelter**, (2) anti-air raid **shelter**

They need food and **shelter**.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

occupy

v. to consume all of someone's space, attention, or time

synonym : inhabit, settle, populate

(1) **occupy** his time, (2) **occupy** a position

The young prince will soon **occupy** the throne.

undergraduate

n. a student who is studying for their first degree at a university or other higher education institution

synonym: college student, freshman

(1) engineering **undergraduate**, (2) **undergraduate** course

The class was composed of both **undergraduate** and graduate students.

concept

n. an idea or principle associated with something abstract

synonym: idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

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.

workforce

n. all the people who work in a company, industry, country, etc.

synonym: labor pool, manpower

(1) skilled **workforce**, (2) the **workforce** is on strike

Many companies outsource and hire consultants to keep their **workforce** flexible.

communicate

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

synonym: convey, share, transmit

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

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

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

collaborate

v. to work with someone else to produce or achieve something

synonym: cooperate, unite, get together

(1) **collaborate** with the police, (2) **collaborate** on a press release

She agreed to **collaborate** with him in creating new artwork.

relation

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

synonym: association, linkage, connection

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

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

morph

v. to change or cause to change something or someone smoothly and gradually from one thing to another

synonym: alter, modify, transform

(1) **morph** into a different shape, (2) **morph** into something entirely different

This company **morphed** into an enterprise company.

giver

n. a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor

synonym: donor, contributor, benefactor

(1) charitable **giver**, (2) generous **giver**

My friend is a natural **giver**, always putting others before herself.

receiver

n. the part of a phone that you hold close to your ear and mouth; a person who receives something

synonym: acceptor, recipient, collector

(1) a GPS **receiver**, (2) aid **receiver**

Delivery companies often require the **receiver's** signature to certify the completion of package delivery.

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.

row

n. an arrangement of objects or people side by side in a line

synonym : line, sequence, layer

(1) criminal on death **row**, (2) a **row** of cherry trees

He was the leader of the demonstrators and spoke out against the war in the front **row**.

AI

n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

synonym : robot, machine learning, neural network

(1) **AI** expert, (2) apply **AI** technology to art

The evolution of processors has dramatically improved the performance of **AI**.

opportune

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

synonym : suitable, timely, practical

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

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

verbalize

v. to articulate or express verbally; to put something into words or speech; to speak out loud

synonym : articulate, express, utter

(1) **verbalize** thoughts, (2) **verbalize** emotions

Sometimes it isn't easy to **verbalize** exactly how we feel.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**
Your **conversation** reflects your thoughts.

undocumented

adj. not supported by written evidence or having the necessary written permission

(1) **undocumented** worker, (2) **undocumented** command
The border patrol has recently been focusing on cracking down on **undocumented** non-citizens.

deport

v. to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
synonym: expel, banish, repatriate

(1) **deport** a refugee, (2) **deport** dissidents from the party
The government has decided to **deport** illegal immigrants back to their home countries.

comprehend

v. to understand the nature or meaning of something fully
synonym: understand, grasp, apprehend

(1) **comprehend** English, (2) **comprehend** instructions
She struggled to **comprehend** complex math problems.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
synonym: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement
It's important to **recognize** your strengths and weaknesses.

wit

n. the ability to say or write things or ideas in a clever and humorous way
synonym: humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**
He has the **wit** to keep talking about this topic.

gruesome

adj. causing horror or disgust
synonym: appalling, horrific, terrible

(1) hear **gruesome** details, (2) **gruesome** accident

The **gruesome** crime scene was difficult for the detectives to stomach.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym: healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

urgency

n. the quality of being very important and needing to be dealt with immediately

synonym: importance, importunity, urging

(1) **urgency** in the use of force, (2) matter of **urgency**

She departed hurriedly because of some significant **urgency** in their affairs.

lag

v. to move or develop so slowly that you are behind other people, organizations, etc.

synonym: delay, slow down, fall behind

(1) **lag** a long way behind the progress, (2) **lag** behind its competition

Our interest began to **lag** sharply.

paramount

adj. more important than anything else; having superior power and influence or the highest position

synonym: central, major, crucial

(1) the lord **paramount**, (2) **paramount** to all the others
This country became a country of **paramount** geostrategic importance to us.

administrator

n. a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises

synonym: manager, executive, supervisor

(1) school **administrator**, (2) network **administrator**
The university's **administrator** announced new policies regarding campus safety.

professional

adj. having or showing the skill appropriate to a particular job; competent or skillful

synonym: skilled, competent, accomplished

(1) **professional** athlete, (2) certified **professional** secretary

He has a **professional** demeanor and always presents himself in a polished manner.

convenient

adj. useful, helpful, or quick to do

synonym: timely, fortunate, suitable

(1) **convenient** way, (2) **convenient** location

The airport offers five **convenient** access routes.

affordable

adj. not expensive and able to pay

synonym: cheap, reasonable, inexpensive

(1) **affordable** housing, (2) **affordable** solution

The automaker has been providing **affordable** car financing options since last year.

constantly

adv. all the time

synonym: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

fatigue

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

synonym: exhaustion, weariness, tiredness

(1) **fatigue** breaking, (2) **fatigue** caused by overwork

The metal showed signs of **fatigue** after being subjected to repeated stress.

absorb

v. to take in a fluid or other substance gradually

synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion

synonym: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

institute

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

synonym: academy, university, college

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

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

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

synonym: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

approximately

adv. close to a specific number or time but not exactly that number or time

synonym: about, around, roughly

(1) **approximately** 3 feet long, (2) **approximately** same

This trail takes **approximately** 2.5 hours.

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

interaction

n. the act of connecting with someone, mainly when working, playing, or spending time with them

synonym: dealings, exchange, relations

(1) the **interaction** between man and his environment,

(2) **interaction** among human beings

The **interaction** of the two groups is good for brainstorming.

colleague

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

synonym: coworker, associate, fellow

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

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

universal

adj. existing or affecting everywhere or everyone

synonym: common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design

The picture earned near- **universal** acclaim from critics.

struggle

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

synonym: toil, strive, compete

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

He could not **struggle** against temptation.

suicide

n. the act of killing yourself intentionally

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

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

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

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

countless

adj. too numerous to be counted or very many

synonym: innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions
There are **countless** methods for dealing with stress.

protocol

n. a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement

synonym: procedure, system, method

(1) draft a **protocol**, (2) **protocol** breach

The company has a strict **protocol** for handling sensitive information to ensure security.

district

n. a part of a country or town, especially one with particular features

synonym: territory, dominion, zone

(1) school **districts**, (2) urban **districts**

Since 2001, the **district** has provided training programs for automotive technicians.

partnership

n. the state of a cooperative relationship between people or groups, especially in business

synonym: alliance, participation, cooperation

(1) **partnership** across the Atlantic, (2) establish a **partnership**

The military **partnership** between the two countries created tension in the international community.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym : stable, solid, secure

(1) **steady** increase, (2) take a **steady** job

The patient's vital signs are **steady**, indicating a stable condition.

counselor

n. a person trained to give advice and help people deal with personal or emotional problems

synonym : advisor, consultant, therapist

(1) **counselor** office, (2) admissions **counselor**

She is a school **counselor** dedicated to helping students navigate academic and personal challenges.

therapy

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

synonym : antidote, medicine, treatment

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

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

counseling

n. the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

synonym : therapy, guidance, advice

(1) **counseling** about risk management, (2) career **counseling**

I am going to **counseling** to work through my anxiety and depression.

employ

v. to give somebody a job and pay them for it; to make use of

synonym : hire, engage, use

(1) **employ** job seekers, (2) **employ** a new method

When making arrests, police officers frequently **employ** excessive force.

aid

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

synonym : helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs
Pakistan's **aid** budget was still being reviewed.

exhale

v. to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently

synonym : breathe out, expel, emit

(1) **exhale** a big sigh, (2) **exhale** cigarette smoke
He took a deep breath and slowly began to **exhale**.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym : guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document
Our knowledge helps **navigate** our clients successfully.

intentionally

adv. in a planned or intended way

synonym : knowingly, calculatedly, deliberately

(1) she hit him **intentionally**, (2) She **intentionally** spread misleading information.

She would never **intentionally** hurt anyone.

gap

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

synonym : opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**
Many people are working together to close the gender **gap**.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym : accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help
He never **acknowledged** his fault.

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.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

sponsor

v. to provide funds for a particular event, program, individual, etc. as a way of advertising

synonym: back, fund, finance

(1) **sponsor** a contest, (2) **sponsor** a local group

Our company **sponsors** numerous disabled athletes.

elementary

adj. relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects

synonym: fundamental, basic, primary

(1) **elementary** math, (2) **elementary** level

Elementary school students must learn basic math and reading skills.

meet-up

n. a gathering or social event organized through the internet for people who share a common interest

synonym : gathering, assembly, rendezvous

(1) **meet-up** gathering, (2) **meet-up** area

We have a **meet-up** to discuss the new project this weekend.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym : flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

encouraging

adj. giving hope, confidence, or support; inspiring

synonym : uplifting, inspiring, optimistic

(1) **encouraging** approval, (2) **encouraging** sign

The test results were **encouraging** and showed improvement.

invaluable

adj. extremely useful, important, or valuable; describing something that cannot be measured in terms of monetary or material worth

synonym : priceless, inestimable, precious

(1) **invaluable** support, (2) **invaluable** resource

The advice given by my mentor was **invaluable** in my career.

ripple

n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

synonym : wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

Session 2: Spelling

1. do_____ht impossible *adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
2. do_____ht nonsense *adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
3. criminal on death r_w *n.* an arrangement of objects or people side by side in a line
4. ve_____ze thoughts *v.* to articulate or express verbally; to put something into words or speech; to speak out loud
5. id_____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
6. we__h a cargo *v.* to have a particular weight; to carefully evaluate things before making a conclusion
7. con_____nt way *adj.* useful, helpful, or quick to do
8. ri___e in the water *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
9. de_____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
10. si___t reading *adj.* without any or little sound

ANSWERS: 1. downright, 2. downright, 3. row, 4. verbalize, 5. identity, 6. weigh, 7. convenient, 8. ripple, 9. depress, 10. silent

11. a r_w of cherry trees *n.* an arrangement of objects or people side by side in a line
12. participate in cl____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
13. aff____le housing *adj.* not expensive and able to pay
14. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
15. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
16. 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
17. Ne_____an mechanics *adj.* relating to Sir Isaac Newton or his laws of motion and universal gravitation
18. She int_____lly spread misleading information. *adv.* in a planned or intended way
19. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
20. anti-air raid sh____r *n.* a structure built to protect from poor weather, danger, or attack:
21. a ho____ss cat *adj.* without a home, and therefore typically living on the streets

ANSWERS: 11. row, 12. clinical, 13. affordable, 14. trauma, 15. compassion, 16. develop, 17. Newtonian, 18. intentionally, 19. grade, 20. shelter, 21. homeless

22. l_g behind its competition *v.* to move or develop so slowly that you are behind other people, organizations, etc.
23. admissions co_____or *n.* a person trained to give advice and help people deal with personal or emotional problems
24. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
25. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
26. have com_____on toward the accident *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
27. draft a pr_____ol *n.* a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement
28. a ri___e of laughter *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
29. inv_____le support *adj.* extremely useful, important, or valuable; describing something that cannot be measured in terms of monetary or material worth
30. col_____te with the police *v.* to work with someone else to produce or achieve something

ANSWERS: 22. lag, 23. counselor, 24. nurse, 25. relation, 26. compassion, 27. protocol, 28. ripple, 29. invaluable, 30. collaborate

31. em___y a new method *v.* to give somebody a job and pay them for it; to make use of
32. she hit him int_____lly *adv.* in a planned or intended way
33. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
34. a person of di_____e talents *adj.* including numerous categories of individuals or entities; various
35. inv_____le resource *adj.* extremely useful, important, or valuable; describing something that cannot be measured in terms of monetary or material worth
36. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
37. ve_____ze emotions *v.* to articulate or express verbally; to put something into words or speech; to speak out loud
38. the di_____ty policy of the university *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
39. com_____nd English *v.* to understand the nature or meaning of something fully
40. me_____p gathering *n.* a gathering or social event organized through the internet for people who share a common interest

ANSWERS: 31. employ, 32. intentionally, 33. fin, 34. diverse, 35. invaluable, 36. yoga, 37. verbalize, 38. diversity, 39. comprehend, 40. meet-up

- | | |
|-------------------------------------|--|
| 41. back f_n | <i>n.</i> a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance |
| 42. ch__n reaction | <i>n.</i> a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle |
| 43. enc_____ng sign | <i>adj.</i> giving hope, confidence, or support; inspiring |
| 44. highest standards of exc_____ce | <i>n.</i> the quality of being extremely good |
| 45. sp_____r a contest | <i>v.</i> to provide funds for a particular event, program, individual, etc. as a way of advertising |
| 46. Ne_____an physics | <i>adj.</i> relating to Sir Isaac Newton or his laws of motion and universal gravitation |
| 47. gr_____me accident | <i>adj.</i> causing horror or disgust |
| 48. na_____te through a document | <i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map |
| 49. cir_____nce of injury | <i>n.</i> the specific conditions or events that surround a particular situation or occurrence |
| 50. pa_____nt to all the others | <i>adj.</i> more important than anything else; having superior power and influence or the highest position |
| 51. com_____nd instructions | <i>v.</i> to understand the nature or meaning of something fully |
| 52. na_____te the Pacific | <i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map |

ANSWERS: 41. fin, 42. chain, 43. encouraging, 44. excellence, 45. sponsor, 46. Newtonian, 47. gruesome, 48. navigate, 49. circumstance, 50. paramount, 51. comprehend, 52. navigate

53. ab___b a shock
v. to take in a fluid or other substance gradually
54. answer co_____ss questions
adj. too numerous to be counted or very many
55. collaborate with co_____ues
n. one of a group of a coworker, especially in a profession or a business
56. an ac_____ic discussion
adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
57. mo__h into a different shape
v. to change or cause to change something or someone smoothly and gradually from one thing to another
58. ack_____ge his help
v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
59. ho_____ss shelter
adj. without a home, and therefore typically living on the streets
60. learn new co_____ts
n. an idea or principle associated with something abstract
61. mistaken id_____ty
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
62. st___y increase
adj. firmly fixed, supported, or balanced; not shaking or moving
63. a GPS re_____er
n. the part of a phone that you hold close to your ear and mouth; a person who receives something

ANSWERS: 53. absorb, 54. countless, 55. colleague, 56. academic, 57. morph, 58. acknowledge, 59. homeless, 60. concept, 61. identity, 62. steady, 63. receiver

64. chocolate dec_____ons for cakes *n.* the act of adding something that is intended to make something more attractive; an award or honor that is given to someone in recognition of their achievements
65. und_____ted command *adj.* not supported by written evidence or having the necessary written permission
66. l_g a long way behind the progress *v.* to move or develop so slowly that you are behind other people, organizations, etc.
67. mo__h into something entirely different *v.* to change or cause to change something or someone smoothly and gradually from one thing to another
68. full of w_t *n.* the ability to say or write things or ideas in a clever and humorous way
69. oc___y his time *v.* to consume all of someone's space, attention, or time
70. wel_____ded diet *adj.* having knowledge, skill, or experience in a wide range of areas or subjects; not limited or restricted to one area of expertise or focus
71. fa_____e breaking *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
72. und_____ate course *n.* a student who is studying for their first degree at a university or other higher education institution

ANSWERS: 64. decoration, 65. undocumented, 66. lag, 67. morph, 68. wit, 69. occupy, 70. well-rounded, 71. fatigue, 72. undergraduate

73. we__h heavily on stock prices *v.* to have a particular weight; to carefully evaluate things before making a conclusion
74. school di_____cts *n.* a part of a country or town, especially one with particular features
75. the ancient Egyptian st___es *n.* a sculpture of a person or animal, typically made of stone or metal, that is intended to represent the subject in a lifelike or symbolic way
76. network adm_____tor *n.* a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises
77. ack_____ge the deed *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
78. un_____al life *adj.* existing or affecting everywhere or everyone
79. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
80. col_____te on a press release *v.* to work with someone else to produce or achieve something
81. career cou_____ng *n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

ANSWERS: 73. weigh, 74. district, 75. statue, 76. administrator, 77. acknowledge, 78. universal, 79. communal, 80. collaborate, 81. counseling

82. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
83. generous gi__r *n.* a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor
84. give si___t consent *adj.* without any or little sound
85. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
86. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
87. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
88. colorful dec_____ons *n.* the act of adding something that is intended to make something more attractive; an award or honor that is given to someone in recognition of their achievements
89. par_____ip across the Atlantic *n.* the state of a cooperative relationship between people or groups, especially in business
90. rainproof sh_____r *n.* a structure built to protect from poor weather, danger, or attack:
91. matter of ur_____y *n.* the quality of being very important and needing to be dealt with immediately

ANSWERS: 82. yoga, 83. giver, 84. silent, 85. aid, 86. recognize, 87. amazing, 88. decoration, 89. partnership, 90. shelter, 91. urgency

92. enc_____ng approval *adj.* giving hope, confidence, or support; inspiring
93. research in_____tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
94. und_____ted worker *adj.* not supported by written evidence or having the necessary written permission
95. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
96. co_____ss hours *adj.* too numerous to be counted or very many
97. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
98. ex___e cigarette smoke *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
99. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
100. a tr_____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
101. establish a par_____ip *n.* the state of a cooperative relationship between people or groups, especially in business

ANSWERS: 92. encouraging, 93. institute, 94. undocumented, 95. therapy, 96. countless, 97. symptom, 98. exhale, 99. trauma, 100. tradition, 101. partnership

102. su_____ze text *v.* to give a brief statement of the most important facts or ideas about something
103. ele_____ry math *adj.* relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects
104. team ma____t *n.* a person, animal, or object that is believed to bring good luck, often adopted by a sports team or organization as a symbol of their identity or values
105. wel_____ded personality *adj.* having knowledge, skill, or experience in a wide range of areas or subjects; not limited or restricted to one area of expertise or focus
106. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
107. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
108. cir_____nce of birth *n.* the specific conditions or events that surround a particular situation or occurrence
109. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 102. summarize, 103. elementary, 104. mascot, 105. well-rounded, 106. patient, 107. conversation, 108. circumstance, 109. struggle

110. the lord pa_____nt *adj.* more important than anything else; having superior power and influence or the highest position
111. aid re_____er *n.* the part of a phone that you hold close to your ear and mouth; a person who receives something
112. su_____e attack *n.* the act of killing yourself intentionally
113. principles of un_____al design *adj.* existing or affecting everywhere or everyone
114. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
115. urban di_____cts *n.* a part of a country or town, especially one with particular features
116. cl_____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
117. electric st_____r *n.* a device used to bind sheets of paper together by driving a small metal staple (= a fastener used to secure multiple sheets of paper together) through them
118. ice_____ing activity *adj.* a situation, activity, or conversation that is intended to help people become more comfortable with one another and establish rapport, especially in a formal or unfamiliar setting
119. skilled wo_____ce *n.* all the people who work in a company, industry, country, etc.

ANSWERS: 110. paramount, 111. receiver, 112. suicide, 113. universal, 114. struggle, 115. district, 116. clinical, 117. stapler, 118. ice-breaking, 119. workforce

120. su___r dishes *n.* an evening meal, typically a light or informal one eaten after the main meal of the day
121. corporate ma___t *n.* a person, animal, or object that is believed to bring good luck, often adopted by a sports team or organization as a symbol of their identity or values
122. ac____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
123. school adm_____tor *n.* a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises
124. em_____al distress *adj.* relating to people's feelings
125. me_____p area *n.* a gathering or social event organized through the internet for people who share a common interest
126. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
127. su_____e beforehand *v.* to think that something is likely to be actual or possible
128. de___t a refugee *v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
129. a beautiful st___e *n.* a sculpture of a person or animal, typically made of stone or metal, that is intended to represent the subject in a lifelike or symbolic way

ANSWERS: 120. supper, 121. mascot, 122. academic, 123. administrator, 124. emotional, 125. meet-up, 126. amazing, 127. suppose, 128. deport, 129. statue

130. aff_____le solution *adj.* not expensive and able to pay
131. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
132. financial a_d *n.* things sent to help countries in need, notably food or money; support
133. certified pro_____nal secretary *adj.* having or showing the skill appropriate to a particular job; competent or skillful
134. int_____on among human beings *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
135. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
136. supply ch__n *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
137. ur_____y in the use of force *n.* the quality of being very important and needing to be dealt with immediately
138. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
139. con_____nt location *adj.* useful, helpful, or quick to do
140. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
141. hear gr_____me details *adj.* causing horror or disgust

ANSWERS: 130. affordable, 131. gap, 132. aid, 133. professional, 134. interaction, 135. communal, 136. chain, 137. urgency, 138. colleague, 139. convenient, 140. patient, 141. gruesome

142. in_____te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
143. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
144. fa_____e caused by overwork *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
145. home-cooked su____r *n.* an evening meal, typically a light or informal one eaten after the main meal of the day
146. app_____ely same *adv.* close to a specific number or time but not exactly that number or time
147. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
148. AI expert *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

ANSWERS: 142. institute, 143. nurse, 144. fatigue, 145. supper, 146. approximately, 147. opportune, 148. AI

149. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
150. st___e commodities *adj.* essential, crucial, or regularly used
151. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
152. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
153. take a st___y job *adj.* firmly fixed, supported, or balanced; not shaking or moving
154. the w_t of man *n.* the ability to say or write things or ideas in a clever and humorous way
155. su_____e you're right *v.* to think that something is likely to be actual or possible
156. ab___b energy *v.* to take in a fluid or other substance gradually
157. commit su_____e *n.* the act of killing yourself intentionally
158. pro_____nal athlete *adj.* having or showing the skill appropriate to a particular job; competent or skillful
159. engineering und_____ate *n.* a student who is studying for their first degree at a university or other higher education institution
160. apply AI technology to art *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

ANSWERS: 149. invite, 150. staple, 151. communicate, 152. symptom, 153. steady, 154. wit, 155. suppose, 156. absorb, 157. suicide, 158. professional, 159. undergraduate, 160. AI

170. su_____zes the main ideas *v.* to give a brief statement of the most important facts or ideas about something
171. a con_____ly varying mind *adv.* all the time
172. sp_____r a local group *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
173. the int_____on between man and his environment *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
174. ice_____ing session *adj.* a situation, activity, or conversation that is intended to help people become more comfortable with one another and establish rapport, especially in a formal or unfamiliar setting
175. de___t dissidents from the party *v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
176. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
177. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
178. de_____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
179. ele_____ry level *adj.* relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects

ANSWERS: 170. summarize, 171. constantly, 172. sponsor, 173. interaction, 174. ice-breaking, 175. deport, 176. relation, 177. opportune, 178. deplete, 179. elementary

180. against tr_____on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
181. co_____or office *n.* a person trained to give advice and help people deal with personal or emotional problems
182. lingual di_____ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
183. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
184. in_____e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
185. oc_____y a position *v.* to consume all of someone's space, attention, or time
186. the wo_____ce is on strike *n.* all the people who work in a company, industry, country, etc.
187. di_____e backgrounds *adj.* including numerous categories of individuals or entities; various
188. de_____e glycogen stores *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
189. cou_____ng about risk management *n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

ANSWERS: 180. tradition, 181. counselor, 182. diversity, 183. therapy, 184. invite, 185. occupy, 186. workforce, 187. diverse, 188. deplete, 189. counseling

190. st___e crop *adj.* essential, crucial, or regularly used
191. app_____ely 3 feet long *adv.* close to a specific number or time but not exactly that number or time
192. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
193. em_____al health *adj.* relating to people's feelings
194. exc_____ce in product design *n.* the quality of being extremely good
195. ex___e a big sigh *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
196. de_____s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
197. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
198. co_____t car *n.* an idea or principle associated with something abstract

ANSWERS: 190. staple, 191. approximately, 192. conversation, 193. emotional, 194. excellence, 195. exhale, 196. depress, 197. recognize, 198. concept

Session 3: Fill in the Blanks

1. The military _____ between the two countries created tension in the international community.
n. the state of a cooperative relationship between people or groups, especially in business
2. There are _____ methods for dealing with stress.
adj. too numerous to be counted or very many
3. She departed hurriedly because of some significant _____ in their affairs.
n. the quality of being very important and needing to be dealt with immediately
4. She is a school _____ dedicated to helping students navigate academic and personal challenges.
n. a person trained to give advice and help people deal with personal or emotional problems
5. The metal showed signs of _____ after being subjected to repeated stress.
n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
6. I decided to seek counseling on the advice of my _____.
n. one of a group of a coworker, especially in a profession or a business
7. The night shift _____ checked my vital signs before administering the medication.
n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

ANSWERS: 1. partnership, 2. countless, 3. urgency, 4. counselor, 5. fatigue, 6. colleague, 7. nurse

8. The baby _____ 1 pound 3 oz.

- v.* to have a particular weight; to carefully evaluate things before making a conclusion

9. Sometimes it isn't easy to _____ exactly how we feel.

- v.* to articulate or express verbally; to put something into words or speech; to speak out loud

10. This trail takes _____ 2.5 hours.

- adv.* close to a specific number or time but not exactly that number or time

11. The _____ of the two groups is good for brainstorming.

- n.* the act of connecting with someone, mainly when working, playing, or spending time with them

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

- adj.* relating to people's feelings

13. Our knowledge helps _____ our clients successfully.

- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

14. One such rapidly growing _____ is quantum cryptography.

- n.* an idea or principle associated with something abstract

15. I am going to _____ to work through my anxiety and depression.

- n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

ANSWERS: 8. weighs, 9. verbalize, 10. approximately, 11. interaction, 12. emotional, 13. navigate, 14. concept, 15. counseling

16. He took a deep breath and slowly began to _____.
- v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
17. Many people are working together to close the gender ____.
- n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
18. 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
19. Each chapter _____ the most critical issues.
- v.* to give a brief statement of the most important facts or ideas about something
20. The test results were _____ and showed improvement.
- adj.* giving hope, confidence, or support; inspiring
21. Many companies outsource and hire consultants to keep their _____ flexible.
- n.* all the people who work in a company, industry, country, etc.
22. He became _____ after losing his job.
- adj.* without a home, and therefore typically living on the streets
23. He was impressed by the range and _____ of the collection.
- n.* the quality or fact of many different types of things or people being included in something; a range of different things or people

ANSWERS: 16. exhale, 17. gap, 18. develop, 19. summarizes, 20. encouraging, 21. workforce, 22. homeless, 23. diversity

24. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
25. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
26. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
27. Our company _____ numerous disabled athletes.
v. to provide funds for a particular event, program, individual, etc. as a way of advertising
28. The motion of planets can be described using _____ mechanics.
adj. relating to Sir Isaac Newton or his laws of motion and universal gravitation
29. We want to _____ you to our annual charity event.
v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
30. _____ school students must learn basic math and reading skills.
adj. relating to the first principles or fundamental parts of a subject; fundamental or basic, often used to refer to a school or level of education that covers the fundamental principles of various subjects
31. My friend is a natural _____ always putting others before herself.
n. a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor

ANSWERS: 24. grade, 25. therapy, 26. conversation, 27. sponsors, 28. Newtonian, 29. invite, 30. Elementary, 31. giver,

32. Pakistan's ____ budget was still being reviewed.

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

33. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

34. He never _____ his fault.

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

35. The heavy-duty _____ is perfect for binding thick stacks of paper.

n. a device used to bind sheets of paper together by driving a small metal staple (= a fastener used to secure multiple sheets of paper together) through them

36. They need food and _____.

n. a structure built to protect from poor weather, danger, or attack:

37. The government has decided to _____ illegal immigrants back to their home countries.

v. to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime

38. The patient displays a _____ of a side effect.

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

39. He could not _____ against temptation.

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

ANSWERS: 32. aid, 33. deplete, 34. acknowledged, 35. stapler, 36. shelter, 37. deport, 38. symptom, 39. struggle

40. Dolphins use sound to _____ with each other.

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

41. What do you _____ the culprit's motive was?

- v.* to think that something is likely to be actual or possible

42. He has a _____ demeanor and always presents himself in a polished manner.

- adj.* having or showing the skill appropriate to a particular job; competent or skillful

43. He has the ____ to keep talking about this topic.

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

44. This country became a country of _____ geostrategic importance to us.

- adj.* more important than anything else; having superior power and influence or the highest position

45. The evolution of processors has dramatically improved the performance of ____.

- n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

46. A _____ education includes academic pursuits and extracurricular activities such as sports and art.

- adj.* having knowledge, skill, or experience in a wide range of areas or subjects; not limited or restricted to one area of expertise or focus

47. Rice and beans are a _____ food in many cultures.

- adj.* essential, crucial, or regularly used

ANSWERS: 40. communicate, 41. suppose, 42. professional, 43. wit, 44. paramount, 45. AI, 46. well-rounded, 47. staple

48. Many people find that regular _____ practice can help reduce stress and anxiety.
- n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
49. Our interest began to ____ sharply.
- v.* to move or develop so slowly that you are behind other people, organizations, etc.
50. When making arrests, police officers frequently _____ excessive force.
- v.* to give somebody a job and pay them for it; to make use of
51. She would never _____ hurt anyone.
- adv.* in a planned or intended way
52. Delivery companies often require the _____ signature to certify the completion of package delivery.
- n.* the part of a phone that you hold close to your ear and mouth; a person who receives something
53. The industrial _____ laws were passed with little to no alteration.
- n.* the way two persons or groups of people feel and act toward one another
54. The doctor carefully examined the _____ medical history.
- n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
55. He was the leader of the demonstrators and spoke out against the war in the front _____.
- n.* an arrangement of objects or people side by side in a line

ANSWERS: 48. yoga, 49. lag, 50. employ, 51. intentionally, 52. receiver's, 53. relations, 54. patient's, 55. row

56. The _____ game helped the team members get to know each other better.

adj. a situation, activity, or conversation that is intended to help people become more comfortable with one another and establish rapport, especially in a formal or unfamiliar setting

57. Many civilians have suffered _____ as a result of the war.

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

58. This region has many _____ offering higher education.

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

59. The mobile application industry is _____ changing.

adv. all the time

60. In an economically prosperous country, most male _____ is due to child support problems.

n. the act of killing yourself intentionally

61. The company has a strict _____ for handling sensitive information to ensure security.

n. a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement

62. The border patrol has recently been focusing on cracking down on _____ non-citizens.

adj. not supported by written evidence or having the necessary written permission

ANSWERS: 56. ice-breaking, 57. trauma, 58. institutes, 59. constantly, 60. suicide, 61. protocol, 62. undocumented

63. The sponge _____ water well.

v. to take in a fluid or other substance gradually

64. Since 2001, the _____ has provided training programs for automotive technicians.

n. a part of a country or town, especially one with particular features

65. The class was composed of both _____ and graduate students.

n. a student who is studying for their first degree at a university or other higher education institution

66. The shark's powerful _____ allowed it to swim at high speeds.

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

67. The room was filled with beautiful _____ for the wedding reception.

n. the act of adding something that is intended to make something more attractive; an award or honor that is given to someone in recognition of their achievements

68. The phone rang at the most _____ time.

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

69. His infinite love and _____ for everyone never weary.

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

70. The advice given by my mentor was _____ in my career.

adj. extremely useful, important, or valuable; describing something that cannot be measured in terms of monetary or material worth

ANSWERS: 63. absorbs, 64. district, 65. undergraduate, 66. fins, 67. decorations, 68. opportune, 69. compassion, 70. invaluable

71. New York is a city with a _____ ethnic population.

adj. including numerous categories of individuals or entities; various

72. We have roast chicken for _____ tonight, one of our family favorites.

n. an evening meal, typically a light or informal one eaten after the main meal of the day

73. The _____ of the famous hero stood proudly in the town square.

n. a sculpture of a person or animal, typically made of stone or metal, that is intended to represent the subject in a lifelike or symbolic way

74. The patient's vital signs are _____ indicating a stable condition.

adj. firmly fixed, supported, or balanced; not shaking or moving

75. She struggled to _____ complex math problems.

v. to understand the nature or meaning of something fully

76. We have a _____ to discuss the new project this weekend.

n. a gathering or social event organized through the internet for people who share a common interest

77. The airport offers five _____ access routes.

adj. useful, helpful, or quick to do

78. An excellent historian must possess an _____ mentality.

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

79. The automaker has been providing _____ car financing options since last year.

adj. not expensive and able to pay

ANSWERS: 71. diverse, 72. supper, 73. statue, 74. steady, 75. comprehend, 76. meet-up, 77. convenient, 78. academic, 79. affordable

80. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.
n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
81. The young prince will soon _____ the throne.
v. to consume all of someone's space, attention, or time
82. The _____ crime scene was difficult for the detectives to stomach.
adj. causing horror or disgust
83. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
84. It was a _____ lie that he would attend the event.
adj. (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
85. The terrorist's _____ remains unknown.
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
86. She received special _____ training at the hospital.
adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
87. It's important to _____ your strengths and weaknesses.
v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 80. tradition, 81. occupy, 82. gruesome, 83. amazing, 84. downright, 85. identity, 86. clinical, 87. recognize

88. The economic recession _____ the housing market.
v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
89. She agreed to _____ with him in creating new artwork.
v. to work with someone else to produce or achieve something
90. Many businesses felt the _____ effect of the economy's decline.
n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
91. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
92. He has also won many marketing _____ awards.
n. the quality of being extremely good
93. She explained the _____ surrounding the accident.
n. the specific conditions or events that surround a particular situation or occurrence
94. The _____ on my bike broke, leaving me stranded.
n. a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
95. The city's _____ is a famous landmark that attracts tourists.
n. a person, animal, or object that is believed to bring good luck, often adopted by a sports team or organization as a symbol of their identity or values

ANSWERS: 88. depressed, 89. collaborate, 90. ripple, 91. Communal, 92. excellence, 93. circumstances, 94. chain, 95. mascot

96. The picture earned near-_____ acclaim from critics.

adj. existing or affecting everywhere or everyone

97. The politician remained _____ despite intense media scrutiny.

adj. without any or little sound

98. The university's _____ announced new policies regarding campus safety.

n. a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises

99. This company _____ into an enterprise company.

v. to change or cause to change something or someone smoothly and gradually from one thing to another

ANSWERS: 96. universal, 97. silent, 98. administrator, 99. morphed