

# Englist.me



## Vocabulary Builder Reference from...

*Emily Oster: 3 things new parents should consider before going back to work | TED Talk*

[https://www.ted.com/talks/emily\\_oster\\_3\\_things\\_new\\_parents\\_should\\_consider\\_before\\_going\\_back\\_to\\_work](https://www.ted.com/talks/emily_oster_3_things_new_parents_should_consider_before_going_back_to_work)

### All Words

#### IMPORTANT

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## Session 1: Word List

### pregnant

*adj.* having a baby or young animal developing in the uterus  
*synonym* : expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

### frustrate

*v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

*synonym* : hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

### prenatal

*adj.* of, relating to, or occurring in the period before birth  
*synonym* : antecedent, preconception, prebirth

(1) **prenatal** checkup, (2) **prenatal** development

**Prenatal** care is essential for ensuring the health of both mother and baby.

## modern

*adj.* of or belonging to the present time or recent times

*synonym*: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

## adequate

*adj.* enough, acceptable, satisfactory for a particular purpose or need

*synonym*: enough, acceptable, able

(1) **adequate** parking facilities, (2) provide **adequate** funding

This argument is still not **adequate**.

## 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.

## stream

*n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

*synonym*: flow, current, brook

(1) the **stream** of time, (2) an endless **stream** of cars

Jet **streams** are the common name for air currents that form high in the atmosphere.

## regret

*v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

*synonym*: apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless

I **regret** to say that you did not gain admission to the university.

## decision

*n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options

*synonym* : choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

## conflicting

*adj.* incompatible or inconsistent with something else; in disagreement

*synonym* : incompatible, inconsistent, contradictory

(1) a lot of **conflicting** information, (2) make **conflicting** allegations

The witness's testimony was **conflicting** with the evidence found at the scene.

## confuse

*v.* to mistake one thing for another; to make somebody hard to understand

*synonym* : confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

## 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.

## determinant

*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

*synonym* : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

## variation

*n.* the act or state of changing; a difference or change in the way something is done, made or said

*synonym*: fluctuation, change, variation

(1) **variation** of temperature, (2) gene **variation**

There is a lot of **variation** in the colors of flowers in the garden.

## discuss

*v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

*synonym*: talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

## poke

*v.* to push or prod with a sharp object or the finger

*synonym*: prod, jab, push

(1) **poke** around the desk, (2) **poke** a fire

They **poked** fun at each other's jokes, laughing and teasing.

## confidence

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

*synonym*: self-trust, certainty, belief

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

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

## decide

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

*synonym*: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

## economical

*adj.* providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary

*synonym*: frugal, thrifty, parsimonious

(1) **economical** use of her time, (2) an **economical** meal

It is more **economical** to wash your plastic bottle and reuse it.

## 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.

## confident

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

*synonym*: certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark

I'm not **confident** in our victory.

## specifically

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

*synonym*: especially, particularly, notably

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

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

## childcare

*n.* a service involving care for other people's children

*synonym*: babysitting

(1) **childcare** allowance, (2) allow **childcare** leave

Our company offers a full range of **childcare** facilities as part of our benefits package.

## disposable

*adj.* designed to be used once and then thrown away

*synonym*: throwaway, single-use, expendable

(1) total **disposable** income, (2) **disposable** camera

I prefer using **disposable** razors because they are more convenient.

## scenario

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

*synonym*: plan, scheme, procedure

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

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

## complicated

*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

*synonym*: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

## nanny

*n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis

*synonym*: childcare provider, babysitter, nurse

(1) part-time **nanny**, (2) professional **nanny**

She works as a **nanny** for a family with two young children.

## outline

*v.* to describe the main facts or aspects involved in something

*synonym*: recap, summarize, digest

(1) **outlined** the plan, (2) **outline** the findings

This page **outlines** our response planning for an emergency.

## wipe

*v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

*synonym*: clean, brush, swab

(1) **Wipe** off dirt, (2) **wipe** with water

Please **wipe** your sweat with this towel.

## 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.

## analyze

*v.* to think about in-depth and evaluate to discover essential features or meaning

*synonym*: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

## mathematics

*n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

*synonym*: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

## empower

*v.* to give someone the power or authority to do something

*synonym*: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## core

*n.* the most essential or fundamental part of something

*synonym*: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

## accord

*n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

*synonym*: alliance, pact, agreement

(1) **accord** with public opinion, (2) binational **accord**

The organization finally signed a peace **accord**.

## environment

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

*synonym*: atmosphere, surroundings, climate

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

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

## spare

*adj.* additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone

*synonym*: extra, excess, (verb) afford

(1) **spare** parts, (2) **spare** cost

I made plans to spend my **spare** time beneficially.

## engaging

*adj.* attracting, pleasant, or charming

*synonym*: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

## enrich

*v.* to make better or improve in quality by adding something else

*synonym*: enhance, improve, augment

(1) **enrich** a gas with a balloon, (2) **enrich** public services

Reading not only increases knowledge but also **enriches** life.

## motor

*n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work

*synonym*: actuator, engine, machine

(1) a **motor** mechanic, (2) DC **motor** control

Energy-efficient **motors** are needed to maximize the cruising distance of electric vehicles.

## interact

*v.* to communicate or react with somebody

*synonym*: cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

## thrive

*v.* to grow vigorously; to make steady progress  
*synonym*: bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure  
Without investment, a business cannot **thrive**.

## nuance

*n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

*synonym*: shading, refinement, subtlety

(1) rich in **nuance**, (2) subtle cultural **nuance**  
The painter has tried to express every **nuance** of the woman's expression in his work.

## posit

*v.* to suggest or accept something as fact or as a basis for argument or consideration

*synonym*: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

## configuration

*n.* the arrangement or pattern of something or a group of related things

*synonym*: arrangement, composition, formatting

(1) **configuration** of the system, (2) engine **configuration**  
The **configuration** of molecules in steel changes significantly with temperature.

## negative

*adj.* having the quality of something bad or harmful; expressing refusal

*synonym*: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number  
The movie has received almost universally **negative** criticism.

## negligible

*adj.* so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact

*synonym*: insignificant, trivial, minor

(1) **negligible** impact, (2) a **negligible** amount of time  
The cost of the repairs was **negligible** compared to the value of the antique car.

## maternal

*adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child  
*synonym*: motherly, maternalistic, maternal-like

(1) on the **maternal** side, (2) **maternal** care  
She had a very **maternal** instinct towards her newborn baby.

## unpaid

*adj.* not yet paid; without payment  
*synonym*: overdue, delinquent, outstanding

(1) **unpaid** account, (2) **unpaid** leave  
Some employees claim they were simply **unpaid**.

## taboo

*adj.* prohibited or restricted by social custom  
*synonym*: forbidden, prohibited, proscribed

(1) a **taboo** word, (2) academic **taboo**  
In this society, discussing politics in public is a **taboo** subject.

## explore

*v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it  
*synonym*: analyze, delve into, examine

(1) **explore** the world, (2) **explore** our options  
The management must **explore** strategies to increase office security.

## obligated

*adj.* legally or morally bound or compelled to do something; having a sense of duty or responsibility to fulfill a certain obligation  
*synonym*: required, bound, compelled

(1) **obligated** to pay, (2) morally **obligated**  
I felt **obligated** to help my friend with their problem.

## optimal

*adj.* the best; most likely to be successful or advantageous  
*synonym*:

optimum, desirable, favorable

(1) achieve **optimal** health, (2) **optimal** for intellectual growth

Wild animals need to go forward with the **optimal** action to survive.

## prefer

v. to like, choose, or want one thing or person better than another

*synonym*: choose, like, favor

(1) **prefer** physics to chemistry, (2) **prefer** a window seat  
The birds **prefer** open water areas with reeds around them.

## upfront

*adj.* frank and honest; (adverb) (of payment) in advance

*synonym*: honest, authentic, fair

(1) an **upfront** tone, (2) pay **upfront**

He was very **upfront** with him about his intentions.

## guarantee

v. to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

*synonym*: assure, promise, warrant

(1) **guarantee** a high quality, (2) **guarantee** women equality

We cannot **guarantee** enough raw material sources.

## 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.

## ditch

n. a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away

*synonym*: trench, channel, furrow

(1) agricultural **ditch**, (2) **ditch** my career

The farmers used **ditches** to drain water from their fields.

## **guilt**

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

*synonym*: regret, remorse, blame

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

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

## Session 2: Spelling

- |                                       |   |
|---------------------------------------|---|
| 1. DC mo__r control                   | <i>n.</i> a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work                                      |
| 2. make con_____ng allegations        | <i>adj.</i> incompatible or inconsistent with something else; in disagreement   |
| 3. in_____ct directly with customers  | <i>v.</i> to communicate or react with somebody   |
| 4. feeling of gu__t                   | <i>n.</i> the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong   |
| 5. ad_____te parking facilities       | <i>adj.</i> enough, acceptable, satisfactory for a particular purpose or need   |
| 6. un____d account                    | <i>adj.</i> not yet paid; without payment   |
| 7. for spe_____lly American customers | <i>adv.</i> only associated with or meant for one thing   |
| 8. on the ma_____al side              | <i>adj.</i> relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child                        |
| 9. pr_____al development              | <i>adj.</i> of, relating to, or occurring in the period before birth  |
| 10. ex_____e our options              | <i>v.</i> to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it |
| 11. gu_____ee women equality          | <i>v.</i> to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met       |

ANSWERS: 1. motor, 2. conflicting, 3. interact, 4. guilt, 5. adequate, 6. unpaid, 7. specifically, 8. maternal, 9. prenatal, 10. explore, 11. guarantee

12. morally ob\_\_\_\_\_ed *adj.* legally or morally bound or compelled to do something; having a sense of duty or responsibility to fulfill a certain obligation
13. po\_\_t the premise *v.* to suggest or accept something as fact or as a basis for argument or consideration
14. di\_\_h my career *n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
15. sp\_\_e parts *adj.* additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone
16. gu\_\_\_\_\_ee a high quality *v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met
17. a ta\_\_o word *adj.* prohibited or restricted by social custom
18. fr\_\_\_\_\_te other team members *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
19. an endless st\_\_\_m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
20. rich in nu\_\_\_e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

ANSWERS: 12. obligated, 13. posit, 14. ditch, 15. spare, 16. guarantee, 17. taboo, 18. frustrate, 19. stream, 20. nuance

21. become increasingly com\_\_\_\_\_ed     *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
22. allow ch\_\_\_\_\_re leave     *n.* a service involving care for other people's children
23. sp\_\_e cost     *adj.* additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone
24. po\_\_t the existence of life after death     *v.* to suggest or accept something as fact or as a basis for argument or consideration
25. di\_\_\_\_\_s options     *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
26. gene va\_\_\_\_\_on     *n.* the act or state of changing; a difference or change in the way something is done, made or said
27. a co\_\_\_\_\_nt remark     *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
28. em\_\_\_\_\_r the secretary to do the same     *v.* to give someone the power or authority to do something
29. professional na\_\_y     *n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis
30. ob\_\_\_\_\_ed to pay     *adj.* legally or morally bound or compelled to do something; having a sense of duty or responsibility to fulfill a certain obligation

ANSWERS: 21. complicated, 22. childcare, 23. spare, 24. posit, 25. discuss, 26. variation, 27. confident, 28. empower, 29. nanny, 30. obligated

- |                                 |   |
|---------------------------------|---|
| 31. con_____ion of the system   | <i>n.</i> the arrangement or pattern of something or a group of related things  |
| 32. ch_____re allowance         | <i>n.</i> a service involving care for other people's children  |
| 33. en_____ng story             | <i>adj.</i> attracting, pleasant, or charming   |
| 34. provide ad_____te funding   | <i>adj.</i> enough, acceptable, satisfactory for a particular purpose or need   |
| 35. total dis_____le income     | <i>adj.</i> designed to be used once and then thrown away   |
| 36. eco_____al use of her time  | <i>adj.</i> providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary                                |
| 37. engine con_____ion          | <i>n.</i> the arrangement or pattern of something or a group of related things  |
| 38. pay up_____t                | <i>adj.</i> frank and honest; (adverb) (of payment) in advance  |
| 39. pr____r a window seat       | <i>v.</i> to like, choose, or want one thing or person better than another  |
| 40. w__e with water             | <i>v.</i> to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid                            |
| 41. ou_____e the findings       | <i>v.</i> to describe the main facts or aspects involved in something   |
| 42. a neg_____le amount of time | <i>adj.</i> so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact |
| 43. p__e around the desk        | <i>v.</i> to push or prod with a sharp object or the finger   |

ANSWERS: 31. configuration, 32. childcare, 33. engaging, 34. adequate, 35. disposable, 36. economical, 37. configuration, 38. upfront, 39. prefer, 40. wipe, 41. outline, 42. negligible, 43. poke

44. a selfish de\_\_\_\_\_on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
45. needs of pr\_\_\_\_\_nt women *adj.* having a baby or young animal developing in the uterus
46. a com\_\_\_\_\_ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
47. the st\_\_\_m of time *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
48. an\_\_\_\_\_e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
49. th\_\_\_e in a society *v.* to grow vigorously; to make steady progress
50. feel co\_\_\_\_\_nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
51. achieve op\_\_\_\_\_l health *adj.* the best; most likely to be successful or advantageous
52. designed spe\_\_\_\_\_lly for men *adv.* only associated with or meant for one thing
53. fr\_\_\_\_\_te the advancement *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
54. in\_\_\_\_\_ct with one another *v.* to communicate or react with somebody

ANSWERS: 44. decision, 45. pregnant, 46. complicated, 47. stream, 48. analyze, 49. thrive, 50. confident, 51. optimal, 52. specifically, 53. frustrate, 54. interact

55. mo\_\_\_n poetry *adj.* of or belonging to the present time or recent times
56. subtle cultural nu\_\_\_e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
57. en\_\_\_h public services *v.* to make better or improve in quality by adding something else
58. a lot of con\_\_\_\_\_ng information *adj.* incompatible or inconsistent with something else; in disagreement
59. un\_\_\_d leave *adj.* not yet paid; without payment
60. va\_\_\_\_\_on of temperature *n.* the act or state of changing; a difference or change in the way something is done, made or said
61. binational ac\_\_\_d *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
62. di\_\_\_\_\_s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
63. boost my con\_\_\_\_\_ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
64. a mo\_\_\_r mechanic *n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
65. mat\_\_\_\_\_cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 55. modern, 56. nuance, 57. enrich, 58. conflicting, 59. unpaid, 60. variation, 61. accord, 62. discuss, 63. confidence, 64. motor, 65. mathematics

66. pre-mo\_\_\_n agricultural society      *adj.* of or belonging to the present time or recent times
67. a good grounding in mat\_\_\_\_\_cs      *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
68. criminal gu\_\_t      *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
69. dis\_\_\_\_\_le camera      *adj.* designed to be used once and then thrown away
70. c\_\_e business activity      *n.* the most essential or fundamental part of something
71. th\_\_\_e on pressure      *v.* to grow vigorously; to make steady progress
72. have a ne\_\_\_\_\_ve effect      *adj.* having the quality of something bad or harmful; expressing refusal
73. 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
74. environmental det\_\_\_\_\_nt      *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
75. re\_\_\_t a decision      *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

ANSWERS: 66. modern, 67. mathematics, 68. guilt, 69. disposable, 70. core, 71. thrive, 72. negative, 73. develop, 74. determinant, 75. regret

76. an\_\_\_\_e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
77. agricultural di\_\_h *n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
78. de\_\_\_\_on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
79. 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.;
80. em\_\_\_\_al health *adj.* relating to people's feelings
81. re\_\_\_\_t being so careless *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
82. co\_\_\_\_e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
83. op\_\_\_\_l for intellectual growth *adj.* the best; most likely to be successful or advantageous
84. env\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
85. a silence pr\_\_\_\_nt with suspense *adj.* having a baby or young animal developing in the uterus
86. p\_\_e a fire *v.* to push or prod with a sharp object or the finger

ANSWERS: 76. analyze, 77. ditch, 78. decision, 79. acknowledge, 80. emotional, 81. regret, 82. confuse, 83. optimal, 84. environment, 85. pregnant, 86. poke

87. ex\_\_\_\_e the world      *v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
88. academic ta\_\_o      *adj.* prohibited or restricted by social custom
89. 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
90. part-time na\_\_y      *n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis
91. en\_\_\_h a gas with a balloon      *v.* to make better or improve in quality by adding something else
92. ou\_\_\_\_ed the plan      *v.* to describe the main facts or aspects involved in something
93. W\_\_e off dirt      *v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
94. chaotic env\_\_\_\_\_nt      *n.* the natural world such as air, water, and land in which humans, animals, and plants live
95. 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.;

ANSWERS: 87. explore, 88. taboo, 89. develop, 90. nanny, 91. enrich, 92. outline, 93. wipe, 94. environment, 95. acknowledge

96. em\_\_\_\_\_al distress *adj.* relating to people's feelings
97. con\_\_\_\_\_ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
98. ac\_\_\_\_d with public opinion *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
99. em\_\_\_\_\_r my life *v.* to give someone the power or authority to do something
100. co\_\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand
101. an en\_\_\_\_\_ng smile *adj.* attracting, pleasant, or charming
102. an eco\_\_\_\_\_al meal *adj.* providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary
103. back f\_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
104. the worst case sc\_\_\_\_\_io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
105. number of different sc\_\_\_\_\_ios *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
106. neg\_\_\_\_\_le impact *adj.* so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact

ANSWERS: 96. emotional, 97. confidence, 98. accord, 99. empower, 100. confuse, 101. engaging, 102. economical, 103. fin, 104. scenario, 105. scenario, 106. negligible

107. a ne\_\_\_\_ve number *adj.* having the quality of something bad or harmful; expressing refusal
108. na\_\_\_\_te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
109. de\_\_\_\_e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
110. 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
111. pr\_\_\_\_al checkup *adj.* of, relating to, or occurring in the period before birth
112. an up\_\_\_\_t tone *adj.* frank and honest; (adverb) (of payment) in advance
113. na\_\_\_\_te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
114. pr\_\_\_\_r physics to chemistry *v.* to like, choose, or want one thing or person better than another
115. the c\_\_e of an apple *n.* the most essential or fundamental part of something
116. de\_\_\_\_e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
117. ma\_\_\_\_al care *adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child
118. a det\_\_\_\_nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 107. negative, 108. navigate, 109. decide, 110. fin, 111. prenatal, 112. upfront, 113. navigate, 114. prefer, 115. core, 116. decide, 117. maternal, 118. determinant

ANSWERS:

## Session 3: Fill in the Blanks

1. She was struggling to make a \_\_\_\_\_ between two job offers.  
*n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
  
2. There is a lot of \_\_\_\_\_ in the colors of flowers in the garden.  
*n.* the act or state of changing; a difference or change in the way something is done, made or said
  
3. I \_\_\_\_\_ to say that you did not gain admission to the university.  
*v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
  
4. She was disbarred for her \_\_\_\_\_ in fraud.  
*adj.* attracting, pleasant, or charming
  
5. 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
  
6. Please \_\_\_\_\_ your sweat with this towel.  
*v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
  
7. She had a very \_\_\_\_\_ instinct towards her newborn baby.  
*adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child

ANSWERS: 1. decision, 2. variation, 3. regret, 4. engaging, 5. develop, 6. wipe, 7. maternal

8. 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
9. Energy-efficient \_\_\_\_\_ are needed to maximize the cruising distance of electric vehicles.
- n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
10. I felt \_\_\_\_\_ to help my friend with their problem.
- adj.* legally or morally bound or compelled to do something; having a sense of duty or responsibility to fulfill a certain obligation
11. The cost of the repairs was \_\_\_\_\_ compared to the value of the antique car.
- adj.* so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact
12. In this society, discussing politics in public is a \_\_\_\_\_ subject.
- adj.* prohibited or restricted by social custom
13. Every human is responsible for taking care of the Earth's \_\_\_\_\_.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
14. The organization finally signed a peace \_\_\_\_\_.
- n.* an official agreement or treaty between two organizations, countries, etc.;  
(verb) allow to have
15. Their headquarters are in a \_\_\_\_\_ skyscraper.
- adj.* of or belonging to the present time or recent times

ANSWERS: 8. navigate, 9. motors, 10. obligated, 11. negligible, 12. taboo, 13. environment, 14. accord, 15. modern

16. Without investment, a business cannot \_\_\_\_\_.

*v.* to grow vigorously; to make steady progress

17. He did \_\_\_\_\_ pen-and-ink drawings in just a few days.

*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

18. Skill and \_\_\_\_\_ are an unconquered army.

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

19. We should \_\_\_\_\_ several hypotheses to discuss the matter.

*v.* to suggest or accept something as fact or as a basis for argument or consideration

20. The painter has tried to express every \_\_\_\_\_ of the woman's expression in his work.

*n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

21. Jet \_\_\_\_\_ are the common name for air currents that form high in the atmosphere.

*n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

22. He was very \_\_\_\_\_ with him about his intentions.

*adj.* frank and honest; (adverb) (of payment) in advance

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

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

ANSWERS: 16. thrive, 17. complicated, 18. confidence, 19. posit, 20. nuance, 21. streams, 22. upfront, 23. specifically

24. The \_\_\_\_\_ of molecules in steel changes significantly with temperature.  
*n.* the arrangement or pattern of something or a group of related things
25. He should \_\_\_\_\_ more with his colleagues.  
*v.* to communicate or react with somebody
26. These gas nebulas are merely newborn galactic \_\_\_\_\_.  
*n.* the most essential or fundamental part of something
27. They \_\_\_\_\_ fun at each other's jokes, laughing and teasing.  
*v.* to push or prod with a sharp object or the finger
28. One \_\_\_\_\_ of success is having a positive attitude and a strong work ethic.  
*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
29. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.  
*v.* to give someone the power or authority to do something
30. The coach explained a strategy to \_\_\_\_\_ the opponent's schemes to the players.  
*v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
31. I prefer using \_\_\_\_\_ razors because they are more convenient.  
*adj.* designed to be used once and then thrown away

ANSWERS: 24. configuration, 25. interact, 26. cores, 27. poked, 28. determinant, 29. empowered, 30. frustrate, 31. disposable

32. She vacated the position when she got \_\_\_\_\_.

*adj.* having a baby or young animal developing in the uterus

33. Wild animals need to go forward with the \_\_\_\_\_ action to survive.

*adj.* the best; most likely to be successful or advantageous

34. Shame and \_\_\_\_\_ have significant social influences.

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

35. She couldn't \_\_\_\_\_ whether to order the pizza or the pasta for dinner.

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

36. Reading not only increases knowledge but also \_\_\_\_\_ life.

*v.* to make better or improve in quality by adding something else

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

*adj.* relating to people's feelings

38. It is more \_\_\_\_\_ to wash your plastic bottle and reuse it.

*adj.* providing a satisfactory return on the money, time, or effort; not using more money, fuel, etc. than necessary

39. We need to \_\_\_\_\_ the next steps for the project during our meeting tomorrow.

*v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 32. pregnant, 33. optimal, 34. guilt, 35. decide, 36. enriches, 37. emotional, 38. economical, 39. discuss

40. The movie has received almost universally \_\_\_\_\_ criticism.

*adj.* having the quality of something bad or harmful; expressing refusal

41. 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.;

42. He has a flair for \_\_\_\_\_.

*n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

43. The farmers used \_\_\_\_\_ to drain water from their fields.

*n.* a long, narrow, and shallow depression or channel that is dug into the ground;  
*v.* to throw away

44. The teacher attempted to \_\_\_\_\_ the root cause of our mistake.

*v.* to think about in-depth and evaluate to discover essential features or meaning

45. We cannot \_\_\_\_\_ enough raw material sources.

*v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

46. The president prepared several possible \_\_\_\_\_ for an enemy attack.

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

47. The management must \_\_\_\_\_ strategies to increase office security.

*v.* to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

ANSWERS: 40. negative, 41. acknowledged, 42. mathematics, 43. ditches, 44. analyze, 45. guarantee, 46. scenarios, 47. explore

48. This argument is still not \_\_\_\_\_.

*adj.* enough, acceptable, satisfactory for a particular purpose or need

49. The birds \_\_\_\_\_ open water areas with reeds around them.

*v.* to like, choose, or want one thing or person better than another

50. Some employees claim they were simply \_\_\_\_\_.

*adj.* not yet paid; without payment

51. I made plans to spend my \_\_\_\_\_ time beneficially.

*adj.* additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone

52. Her remarks \_\_\_\_\_ the debate.

*v.* to mistake one thing for another; to make somebody hard to understand

53. I'm not \_\_\_\_\_ in our victory.

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

54. 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

55. This page \_\_\_\_\_ our response planning for an emergency.

*v.* to describe the main facts or aspects involved in something

56. Our company offers a full range of \_\_\_\_\_ facilities as part of our benefits package.

*n.* a service involving care for other people's children

ANSWERS: 48. adequate, 49. prefer, 50. unpaid, 51. spare, 52. confused, 53. confident, 54. fins, 55. outlines, 56. childcare

57. She works as a \_\_\_\_\_ for a family with two young children.

*n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis

58. The witness's testimony was \_\_\_\_\_ with the evidence found at the scene.

*adj.* incompatible or inconsistent with something else; in disagreement

59. \_\_\_\_\_ care is essential for ensuring the health of both mother and baby.

*adj.* of, relating to, or occurring in the period before birth

ANSWERS: 57. nanny, 58. conflicting, 59. Prenatal