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Vocabulary Builder Reference from...

Britt Wray: How climate change affects your mental health | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

climate

n. the weather in a particular location averaged over some long period

synonym: atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

Climate and weather have an impact on every part of our lifestyles.

psychology

n. the scientific study of mind and behavior

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

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

grim

adj. looking or sounding very serious or gloomy

synonym: fierce, harsh, gloomy

(1) **grim** reality, (2) a **grim-featured** man

The result presented a **grim** picture of inefficiency and corruption.

communicate

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

synonym: convey, share, transmit

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

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

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

weave

v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

synonym: braid, unite, contrive

(1) **weave** on a loom, (2) **weave** a story

The girl **weaves** a garland for her friend.

documentary

n. a film or a radio or television program that gives facts and information about a subject; of or derived from official documents

synonym: film, broadcast, doco

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

He won an award for that short **documentary**.

bout

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

synonym: match, round, contest

(1) **bout** of coughing, (2) boxing **bout**

He had a **bout** of anxiety before his big presentation.

hopeless

adj. having no hope; despairing; having no chance of success

synonym: despairing, helpless, futile

(1) **hopeless** situation, (2) **hopeless** at everything

After months of job searching, he felt **hopeless** and unsure of his future.

disaster

n. an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym: catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym : amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

trauma

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

synonym : agony, injury, ordeal

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

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

strained

adj. tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness

synonym : tense, tight, forced

(1) **strained** relationship, (2) **strained** muscles

The musician's face showed a **strained** expression as he struggled to hit the high note.

relation

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

synonym : association, linkage, connection

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

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

substance

n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

synonym : essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem

The **substance** of the argument was well-presented.

abuse

n. the use of something in an incorrect or harmful manner
synonym: misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**

Our company has an audit team that monitors directors for **abuse** of authority.

identity

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

synonym: character, personality, individuality

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

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

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

technological

adj. based on scientific and industrial progress

synonym: specialized, technical

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

Technological advances have disrupted many industries.

underway

adj. having started and currently in progress

synonym: afoot, ongoing, in motion

(1) just getting **underway**, (2) campaign now **underway**

This project has been **underway** for several years.

moderate

adj. being within reasonable limits; not excessive or extreme

synonym: average, middle-of-the-road, tempered

(1) **moderate** growth, (2) **moderate** risk

He had a **moderate** understanding of the topic but needed further research.

chaos

n. a state of complete confusion or disorder, often characterized by a lack of predictability or control

synonym: disorder, turmoil, confusion

(1) **chaos** theory, (2) midst of **chaos**

The conference room was in **chaos** as everyone tried to speak at once.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym: arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

policy

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

synonym: strategy, plan, guideline

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

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

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**.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym: otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

well-being

n. the state of being happy and healthy and prosperous

synonym: health, welfare, happiness

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

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

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

grief

n. a very great sadness, especially when somebody dies

synonym: anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

extreme

adj. very great in amount or degree

synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events
Solar gravity creates **extreme** pressures and temperatures.

hurricane

n. a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)

synonym: cyclone, typhoon, storm

(1) a **hurricane** of applause, (2) the ravages of a **hurricane**
The devastating **hurricane** caused widespread damage and left many people homeless.

sandy

adj. covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown

synonym: arenaceous, sandlike

(1) miles of **sandy** beaches, (2) **sandy** hair
The rain rapidly soaked into the **sandy** soil.

suicide

n. the act of killing yourself intentionally

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

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

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

communal

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

synonym: collaborative, combined, collective

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

Communal elections were held in several European countries.

distress

n. a feeling of great worry, sadness, pain, or discomfort

synonym: discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**

She has been in great **distress** since she was heartbroken.

witness

n. a person who sees something happen, especially a crime or an accident

synonym : onlooker, attestant, bystander

(1) **witness** of the car accident, (2) a material **witness**

The manufacturing industry is **witnessing** fierce competition.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym : affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

conflict

n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

synonym : clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

helpless

adj. unable to take care of oneself or to do things without help

synonym : defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

resignation

n. an act of giving up or resigning from a job or office

synonym : retirement, termination, withdrawal

(1) **resignation** letters, (2) **resignation** as prime minister

The state legislature demanded his **resignation** immediately.

conscious

adj. being aware of and able to respond to what is happening around you

synonym : aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

unconscious

adj. in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

synonym : comatose, paralyzed, senseless

(1) **unconscious** bias, (2) a person who is **unconscious**

I know his **unconscious** habit that he touches his face when he lies.

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.

identify

v. to recognize someone or something and say or prove who or what they are

synonym : determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

foster

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym : nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids

The pastor contributed to **fostering** the sense of a community embracing all classes.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym : marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

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.

struggle

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

synonym : toil, strive, compete

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

He could not **struggle** against temptation.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

wildfire

n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope

synonym : blaze, bonfire, flame

(1) **wildfire** spread, (2) arson-caused **wildfire**

The **wildfire** destroyed hundreds of homes and forced thousands of people to evacuate.

commonplace

adj. occurring very often; lacking originality or interest

synonym: ordinary, routine, mundane

(1) become a **commonplace** sight, (2) **commonplace** event

Forgetting someone's name is a **commonplace** occurrence.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym: forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

refugee

n. a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war

synonym: emigrant, evacuee, exile

(1) global **refugee** crisis, (2) the **refugee** camp

The community warmly welcomed the **refugees**.

sub-Saharan

adj. of or relating to or situated in the area south of the Sahara Desert

(1) **sub-Saharan** Africa, (2) **sub-Saharan** countries

The coffee producers in **sub-Saharan** countries are at the sharp end of fluctuations in price.

estimate

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

synonym: calculate, gauge, evaluate

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

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

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym : abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

migration

n. the movement of animals to a new location, frequently as the seasons change

synonym : exodus

(1) the **migration** of birds, (2) overseas **migration**

There was a **migration** of impoverished farmers into the towns.

scarcity

n. the state of being in short supply; a small and inadequate amount

synonym : lack, absence, dearth

(1) fuel **scarcity**, (2) **scarcity** of capital

Some research says that a relative decline in teacher salaries is causing labor **scarcity**.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

instability

n. the state of being unstable or uncertain and likely to change suddenly

synonym : imbalance, fluctuation, unstableness

(1) political **instability**, (2) **instability** in currency markets

Lack of sleep and overwork often lead to emotional **instability**.

extinction

n. the complete disappearance of a species from the earth
synonym: disappearance, eradication, annihilation

(1) **extinction** prevention, (2) brink of **extinction**

The **extinction** of the dinosaurs is thought to have been caused by an asteroid impact.

emission

n. the act of production or sending out gas, heat, light, etc.
synonym: emanation, radiation, discharge

(1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct **emissions** at five unique wavelengths.

conduct

v. to organize and carry out a particular activity
synonym: behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

workshop

n. a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group

synonym: studio, laboratory, atelier

(1) **workshop** attendee, (2) carpentry **workshop**

The artist held a **workshop** to teach students how to paint with watercolors.

crisis

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

synonym: concern, problem, emergency

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

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

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.

ascetic

n. a person who practices severe self-discipline and abstinence from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle

synonym : hermit, recluse, monk

(1) **ascetic** discipline, (2) **ascetic** practices

The **ascetic** lifestyle requires one to live without material possessions and worldly pleasures.

pride

n. a feeling of deep pleasure or satisfaction derived from one's achievements

synonym : vanity, conceit, egotism

(1) **pride** of a company, (2) hide his **pride**

She took great **pride** in her work, always striving for perfection.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym : motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

declare

v. to say, state, or announce something clearly, officially, or publicly

synonym : announce, state, affirm

(1) **declare** independence, (2) **declare** my love
Foreign goods from abroad must be **declared** to customs when entering a country.

ecology

n. the study of the relationships between living organisms, including humans, and their physical environment

(1) science of **ecology**, (2) the **ecology** of the island

Many companies are now enthusiastically embracing the knowledge of **ecology** for sustainable development.

inaction

n. the lack of action or activity; the state of not doing anything; the failure to take action when action is needed

synonym: idleness, passivity, inertia

(1) excuse for **inaction**, (2) consequences of **inaction**

Inaction in response to climate change poses a dire threat to our future.

government

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

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

apocalyptic

adj. describing severe damage and destruction in past or future events, or the end of the world

synonym: fateful, prophetic, ominous

(1) **apocalyptic** event, (2) have **apocalyptic** overtones
The **apocalyptic** landscape of burnt-out villages and bombed-out ruins spread out before them.

disregard

v. to pay no attention to or to ignore someone or something

synonym: ignore, pay no attention to, overlook

(1) **disregard** for human rights, (2) **disregard** the rules
She **disregarded** all the warnings and proceeded with her dangerous plan.

survival

n. the state of continuing to exist or live, frequently in the face of difficulty or danger

synonym: endurance, continuity

(1) **survival** ability, (2) **survival** food

He evaluated his chances for **survival** rather pessimistically.

adopt

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

ethical

adj. of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these

synonym: honorable, moral, virtuous

(1) an **ethical** doctrine, (2) shoulder **ethical** responsibility

The president must have the highest **ethical** standards.

greenhouse

n. a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in

synonym: conservatory

(1) exotic plants in a **greenhouse**, (2) emissions of **greenhouse** gases

The **greenhouse** effect is a phenomenon that happens

naturally.

unfortunate

adj. having bad luck or fortune; unlucky

synonym : unlucky, pitiful, wretched

(1) an **unfortunate** orphan, (2) an **unfortunate** situation

The **unfortunate** accident caused many injuries and some fatalities.

affair

n. event, situation, or subject that is significant from a political or public perspective; a secretive or illicit sexual relationship

synonym : matter, incident, fling

(1) current **affairs**, (2) domestic **affairs**

Some critics say this exhibition will be a big **affair**.

sacrifice

n. the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important

synonym : forfeit, immolation, gift

(1) small **sacrifice** for a great cause, (2) **sacrifice** anything to get ahead

You cannot accomplish great things without a **sacrifice** of your time or money.

blame

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

synonym : condemn, rebuke, find fault with

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

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

systemic

adj. affecting or related to the whole of something, especially the human body or a society

(1) the **systemic** arteries, (2) **systemic** reforms of the organization

This vaccine causes mild **systemic** side effects.

unpack

v. to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better

synonym : dissect, unwrap, unbox

(1) **unpack** a crate, (2) **unpack** a concept

I need to **unpack** my suitcase and put my clothes away.

logic

n. a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments

synonym : reasoning, reason, ratiocination

(1) an indisputable **logic**, (2) a demonstration in **logic**

There's no **logic** in his description.

off-site

adj. located or situated at a distance from a particular place or site; pertaining to activities or services that are performed or provided outside of a particular location or facility

synonym : off-premises, outsourced, remote

(1) **off-site** meeting, (2) **off-site** data backup

The company's **off-site** storage facility is used to store extra inventory.

industrialize

v. to organize the production of something into an industry

synonym : motorize

(1) **industrialize** service, (2) **industrialized** textile production

The nations of South East Asia will quickly **industrialize** and catch up with the West.

nation

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

synonym : country, state, sovereign entity

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

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

carbon

n. a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

(1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

oxide

n. a chemical compound that contains at least one oxygen atom and one other element

(1) silver **oxide**, (2) combined **oxide**

The blood's red coloring comes from iron **oxide**.

comparison

n. the consideration or examination of the similarities between two or more people or things

synonym: equivalence, analogy, contrast

(1) ease of **comparison**, (2) **comparison** of foods on a caloric basis

I've included the two designs for a **comparison**.

transatlantic

adj. relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America

synonym: intercontinental, across-the-pond

(1) **transatlantic** cable, (2) **transatlantic** partnership

Transatlantic cooperation is important for global security and stability.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in

certain countries, for example, Japan

synonym : food, dietary

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

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

metric

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

synonym : metrical, measured

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

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

lifetime

n. the duration of someone's life or something's existence;

synonym : lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

argue

v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

synonym : debate, dispute, quarrel

(1) **argue** a case, (2) **argue** passionately

The couple began to **argue** over which restaurant to go to for dinner.

footprint

n. a mark of a foot, shoe, or animal's foot left on a surface

synonym : footmark, imprint, impression

(1) **footprints** in the snow, (2) the **footprints** of an earlier civilization

We choose transportation that has a smaller carbon **footprint**.

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.

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.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

religion

n. a deep conviction in a supernatural power that controls human destiny

synonym: faith, creed, belief

(1) **religion** sociology, (2) freedom of **religion**

Their **religion** strictly prohibits them from drinking or gambling.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym: social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

debate

n. a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives

synonym : argument, discussion, dispute

(1) **debate** topic, (2) **debate** competition

The **debate** over climate change continues to be a hot topic in politics.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym : prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

migrant

n. a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another

synonym : immigrant, itinerant, transient

(1) **migrant** worker, (2) the movement of **migrant** birds

The government revoked his license to employ **migrant** labor crews.

caravan

n. a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping

synonym : convoy, train, procession

(1) **caravan** park, (2) solar **caravan**

We traveled across the country in a **caravan** of RVs and campers.

intersection

n. a point where two or more roads, lines, etc., cross each other

synonym : crossroad, junction, hub

(1) busy **intersection**, (2) the **intersection** of coordinate axes

Take a right turn at the next **intersection**.

multiply

v. to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

synonym : boost, amplify, reproduce

(1) **multiply** 5 and 6, (2) **multiply** about hundredfold

Multiply a number by itself twice.

margin

n. the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold

synonym : edge, border, periphery

(1) **margin** error, (2) a profit **margin**

Unfortunately, the book's **margin** was too small to make notes.

indicator

n. something that shows or points out what a situation is like or how a situation is changing

synonym : barometer, signal, index

(1) **indicator** lamp, (2) performance **indicators**

Several IT millionaires have shown that the level of education is a relatively poor **indicator** of whether a business can be successfully run.

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.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym : distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym : mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

profession

n. an occupation or vocation requiring advanced education or specialized training

synonym : occupation, vocation, trade

(1) **profession** choice, (2) healthcare **profession**

Being a doctor is considered a highly respected **profession**.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

woe

n. significant problems or troubles; great unhappiness

synonym : anguish, despair, suffering

(1) economic **woe**, (2) full of **woe**

Recurrent financial **woes** hampered his subsequent career.

schooler

n. a student who attends a school

synonym : student, pupil, learner

(1) a primary **schooler**, (2) **schooler** uniform

He often traveled abroad alone when he was in high **schooler**.

foresee

v. to perceive or predict; to anticipate or expect something to happen in the future

synonym: predict, anticipate, forecast

(1) **foresee** the consequences, (2) **foresee** challenges
I **foresee** a problem arising if we don't address this issue now.

urgent

adj. requiring immediate attention or action; pressing

synonym: pressing, critical, immediate

(1) an **urgent** telegram, (2) **urgent** situation

It is **urgent** that we leave for the airport now to catch our flight.

hard-pressed

adj. experiencing or facing severe difficulties, particularly financial or resource-related pressures; forced to cope with a situation that is difficult to handle

synonym: overwhelmed, pressured, squeezed

(1) **hard-pressed** economy, (2) **hard-pressed** for cash

With her busy schedule, the CEO was **hard-pressed** to find time for her family.

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.

pierce

v. to cut or make a way through with a sharp instrument

synonym: jab, penetrate, stab

(1) **pierce** the armored shells, (2) **pierce** a mystery

The extreme cold **pierced** our bones.

despair

n. the feeling that there is no hope and you cannot do anything to improve a difficult situation

synonym: dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair**

His friend's death drove him to **despair**.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

crazy

adj. stupid or not sensible; very angry

synonym: insane, absurd, bizarre

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

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

encompass

v. to surround or cover something completely; to include a large number of or different types of things entirely

synonym: surround, encircle, include

(1) **encompass** a broad range, (2) **encompass** the enemy

The optimal solution that would **encompass** all these elements has yet to be proposed.

mess

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

synonym: disarray, confusion, predicament

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

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

antidote

n. a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym: remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging

Knowledge is the **antidote** to fear.

therapy

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

synonym: antidote, medicine, treatment

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

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

deathbed

n. a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life

synonym: dying bed, death watch, last moments

(1) **deathbed** confession, (2) **deathbed** scene

The family gathered around their grandfather's **deathbed** to say goodbye.

innermost

adj. situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

synonym: deepest, inner, intimate

(1) **innermost** secrets, (2) **innermost** longings

It took years of therapy before the patient could reveal their **innermost** thoughts and feelings.

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.

afford

v. to have enough money or time to be able to buy or do something

(1) **afford** to buy a new car, (2) **afford** a high travel cost

He cannot **afford** a holiday.

afterthought

n. a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing

synonym: reconsideration, second thought, reconsideration

(1) **afterthought** comment, (2) an **afterthought** decision

Forgetting to mention our meeting was just an **afterthought** for him.

economy

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

synonym : finance, trade, business

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

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

integral

adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

synonym : essential, fundamental, indispensable

(1) **integral** function, (2) **integral** component

Effective communication is an **integral** part of any successful team.

strategy

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

synonym : approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

ethics

n. a branch of philosophy that considers what is morally right and wrong conduct; a set of beliefs about what is morally right and wrong

synonym : morals, principles, moralities

(1) political **ethics**, (2) **ethics** of journalism

This scripture provides the code of **ethics** for the religion.

equity

n. the value of the shares issued by a company

synonym: fairness

(1) private **equity** firm, (2) **equity** capital market

That company is cautious when it comes to **equity** investment.

widespread

adj. existing or happening in various places or among many people

synonym: across-the-board, overall, general

(1) **widespread** use, (2) **widespread** fear of nuclear war

In medieval times, death punishment was **widespread** and socially accepted.

awareness

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

synonym: understanding, cognition, knowledge

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

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

sweep

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

synonym: clean, clear, brush off

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

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

Session 2: Spelling

- | | |
|-----------------------------|--|
| 1. global re_____e crisis | <i>n.</i> a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war |
| 2. a scholarship ass_____on | <i>n.</i> a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship |
| 3. just getting un_____ay | <i>adj.</i> having started and currently in progress |
| 4. the em_____on of light | <i>n.</i> the act of production or sending out gas, heat, light, etc. |
| 5. gov_____nt funding | <i>n.</i> the group of people with authority to control a country or state |
| 6. pr_____t the future | <i>v.</i> to state beforehand that something will happen in the future, mainly based on knowledge or experience |
| 7. sub_____an countries | <i>adj.</i> of or relating to or situated in the area south of the Sahara Desert |
| 8. word ass_____ons | <i>n.</i> a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship |
| 9. a cr__y scheme | <i>adj.</i> stupid or not sensible; very angry |
| 10. em_____al distress | <i>adj.</i> relating to people's feelings |

ANSWERS: 1. refugee, 2. association, 3. underway, 4. emission, 5. government, 6. predict, 7. sub-Saharan, 8. association, 9. crazy, 10. emotional

11. com_____on of foods on a caloric basis *n.* the consideration or examination of the similarities between two or more people or things
12. psychic tr____a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
13. science of ec_____y *n.* the study of the relationships between living organisms, including humans, and their physical environment
14. we__e a story *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
15. play a vi__l role *adj.* necessary for the success or continued existence of something
16. mi_____t worker *n.* a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another
17. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
18. he_____ss baby *adj.* unable to take care of oneself or to do things without help
19. the co_____ct between good and evil *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

ANSWERS: 11. comparison, 12. trauma, 13. ecology, 14. weave, 15. vital, 16. migrant, 17. planet, 18. helpless, 19. conflict

20. har_____sed economy *adj.* experiencing or facing severe difficulties, particularly financial or resource-related pressures; forced to cope with a situation that is difficult to handle
21. 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
22. af___d a high travel cost *v.* to have enough money or time to be able to buy or do something
23. b__t of coughing *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
24. ho_____ss situation *adj.* having no hope; despairing; having no chance of success
25. become a com_____ce sight *adj.* occurring very often; lacking originality or interest
26. foreign po___y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
27. ev___e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind
28. af___d to buy a new car *v.* to have enough money or time to be able to buy or do something

ANSWERS: 20. hard-pressed, 21. pun, 22. afford, 23. bout, 24. hopeless, 25. commonplace, 26. policy, 27. evoke, 28. afford

29. in_____or lamp *n.* something that shows or points out what a situation is like or how a situation is changing
30. sc_____ty of capital *n.* the state of being in short supply; a small and inadequate amount
31. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
32. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
33. de_____e my love *v.* to say, state, or announce something clearly, officially, or publicly
34. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
35. in_____al component *adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
36. es_____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
37. ex_____e weather events *adj.* very great in amount or degree
38. a g__m-featured man *adj.* looking or sounding very serious or gloomy
39. the movement of mi_____t birds *n.* a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another

ANSWERS: 29. indicator, 30. scarcity, 31. struggle, 32. strategy, 33. declare, 34. violent, 35. integral, 36. estimate, 37. extreme, 38. grim, 39. migrant

40. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
41. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
42. consequences of in_____on *n.* the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
43. ext_____on prevention *n.* the complete disappearance of a species from the earth
44. fuel sc_____ty *n.* the state of being in short supply; a small and inadequate amount
45. 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
46. su_____al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
47. co_____t research *v.* to organize and carry out a particular activity
48. combined ox__e *n.* a chemical compound that contains at least one oxygen atom and one other element
49. mo_____te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort

ANSWERS: 40. environment, 41. mass, 42. inaction, 43. extinction, 44. scarcity, 45. decision, 46. survival, 47. conduct, 48. oxide, 49. motivate

50. cr___s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
51. psy_____gy of crowd *n.* the scientific study of mind and behavior
52. emotional di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort
53. as_____c practices *n.* a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle
54. wid_____ad fear of nuclear war *adj.* existing or happening in various places or among many people
55. co_____t a background check *v.* to organize and carry out a particular activity
56. id_____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
57. untold de_____r *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
58. global di_____er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
59. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 50. crisis, 51. psychology, 52. distress, 53. ascetic, 54. widespread, 55. conduct, 56. identity, 57. despair, 58. disaster, 59. movement

60. an et____l doctrine *adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
61. he____ss victims *adj.* unable to take care of oneself or to do things without help
62. fl__d advisory *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
63. the ec____y of the island *n.* the study of the relationships between living organisms, including humans, and their physical environment
64. have a whole m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
65. a signal of di____ss *n.* a feeling of great worry, sadness, pain, or discomfort
66. ad__t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
67. an ur____t telegram *adj.* requiring immediate attention or action; pressing
68. campaign now un____ay *adj.* having started and currently in progress
69. domestic af____rs *n.* event, situation, or subject that is significant from a political or public perspective; a secretive or illicit sexual relationship
70. pr____t when she will arrive *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience

ANSWERS: 60. ethical, 61. helpless, 62. flood, 63. ecology, 64. mess, 65. distress, 66. adopt, 67. urgent, 68. underway, 69. affair, 70. predict

71. historical phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
72. ar__e passionately *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
73. fo_____e challenges *v.* to perceive or predict; to anticipate or expect something to happen in the future
74. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
75. de_____e independence *v.* to say, state, or announce something clearly, officially, or publicly
76. sa_____ce anything to get ahead *n.* the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important
77. sa__y hair *adj.* covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown
78. save the pl___t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
79. su_____ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

ANSWERS: 71. phenomenon, 72. argue, 73. foresee, 74. nation, 75. declare, 76. sacrifice, 77. sandy, 78. planet, 79. substance

80. have gr__f and sorrow *n.* a very great sadness, especially when somebody dies
81. sw__p a room with a glance *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
82. economic w_e *n.* significant problems or troubles; great unhappiness
83. commit su____e *n.* the act of killing yourself intentionally
84. et___s of journalism *n.* a branch of philosophy that considers what is morally right and wrong conduct; a set of beliefs about what is morally right and wrong
85. a demonstration in lo__c *n.* a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments
86. sy____ic reforms of the organization *adj.* affecting or related to the whole of something, especially the human body or a society
87. tr____ic brain injury *adj.* relating to or caused by injury, especially emotional injury
88. the int_____ion of coordinate axes *n.* a point where two or more roads, lines, etc., cross each other
89. sp____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
90. pr__e of a company *n.* a feeling of deep pleasure or satisfaction derived from one's achievements

ANSWERS: 80. grief, 81. sweep, 82. woe, 83. suicide, 84. ethics, 85. logic, 86. systemic, 87. traumatic, 88. intersection, 89. spiritual, 90. pride

91. ar__e a case *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
92. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
93. as_____c discipline *n.* a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle
94. ease of com_____on *n.* the consideration or examination of the similarities between two or more people or things
95. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
96. ev___e sympathy *v.* to bring or recall a feeling, memory, or image into your mind
97. ind_____ize service *v.* to organize the production of something into an industry
98. an aft_____ght decision *n.* a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing
99. current af___rs *n.* event, situation, or subject that is significant from a political or public perspective; a secretive or illicit sexual relationship

ANSWERS: 91. argue, 92. decision, 93. ascetic, 94. comparison, 95. shrink, 96. evoke, 97. industrialize, 98. afterthought, 99. affair

100. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
101. res_____on as prime minister *n.* an act of giving up or resigning from a job or office
102. ind_____ized textile production *v.* to organize the production of something into an industry
103. sc_____er uniform *n.* a student who attends a school
104. the ravages of a hu_____ne *n.* a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)
105. miles of sa__y beaches *adj.* covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown
106. wi_____s of the car accident *n.* a person who sees something happen, especially a crime or an accident
107. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
108. n__m of action *n.* something that is regarded as usual, typical, or standard
109. de_____ed scene *n.* a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life
110. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount

ANSWERS: 100. identify, 101. resignation, 102. industrialize, 103. schooler, 104. hurricane, 105. sandy, 106. witness, 107. abuse, 108. norm, 109. deathbed, 110. flood

111. 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
112. in____al function
adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
113. unc_____us bias
adj. in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
114. the Great Dep_____on
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
115. an unf_____te situation
adj. having bad luck or fortune; unlucky
116. solar ca_____n
n. a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping
117. healthcare pro_____on
n. an occupation or vocation requiring advanced education or specialized training
118. an explosive su_____ce
n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

ANSWERS: 111. scream, 112. integral, 113. unconscious, 114. depression, 115. unfortunate, 116. caravan, 117. profession, 118. substance

119. full of w_e *n.* significant problems or troubles; great unhappiness
120. an____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
121. emissions of gre_____se gases *n.* a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in
122. overseas mi_____on *n.* the movement of animals to a new location, frequently as the seasons change
123. the im_____te past *adj.* happening or done without delay or occurring shortly after something else
124. the longstanding co_____ct *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
125. en_____ss the enemy *v.* to surround or cover something completely; to include a large number of or different types of things entirely
126. de___e topic *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
127. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
128. fo___r a better relationship *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

ANSWERS: 119. woe, 120. anxiety, 121. greenhouse, 122. migration, 123. immediate, 124. conflict, 125. encompass, 126. debate, 127. communicate, 128. foster

129. ca___n emission *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
130. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
131. busy int_____ion *n.* a point where two or more roads, lines, etc., cross each other
132. key performance me___cs *adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
133. st_____ed relationship *adj.* tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness
134. financial cr___s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
135. mistaken id_____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
136. eq___y capital market *n.* the value of the shares issued by a company
137. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
138. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions

ANSWERS: 129. carbon, 130. psychiatry, 131. intersection, 132. metric, 133. strained, 134. crisis, 135. identity, 136. equity, 137. therapy, 138. resilient

139. co_____us effort *adj.* being aware of and able to respond to what is happening around you
140. boxing b__t *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
141. ur___t situation *adj.* requiring immediate attention or action; pressing
142. a primary sc_____er *n.* a student who attends a school
143. of_____te meeting *adj.* located or situated at a distance from a particular place or site; pertaining to activities or services that are performed or provided outside of a particular location or facility
144. psy_____gy experiment *n.* the scientific study of mind and behavior
145. economic th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
146. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
147. private eq____y firm *n.* the value of the shares issued by a company
148. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone

ANSWERS: 139. conscious, 140. bout, 141. urgent, 142. schooler, 143. off-site, 144. psychology, 145. threat, 146. mass, 147. equity, 148. threaten

149. re_____on sociology *n.* a deep conviction in a supernatural power that controls human destiny
150. di_____rd for human rights *v.* to pay no attention to or to ignore someone or something
151. de___e competition *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
152. an unf_____te orphan *adj.* having bad luck or fortune; unlucky
153. ex_____e sports *adj.* very great in amount or degree
154. soc_____mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
155. un___k a concept *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
156. wo_____op attendee *n.* a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group
157. the sy_____ic arteries *adj.* affecting or related to the whole of something, especially the human body or a society
158. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 149. religion, 150. disregard, 151. debate, 152. unfortunate, 153. extreme, 154. socioeconomic, 155. unpack, 156. workshop, 157. systemic, 158. contribute

159. ins_____ty in currency markets *n.* the state of being unstable or uncertain and likely to change suddenly
160. fo_____e the consequences *v.* to perceive or predict; to anticipate or expect something to happen in the future
161. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
162. tec_____cal advancement *adj.* based on scientific and industrial progress
163. su_____e attack *n.* the act of killing yourself intentionally
164. global em_____ons of greenhouse gases *n.* the act of production or sending out gas, heat, light, etc.
165. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
166. wid_____ad use *adj.* existing or happening in various places or among many people
167. in_____st longings *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
168. silver ox__e *n.* a chemical compound that contains at least one oxygen atom and one other element
169. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
170. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 159. instability, 160. foresee, 161. communal, 162. technological, 163. suicide, 164. emission, 165. blame, 166. widespread, 167. innermost, 168. oxide, 169. relation, 170. environment

171. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
172. th_____en national security *v.* to utter intentions of injury or punishment against someone
173. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
174. aft_____ght comment *n.* a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing
175. 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
176. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
177. ma___n error *n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
178. co_____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
179. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are

ANSWERS: 171. wrap, 172. threaten, 173. contribute, 174. afterthought, 175. process, 176. spiritual, 177. margin, 178. conscious, 179. identify

180. get ne____s *adj.* worried and anxious about something; relating to the nerves
181. em_____al health *adj.* relating to people's feelings
182. development of the ne____s system *adj.* worried and anxious about something; relating to the nerves
183. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
184. st_____ed muscles *adj.* tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness
185. f__e abroad *v.* to leave by running away, especially out of fear or danger
186. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
187. pi___e a mystery *v.* to cut or make a way through with a sharp instrument
188. 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
189. de_____ed confession *n.* a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life
190. ad__t a child *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
191. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 180. nervous, 181. emotional, 182. nervous, 183. lifetime, 184. strained, 185. flee, 186. therapy, 187. pierce, 188. decide, 189. deathbed, 190. adopt, 191. anxiety

192. have apo_____ic overtones *adj.* describing severe damage and destruction in past or future events, or the end of the world
193. health po___y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
194. apo_____ic event *adj.* describing severe damage and destruction in past or future events, or the end of the world
195. sw___p up dead leaves *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
196. bl___e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
197. soc_____mic status *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
198. sh___k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
199. mu_____ly 5 and 6 *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

ANSWERS: 192. apocalyptic, 193. policy, 194. apocalyptic, 195. sweep, 196. blame, 197. socioeconomic, 198. shock, 199. multiply

200. com_____ce event *adj.* occurring very often; lacking originality or interest
201. tra_____tic cable *adj.* relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America
202. environmental th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
203. a material wi_____s *n.* a person who sees something happen, especially a crime or an accident
204. wi_____re spread *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
205. fo_____nts in the snow *n.* a mark of a foot, shoe, or animal's foot left on a surface
206. midst of ch___s *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
207. brink of ext_____on *n.* the complete disappearance of a species from the earth
208. g__m reality *adj.* looking or sounding very serious or gloomy
209. cultural n__m *n.* something that is regarded as usual, typical, or standard

ANSWERS: 200. commonplace, 201. transatlantic, 202. threat, 203. witness, 204. wildfire, 205. footprint, 206. chaos, 207. extinction, 208. grim, 209. norm

210. raise public aw_____ss *n.* the fact or state of knowing something exists and is important
211. the mi_____on of birds *n.* the movement of animals to a new location, frequently as the seasons change
212. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
213. arson-caused wi_____re *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
214. tec_____cal policy *adj.* based on scientific and industrial progress
215. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
216. pro_____on choice *n.* an occupation or vocation requiring advanced education or specialized training
217. the an_____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
218. political ins_____ty *n.* the state of being unstable or uncertain and likely to change suddenly
219. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
220. a doc_____ry film *n.* a film or a radio or television program that gives facts and information about a subject; of or derived from official documents

ANSWERS: 210. awareness, 211. migration, 212. depression, 213. wildfire, 214. technological, 215. violent, 216. profession, 217. antidote, 218. instability, 219. psychiatry, 220. documentary

221. 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
222. su_____al food *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
223. ec_____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
224. vi__l for a healthy society *adj.* necessary for the success or continued existence of something
225. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
226. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
227. in_____st secrets *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
228. a lot of gr__f *n.* a very great sadness, especially when somebody dies
229. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 221. pun, 222. survival, 223. economy, 224. vital, 225. estimate, 226. relation, 227. innermost, 228. grief, 229. diet

230. ho____ss at everything *adj.* having no hope; despairing; having no chance of success
231. har_____sed for cash *adj.* experiencing or facing severe difficulties, particularly financial or resource-related pressures; forced to cope with a situation that is difficult to handle
232. an indisputable lo__c *n.* a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments
233. mo____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
234. freedom of re____on *n.* a deep conviction in a supernatural power that controls human destiny
235. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
236. fo___r two kids *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
237. hide his pr__e *n.* a feeling of deep pleasure or satisfaction derived from one's achievements
238. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 230. hopeless, 231. hard-pressed, 232. logic, 233. movement, 234. religion, 235. wrap, 236. foster, 237. pride, 238. diet

239. di_____er recovery *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
240. the re_____e camp *n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war
241. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
242. excuse for in_____on *n.* the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
243. tr____a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
244. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
245. the fo_____nts of an earlier civilization *n.* a mark of a foot, shoe, or animal's foot left on a surface
246. pi____e the armored shells *v.* to cut or make a way through with a sharp instrument
247. small sa_____ce for a great cause *n.* the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important

ANSWERS: 239. disaster, 240. refugee, 241. strategy, 242. inaction, 243. trauma, 244. communicate, 245. footprint, 246. pierce, 247. sacrifice

248. carpentry wo____op *n.* a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group
249. shoulder et____l responsibility *adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
250. cr__y about cars and racing *adj.* stupid or not sensible; very angry
251. ca____n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
252. de____e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
253. of____te data backup *adj.* located or situated at a distance from a particular place or site; pertaining to activities or services that are performed or provided outside of a particular location or facility
254. get into a m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
255. the an____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
256. 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

ANSWERS: 248. workshop, 249. ethical, 250. crazy, 251. carbon, 252. decide, 253. off-site, 254. mess, 255. antidote, 256. process

257. performance in_____ors *n.* something that shows or points out what a situation is like or how a situation is changing
258. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
259. mo_____te growth *adj.* being within reasonable limits; not excessive or extreme
260. doc_____ry proof *n.* a film or a radio or television program that gives facts and information about a subject; of or derived from official documents
261. effects of cl_____e change *n.* the weather in a particular location averaged over some long period
262. political et____s *n.* a branch of philosophy that considers what is morally right and wrong conduct; a set of beliefs about what is morally right and wrong
263. en_____ss a broad range *v.* to surround or cover something completely; to include a large number of or different types of things entirely
264. mu_____ly about hundredfold *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
265. a cold cl_____e *n.* the weather in a particular location averaged over some long period
266. a profit ma____n *n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold

ANSWERS: 257. indicator, 258. resilient, 259. moderate, 260. documentary, 261. climate, 262. ethics, 263. encompass, 264. multiply, 265. climate, 266. margin

267. exotic plants in a gre_____se *n.* a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in
268. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
269. ch__s theory *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
270. ca_____n park *n.* a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping
271. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
272. res_____on letters *n.* an act of giving up or resigning from a job or office
273. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
274. aw_____ss of my ignorance *n.* the fact or state of knowing something exists and is important
275. di_____rd the rules *v.* to pay no attention to or to ignore someone or something
276. mo_____te risk *adj.* being within reasonable limits; not excessive or extreme
277. tra_____tic partnership *adj.* relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America

ANSWERS: 267. greenhouse, 268. struggle, 269. chaos, 270. caravan, 271. abuse, 272. resignation, 273. communal, 274. awareness, 275. disregard, 276. moderate, 277. transatlantic

278. a hu_____ne of applause *n.* a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)
279. a person who is unc_____us *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
280. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
281. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
282. un___k a crate *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
283. me___c units *adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
284. a seafaring na___n *n.* a large organized community of people living in a particular country or region and having a particular culture
285. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
286. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
287. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 278. hurricane, 279. unconscious, 280. traumatic, 281. well-being, 282. unpack, 283. metric, 284. nation, 285. well-being, 286. phenomenon, 287. economy

288. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
289. we__e on a loom *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
290. take im_____te effect *adj.* happening or done without delay or occurring shortly after something else
291. death from sh__k *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
292. f__e their homes *v.* to leave by running away, especially out of fear or danger
293. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
294. li_____me benefits *n.* the duration of someone's life or something's existence;
295. 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
296. sub_____an Africa *adj.* of or relating to or situated in the area south of the Sahara Desert
297. all ability to mo_____te *v.* to make someone want to do something, especially something that requires tremendous work and effort
298. de_____r at the future *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation

ANSWERS: 288. government, 289. weave, 290. immediate, 291. shock, 292. flee, 293. shrink, 294. lifetime, 295. scream, 296. sub-Saharan, 297. motivate, 298. despair

ANSWERS:

Session 3: Fill in the Blanks

1. This project has been _____ for several years.

adj. having started and currently in progress

2. The musician's face showed a _____ expression as he struggled to hit the high note.

adj. tight, tense, or stretched; under pressure or stress; characterized by a lack of ease or naturalness

3. The _____ of the country is struggling due to the recent political instability.

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

4. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

5. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

6. The government revoked his license to employ _____ labor crews.

n. a traveler who moves from one region or country to another, especially to find work or better living conditions; a bird or an animal that moves from one place to another

7. The girl _____ a garland for her friend.

v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

ANSWERS: 1. underway, 2. strained, 3. economy, 4. nervous, 5. crazy, 6. migrant, 7. weaves

8. The optimal solution that would _____ all these elements has yet to be proposed.
- v.* to surround or cover something completely; to include a large number of or different types of things entirely
9. _____ in response to climate change poses a dire threat to our future.
- n.* the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
10. Recurrent financial _____ hampered his subsequent career.
- n.* significant problems or troubles; great unhappiness
11. He won an award for that short _____.
- n.* a film or a radio or television program that gives facts and information about a subject; of or derived from official documents
12. He got an electric _____ at work.
- n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
13. She had lived through two world wars in her _____.
- n.* the duration of someone's life or something's existence;
14. Various artificially induced causes are _____ our ecosystem.
- v.* to utter intentions of injury or punishment against someone
15. Knowledge is the _____ to fear.
- n.* a chemical substance or remedy that stops or controls the effects of a poison or disease

ANSWERS: 8. encompass, 9. Inaction, 10. woes, 11. documentary, 12. shock, 13. lifetime, 14. threatening, 15. antidote

16. The experience was so _____ that it left a lasting impact on the survivor's mental health.
adj. relating to or caused by injury, especially emotional injury
17. I know his _____ habit that he touches his face when he lies.
adj. in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
18. She had a master's degree in _____.
n. the scientific study of mind and behavior
19. 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
20. The _____ of severe weather prompted the city to issue an evacuation warning.
n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
21. The _____ of people who do not own property is politically impotent.
n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
22. He became _____ that he was being followed.
adj. being aware of and able to respond to what is happening around you
23. He cannot _____ a holiday.
v. to have enough money or time to be able to buy or do something

ANSWERS: 16. traumatic, 17. unconscious, 18. psychology, 19. screaming, 20. threat, 21. mass, 22. conscious, 23. afford

24. Many companies are now enthusiastically embracing the knowledge of _____ for sustainable development.
- n.* the study of the relationships between living organisms, including humans, and their physical environment
25. A balanced _____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
26. These heavy rains caused flash _____ on several islands.
- n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
27. I feel so _____ without you.
- adj.* unable to take care of oneself or to do things without help
28. Our plan includes a comprehensive marketing _____.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
29. Our company has an audit team that monitors directors for _____ of authority.
- n.* the use of something in an incorrect or harmful manner
30. Trees absorb _____ dioxide and give off oxygen.
- n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
31. The _____ destroyed hundreds of homes and forced thousands of people to evacuate.
- n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope

ANSWERS: 24. ecology, 25. diet, 26. floods, 27. helpless, 28. strategy, 29. abuse, 30. carbon, 31. wildfire

32. She took great _____ in her work, always striving for perfection.
n. a feeling of deep pleasure or satisfaction derived from one's achievements
33. _____ cooperation is important for global security and stability.
adj. relating to or situated on the other side of the Atlantic Ocean, especially about travel communication or cultural exchange between Europe and North America
34. A rainbow is a natural _____.
n. something that exists and can be perceptible, especially one that is not fully understood
35. _____ and weather have an impact on every part of our lifestyles.
n. the weather in a particular location averaged over some long period
36. The artist held a _____ to teach students how to paint with watercolors.
n. a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group
37. We choose transportation that has a smaller carbon _____.
n. a mark of a foot, shoe, or animal's foot left on a surface
38. Effective communication is an _____ part of any successful team.
adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
39. The _____ conditions of a country can significantly affect its political stability.
adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

ANSWERS: 32. pride, 33. Transatlantic, 34. phenomenon, 35. Climate, 36. workshop, 37. footprint, 38. integral, 39. socioeconomic

40. Foreign goods from abroad must be _____ to customs when entering a country.
v. to say, state, or announce something clearly, officially, or publicly
41. His membership in the _____ provided him with numerous benefits.
n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
42. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
43. Their _____ strictly prohibits them from drinking or gambling.
n. a deep conviction in a supernatural power that controls human destiny
44. Each person has a unique _____ experience.
n. a very great sadness, especially when somebody dies
45. The manufacturing industry is _____ fierce competition.
n. a person who sees something happen, especially a crime or an accident
46. Unfortunately, the book's _____ was too small to make notes.
n. the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
47. She waited for her daughter with _____.
n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 40. declared, 41. association, 42. emotional, 43. religion, 44. grief, 45. witnessing, 46. margin, 47. anxiety

48. With her busy schedule, the CEO was _____ to find time for her family.

adj. experiencing or facing severe difficulties, particularly financial or resource-related pressures; forced to cope with a situation that is difficult to handle

49. The conference room was in _____ as everyone tried to speak at once.

n. a state of complete confusion or disorder, often characterized by a lack of predictability or control

50. His friend's death drove him to _____.

n. the feeling that there is no hope and you cannot do anything to improve a difficult situation

51. There are five distinct _____ at five unique wavelengths.

n. the act of production or sending out gas, heat, light, etc.

52. Forgetting someone's name is a _____ occurrence.

adj. occurring very often; lacking originality or interest

53. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

54. It is _____ that we leave for the airport now to catch our flight.

adj. requiring immediate attention or action; pressing

55. He evaluated his chances for _____ rather pessimistically.

n. the state of continuing to exist or live, frequently in the face of difficulty or danger

ANSWERS: 48. hard-pressed, 49. chaos, 50. despair, 51. emissions, 52. commonplace, 53. well-being, 54. urgent, 55. survival

56. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.
- n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
57. The rain rapidly soaked into the _____ soil.
- adj.* covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown
58. The _____ effect is a phenomenon that happens naturally.
- n.* a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in
59. The state legislature demanded his _____ immediately.
- n.* an act of giving up or resigning from a job or office
60. Lack of sleep and overwork often lead to emotional _____.
- n.* the state of being unstable or uncertain and likely to change suddenly
61. The president must have the highest _____ standards.
- adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
62. The devastating _____ caused widespread damage and left many people homeless.
- n.* a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)
63. The _____ accident caused many injuries and some fatalities.
- adj.* having bad luck or fortune; unlucky

ANSWERS: 56. crisis, 57. sandy, 58. greenhouse, 59. resignation, 60. instability, 61. ethical, 62. hurricane, 63. unfortunate

64. Mercury is the closest _____ to the sun.

- n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

65. I underwent aversion _____ for my addiction to alcohol.

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

66. You cannot accomplish great things without a _____ of your time or money.

- n.* the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important

67. The nations of South East Asia will quickly _____ and catch up with the West.

- v.* to organize the production of something into an industry

68. The result presented a _____ picture of inefficiency and corruption.

- adj.* looking or sounding very serious or gloomy

69. He had a _____ understanding of the topic but needed further research.

- adj.* being within reasonable limits; not excessive or extreme

70. Police will _____ random breath testing for drunk driving.

- v.* to organize and carry out a particular activity

71. The extreme cold _____ our bones.

- v.* to cut or make a way through with a sharp instrument

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

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

ANSWERS: 64. planet, 65. therapy, 66. sacrifice, 67. industrialize, 68. grim, 69.

moderate, 70. conduct, 71. pierced, 72. policy

73. The family gathered around their grandfather's _____ to say goodbye.
- n.* a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life
74. The _____ of the dinosaurs is thought to have been caused by an asteroid impact.
- n.* the complete disappearance of a species from the earth
75. There's no _____ in his description.
- n.* a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments
76. I will introduce you to how to _____ the leading causes of the malfunction.
- v.* to recognize someone or something and say or prove who or what they are
77. The _____ over climate change continues to be a hot topic in politics.
- n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
78. In the _____ system, measurements are made in meters and liters.
- adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
79. 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
80. There was a _____ of impoverished farmers into the towns.
- n.* the movement of animals to a new location, frequently as the seasons change

ANSWERS: 73. deathbed, 74. extinction, 75. logic, 76. identify, 77. debate, 78. metric, 79. environment, 80. migration

81. She _____ all the warnings and proceeded with her dangerous plan.
v. to pay no attention to or to ignore someone or something
82. This shirt will _____ in the wash.
v. to become smaller, or to make something smaller in size or amount
83. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
84. Forgetting to mention our meeting was just an _____ for him.
n. a thought or idea that comes to mind after the fact, often too late to be of much use; something that is added or considered belatedly, especially in speech or writing
85. She has been in great _____ since she was heartbroken.
n. a feeling of great worry, sadness, pain, or discomfort
86. The couple began to _____ over which restaurant to go to for dinner.
v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
87. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.
adj. relating to or affecting the human spirit or soul as opposed to material or physical things
88. In an economically prosperous country, most male _____ is due to child support problems.
n. the act of killing yourself intentionally

ANSWERS: 81. disregarded, 82. shrink, 83. Depression, 84. afterthought, 85. distress, 86. argue, 87. spiritual, 88. suicide

89. The protesters became _____ when the police tried to disperse them.

adj. involving or caused by physical force or aggression against someone or something

90. 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

91. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

92. We _____ the season's total trade deficit at \$50 billion.

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

93. That company is cautious when it comes to _____ investment.

n. the value of the shares issued by a company

94. The industrial _____ laws were passed with little to no alteration.

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

95. He and I often had _____ not only in personality but also in ideology.

n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

96. I've included the two designs for a _____.

n. the consideration or examination of the similarities between two or more people or things

ANSWERS: 89. violent, 90. pun, 91. psychiatry, 92. estimated, 93. equity, 94. relations, 95. conflicts, 96. comparison

97. 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

98. He could not _____ against temptation.

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

99. He had a _____ of anxiety before his big presentation.

- n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

100. It's notoriously challenging to _____ birth rates.

- v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience

101. This scripture provides the code of _____ for the religion.

- n.* a branch of philosophy that considers what is morally right and wrong conduct; a set of beliefs about what is morally right and wrong

102. Perseverance and optimism are _____ to success.

- adj.* necessary for the success or continued existence of something

103. The _____ response team worked around the clock to aid those affected by the earthquake.

- n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life

104. This movie is likely to _____ strong emotions in the viewer.

- v.* to bring or recall a feeling, memory, or image into your mind

ANSWERS: 97. decision, 98. struggle, 99. bout, 100. predict, 101. ethics, 102. vital, 103. disaster, 104. evoke

105. Some research says that a relative decline in teacher salaries is causing labor _____.

n. the state of being in short supply; a small and inadequate amount

106. _____ the bandage tightly around the injured arm.

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

107. The _____ lifestyle requires one to live without material possessions and worldly pleasures.

n. a person who practices severe self-discipline and abstention from worldly pleasures, often for religious or spiritual reasons; often used to describe a person who lives a simple, minimalistic lifestyle

108. After months of job searching, he felt _____ and unsure of his future.

adj. having no hope; despairing; having no chance of success

109. We traveled across the country in a _____ of RVs and campers.

n. a group of travelers journeying together, often in a convoy of motor vehicles; a covered wagon used for traveling and camping

110. The _____ of Japan is known for its unique culture and advanced technology.

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

111. 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

112. He often traveled abroad alone when he was in high _____.

n. a student who attends a school

ANSWERS: 105. scarcity, 106. Wrap, 107. ascetic, 108. hopeless, 109. caravan, 110. nation, 111. decide, 112. schooler

113. Being a doctor is considered a highly respected _____.

- n.* an occupation or vocation requiring advanced education or specialized training

114. _____ a number by itself twice.

- v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

115. The ability to _____ people is a priceless asset.

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

116. _____ advances have disrupted many industries.

- adj.* based on scientific and industrial progress

117. The terrorist's _____ remains unknown.

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

118. We _____ our impeded progress on lack of money.

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

119. It is a basic instinct to _____ from a dangerous situation.

- v.* to leave by running away, especially out of fear or danger

120. I need to _____ my suitcase and put my clothes away.

- v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better

ANSWERS: 113. profession, 114. Multiply, 115. motivate, 116. Technological, 117. identity, 118. blamed, 119. flee, 120. unpack

121. Take a right turn at the next _____.

n. a point where two or more roads, lines, etc., cross each other

122. Several IT millionaires have shown that the level of education is a relatively poor _____ of whether a business can be successfully run.

n. something that shows or points out what a situation is like or how a situation is changing

123. The community warmly welcomed the _____.

n. a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war

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

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

125. The company's _____ storage facility is used to store extra inventory.

adj. located or situated at a distance from a particular place or site; pertaining to activities or services that are performed or provided outside of a particular location or facility

126. Some critics say this exhibition will be a big _____.

n. event, situation, or subject that is significant from a political or public perspective; a secretive or illicit sexual relationship

127. It took years of therapy before the patient could reveal their _____ thoughts and feelings.

adj. situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

ANSWERS: 121. intersection, 122. indicator, 123. refugees, 124. trauma, 125. off-site, 126. affair, 127. innermost

128. The _____ of the dancers on stage was graceful and elegant.

- n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

129. Dolphins use sound to _____ with each other.

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

130. Government workers cannot _____ to political campaigns.

- v.* to give something, especially money or goods, to provide or achieve something together with other people

131. He made a frightful _____ in his room.

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

132. _____ elections were held in several European countries.

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

133. Both forts were subject to _____ attacks.

- adj.* happening or done without delay or occurring shortly after something else

134. This vaccine causes mild _____ side effects.

- adj.* affecting or related to the whole of something, especially the human body or a society

135. The pastor contributed to _____ the sense of a community embracing all classes.

- v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

ANSWERS: 128. movement, 129. communicate, 130. contribute, 131. mess, 132. Communal, 133. immediate, 134. systemic, 135. fostering

136. The federal _____ is planning to increase taxes for the next fiscal year.
n. the group of people with authority to control a country or state
137. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
138. There has been a gradual but steady rise in environmental _____.
n. the fact or state of knowing something exists and is important
139. 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
140. The _____ of the argument was well-presented.
n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
141. In medieval times, death punishment was _____ and socially accepted.
adj. existing or happening in various places or among many people
142. Solar gravity creates _____ pressures and temperatures.
adj. very great in amount or degree
143. The coffee producers in _____ countries are at the sharp end of fluctuations in price.
adj. of or relating to or situated in the area south of the Sahara Desert

ANSWERS: 136. government, 137. resilient, 138. awareness, 139. process, 140. substance, 141. widespread, 142. extreme, 143. sub-Saharan

144. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
145. The politician tried to _____ the embarrassing incident under the rug.
- v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
146. I _____ a problem arising if we don't address this issue now.
- v.* to perceive or predict; to anticipate or expect something to happen in the future
147. The _____ landscape of burnt-out villages and bombed-out ruins spread out before them.
- adj.* describing severe damage and destruction in past or future events, or the end of the world
148. The blood's red coloring comes from iron _____.
- n.* a chemical compound that contains at least one oxygen atom and one other element
149. The national assembly has _____ the budget.
- v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

ANSWERS: 144. norms, 145. sweep, 146. foresee, 147. apocalyptic, 148. oxide, 149. adopted