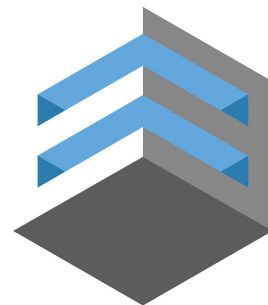


Englist.me



Vocabulary Builder Reference from...

Kakenya Ntaiya: Empower a girl, transform a community | TED Talk

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

All Words

IMPORTANT

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

Session 1: Word List

empower

v. to give someone the power or authority to do something
synonym: authorize, endow, entitle

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

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

educate

v. to provide or receive instruction or training over a period of time at a school, university, etc.

synonym: instruct, teach, train

(1) **educate** student, (2) **educate** public

The school's mission is to **educate** young children and prepare them for the future.

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.

transform

v. to change in outward structure or looks;

synonym : alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

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.

rural

adj. of or relating to the countryside

synonym : agrarian, country, rustic

(1) **rural** accents, (2) people in **rural** areas

Many **rural** areas are still impoverished.

sibling

n. a brother or sister; member of a family born to the same parents

synonym : brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym : confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

puberty

n. the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

synonym : adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**
In this culture, men are initiated when they reach **puberty**.

undergo

v. to go through something unpleasant or that involves a change

synonym : experience, suffer, endure

(1) **undergo** surgery, (2) **undergo** a decrease

The train has to **undergo** rigorous safety checks.

genital

adj. of or relating to the external and internal reproductive organs

synonym : reproductive, genetic, sexual

(1) **genital** bleeding, (2) pain in the **genital** area

The **genital** organs of the human body are necessary for reproduction.

mutilation

n. the act of severely damaging or injuring a person's body or body part, particularly through cutting or disfiguring; the condition of being so damaged or disfigured

synonym : disfigurement, dismemberment, amputation

(1) **mutilation** crime, (2) physical **mutilation**

The **mutilation** of the artwork was a devastating loss for the artist.

suppose

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

synonym : guess, assume, presume

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

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

extension

n. a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line

synonym : addition, augment, supplement

(1) time **extension**, (2) telephone **extension**

They are building an **extension** to the house to add more

bedrooms.

negotiate

v. to have formal discussions with someone to reach an agreement

synonym: discuss, mediate, bargain

(1) **negotiate** a settlement, (2) **negotiate** the price of the house

We are always happy to **negotiate** a discount.

repay

v. to give back or make restitution for money, debt, or other obligation that is owed; to compensate or reward someone for something done or given

synonym: compensate, refund, reimburse

(1) **repay** a kindness, (2) **repay** a debt

I must **repay** my loan on time to avoid late fees and penalties.

enroll

v. to officially register or sign up for something, particularly a course of study, an organization, or a service

synonym: register, enlist, join

(1) **enroll** at a college, (2) **enroll** in a school

I need to **enroll** in a cooking class to improve my culinary skills.

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.

orphan

n. a child whose parents are dead or have abandoned them

synonym: waif, stray, fatherless child

(1) **orphan** care, (2) asylum for **orphan** children

The little girl was a war **orphan** and lived in a group home.

tradition

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

synonym : custom, practice, ritual

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

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

excite

v. to make someone feel suddenly enthusiastic or eager

synonym : thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

difficulty

n. a condition or state that causes problems

synonym : hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

determinant

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

synonym : cause, factor, element

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

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

thereafter

adv. after that; subsequently

synonym : subsequently, afterward, henceforth

(1) not long **thereafter**, (2) for several weeks **thereafter**

He was promoted to manager, and **thereafter**, he began to make changes in the company.

chore

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

synonym : task, duty, job

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

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

assault

n. a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will

synonym : assault, attack, raid

(1) **assault** aircraft, (2) victim of sexual **assault**

We got caught up in an **assault** case.

rap

n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

synonym : hip-hop, emceeing, MCing

(1) **rap** music, (2) get a **rap**

The new **rap** album is getting a lot of attention.

kidnapping

n. the act of taking somebody away illegally and holding them captive

synonym : abduction, snatch, kidnap

(1) **kidnapping** attempt, (2) mass **kidnapping**

She received a year's imprisonment for aggravated **kidnapping**.

mathematics

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

synonym : arithmetic, calculation, calculus

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

He has a flair for **mathematics**.

nourish

v. to provide a person, an animal, or plant with food to make them grow and stay healthy

synonym : feed, sustain, nurture

(1) **nourish** damaged skin, (2) **nourish** hope

The mother used her breast milk to **nourish** the baby.

faith

n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

synonym : belief, trust, confidence

(1) religious **faith**, (2) **faith** in government

He kept his robust **faith** in his company.

refuse

v. to show that one is not willing to do or accept something

synonym : turn down, deny, decline

(1) **refuse** a request, (2) **refuse** the company

My initial reaction was to **refuse**.

brave

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

synonym : courageous, valiant, heroic

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

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

clench

v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

synonym : grasp, clasp, tighten

(1) **clench** teeth, (2) **clench** muscles

He **clenched** his fist in anger when he heard the bad news.

medicinal

adj. of or relating to the treatment or cure of disease

synonym : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

counseling

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

synonym : therapy, guidance, advice

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

counseling

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

grade

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

synonym : score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

pilot

n. a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water

synonym : aviator, flyer, chief

(1) a test **pilot**, (2) **pilot** production

The **pilot** exercised great care in landing.

footstep

n. a step, or the sound generated by a person walking when their foot hits the ground

synonym : footfall, step

(1) **footsteps** in the corridor, (2) approaching **footsteps**

The sound of oncoming **footsteps** grew louder, closer.

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.

trillion

n. the number 1,000,000,000,000; a million million

(1) **trillion** cubic feet, (2) many **trillions** of dollars

One light year is nearly 6 **trillion** miles.

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**.

entrepreneur

n. an individual who creates or invests in one or more businesses, especially when this involves taking financial risks

synonym : founder, executive

(1) a successful **entrepreneur**, (2) billionaire **entrepreneur**
Entrepreneurs willingly accept business risks to achieve success.

lift

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

synonym : raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol
The drought **lifted** the prices of grain globally.

poverty

n. the condition of being extremely poor

synonym : deprivation, destitution, poorness

(1) **poverty** alleviation, (2) the cycle of **poverty**

Many studies have investigated the relationship between **poverty** and academic achievement.

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.

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.

advance

v. to go or move forward; to develop in a positive way

synonym: progress, boost, come along

(1) **advance** the technology, (2) **advance** a cooperative relationship

Scientific knowledge will **advance** significantly with the power of AI.

chief

adj. most important or primary; (noun) a person who is in charge

synonym: essential, primary, leading

(1) **chief** accountant, (2) **chief** events of the year

Mining is a **chief** source of income for the country.

enforce

v. to make sure that people obey a particular law, rule, or situation

synonym: execute, implement, administer

(1) **enforce** the law, (2) **enforce** a contract

Governments make rules, and police **enforce** them.

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.

resistant

adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection

synonym: unsusceptible, immune, invulnerable

(1) penicillin- **resistant** bacteria, (2) **resistant** to persuasion

Insects in urban areas are becoming **resistant** to

insecticides.

persist

v. to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable

synonym: endure, continue, carry on

(1) **persist** over time, (2) **persist** in success

Consult your doctor if the symptoms **persist**.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym: fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

pretense

n. an act or instance of pretending or feigning; a false or insincere show or claim

synonym: act, facade, show

(1) **pretense** of innocence, (2) maintain a **pretense**

He put on a **pretense** of enjoying the party even though he was feeling miserable.

rev

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

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**.

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.

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.

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.

advocate

n. a person who supports or suggests an idea, development, or way of doing something

synonym: proponent, exponent, promoter

(1) an **advocate** of disarmament, (2) public education **advocates**

Advocates of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym : grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

enlist

v. to sign up to serve in the military or a particular organization

synonym : join, sign up, appoint

(1) **enlist** in a cause, (2) **enlist** for a soldier

He decided to **enlist** in the military after graduating from high school.

progressive

adj. relating to or supporting development or advancement, especially social or political one

synonym : advanced, forward-thinking, modern

(1) **progressive** taxation, (2) **progressive** development

The **progressive** approach to education emphasizes hands-on learning and student-centered classrooms.

attend

v. to be present at an event, to go to a place

synonym : go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

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.

gender

n. the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

synonym : sexuality

(1) **gender-blind** policies, (2) dual **gender**

Cultural norms strongly influence **gender** expectations.

cousin

n. the child of your aunt or uncle

synonym : relative

(1) cross- **cousin** marriage, (2) **cousin's** family

I used to play with my younger male **cousins** when I was a little girl.

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**.

president

n. the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

synonym : leader, CEO, chairperson

(1) **president** emeritus, (2) vice- **president** for finance

The club **president** does not have absolute power.

representative

n. someone who speaks or acts officially on behalf of another person or group of people

synonym : spokesperson, agent, delegate

(1) an official **representative**, (2) sales **representative**

The media **representatives** had special passes.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

opportune

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

synonym: suitable, timely, practical

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

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

thrive

v. to grow vigorously; to make steady progress

synonym: bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

treasure

n. a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected

synonym: hoard, fortune, gem

(1) **treasure** hunt, (2) **treasure** island

The pirates searched for buried **treasure** in the dunes.

achieve

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

synonym: accomplish, attain, reach

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

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

grandchild

n. a child of someone's son or daughter

synonym: offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

Session 2: Spelling

- | | |
|-----------------------------|---|
| 1. not long the _____er | <i>adv.</i> after that; subsequently |
| 2. ed_____e student | <i>v.</i> to provide or receive instruction or training over a period of time at a school, university, etc. |
| 3. r_v up the crowd | <i>n.</i> 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 |
| 4. na____n-state | <i>n.</i> a large organized community of people living in a particular country or region and having a particular culture |
| 5. dual ge____r | <i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology |
| 6. the degree of dif_____ty | <i>n.</i> a condition or state that causes problems |
| 7. the onset of pu_____y | <i>n.</i> the process of a person's physical changes through which their sexual organs develop and become capable of reproduction |
| 8. tr_____on cubic feet | <i>n.</i> the number 1,000,000,000,000; a million million |

ANSWERS: 1. thereafter, 2. educate, 3. rev, 4. nation, 5. gender, 6. difficulty, 7. puberty, 8. trillion

9. a test pi__t *n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
10. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
11. physical mut_____on *n.* the act of severely damaging or injuring a person's body or body part, particularly through cutting or disfiguring; the condition of being so damaged or disfigured
12. have a si_____g quarrel *n.* a brother or sister; member of a family born to the same parents
13. at___d service *v.* to be present at an event, to go to a place
14. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
15. kid_____ng attempt *n.* the act of taking somebody away illegally and holding them captive
16. pain in the ge_____l area *adj.* of or relating to the external and internal reproductive organs
17. im_____e a process *v.* to make or become better
18. pe_____t over time *v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
19. en_____e the law *v.* to make sure that people obey a particular law, rule, or situation
20. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 9. pilot, 10. medicinal, 11. mutilation, 12. sibling, 13. attend, 14. relation, 15. kidnapping, 16. genital, 17. improve, 18. persist, 19. enforce, 20. relation

21. public education ad_____tes *n.* a person who supports or suggests an idea, development, or way of doing something
22. l__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
23. su_____e beforehand *v.* to think that something is likely to be actual or possible
24. gov_____nt funding *n.* the group of people with authority to control a country or state
25. asylum for or____n children *n.* a child whose parents are dead or have abandoned them
26. en____t in a cause *v.* to sign up to serve in the military or a particular organization
27. a seafaring na____n *n.* a large organized community of people living in a particular country or region and having a particular culture
28. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
29. tr_____rm an education system *v.* to change in outward structure or looks;
30. r_p music *n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed
31. for several weeks the_____er *adv.* after that; subsequently
32. th____e on pressure *v.* to grow vigorously; to make steady progress

ANSWERS: 21. advocate, 22. lift, 23. suppose, 24. government, 25. orphan, 26. enlist, 27. nation, 28. communal, 29. transform, 30. rap, 31. thereafter, 32. thrive

33. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
34. ch__f events of the year *adj.* most important or primary; (noun) a person who is in charge
35. br__e soldier *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
36. cultural n__m *n.* something that is regarded as usual, typical, or standard
37. traditional me_____al *adj.* of or relating to the treatment or cure of disease
38. em_____r my life *v.* to give someone the power or authority to do something
39. a tr_____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
40. people in ru__l areas *adj.* of or relating to the countryside
41. re_____on sociology *n.* a deep conviction in a supernatural power that controls human destiny
42. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
43. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
44. gra_____ld development *n.* a child of someone's son or daughter
45. 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: 33. grade, 34. chief, 35. brave, 36. norm, 37. medicinal, 38. empower, 39. tradition, 40. rural, 41. religion, 42. excite, 43. mathematics, 44. grandchild, 45. economy

46. ne_____te the price of the house *v.* to have formal discussions with someone to reach an agreement
47. en____l in a school *v.* to officially register or sign up for something, particularly a course of study, an organization, or a service
48. im_____e the test score *v.* to make or become better
49. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
50. pr_____nt emeritus *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
51. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
52. sales rep_____ive *n.* someone who speaks or acts officially on behalf of another person or group of people
53. pro_____ve taxation *adj.* relating to or supporting development or advancement, especially social or political one
54. re_____nt to persuasion *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
55. as_____t aircraft *n.* a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will
56. tr_____re island *n.* a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected

ANSWERS: 46. negotiate, 47. enroll, 48. improve, 49. achieve, 50. president, 51. abuse, 52. representative, 53. progressive, 54. resistant, 55. assault, 56. treasure

57. en_____e a contract *v.* to make sure that people obey a particular law, rule, or situation
58. an ad_____te of disarmament *n.* a person who supports or suggests an idea, development, or way of doing something
59. 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
60. su_____e you're right *v.* to think that something is likely to be actual or possible
61. br__e decision *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
62. 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
63. many tr_____ons of dollars *n.* the number 1,000,000,000,000; a million million
64. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 57. enforce, 58. advocate, 59. process, 60. suppose, 61. brave, 62. process, 63. trillion, 64. mathematics

65. cl___h teeth *v.* to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
66. cl___h muscles *v.* to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
67. play with my si____gs *n.* a brother or sister; member of a family born to the same parents
68. no____h hope *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
69. ge____l bleeding *adj.* of or relating to the external and internal reproductive organs
70. maintain a pr____se *n.* an act or instance of pretending or feigning; a false or insincere show or claim
71. gra____ld-grandparent relationship *n.* a child of someone's son or daughter
72. ac____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
73. pe____t in success *v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
74. ge___r-blind policies *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

ANSWERS: 65. clench, 66. clench, 67. sibling, 68. nourish, 69. genital, 70. pretense, 71. grandchild, 72. achieve, 73. persist, 74. gender

75. household ch__es	<i>n.</i>	a routine or tedious task, often related to household or manual labor
76. billionaire ent_____eur	<i>n.</i>	an individual who creates or invests in one or more businesses, especially when this involves taking financial risks
77. un_____o a decrease	<i>v.</i>	to go through something unpleasant or that involves a change
78. dif_____ty in breathing	<i>n.</i>	a condition or state that causes problems
79. en___e a new employee	<i>v.</i>	to attract and keep someone's attention and interest; to participate in or obtain services of something
80. ex___e rebellion	<i>v.</i>	to make someone feel suddenly enthusiastic or eager
81. get a r_p	<i>n.</i>	a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed
82. vi__l for a healthy society	<i>adj.</i>	necessary for the success or continued existence of something
83. ad_____e a cooperative relationship	<i>v.</i>	to go or move forward; to develop in a positive way
84. mass kid_____ng	<i>n.</i>	the act of taking somebody away illegally and holding them captive
85. re__y a debt	<i>v.</i>	to give back or make restitution for money, debt, or other obligation that is owed; to compensate or reward someone for something done or given

ANSWERS: 75. chore, 76. entrepreneur, 77. undergo, 78. difficulty, 79. engage, 80. excite, 81. rap, 82. vital, 83. advance, 84. kidnapping, 85. repay

86. hide his pr__e *n.* a feeling of deep pleasure or satisfaction derived from one's achievements
87. penicillin-re_____nt bacteria *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
88. ed_____e public *v.* to provide or receive instruction or training over a period of time at a school, university, etc.
89. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
90. re_____e the company *v.* to show that one is not willing to do or accept something
91. career cou_____ng *n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being
92. pr__e of a company *n.* a feeling of deep pleasure or satisfaction derived from one's achievements
93. po_____y alleviation *n.* the condition of being extremely poor
94. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
95. religious fa__h *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

ANSWERS: 86. pride, 87. resistant, 88. educate, 89. communal, 90. refuse, 91. counseling, 92. pride, 93. poverty, 94. determinant, 95. faith

96. en___t for a soldier *v.* to sign up to serve in the military or a particular organization
97. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
98. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
99. re___e a request *v.* to show that one is not willing to do or accept something
100. ru__l accents *adj.* of or relating to the countryside
101. play a vi__l role *adj.* necessary for the success or continued existence of something
102. telephone ex_____on *n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line
103. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
104. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
105. mut_____on crime *n.* the act of severely damaging or injuring a person's body or body part, particularly through cutting or disfiguring; the condition of being so damaged or disfigured
106. a successful ent_____eur *n.* an individual who creates or invests in one or more businesses, especially when this involves taking financial risks

ANSWERS: 96. enlist, 97. abuse, 98. empower, 99. refuse, 100. rural, 101. vital, 102. extension, 103. lifetime, 104. mindset, 105. mutilation, 106. entrepreneur

107. an official rep_____ive *n.* someone who speaks or acts officially on behalf of another person or group of people
108. at____d a meeting *v.* to be present at an event, to go to a place
109. co____n's family *n.* the child of your aunt or uncle
110. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
111. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
112. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
113. 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
114. tr_____re hunt *n.* a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected
115. fo_____eps in the corridor *n.* a step, or the sound generated by a person walking when their foot hits the ground
116. freedom of re_____on *n.* a deep conviction in a supernatural power that controls human destiny

ANSWERS: 107. representative, 108. attend, 109. cousin, 110. grade, 111. government, 112. involve, 113. economy, 114. treasure, 115. footstep, 116. religion

117. em____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of claspng another person in the arms as in greeting or affection
118. against tr_____on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
119. 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
120. th___e in a society *v.* to grow vigorously; to make steady progress
121. or____n care *n.* a child whose parents are dead or have abandoned them
122. the cycle of po_____y *n.* the condition of being extremely poor
123. approaching fo_____eps *n.* a step, or the sound generated by a person walking when their foot hits the ground
124. fa__h in government *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
125. 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

ANSWERS: 117. embrace, 118. tradition, 119. policy, 120. thrive, 121. orphan, 122. poverty, 123. footstep, 124. faith, 125. policy

126. no____h damaged skin *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
127. en___l at a college *v.* to officially register or sign up for something, particularly a course of study, an organization, or a service
128. be___g to a group *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
129. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
130. cou_____ng about risk management *n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being
131. a warm em____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
132. li_____me benefits *n.* the duration of someone's life or something's existence;
133. re__y a kindness *v.* to give back or make restitution for money, debt, or other obligation that is owed; to compensate or reward someone for something done or given
134. ad_____e the technology *v.* to go or move forward; to develop in a positive way

ANSWERS: 126. nourish, 127. enroll, 128. belong, 129. mindset, 130. counseling, 131. embrace, 132. lifetime, 133. repay, 134. advance

135. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
136. tr_____rm heat into power *v.* to change in outward structure or looks;
137. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
138. pi__t production *n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
139. 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
140. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
141. l__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
142. pro_____ve development *adj.* relating to or supporting development or advancement, especially social or political one
143. ch__e list *n.* a routine or tedious task, often related to household or manual labor
144. un_____o surgery *v.* to go through something unpleasant or that involves a change

ANSWERS: 135. opportune, 136. transform, 137. involve, 138. pilot, 139. rev, 140. opportune, 141. lift, 142. progressive, 143. chore, 144. undergo

145. time ex_____on *n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line
146. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
147. ne_____te a settlement *v.* to have formal discussions with someone to reach an agreement
148. vice-pr_____nt for finance *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
149. at the height of pu_____y. *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
150. be____g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
151. n__m of action *n.* something that is regarded as usual, typical, or standard
152. pr_____se of innocence *n.* an act or instance of pretending or feigning; a false or insincere show or claim

ANSWERS: 145. extension, 146. determinant, 147. negotiate, 148. president, 149. puberty, 150. belong, 151. norm, 152. pretense

153. ch__f accountant *adj.* most important or primary; (noun) a person who is in charge
154. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
155. cross-co___n marriage *n.* the child of your aunt or uncle
156. victim of sexual as____t *n.* a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will

ANSWERS: 153. chief, 154. engage, 155. cousin, 156. assault

Session 3: Fill in the Blanks

1. The school's mission is to _____ young children and prepare them for the future.
 - v. to provide or receive instruction or training over a period of time at a school, university, etc.

2. I need to _____ in a cooking class to improve my culinary skills.
 - v. to officially register or sign up for something, particularly a course of study, an organization, or a service

3. 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

4. I am going to _____ to work through my anxiety and depression.
 - n. the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

5. Without investment, a business cannot _____.
 - v. to grow vigorously; to make steady progress

6. He put on a _____ of enjoying the party even though he was feeling miserable.
 - n. an act or instance of pretending or feigning; a false or insincere show or claim

7. 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

ANSWERS: 1. educate, 2. enroll, 3. rev, 4. counseling, 5. thrive, 6. pretense, 7. nation

8. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
9. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.
v. to give someone the power or authority to do something
10. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
n. the established set of attitudes or fixed ideas held by someone
11. We are always happy to _____ a discount.
v. to have formal discussions with someone to reach an agreement
12. _____ of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.
n. a person who supports or suggests an idea, development, or way of doing something
13. 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
14. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
15. They are building an _____ to the house to add more bedrooms.
n. a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line

ANSWERS: 8. excited, 9. empowered, 10. mindset, 11. negotiate, 12. Advocates, 13. process, 14. Communal, 15. extension

16. The _____ exercised great care in landing.

- n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water

17. 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

18. He _____ his fist in anger when he heard the bad news.

- v.* to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

19. 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

20. Departments may set requirements for a higher _____ point average.

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

21. She took great _____ in her work, always striving for perfection.

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

22. We got caught up in an _____ case.

- n.* a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will

23. Mining is a _____ source of income for the country.

- adj.* most important or primary; (noun) a person who is in charge

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

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

ANSWERS: 16. pilot, 17. government, 18. clenched, 19. relations, 20. grade, 21. pride, 22. assault, 23. chief, 24. suppose

25. Consult your doctor if the symptoms _____.
- v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
26. One light year is nearly 6 _____ miles.
- n.* the number 1,000,000,000,000; a million million
27. The media _____ had special passes.
- n.* someone who speaks or acts officially on behalf of another person or group of people
28. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.
- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
29. The grandparents take care of their _____ while the parents are at work.
- n.* a child of someone's son or daughter
30. He kept his robust _____ in his company.
- n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
31. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
32. Cultural norms strongly influence _____ expectations.
- n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

ANSWERS: 25. persist, 26. trillion, 27. representatives, 28. tradition, 29. grandchild, 30. faith, 31. norms, 32. gender

33. The drought _____ the prices of grain globally.
- v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position
34. I must _____ my loan on time to avoid late fees and penalties.
- v. to give back or make restitution for money, debt, or other obligation that is owed; to compensate or reward someone for something done or given
35. In this culture, men are initiated when they reach _____.
- n. the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
36. The mother used her breast milk to _____ the baby.
- v. to provide a person, an animal, or plant with food to make them grow and stay healthy
37. We must _____ to this matter.
- v. to be present at an event, to go to a place
38. I used to play with my younger male _____ when I was a little girl.
- n. the child of your aunt or uncle
39. The _____ organs of the human body are necessary for reproduction.
- adj. of or relating to the external and internal reproductive organs
40. She received a year's imprisonment for aggravated _____.
- n. the act of taking somebody away illegally and holding them captive
41. The new ____ album is getting a lot of attention.
- n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

ANSWERS: 33. lifted, 34. repay, 35. puberty, 36. nourish, 37. attend, 38. cousins, 39. genital, 40. kidnapping, 41. rap

42. Governments make rules, and police _____ them.
v. to make sure that people obey a particular law, rule, or situation
43. Insects in urban areas are becoming _____ to insecticides.
adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
44. Children often copy their parents or elder _____.
n. a brother or sister; member of a family born to the same parents
45. He has _____ exercising because of a back injury sustained in an accident.
n. a condition or state that causes problems
46. Many multinational companies are _____ in the reconstruction of that country.
v. to attract and keep someone's attention and interest; to participate in or obtain services of something
47. My initial reaction was to _____.
v. to show that one is not willing to do or accept something
48. The investigation _____ several government agencies and is expected to take several months.
v. to include or affect someone or something as a necessary part of something else
49. She had lived through two world wars in her _____.
n. the duration of someone's life or something's existence;

ANSWERS: 42. enforce, 43. resistant, 44. siblings, 45. difficulty, 46. engaged, 47. refuse, 48. involves, 49. lifetime

50. The sound of oncoming _____ grew louder, closer.

n. a step, or the sound generated by a person walking when their foot hits the ground

51. The _____ firefighter rescued the family from the burning building.

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

52. The woods _____ the house.

v. to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

53. Cleaning the house is a _____ that only some enjoy.

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

54. We want to _____ ties between our two countries.

v. to make or become better

55. I will work hard to _____ my goals and realize my dreams.

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

56. The phone rang at the most _____ time.

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

57. The little girl was a war _____ and lived in a group home.

n. a child whose parents are dead or have abandoned them

58. All the books in this section _____ to the library's rare collection and must be handled carefully.

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

ANSWERS: 50. footsteps, 51. brave, 52. embrace, 53. chore, 54. improve, 55. achieve, 56. opportune, 57. orphan, 58. belong

59. The _____ of the artwork was a devastating loss for the artist.
- n.* the act of severely damaging or injuring a person's body or body part, particularly through cutting or disfiguring; the condition of being so damaged or disfigured
60. The club _____ does not have absolute power.
- n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
61. _____ willingly accept business risks to achieve success.
- n.* an individual who creates or invests in one or more businesses, especially when this involves taking financial risks
62. Many _____ areas are still impoverished.
- adj.* of or relating to the countryside
63. Perseverance and optimism are _____ to success.
- adj.* necessary for the success or continued existence of something
64. 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
65. The _____ approach to education emphasizes hands-on learning and student-centered classrooms.
- adj.* relating to or supporting development or advancement, especially social or political one

ANSWERS: 59. mutilation, 60. president, 61. Entrepreneurs, 62. rural, 63. vital, 64. economy, 65. progressive

66. He has a flair for _____.

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

67. Scientific knowledge will _____ significantly with the power of AI.

- v.* to go or move forward; to develop in a positive way

68. My father's death _____ my life completely.

- v.* to change in outward structure or looks;

69. He decided to _____ in the military after graduating from high school.

- v.* to sign up to serve in the military or a particular organization

70. The train has to _____ rigorous safety checks.

- v.* to go through something unpleasant or that involves a change

71. The pirates searched for buried _____ in the dunes.

- n.* a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected

72. He was promoted to manager, and _____ he began to make changes in the company.

- adv.* after that; subsequently

73. The _____ properties of this herb have been known to help with various ailments.

- adj.* of or relating to the treatment or cure of disease

74. 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: 66. mathematics, 67. advance, 68. transformed, 69. enlist, 70. undergo,

71. treasure, 72. thereafter, 73. medicinal, 74. policy

75. Our company has an audit team that monitors directors for _____ of authority.
n. the use of something in an incorrect or harmful manner
76. Their _____ strictly prohibits them from drinking or gambling.
n. a deep conviction in a supernatural power that controls human destiny
77. One _____ of success is having a positive attitude and a strong work ethic.
n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
78. Many studies have investigated the relationship between _____ and academic achievement.
n. the condition of being extremely poor

ANSWERS: 75. abuse, 76. religion, 77. determinant, 78. poverty