# **Englist.me**

### Vocabulary Builder Reference from...

Andrew Peek: How your personal narrative limits your future | TED Talk

https://www.ted.com/talks/andrew\_peek\_how\_your\_p ersonal\_narrative\_limits\_your\_future



### **Advanced Words Only**

#### **IMPORTANT**

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### **Session 1: Word List**

#### petty

adj. of little importance, trivial or insignificant; characterized by an undue concern for small details or rules; mean or spiteful in trivial matters

synonym: minor, insignificant, trivial

(1) petty crime, (2) petty cash

The **petty** arguments between coworkers were causing a toxic work environment.

### **bully**

 a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym: tormentor, intimidator, aggressor

(1) bully bystander, (2) bully the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

#### stumble

- v. to miss a step and fall or nearly fall; to walk unsteadily synonym: bumble, struggle, misstep
- (1) **stumble** financially, (2) **stumble** through life She **stumbled** over the tree root.

#### adversity

n. difficulties or hardships that someone faces

*synonym*: hardship, difficulty, trial

(1) environmental adversity, (2) struggling with adversity The team demonstrated great resilience in the face of adversity and won the game.

#### storytelling

- the act or art of narrating or writing stories synonym: narrating, relating, recounting
- (1) **storytelling** performance, (2) courtroom **storytelling** She was skilled in storytelling techniques, such as using different voices for other characters.

#### constrain

to restrict or limit someone or something's freedom or ability to do something

synonym: restrict, limit, confine

(1) **constrain** his freedom, (2) **constrain** information flow The political situation **constrained** the country's economic growth and foreign relations.

#### suffocate

- to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression synonym: choke, smother, stifle
- (1) **suffocate** to death, (2) **suffocate** fire People can **suffocate** from a lack of oxygen in confined spaces.

#### creditor

- a person, company, etc. to whom a debtor owes money
- (1) the **creditor's** claims, (2) bankrupt **creditor** I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

- adj. brought back to life in a new form or with a new nature synonym: regenerated, revived, renewed
- (1) **reborn** soul, (2) **reborn** identity After recovering from her illness, she felt like a **reborn** person with a new perspective on life.

#### stereotype

- a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
- (1) avoid **stereotype**, (2) negative **stereotypes** Changing **stereotypes** about LGBTQ requires considerable effort.

#### grandparent

- a parent of one's father or mother
- (1) great- grandparent, (2) person of grandparent age She was close to her paternal **grandparents** and often spent summers with them.

#### resign

- to give up a position or job voluntarily; to accept something unpleasant or undesirable as inevitable synonym: quit, relinquish, retire
- (1) **resign** all hopes, (2) **resign** to fate After a long battle with her health, the teacher had no choice but to **resign** from her position.

#### godchild

a child or young person who is baptized and sponsored by a godparent, typically chosen from among close family or friends

synonym: godson, goddaughter

(1) godchild's christening, (2) baptized godchild I feel honored that they asked me to be their daughter's godchild.

#### impart

- to expose or inform; to provide a portion of synonym: pass on, give, bestow
- (1) impart a secret, (2) impart basic knowledge She had knowledge she couldn't wait to **impart**.

#### fathom

- to understand or comprehend (a difficult or complex ν. problem or situation); to measure the depth of water synonym: comprehend, understand, grasp
- (1) **fathom** the depth, (2) **fathom** the mystery

I cannot **fathom** why some people enjoy horror movies.

rev

a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

*synonym*: revolution, RPM, speed

(1) low- rev engine, (2) rev up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

drone

 a low continuous humming noise; someone who takes more time than necessary; a pilot-less aerial vehicle that is operated by remote control

synonym: hum, whirr, idler

(1) **drone** flight, (2) the speaker's **drone** 

He heard a **drone** of sirens roar from the neighboring town.

underestimate

 to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

nudge

 to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

synonym: bump, elbow, (noun) prod

(1) **nudge** price levels up, (2) give a person a **nudge** The teacher **nudged** the student to get his attention and asked him a question.

medicinal

adj. of or relating to the treatment or cure of diseasesynonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**The **medicinal** properties of this herb have been known to help with various ailments.

#### aspire

v. to have an ambition or a desire to achieve something, typically something high or great

synonym: aim, desire, strive

(1) **aspire** to greatness, (2) **aspire** after perfection She **aspired** to become a successful businesswoman.

#### chop

v. to cut something into pieces with a sharp tool, such as a knife

synonym: cut, hack, slice

(1) **chop** wood, (2) **chop** a meet with a knife The cook **chopped** the vegetables for the soup.

#### memorize

v. to learn something carefully so that you will remember it exactly

synonym: learn, remember, remind

(1) **memorize** musical scores, (2) try hard to **memorize** the lines

Lawyers need to **memorize** even the most minor provisions of the law.

#### schooler

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**.

#### untie

v. to unfasten or loosen a knot, tie, or fastening; to release or free something that has been tied or bound

synonym: untangle, unfasten, undo

(1) untie the ribbon, (2) untie shoelaces

I needed to **untie** the knots in my shoelaces before I could put my shoes on.

#### industrious

adj. hardworking, diligent, and persistent in effort synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student He was known to be very **industrious** and would often work late into the night.

#### unsettle

v. to make somebody feel anxious or upset, especially because of an unstable or problematic situationsynonym: aggravate, annoy, disturb

(1) **unsettle** the nervous system, (2) **unsettle** his conviction This nationwide strike may **unsettle** the country's economy.

#### veto

n. the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president

synonym: rejection, disapproval, interdict

(1) **veto** power, (2) legislative **veto** 

The president's **veto** prevented the bill from becoming law.

#### prescient

adj. having or showing knowledge of events or situations before they occur; foreknowing or prophetic

synonym: prophetic, foresighted, intuitive

(1) prescient dream, (2) prescient vision

The **prescient** investor predicted the market crash and sold his stocks before it happened.

#### dispel

v. to remove something, especially a feeling of fear, doubt, and false idea

synonym: chase away, allay, disperse

(1) **dispel** a painful feeling, (2) **dispel** baseless rumors This program aims to **dispel** certain misconceptions about the disease.

### impasse

 a situation in which progress or success is impossible due to a deadlock or stalemate; a point in a discussion or negotiation where no agreement can be reached

synonym: deadlock, standstill, stalemate

(1) an **impasse** in talks, (2) economic **impasse**The negotiations had reached an **impasse**, with neither party willing to compromise further.

#### terrify

- v. to frighten someone very much synonym: unnerve, scare, horrify
- (1) **terrify** people, (2) the threats **terrify** him It would be best not to **terrify** your associates into doing complex tasks.

#### elusive

adj. difficult to find, define, achieve, or remember synonym: mysterious, ambiguous, inapproachable

(1) an **elusive** criminal, (2) track down an **elusive** fact The physicist who found the **elusive** particle won the Nobel Prize.

#### calibrate

 to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

synonym: adjust, fine-tune

(1) **calibrate** machinery, (2) **calibrate** measurements It's important to **calibrate** the equipment regularly to ensure accurate results.

#### revisit

- v. to go to a place again, especially after a long period synonym: reexplore, review, reexamine
- (1) **revisit** a place, (2) **revisit** an old friend We need to **revisit** this proposal as soon as the budget is more apparent than before.

### neuroplasticity

 the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

synonym: brain plasticity, neural remodeling, synaptic plasticity

(1) **neuroplasticity** therapy, (2) experience-dependent **neuroplasticity** 

Researchers are currently studying the potential of **neuroplasticity** to treat conditions such as depression and anxiety.

#### wrench

- v. to pull or twist something suddenly or violently synonym: twist, turn, bend
- (1) wrench off the lock, (2) wrench my backA deep sigh was wrenched from his chest.

#### cannibal

- n. a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practice
  synonym: man-eater, anthropophagite
- (1) **cannibal** tribe, (2) habitual **cannibal**The horror movie portrayed a group of **cannibals** who hunted

humans in the woods.

#### squarely

adv. directly and firmly; in a square shape synonym: honestly, justly, straightforwardly

(1) look **squarely** at reality, (2) a **squarely** cut piece of paper

We must **squarely** address the problem.

### **Session 2: Spelling**

1.	nu_	_e	price	levels	up

- 2. me\_\_\_ze musical scores
- experience-dependent neu\_\_\_\_\_ity
- 4. r\_v up the crowd
- 5. su\_\_\_\_te to death
- 6. economic im\_\_\_e

- v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
- v. to learn something carefully so that you will remember it exactly
- n. the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
- n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
- to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
- n. a situation in which progress or success is impossible due to a deadlock or stalemate; a point in a discussion or negotiation where no agreement can be reached

ANSWERS: 1. nudge, 2. memorize, 3. neuroplasticity, 4. rev, 5. suffocate, 6. impasse

7.	ret an old friend	v.	to go to a place again, especially after a long period
8.	buy the weak	n.	a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
9.	ren soul	adj.	brought back to life in a new form or with a new nature
10.	scer uniform	n.	a student who attends a school
11.	the threats tey him	<i>v</i> .	to frighten someone very much
12.	une shoelaces	v.	to unfasten or loosen a knot, tie, or fastening; to release or free something that has been tied or bound
13.	indus student	adj.	hardworking, diligent, and persistent in effort
14.	low-r_v engine	n.	a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
15.	pey crime	adj.	of little importance, trivial or insignificant; characterized by an undue concern for small details or rules; mean or spiteful in trivial matters
16.	great-grant	n.	a parent of one's father or mother
17.	caal tribe	n.	a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practice

ANSWERS: 7. revisit, 8. bully, 9. reborn, 10. schooler, 11. terrify, 12. untie, 13. industrious, 14. rev, 15. petty, 16. grandparent, 17. cannibal

18. une the ribbon	v.	to unfasten or loosen a knot, tie, or fastening; to release or free something that has been tied or bound
19. neuity therapy	n.	the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
20. track down an ele fact	adj.	difficult to find, define, achieve, or remember
21. fam the depth	v.	to understand or comprehend (a difficult or complex problem or situation); to measure the depth of water
22. a sqly cut piece of paper	adv.	directly and firmly; in a square shape
23. imt a secret	ν.	to expose or inform; to provide a portion of
24. dre flight	n.	a low continuous humming noise; someone who takes more time than necessary; a pilot-less aerial vehicle that is operated by remote control
25. habitual caal	n.	a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practice
26. tey people	v.	to frighten someone very much
27. the speaker's dre	n.	a low continuous humming noise; someone who takes more time than necessary; a pilot-less aerial vehicle

ANSWERS: 18. untie, 19. neuroplasticity, 20. elusive, 21. fathom, 22. squarely, 23. impart, 24. drone, 25. cannibal, 26. terrify, 27. drone

that is operated by remote control

28.	negative stepes	n.	a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
29.	fam the mystery	ν.	to understand or comprehend (a difficult or complex problem or situation); to measure the depth of water
30.	gold's christening	n.	a child or young person who is baptized and sponsored by a godparent, typically chosen from among close family or friends
31.	ase to greatness	ν.	to have an ambition or a desire to achieve something, typically something high or great
32.	ste through life	<i>v</i> .	to miss a step and fall or nearly fall; to walk unsteadily
33.	look sqly at reality	adv.	directly and firmly; in a square shape
34.	unle the nervous system	v.	to make somebody feel anxious or upset, especially because of an unstable or problematic situation
35.	unle his conviction	v.	to make somebody feel anxious or upset, especially because of an unstable or problematic situation
36.	imt basic knowledge	<i>v</i> .	to expose or inform; to provide a portion of
37.	ste financially	<i>v</i> .	to miss a step and fall or nearly fall; to walk unsteadily
38.	prnt vision	adj.	having or showing knowledge of events or situations before they occur; foreknowing or prophetic

ANSWERS: 28. stereotype, 29. fathom, 30. godchild, 31. aspire, 32. stumble, 33. squarely, 34. unsettle, 35. unsettle, 36. impart, 37. stumble, 38. prescient

39.	ren identity	adj.	brought back to life in a new form or with a new nature
40.	cp a meet with a knife	<i>v</i> .	to cut something into pieces with a sharp tool, such as a knife
41.	struggling with adty	n.	difficulties or hardships that someone faces
42.	indus worker	adj.	hardworking, diligent, and persistent in effort
43.	undate an enemy	<i>v</i> .	to think or suppose that a quantity, price, or size is smaller than it is
44.	ase after perfection	ν.	to have an ambition or a desire to achieve something, typically something high or great
45.	stoing performance	n.	the act or art of narrating or writing stories
46.	give a person a nue	ν.	to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
47.	ren to fate	v.	to give up a position or job voluntarily; to accept something unpleasant or undesirable as inevitable
48.	try hard to meze the lines	<i>v</i> .	to learn something carefully so that you will remember it exactly
49.	coin his freedom	ν.	to restrict or limit someone or something's freedom or ability to do something
50.	meal chemistry	adj.	of or relating to the treatment or cure of disease

ANSWERS: 39. reborn, 40. chop, 41. adversity, 42. industrious, 43. underestimate, 44. aspire, 45. storytelling, 46. nudge, 47. resign, 48. memorize, 49. constrain, 50. medicinal

51.	baptized gold	n.	a child or young person who is baptized and sponsored by a godparent, typically chosen from among close family or friends
52.	cate machinery	v.	to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance
53.	ren all hopes	ν.	to give up a position or job voluntarily; to accept something unpleasant or undesirable as inevitable
54.	bankrupt cror	n.	a person, company, etc. to whom a debtor owes money
55.	courtroom stoing	n.	the act or art of narrating or writing stories
56.	diI baseless rumors	<i>v</i> .	to remove something, especially a feeling of fear, doubt, and false idea
57.	ret a place	<i>v</i> .	to go to a place again, especially after a long period
58.	pey cash	adj.	of little importance, trivial or insignificant; characterized by an undue concern for small details or rules; mean or spiteful in trivial matters
59.	sute fire	v.	to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 51. godchild, 52. calibrate, 53. resign, 54. creditor, 55. storytelling, 56. dispel, 57. revisit, 58. petty, 59. suffocate

60.	cate measurements	ν.	to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance
61.	traditional meal	adj.	of or relating to the treatment or cure of disease
62.	coin information flow	<i>v</i> .	to restrict or limit someone or something's freedom or ability to do something
63.	undate the probability	<i>v</i> .	to think or suppose that a quantity, price, or size is smaller than it is
64.	a primary scer	n.	a student who attends a school
65.	dil a painful feeling	ν.	to remove something, especially a feeling of fear, doubt, and false idea
66.	wrh off the lock	<i>v</i> .	to pull or twist something suddenly or violently
67.	environmental adty	n.	difficulties or hardships that someone faces
68.	the cror's claims	n.	a person, company, etc. to whom a debtor owes money
69.	buy bystander	n.	a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
70.	an ele criminal	adj.	difficult to find, define, achieve, or remember

ANSWERS: 60. calibrate, 61. medicinal, 62. constrain, 63. underestimate, 64. schooler, 65. dispel, 66. wrench, 67. adversity, 68. creditor, 69. bully, 70. elusive

71. legislative vo	n.	the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president
72. vo power	n.	the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president
73. an ime in talks	n.	a situation in which progress or success is impossible due to a deadlock or stalemate; a point in a discussion or negotiation where no agreement can be reached
74. wrh my back	ν.	to pull or twist something suddenly or violently
75. cp wood	v.	to cut something into pieces with a sharp tool, such as a knife
76. prnt dream	adj.	having or showing knowledge of events or situations before they occur; foreknowing or prophetic
77. avoid stepe	n.	a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
78. person of grant age	n.	a parent of one's father or mother
ANSWERS: 71. veto, 72. veto, 73. impass stereotype, 78. grandparent	se, 74	1. wrench, 75. chop, 76. prescient, 77.

## **Session 3: Fill in the Blanks**

1.	It would be best not to your associates into doing complex tasks.
ν.	to frighten someone very much
2.	We must address the problem.
ad	v. directly and firmly; in a square shape
3.	Lawyers need to even the most minor provisions of the law.
ν.	to learn something carefully so that you will remember it exactly
4.	It's important to the equipment regularly to ensure accurate results.
v.	to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance
5.	He stepped on the gas pedal, and the engine released a loud
n.	a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
6.	The horror movie portrayed a group of who hunted humans in the woods.
n.	a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practice
7.	She had knowledge she couldn't wait to
ν.	to expose or inform; to provide a portion of
8.	The political situation the country's economic growth and foreign relations.
<i>v</i> .	to restrict or limit someone or something's freedom or ability to do something
	SWERS: 1. terrify, 2. squarely, 3. memorize, 4. calibrate, 5. rev, 6. cannibals, 7. part, 8. constrained

9.	The schoolyard terrorized the other children and made their lives miserable.
n.	a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
10.	This program aims to certain misconceptions about the disease.
v.	to remove something, especially a feeling of fear, doubt, and false idea
11.	They frequently their abilities and felt inferior.
ν.	to think or suppose that a quantity, price, or size is smaller than it is
12.	He heard a of sirens roar from the neighboring town.
n.	a low continuous humming noise; someone who takes more time than necessary; a pilot-less aerial vehicle that is operated by remote control
13.	She was close to her paternal and often spent summers with them.
n.	a parent of one's father or mother
14.	The cook the vegetables for the soup.
ν.	to cut something into pieces with a sharp tool, such as a knife
15.	The negotiations had reached an with neither party willing to compromise further.
n.	a situation in which progress or success is impossible due to a deadlock or stalemate; a point in a discussion or negotiation where no agreement can be reached
16.	We need to this proposal as soon as the budget is more apparent than before.
v.	to go to a place again, especially after a long period
	SWERS: 9. bully, 10. dispel, 11. underestimated, 12. drone, 13. grandparents, 14 pped, 15. impasse, 16. revisit

24. Researchers are currently studying the potential of \_\_\_\_\_\_ to treat conditions such as depression and anxiety.

adj. hardworking, diligent, and persistent in effort

23. He was known to be very \_\_\_\_\_ and would often work late into the night.

n. the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

ANSWERS: 17. veto, 18. untie, 19. schooler, 20. reborn, 21. stumbled, 22. petty, 23. industrious, 24. neuroplasticity

Vocab-Builder Ref from "Andrew Peek: How your personal narrative limits your future | TED Talk" (39 words)

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ANSWERS:				