

Englist.me



Vocabulary Builder Reference from...

Bhakti Sharma: What open water swimming taught me about resilience | TED Talk

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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

courage

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

synonym: bravery, valor, fearlessness

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

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

determination

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

synonym: resolve, willpower, conviction

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

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

single-minded

adj. having a strong and unwavering focus on a particular goal or objective; characterized by a determined concentration on one thing

synonym: determined, resolute, focused

(1) **single-minded** determination, (2) **single-minded** ambition

He was **single-minded** in his pursuit of success, working

tirelessly towards his goals.

vision

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

synonym : sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

achieve

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

synonym : accomplish, attain, reach

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

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

brave

adj. showing courage or fearlessness in the face of danger, difficulty, or adversity

synonym : courageous, valiant, heroic

(1) **brave** soldier, (2) **brave** decision

The **brave** firefighter rescued the family from the burning building.

conquer

v. to bring under control by force or authority

synonym : defeat, overpower, subdue

(1) **conquer** fatal disease, (2) **conquer** the world

You must **conquer** your anxiety about driving.

irresistible

adj. impossible to resist or refuse; very attractive, appealing, or compelling

synonym : resistless, overpowering, compelling

(1) **irresistible** charm, (2) **irresistible** force

The aroma of freshly baked cookies was **irresistible** to her.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym : dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff
The sperm whale can **dive** to 1,000 meters.

straight

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

synonym: linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months
He was sick for five **straight** days.

fearless

adj. having no fear; brave

synonym: brave, courageous, daring

(1) **fearless** attitude, (2) **fearless** bravery

The **fearless** firefighter rushed into the burning building to save a trapped child.

scorch

v. to burn the surface of something, usually accidentally, with a hot iron or flame

synonym: char, burn, singe

(1) **scorch** your clothes, (2) careful not to **scorch**

The sun **scorched** the desert, making it uninhabitable.

submerge

v. to put something under water or to go under water; to bury or hide something deeply or completely

synonym: deluge, drench, dunk

(1) **submerge** in a liquid, (2) **submerge** my head completely

The ship was **submerged** in the ocean for many years before it was finally discovered.

splash

v. to cause liquid to scatter in irregular drops, especially with force

synonym: scatter, dash, gurgle

(1) **splash** water, (2) **splash** everywhere

The mountain was **splashed** with snow.

scream

v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

synonym : cry, shout, yell

(1) **scream** a profanity, (2) **scream** at him to be quiet
She kept **screaming** for an ambulance.

gulp

v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement

synonym : swallow, chug, gulp down

(1) **gulp** water, (2) **gulp** air

He had to **gulp** down his coffee before rushing to work.

mount

v. to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone

synonym : climb, increase, get on

(1) **mount** a hill, (2) **mount** a counterattack

They **mounted** pictures on the paper in preparation for the birthday card.

cease

v. to stop an action or event

synonym : stop, end, terminate

(1) **cease** to exist, (2) **cease** drinking

The company decided to **cease** production of the product.

mettle

n. a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament

synonym : courage, spirit, fortitude

(1) demonstrate your **mettle**, (2) **mettle** for challenges

Despite her injury, the athlete's true **mettle** was revealed when she won the gold medal.

athlete

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

synonym : player, contestant, jock

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

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

medal

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

synonym : award, decoration, badge

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

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

infinite

adj. unlimited or very great; impossible to measure

synonym : boundless, countless, limitless

(1) **infinite** appetite, (2) **infinite** in supply

The battle had an **infinite** impact on the nation.

underneath

adv. under or below something else

synonym : below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell **underneath** the piano.

imaginative

adj. having or showing new and creative ideas

synonym : creative, innovative, inventive

(1) capable of **imaginative** creation, (2) **imaginative** as a child

She is a hard worker but not very **imaginative**.

marathon

n. a long-distance race of 42.195 kilometers

synonym : endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a personal best time.

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.

restricted

adj. limited in extent, number, scope, or action, especially by official rules, laws, etc.

synonym: limited, determinate, fixed

(1) **restricted** area, (2) lactose **restricted** diet

The country has designated our products as **restricted** import goods.

isolation

n. the condition of being alone or lonely; the act or state of separation between persons or groups

synonym: aloneness, seclusion, separateness

(1) **isolation** booth, (2) the country's **isolation**

That incident led to his **isolation**.

adventure

n. a journey or a series of events that is unusual, exciting, or dangerous

synonym: experience, happening, incident

(1) gastronomic **adventures**, (2) **adventure** film

He sailed the Atlantic Ocean multiple times during his **adventures**.

stick

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

synonym: pierce, adhere, stay

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

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

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

disappoint

v. to fail to meet someone or their hopes or expectations; to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

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.

relay

v. to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.

synonym: pass on, transmit, broadcast

(1) **relay** a scene, (2) **relay** a request

Please **relay** the news to the world.

fulfill

v. to meet the requirements or expectations; to achieve or realize

synonym: satisfy, complete, accomplish

(1) **fulfill** a contract, (2) **fulfill** a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

swimsuit

n. a piece of clothing worn for swimming

synonym: bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer

She wore a bright red **swimsuit** for the beach trip.

goggle

v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

synonym : gaze, gawk, gape

(1) **goggle** his eyes, (2) infrared **goggles**

The software company bought the VR **goggles** manufacturer.

unwavering

adj. not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment

synonym : steadfast, resolute, firm

(1) **unwavering** commitment, (2) **unwavering** confidence

She showed **unwavering** loyalty to her friend through thick and thin.

spirit

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

synonym : soul, attitude, enthusiasm

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

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

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

density

n. the quality of compactness of a substance

synonym : tightness, viscosity

(1) population **density**, (2) higher pixel **density**

Do you know the **density** of the population in Hong Kong?

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym : immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym : surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

blanket

n. a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content

synonym : cover, coverlet, bedspread

(1) **blanket** authority, (2) **blanket** scarf

The electric **blanket** keeps me warm on cold nights.

lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

synonym : raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.

penguin

n. a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait

(1) Adelie **penguin**, (2) **penguin** habitat

We took a boat tour to witness the magnificent **penguin** colony along the rugged coastline.

stomach

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

synonym : belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

cheer

v. to give a loud shout to show support, praise, or approval

synonym : comfort, encourage, hearten

(1) **cheer** for the home team, (2) **cheer** me up

Supporters in the stands **cheered** at every goal.

ray

n. a narrow line of light, heat, or another form of energy

synonym : beam, light, glimmer

(1) opaque to X- **rays**, (2) effect of cosmic **rays**

Gamma **rays** penetrate body tissues and cause cell damage.

destiny

n. the events that will inevitably happen to a particular person or thing in the future

synonym : fate, future, outcome

(1) foreordained **destiny**, (2) **destiny** of the individual

It is said that our **destiny** is written in the stars.

distance

n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

synonym : space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

accompany

v. to go somewhere or travel with someone or something
synonym: follow, escort, attend

(1) **accompany** a chicken dish, (2) **accompany** the book
Please let me know if you want to **accompany** me to my hometown.

external

adj. belonging to or situated outside of someone or something

synonym: outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

whale

n. a very large sea mammal that has a streamlined body and breathes through a blowhole on the head; a very large person; impressive in size or qualities

synonym: porpoise, giant

(1) a bull **whale**, (2) **whale** watching

Some countries have a culture of eating the flesh of a **whale**.

shark

n. a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest

synonym: swindler, con artist, crook

(1) a man-eating **shark**, (2) card **shark**

He borrowed money from a loan **shark**.

jellyfish

n. a marine creature with a soft, jelly-like body and tentacles for stinging

synonym: medusa, sea nettle, moon jelly

(1) spineless **jellyfish**, (2) **jellyfish** sting

The beach was filled with hundreds of **jellyfish**, so swimming was not recommended.

motivate

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

synonym: boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**
The ability to **motivate** people is a priceless asset.

demon

n. an evil spirit, supernatural being or entity often depicted as malevolent or harmful

synonym: fiend, devil, evil spirit

(1) **demon** hunter, (2) cast **demon** eyes

The actor's portrayal of the **demon** in the horror movie was terrifying.

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.

shore

n. the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

synonym: coast, seaside, beach

(1) a sandy **shore**, (2) **shore** up demand

The waves are beating against the **shore**.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

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

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

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

nowhere

adv. not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere**
I've been thinking all day and getting **nowhere**.

chafe

v. to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience

synonym : irritate, rub, abrade

(1) **chafed** against my shoulders, (2) **chafe** under pressure
The new shoes are starting to **chafe** my feet after walking for hours.

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.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym : coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

unmotivated

adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something

synonym : uninspired, lazy, lethargic

(1) **unmotivated** to learn, (2) feel **unmotivated**

The company's **unmotivated** employee was let go due to a lack of productivity.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym : thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression
She was **grateful** for the help he provided.

constant

adj. happening repeatedly or all the time

synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

companion

n. a person or an animal with whom you spend a lot of time, or you travel

synonym: affiliate, fellow, mate

(1) a working **companion**, (2) drinking **companions**

Her dog is her excellent **companion**.

invest

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

synonym: fund, sponsor, support

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

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

satisfaction

n. a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

synonym: delight, pleasure, content

(1) a sense of **satisfaction**, (2) customer **satisfaction**

The mediated settlement brought **satisfaction** to both sides.

motivation

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

synonym: inspiration, incentive, reason

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

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

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.

chore

n. a routine or tedious task, often related to household or manual labor

synonym : task, duty, job

(1) **chore** list, (2) household **chores**

Cleaning the house is a **chore** that only some enjoy.

compass

n. a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability

synonym : guideline, borderline, ambit

(1) read a **compass**, (2) sailing without a **compass**

The results were beyond our **compass** of imagination.

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym : seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

sink

v. to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

synonym : descend, drop, plummet

(1) **sink** a lot of capital, (2) **sink** a buzzer-beater

The abandoned ship slowly began to **sink** into the murky waters of the harbor.

excuse

n. a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt

synonym: apology, justification, reason

(1) **excuse** for inaction, (2) perfect **excuse**

He quickly fabricated an **excuse** for not attending the meeting.

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

intent

n. a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

synonym: purpose, aim, goal

(1) the **intent** of a question, (2) **intent** gaze

The designer's **intent** was to create a minimalist aesthetic for the interior of the building.

competition

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

synonym: contest, match, fight

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

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

aim

v. to try or plan to get or achieve something

synonym: aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse

We **aim** for an overseas expansion.

shiver

v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly

synonym : quiver, tremble, shake

(1) **shiver** with delight, (2) **shiver** in fear

I **shiver** in the cold winter air as I wait for the train.

thrill

n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

synonym : exhilaration, delight, rush

(1) the **thrill** of speed, (2) incredible **thrill**

Skydiving is an overwhelming **thrill** for many people.

process

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

synonym : procedure, method, system

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

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

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.

suit

n. a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for

synonym : clothes, lawsuit, (verb) fit

(1) **suit** and tie restaurant, (2) **suit** at law

Six **suits** are awaiting trial or verdict.

orca

n. a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess

synonym : killer whale, sea wolf

(1) **orca** habitat, (2) a huge pod of **orcas**

The **orca** whale is also known as the killer whale.

Session 2: Spelling

- | | | |
|------------------------------|------|---|
| 1. re__y a request | v. | to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc. |
| 2. understand his mot_____on | n. | the reason or enthusiasm for acting or behaving in a particular way |
| 3. di_____ct public opinion | v. | to draw someone's attention away from what they are trying to do |
| 4. witty p_n | n. | a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay |
| 5. unw_____ng confidence | adj. | not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment |
| 6. household ch__es | n. | a routine or tedious task, often related to household or manual labor |
| 7. ac_____ny the book | v. | to go somewhere or travel with someone or something |
| 8. in___t in stocks | v. | to put money, effort, time, etc. into something to make a profit or achieve a result |
| 9. po__t the premise | v. | to suggest or accept something as fact or as a basis for argument or consideration |

ANSWERS: 1. relay, 2. motivation, 3. distract, 4. pun, 5. unwavering, 6. chore, 7. accompany, 8. invest, 9. posit

10. ima_____ve as a child *adj.* having or showing new and creative ideas
11. lactose res_____ed diet *adj.* limited in extent, number, scope, or action, especially by official rules, laws, etc.
12. put a gr_____ul expression *adj.* feeling or showing an appreciation of kindness; thankful
13. ac_____ny a chicken dish *v.* to go somewhere or travel with someone or something
14. pe_____n habitat *n.* a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait
15. de_____y of the individual *n.* the events that will inevitably happen to a particular person or thing in the future
16. intraspecific com_____on *n.* a situation in which someone is attempting to beat or outperform another
17. bachelor's de_____e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
18. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
19. a bull wh__e *n.* a very large sea mammal that has a streamlined body and breathes through a blowhole on the head; a very large person; impressive in size or qualities

ANSWERS: 10. imaginative, 11. restricted, 12. grateful, 13. accompany, 14. penguin, 15. destiny, 16. competition, 17. degree, 18. dive, 19. whale

20. a man-eating sh__k *n.* a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest
21. g__p air *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
22. perfect ex___e *n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
23. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
24. inspire co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
25. ex_____al factors *adj.* belonging to or situated outside of someone or something
26. br___h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
27. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 20. shark, 21. gulp, 22. excuse, 23. wrap, 24. courage, 25. external, 26. breath, 27. process

28. social di____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
29. in____te appetite *adj.* unlimited or very great; impossible to measure
30. pa____ze a person *v.* to cause a person or part of the body to become unable to move or feel
31. suffer st____e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
32. ex____e for inaction *n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
33. no____e else to go *adv.* not in, at, or to any place; not anywhere
34. sailing without a co____s *n.* a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability
35. the th____l of speed *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
36. serial qu____r *n.* a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 28. distance, 29. infinite, 30. paralyze, 31. stroke, 32. excuse, 33. nowhere, 34. compass, 35. thrill, 36. quitter

37. de__n hunter *n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful
38. ch__r for the home team *v.* to give a loud shout to show support, praise, or approval
39. all ability to mo____te *v.* to make someone want to do something, especially something that requires tremendous work and effort
40. a co____nt wind *adj.* happening repeatedly or all the time
41. sp____t and the letter of the law *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
42. a sense of sat____ion *n.* a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
43. ch__e under pressure *v.* to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience
44. pu____e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
45. fe____ss bravery *adj.* having no fear; brave

ANSWERS: 37. demon, 38. cheer, 39. motivate, 40. constant, 41. spirit, 42. satisfaction, 43. chafe, 44. pursue, 45. fearless

46. sw____it designer *n.* a piece of clothing worn for swimming
47. de____s their spirits *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
48. the in____t of a question *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
49. hold your br____h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
50. cast de__n eyes *n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful
51. det______ion of a DNA sequence *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
52. effect of cosmic r_ys *n.* a narrow line of light, heat, or another form of energy
53. s__t at law *n.* a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
54. population de____y *n.* the quality of compactness of a substance
55. a_m at a specific target *v.* to try or plan to get or achieve something
56. mental co____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

ANSWERS: 46. swimsuit, 47. depress, 48. intent, 49. breath, 50. demon, 51. determination, 52. ray, 53. suit, 54. density, 55. aim, 56. courage

57. gold me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
58. card sh__k *n.* a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest
59. ex____al commerce *adj.* belonging to or situated outside of someone or something
60. sc____h your clothes *v.* to burn the surface of something, usually accidentally, with a hot iron or flame
61. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
62. watch a ma____on *n.* a long-distance race of 42.195 kilometers
63. di____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
64. ac____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
65. ce__e drinking *v.* to stop an action or event
66. wh__e watching *n.* a very large sea mammal that has a streamlined body and breathes through a blowhole on the head; a very large person; impressive in size or qualities

ANSWERS: 57. medal, 58. shark, 59. external, 60. scorch, 61. dive, 62. marathon, 63. distract, 64. achieve, 65. cease, 66. whale

67. irr_____ble force *adj.* impossible to resist or refuse; very attractive, appealing, or compelling
68. in___t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
69. br__e soldier *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
70. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
71. ch__ed against my shoulders *v.* to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience
72. drinking co_____ons *n.* a person or an animal with whom you spend a lot of time, or you travel
73. st_____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
74. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
75. ce__e to exist *v.* to stop an action or event

ANSWERS: 67. irresistible, 68. invest, 69. brave, 70. athlete, 71. chafe, 72. companion, 73. straight, 74. process, 75. cease

85. incredible th___l *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
86. demonstrate your me___e *n.* a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament
87. co____r fatal disease *v.* to bring under control by force or authority
88. foreordained de____y *n.* the events that will inevitably happen to a particular person or thing in the future
89. is_____on booth *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
90. mo__t a counterattack *v.* to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone
91. sp___h everywhere *v.* to cause liquid to scatter in irregular drops, especially with force
92. in____al organs *adj.* of or relating to the inside of something
93. in____te in supply *adj.* unlimited or very great; impossible to measure
94. sp___h water *v.* to cause liquid to scatter in irregular drops, especially with force
95. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 85. thrill, 86. mettle, 87. conquer, 88. destiny, 89. isolation, 90. mount, 91. splash, 92. internal, 93. infinite, 94. splash, 95. degree

104. ac____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
105. unw_____ng commitment *adj.* not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment
106. fe_____ss attitude *adj.* having no fear; brave
107. come out of no_____e *adv.* not in, at, or to any place; not anywhere
108. a gr_____ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
109. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
110. mo_____te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
111. spineless je_____sh *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
112. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
113. a sandy sh__e *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
114. the in_____al economy *adj.* of or relating to the inside of something
115. ch__e list *n.* a routine or tedious task, often related to household or manual labor

ANSWERS: 104. achieve, 105. unwavering, 106. fearless, 107. nowhere, 108. grateful, 109. disappoint, 110. motivate, 111. jellyfish, 112. negative, 113. shore, 114. internal, 115. chore

116. su____ge my head completely *v.* to put something under water or to go under water; to bury or hide something deeply or completely
117. sin_____ded ambition *adj.* having a strong and unwavering focus on a particular goal or objective; characterized by a determined concentration on one thing
118. s__t and tie restaurant *n.* a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
119. l__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
120. a steely det_____ion *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
121. su____ge in a liquid *v.* to put something under water or to go under water; to bury or hide something deeply or completely
122. sc___m at him to be quiet *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
123. the first round of the com_____on *n.* a situation in which someone is attempting to beat or outperform another
124. st____h virus *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 116. submerge, 117. single-minded, 118. suit, 119. lift, 120. determination, 121. submerge, 122. scream, 123. competition, 124. stomach

125. je_____sh sting *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
126. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
127. mo__t a hill *v.* to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone
128. g__p water *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
129. a co_____nt temperature *adj.* happening repeatedly or all the time
130. full of w_t *n.* the ability to say or write things or ideas in a clever and humorous way
131. pu___e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
132. run a ma_____on *n.* a long-distance race of 42.195 kilometers
133. higher pixel de_____y *n.* the quality of compactness of a substance
134. silly p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
135. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad

ANSWERS: 125. jellyfish, 126. wrap, 127. mount, 128. gulp, 129. constant, 130. wit, 131. pursue, 132. marathon, 133. density, 134. pun, 135. disappoint

136. gastronomic ad_____res *n.* a journey or a series of events that is unusual, exciting, or dangerous
137. de_____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
138. ch____r me up *v.* to give a loud shout to show support, praise, or approval
139. de_____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
140. de____e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
141. upset st_____h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
142. a working co_____on *n.* a person or an animal with whom you spend a lot of time, or you travel
143. co_____r the world *v.* to bring under control by force or authority
144. become a professional at_____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
145. fu_____l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
146. a huge pod of o__as *n.* a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess

ANSWERS: 136. adventure, 137. dedicate, 138. cheer, 139. depress, 140. decide, 141. stomach, 142. companion, 143. conquer, 144. athlete, 145. fulfill, 146. orca

147. 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.;
148. sin_____ded determination *adj.* having a strong and unwavering focus on a particular goal or objective; characterized by a determined concentration on one thing
149. unm_____ed to learn *adj.* lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
150. feel unm_____ed *adj.* lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
151. sh__e up demand *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
152. a prodigious vi___n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
153. s__k a lot of capital *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
154. sh___r in fear *v.* to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly

ANSWERS: 147. acknowledge, 148. single-minded, 149. unmotivated, 150. unmotivated, 151. shore, 152. vision, 153. sink, 154. shiver

155. the w_t of man *n.* the ability to say or write things or ideas in a clever and humorous way
156. mot_____on for a change *n.* the reason or enthusiasm for acting or behaving in a particular way
157. go___e his eyes *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
158. und_____th the laughter *adv.* under or below something else
159. capable of ima_____ve creation *adj.* having or showing new and creative ideas
160. opaque to X-r_ys *n.* a narrow line of light, heat, or another form of energy
161. driving di_____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
162. sw_____it model *n.* a piece of clothing worn for swimming
163. read a co_____s *n.* a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability
164. de_____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

ANSWERS: 155. wit, 156. motivation, 157. goggle, 158. underneath, 159. imaginative, 160. ray, 161. distance, 162. swimsuit, 163. compass, 164. dedicate

165. res_____ed area *adj.* limited in extent, number, scope, or action, especially by official rules, laws, etc.
166. bl_____t scarf *n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content
167. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
168. sc____m a profanity *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
169. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal
170. ad_____re film *n.* a journey or a series of events that is unusual, exciting, or dangerous
171. me____e for challenges *n.* a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament
172. s__k a buzzer-beater *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
173. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 165. restricted, 166. blanket, 167. straight, 168. scream, 169. negative, 170. adventure, 171. mettle, 172. sink, 173. stick

ANSWERS:

Session 3: Fill in the Blanks

1. The company's _____ employee was let go due to a lack of productivity.
adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
2. He quickly fabricated an _____ for not attending the meeting.
n. a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
3. The _____ firefighter rescued the family from the burning building.
adj. showing courage or fearlessness in the face of danger, difficulty, or adversity
4. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
5. The actor's portrayal of the _____ in the horror movie was terrifying.
n. an evil spirit, supernatural being or entity often depicted as malevolent or harmful
6. Supporters in the stands _____ at every goal.
v. to give a loud shout to show support, praise, or approval
7. She intends to _____ a political career.
v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 1. unmotivated, 2. excuse, 3. brave, 4. process, 5. demon, 6. cheered, 7. pursue

8. The country has designated our products as _____ import goods.
adj. limited in extent, number, scope, or action, especially by official rules, laws, etc.
9. The electric _____ keeps me warm on cold nights.
n. a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content
10. 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
11. The sperm whale can _____ to 1,000 meters.
v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
12. I _____ in the cold winter air as I wait for the train.
v. to shake or quiver with cold, fear, or excitement; to tremble or vibrate rapidly
13. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
14. The _____ firefighter rushed into the burning building to save a trapped child.
adj. having no fear; brave
15. Please _____ the news to the world.
v. to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
16. This year's extreme heat has resulted in many heat _____ cases.
n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 8. restricted, 9. blanket, 10. wit, 11. dive, 12. shiver, 13. disappoint, 14. fearless, 15. relay, 16. stroke

17. It is said that our _____ is written in the stars.
n. the events that will inevitably happen to a particular person or thing in the future
18. She was proud to receive a _____ for her hard work and dedication to the sport.
n. a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
19. The sun _____ the desert, making it uninhabitable.
v. to burn the surface of something, usually accidentally, with a hot iron or flame
20. The penny fell _____ the piano.
adv. under or below something else
21. The prime minister canceled visits to other countries to resolve _____ disputes.
adj. of or relating to the inside of something
22. Gamma _____ penetrate body tissues and cause cell damage.
n. a narrow line of light, heat, or another form of energy
23. His _____ to succeed was unwavering, even in the face of adversity.
n. the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
24. He borrowed money from a loan _____.
n. a long-bodied, mostly predatory marine fish that has sharp teeth and a pointed fin on its back; a person who is ruthless, greedy, and dishonest
25. We should _____ several hypotheses to discuss the matter.
v. to suggest or accept something as fact or as a basis for argument or consideration

ANSWERS: 17. destiny, 18. medal, 19. scorched, 20. underneath, 21. internal, 22. rays, 23. determination, 24. shark, 25. posit

26. The aroma of freshly baked cookies was _____ to her.
adj. impossible to resist or refuse; very attractive, appealing, or compelling
27. Cleaning the house is a _____ that only some enjoy.
n. a routine or tedious task, often related to household or manual labor
28. The results were beyond our _____ of imagination.
n. a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability
29. The ability to _____ people is a priceless asset.
v. to make someone want to do something, especially something that requires tremendous work and effort
30. The government should view children as national assets and actively _____ in them.
v. to put money, effort, time, etc. into something to make a profit or achieve a result
31. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
32. You _____ a bill in the change machine, and the coins pop out.
v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
33. He _____ his life to helping others.
v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

ANSWERS: 26. irresistible, 27. chore, 28. compass, 29. motivate, 30. invest, 31. quitter, 32. stick, 33. dedicated

34. You must _____ your anxiety about driving.

v. to bring under control by force or authority

35. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

36. He bated his _____ when talking about this affair.

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

37. Please don't _____ me while I'm studying.

v. to draw someone's attention away from what they are trying to do

38. The new shoes are starting to _____ my feet after walking for hours.

v. to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience

39. She was _____ for the help he provided.

adj. feeling or showing an appreciation of kindness; thankful

40. She kept _____ for an ambulance.

v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

41. The _____ whale is also known as the killer whale.

n. a species of large marine mammal, also known as the killer whale, found in Arctic and temperate waters worldwide, known for their intelligence, social behavior, and hunting prowess

ANSWERS: 34. conquer, 35. Constant, 36. breath, 37. distract, 38. chafe, 39. grateful, 40. screaming, 41. orca

42. She wore a bright red _____ for the beach trip.
n. a piece of clothing worn for swimming
43. She is a hard worker but not very _____.
adj. having or showing new and creative ideas
44. She received her _____ in psychology from the university.
n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
45. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal
46. 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
47. Do you know the _____ of the population in Hong Kong?
n. the quality of compactness of a substance
48. Please let me know if you want to _____ me to my hometown.
v. to go somewhere or travel with someone or something
49. The marathon runner covered a long _____ in a short amount of time.
n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
50. The abandoned ship slowly began to _____ into the murky waters of the harbor.
v. to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

ANSWERS: 42. swimsuit, 43. imaginative, 44. degree, 45. negative, 46. depressed, 47. density, 48. accompany, 49. distance, 50. sink

51. He sailed the Atlantic Ocean multiple times during his _____.
- n.* a journey or a series of events that is unusual, exciting, or dangerous
52. 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
53. I've been thinking all day and getting _____.
- adv.* not in, at, or to any place; not anywhere
54. We took a boat tour to witness the magnificent _____ colony along the rugged coastline.
- n.* a flightless sea bird that is found in the Southern Hemisphere and is known for its distinctive black and white coloring and its upright, waddling gait
55. I will work hard to _____ my goals and realize my dreams.
- v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
56. It takes a lot of _____ to stand up for what you believe is right.
- n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
57. That incident led to his _____.
- n.* the condition of being alone or lonely; the act or state of separation between persons or groups
58. Her dog is her excellent _____.
- n.* a person or an animal with whom you spend a lot of time, or you travel

ANSWERS: 51. adventures, 52. decide, 53. nowhere, 54. penguin, 55. achieve, 56. courage, 57. isolation, 58. companion

59. 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.;

60. He was _____ in his pursuit of success, working tirelessly towards his goals.

- adj.* having a strong and unwavering focus on a particular goal or objective; characterized by a determined concentration on one thing

61. Some countries have a culture of eating the flesh of a _____.

- n.* a very large sea mammal that has a streamlined body and breathes through a blowhole on the head; a very large person; impressive in size or qualities

62. The mediated settlement brought _____ to both sides.

- n.* a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

63. Global _____ is rising in virtually every industry.

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

64. We ___ for an overseas expansion.

- v.* to try or plan to get or achieve something

65. Despite their tragic loss, the family is showing great _____.

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

66. It was the first time for her, but she _____ the role of Priest.

- v.* to meet the requirements or expectations; to achieve or realize

ANSWERS: 59. acknowledged, 60. single-minded, 61. whale, 62. satisfaction, 63. competition, 64. aim, 65. spirit, 66. fulfilled

67. When a company discloses information to the market, an _____ auditor verifies them.

adj. belonging to or situated outside of someone or something

68. The battle had an _____ impact on the nation.

adj. unlimited or very great; impossible to measure

69. The designer's _____ was to create a minimalist aesthetic for the interior of the building.

n. a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

70. Driving is difficult for me because of my poor _____.

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

71. She showed _____ loyalty to her friend through thick and thin.

adj. not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment

72. His dream is to become an Olympic _____.

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

73. Six _____ are awaiting trial or verdict.

n. a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for

74. He was sick for five _____ days.

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

ANSWERS: 67. external, 68. infinite, 69. intent, 70. vision, 71. unwavering, 72. athlete, 73. suits, 74. straight

75. _____ the bandage tightly around the injured arm.
- v. to cover or enclose something entirely with paper, cloth, or other material
76. The comedian's _____ had the audience laughing out loud.
- n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
77. The company decided to _____ production of the product.
- v. to stop an action or event
78. The ship was _____ in the ocean for many years before it was finally discovered.
- v. to put something under water or to go under water; to bury or hide something deeply or completely
79. She successfully completed her first _____ with a personal best time.
- n. a long-distance race of 42.195 kilometers
80. They _____ pictures on the paper in preparation for the birthday card.
- v. to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone
81. The mountain was _____ with snow.
- v. to cause liquid to scatter in irregular drops, especially with force
82. He had to _____ down his coffee before rushing to work.
- v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement

ANSWERS: 75. Wrap, 76. pun, 77. cease, 78. submerged, 79. marathon, 80. mounted, 81. splashed, 82. gulp

83. Skydiving is an overwhelming _____ for many people.
- n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
84. Despite her injury, the athlete's true _____ was revealed when she won the gold medal.
- n.* a person's ability to cope with difficult situations or face adversity with courage, resilience, and determination; one's character or temperament
85. The waves are beating against the _____.
- n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
86. The venom from the snake bite _____ his arm.
- v.* to cause a person or part of the body to become unable to move or feel
87. The beach was filled with hundreds of _____ so swimming was not recommended.
- n.* a marine creature with a soft, jelly-like body and tentacles for stinging
88. The software company bought the VR _____ manufacturer.
- v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
89. I have a _____ ache after overeating junk food.
- n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
90. The drought _____ the prices of grain globally.
- v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position

ANSWERS: 83. thrill, 84. mettle, 85. shore, 86. paralyzed, 87. jellyfish, 88. goggles, 89. stomach, 90. lifted

91. A significant amount of _____ is required to be a teacher.

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

ANSWERS: 91. motivation