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Olympia Della Flora: Creative ways to get kids to thrive in school | TED Talk

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

All Words

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Session 1: Word List

fade

v. to vanish; to fade away; to lose color; to lose freshness
synonym: languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

flip

v. to turn over into a different position quickly; to throw or toss with a light motion

synonym: throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

yell

v. to shout in a sudden and loud way

synonym: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

sill

n. a horizontal piece of material, such as wood or stone, that forms the bottom of a window or door frame; a narrow shelf or ledge at the bottom of a window or door

synonym: windowsill, ledge, threshold

(1) **sill** plate, (2) window **sill**

The door **sill** was painted a bright red to make it more visible.

lockdown

n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

(1) go on **lockdown**, (2) **lockdown** area

The country's prime minister has decided to implement a nationwide **lockdown** measure.

principal

adj. most important, main, or chief

synonym : main, leading, chief

(1) **principal** actor, (2) **principal** responsible

The **principal** reason for the company's success is its innovative products.

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.

lash

v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

synonym : whip, beat, strike

(1) **lash** the oxen, (2) **lash** a rope

The mother **lashed** out at her child for misbehaving in public.

preparation

n. the activity of getting ready for something or making something ready

synonym : practice, trial, rehearsal

(1) a **preparation** program, (2) the **preparation** of meals

He helped me with the **preparation** of this book.

coursework

n. the work done by a student as part of a course of study, typically assessed and counting towards a final grade or degree

synonym : assignments, classwork, homework

(1) **coursework** deadline, (2) assign a lot of **coursework**
I have much **coursework** to complete before the end of the semester.

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?

imp

n. a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
synonym: demon, sprite, mischievous child

(1) a little **imp**, (2) behave like an **imp**
The mischievous **imp** caused trouble wherever it went.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
synonym: benefit, authorization, advantage

(1) a breach of **privilege**, (2) **privilege** of membership
In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

scenario

n. a description of possible actions or events in the future; a written outline of a play, film, or literary work
synonym: plan, scheme, procedure

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

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

stud

n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

synonym : beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

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.

fail-safe

adj. designed or constructed to prevent or mitigate harm or failure in the event of an unexpected problem or error

synonym : reliable, infallible, foolproof

(1) **fail-safe** procedure, (2) **fail-safe** device

The **fail-safe** mechanism prevented the machine from malfunctioning and causing harm.

survive

v. to live or exist despite a dangerous event or period

synonym : endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

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**.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

obvious

adj. easy to see, discover or understand

synonym : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

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.

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.

exclude

v. to deny someone or something enter to a place or taking part in an activity

synonym : expel, ban, bar

(1) **exclude** a newcomer, (2) **exclude** all other possibilities

The cost for the trip **excludes** food and beverages.

grand

adj. important and large in size, scope, or extent

synonym : impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

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**.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

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.

transit

n. the act or process of passing through or across a place or state; transportation

synonym: transportation, passage, transfer

(1) a **transit** visa, (2) mass **transit**

Public **transit** is an essential service for many cities.

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**.

core

n. the most essential or fundamental part of something

synonym: center, basis, heart

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

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

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**.

arrival

n. the act or situation of coming or being brought to a place; accomplishment of an objective

synonym: reaching, appearance, coming

(1) **arrival** and departure gate, (2) **arrival** at a conclusion

Weather forecasters are predicting the **arrival** of a heatwave.

transition

n. the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym: quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym : prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

cushion

n. a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage

synonym : pad, pillow, bolster

(1) **cushion** against inflation, (2) rear seat **cushions**

He placed a **cushion** on the floor for his dog to lie on.

kindergarten

n. a school or class for young children, usually between the ages of four and six

synonym : preschool, nursery school, daycare

(1) **kindergarten** class, (2) **kindergarten** teacher

The **kindergarten** students were having a good time playing with toys.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym : power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

peer

n. a person who has the same age, status, or ability

synonym : fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

humor

n. the quality of being amusing or funny; the liquid parts of the body

synonym: comedy, funniness, liquid substance

(1) sardonic **humor**, (2) vitreous **humor**

My wife seems to be in ill **humor**.

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.

crack

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

synonym: snap, burst, break

(1) **crack** an eggshell, (2) a **crack** in a board

He that would eat the kernel must **crack** the nut.

outburst

n. a sudden, violent, and uncontrolled expression of emotion, usually anger or excitement; a sudden release of energy or feeling

synonym: outcry, eruption, explosion

(1) **outburst** of applause, (2) violent **outburst**

My boss's sudden **outburst** shocked and scared me.

practical

adj. of or connected with actual use or real situation rather than with theory and ideas

synonym: applicable, functional, realistic

(1) **practical** English, (2) gain **practical** experience

Her concept is highly **practical** and helpful.

tactics

n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports

synonym: strategy, maneuvers, plan

(1) blitz **tactics**, (2) political **tactics**

The marketing team developed new **tactics** to boost sales.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

proactive

adj. acting in advance to deal with an expected difficulty or to take advantage of an opportunity.

synonym: gung-ho, anticipatory, forward-thinking

(1) **proactive** approach, (2) **proactive** about doing the task

The company implemented **proactive** measures to prevent future issues.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

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.

appropriate

adj. suitable or proper in the circumstances; fitting

synonym: fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

grab

v. to take hold of something or someone suddenly with a hand, especially in a violent way

synonym: clutch, snatch, grasp

(1) **grab** an audience, (2) **grab** an opportunity

Shall we **grab** a bite to eat?

fidget

v. to make small, restless movements; to be unable to sit still

synonym: fiddle, jiggle, squirm

(1) **fidget** with hands, (2) **fidget** on my lap

He **fidgeted** with his pen while waiting for the interview to begin.

spin

v. to cause something to rotate rapidly; to cause someone to feel dizzy or disoriented

synonym: rotate, twirl, swirl

(1) **spin** a top, (2) **spin** thread out of cotton

The tornado is **spinning** across the countryside, destroying everything in its path.

incorporate

v. to include something as a part of a larger entity

synonym: contain, integrate, amalgamate

(1) **incorporate** the current trends, (2) **incorporate** technology into daily life

We will attempt to **incorporate** some of your suggestions into our future strategy.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

pose

v. to present a risk, problem, or other issues that must be addressed

synonym: present, put, position

(1) **pose** a significant threat to my company, (2) **pose** a challenge

The chemicals **pose** a massive health risk.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

invest

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

synonym: fund, sponsor, support

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

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

flexible

adj. able to change or be changed to suit new conditions or situations; able to bend easily

synonym: adaptable, elastic, pliable

(1) **flexible** schedules, (2) a **flexible** wire

You can be more **flexible** and creative in your approach.

elliptical

adj. having the shape of an oval (= a closed plane curve); using a word or expression that is ambiguous or vague, especially to mislead or avoid committing oneself

synonym: oval, egg-shaped, oblong

(1) an **elliptical** motion, (2) an **elliptical** galaxies
The satellite's **elliptical** orbit made it appear to change its distance from earth.

pedal

n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
synonym: treadle, accelerator

(1) clutch **pedal**, (2) piano **pedal**

He pressed the **pedal** with all his might, but the car still wouldn't start.

underneath

adv. under or below something else
synonym: below, under, beneath

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

The penny fell **underneath** the piano.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep
I'm so sorry to **disrupt** you when you're pretty busy.

magical

adj. produced by or containing supernatural powers
synonym: enchanting, occult, supernatural

(1) **magical** place, (2) **magical** powers

When I was a child, my mother often cast **magical** spells to ease my pain whenever I was injured.

instruction

n. detailed direction, order, etc., on how to do or use something

synonym: education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**

They needed further **instruction** to perform their duties efficiently.

whiteboard

n. a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased

(1) **whiteboard** marker, (2) **whiteboard** animation

Let's brainstorm ideas on the **whiteboard** for the new project.

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym: educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

exceed

v. to surpass or go beyond a limit, expectation, or requirement; to be better or greater than anticipated or desired

synonym: surpass, outdo, excel

(1) **exceed** sales targets, (2) **exceed** the speed limit

The athlete's performance **exceeded** all expectations, breaking a world record.

demographic

n. a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.

(1) **demographic** analyses, (2) **demographic** policy

Several **demographic** indicators correlate with care admission.

lever

n. a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

synonym : lifter, crowbar, bar

(1) a gear change **lever**, (2) **lever** for reform

This initiative will be a **lever** for increasing company sales.

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.

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.

partnership

n. the state of a cooperative relationship between people or groups, especially in business

synonym : alliance, participation, cooperation

(1) **partnership** across the Atlantic, (2) establish a **partnership**

The military **partnership** between the two countries created tension in the international community.

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.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd
She had a master's degree in **psychology**.

nationwide

adj. extending throughout an entire nation

synonym: countrywide, national

(1) **nationwide** strike, (2) **nationwide** network

This is a **nationwide** campaign to recruit women into trade unions.

clinic

n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

synonym: hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**

She holds a **clinic** on Tuesday mornings.

absence

n. the fact or condition of being away from a place where they are typically anticipated to be

synonym: dearth, scarcity, lack

(1) **absence** from work, (2) a leave of **absence**

Another critical factor of child poverty is the father's **absence**.

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.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

scope

n. the range of one's perceptions, thoughts, or actions, or a subject that

synonym: content, coverage, extent

(1) **scope** of a project, (2) have broad **scope**

The **scope** of human thought is diverse.

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

exclusion

n. the act of keeping someone or something out or preventing them from participating in or being part of something

synonym: omission, isolation, bar

(1) gender **exclusion**, (2) **exclusion** criteria

The policy of **exclusion** has caused significant harm to marginalized communities.

awe

n. a feeling of respect and wonder inspired by someone or something greatly admired

synonym: wonder, amazement, reverence

(1) a feeling of **awe**, (2) in **awe** of the situation

The **awe-inspiring** mountains dominate the landscape.

leap

v. to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward

synonym: jump, bound, hop

(1) **leap** to a conclusion, (2) **leap** of faith

The athlete was able to **leap** over the hurdle with ease.

absent

adj. not present in a particular place at a particular time

synonym: missing, away, not present

(1) **absent-minded**, (2) **absent** without leave
He was **absent** from the meeting and missed all the important updates.

chaotic

adj. without any order or organization; extremely disorganized, unpredictable, and confusing
synonym: disorderly, cluttered, topsy-turvy

(1) the **chaotic** economic situation, (2) **chaotic** theory
Change is also occurring in Turkey as a result of **chaotic** reform.

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.

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.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem
The therapist tried to **reframe** his negative thoughts.

barb

n. a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair

synonym: spine, barbed remark, sting

(1) **barb** wire, (2) aim a **barb**

The politician's words were full of **barbs** designed to hurt his opponent.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym : border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

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.

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.

straight

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

synonym : linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

retain

v. to keep or continue to possess or maintain something

synonym : possess, hold, keep on

(1) **retain** information, (2) **retain** a lawyer

Computers help people **retain** specific memories.

slide

v. to move or cause to move smoothly along a surface without interruption

synonym : glide, drift, drop

(1) **slide** a card across the table, (2) **slide** a glance

If necessary, you can **slide** the front seats forward.

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.

contagious

adj. able to be passed on to others through contact or proximity, especially by infection or disease

synonym : infectious, transmissible, communicable

(1) **contagious** enthusiasm, (2) **contagious** virus

The disease is highly **contagious** and spreads quickly.

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.

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.

fast-forward

v. to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

synonym : advance, hasten, speed up

(1) **fast-forward** 10 seconds, (2) **fast-forward** to the good part

I like to **fast-forward** through commercials when watching TV shows.

alternative

n. one of two or more available possibilities or choice

synonym : choice, option

(1) an **alternative** plan, (2) there is no other **alternative**
Doctors are gradually coming around to the idea of using **alternative** medicines.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

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.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym : experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

juvenile

adj. relating to or characteristic of youth or young people; immature

synonym : youthful, boyish, childlike

(1) exhibit **juvenile** behavior, (2) **juvenile** justice

The detective suspected that the vandalism was the work of **juvenile** delinquents.

detention

n. the act of holding someone in custody, especially as a punishment for a crime they are suspected of having committed

synonym: confinement, imprisonment, custody

(1) **detention** center, (2) immigration **detention**

The government is criticized for the prolonged **detention** of political activists without trial.

expel

v. to officially force someone to leave a school, organization, or country

synonym: deport, oust, dislodge

(1) **expel** him from his native country, (2) **expel** air from the lungs

He took a big drag of his cigarette and slowly **expelled** the smoke.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

exhibit

v. to show something in public for people to enjoy or to provide them with information

synonym: display, expose, show

(1) **exhibit** a bad attitude, (2) **exhibit** a great talent

Other technology industries **exhibit** similarly explosive growth.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university

or college and get a degree

synonym : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

Session 2: Spelling

- | | |
|-------------------------------------|---|
| 1. par_____te fully in conversation | <i>v.</i> to take part in something |
| 2. individual ins_____on | <i>n.</i> detailed direction, order, etc., on how to do or use something |
| 3. s__n thread out of cotton | <i>v.</i> to cause something to rotate rapidly; to cause someone to feel dizzy or disoriented |
| 4. l__h a rope | <i>v.</i> to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap |
| 5. in_____ce the daily life | <i>n.</i> the ability to affect someone's or something's character, growth, or behavior, or the effect itself |
| 6. r__l a ball | <i>v.</i> to move in a particular direction by turning over and over or from side to side |
| 7. ex_____on criteria | <i>n.</i> the act of keeping someone or something out or preventing them from participating in or being part of something |
| 8. ab____t-minded | <i>adj.</i> not present in a particular place at a particular time |
| 9. ab_____e from work | <i>n.</i> the fact or condition of being away from a place where they are typically anticipated to be |
| 10. con_____us enthusiasm | <i>adj.</i> able to be passed on to others through contact or proximity, especially by infection or disease |

ANSWERS: 1. participate, 2. instruction, 3. spin, 4. lash, 5. influence, 6. roll, 7. exclusion, 8. absent, 9. absence, 10. contagious

11. a pre_____on program *n.* the activity of getting ready for something or making something ready
12. le__r for reform *n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily
13. 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
14. gr__d bargain *adj.* important and large in size, scope, or extent
15. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
16. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
17. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
18. p__r review *n.* a person who has the same age, status, or ability
19. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
20. horse s__d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

ANSWERS: 11. preparation, 12. lever, 13. counseling, 14. grand, 15. influence, 16. survive, 17. strategy, 18. peer, 19. mathematics, 20. stud

21. p__e a challenge *v.* to present a risk, problem, or other issues that must be addressed
22. honor gr____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
23. af____d a high travel cost *v.* to have enough money or time to be able to buy or do something
24. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
25. 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
26. di____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
27. env____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
28. the cycle of po____y *n.* the condition of being extremely poor
29. psy____gy of crowd *n.* the scientific study of mind and behavior
30. fas____ard to the good part *v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

ANSWERS: 21. pose, 22. graduate, 23. afford, 24. blame, 25. movement, 26. disrupt, 27. environment, 28. poverty, 29. psychology, 30. fast-forward

31. id____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
32. ju____le justice *adj.* relating to or characteristic of youth or young people; immature
33. c__e business activity *n.* the most essential or fundamental part of something
34. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
35. midst of ch__s *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
36. mass tr____t *n.* the act or process of passing through or across a place or state; transportation
37. follow his ins____ons *n.* detailed direction, order, etc., on how to do or use something
38. cu____n against inflation *n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage
39. fa____fe procedure *adj.* designed or constructed to prevent or mitigate harm or failure in the event of an unexpected problem or error
40. establish a par____ip *n.* the state of a cooperative relationship between people or groups, especially in business
41. effects of cl____e change *n.* the weather in a particular location averaged over some long period

ANSWERS: 31. identify, 32. juvenile, 33. core, 34. yoga, 35. chaos, 36. transit, 37. instruction, 38. cushion, 39. fail-safe, 40. partnership, 41. climate

42. lo_____wn area *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
43. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
44. fi____t with hands *v.* to make small, restless movements; to be unable to sit still
45. st_____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
46. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
47. assign a lot of cou_____rk *n.* the work done by a student as part of a course of study, typically assessed and counting towards a final grade or degree
48. gain pr_____al experience *adj.* of or connected with actual use or real situation rather than with theory and ideas
49. inc_____te the current trends *v.* to include something as a part of a larger entity
50. ar_____l and departure gate *n.* the act or situation of coming or being brought to a place; accomplishment of an objective
51. a cold cl_____e *n.* the weather in a particular location averaged over some long period

ANSWERS: 42. lockdown, 43. well-being, 44. fidget, 45. straight, 46. yoga, 47. coursework, 48. practical, 49. incorporate, 50. arrival, 51. climate

52. piano pe__l *n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
53. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
54. pr_____al actor *adj.* most important, main, or chief
55. pr_____ge of membership *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
56. l__p of faith *v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward
57. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
58. an ell_____al galaxies *adj.* having the shape of an oval (= a closed plane curve); using a word or expression that is ambiguous or vague, especially to mislead or avoid committing oneself
59. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 52. pedal, 53. structure, 54. principal, 55. privilege, 56. leap, 57. grade, 58. elliptical, 59. develop

60. ch__s theory *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
61. f__p a coin *v.* to turn over into a different position quickly; to throw or toss with a light motion
62. a little i_p *n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
63. id____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
64. control my em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
65. 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
66. afraid to show em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
67. ex____t a great talent *v.* to show something in public for people to enjoy or to provide them with information
68. the c__e of an apple *n.* the most essential or fundamental part of something
69. his conclusion was ob____s *adj.* easy to see, discover or understand
70. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 60. chaos, 61. flip, 62. imp, 63. identify, 64. emotion, 65. struggle, 66. emotion, 67. exhibit, 68. core, 69. obvious, 70. brain

71. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
72. p__e a significant threat to my company *v.* to present a risk, problem, or other issues that must be addressed
73. wall s__d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
74. em_____al health *adj.* relating to people's feelings
75. immigration de_____on *n.* the act of holding someone in custody, especially as a punishment for a crime they are suspected of having committed
76. ex_____e all other possibilities *v.* to deny someone or something enter to a place or taking part in an activity
77. behave like an i_p *n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
78. the worst case sc_____io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
79. re__t against his way of thinking *v.* to take action in response to something
80. und_____th the laughter *adv.* under or below something else
81. su_____e you're right *v.* to think that something is likely to be actual or possible

ANSWERS: 71. calm, 72. pose, 73. stud, 74. emotional, 75. detention, 76. exclude, 77. imp, 78. scenario, 79. react, 80. underneath, 81. suppose

82. re__t at a high temperature *v.* to take action in response to something
83. ab___t without leave *adj.* not present in a particular place at a particular time
84. con_____us virus *adj.* able to be passed on to others through contact or proximity, especially by infection or disease
85. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
86. rear seat cu_____ns *n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage
87. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
88. 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
89. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
90. visit to the veterinary cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
91. in____t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
92. ensure a smooth tra_____on *n.* the process or period of changing from one state or circumstance to another

ANSWERS: 82. react, 83. absent, 84. contagious, 85. fade, 86. cushion, 87. roll, 88. struggle, 89. straight, 90. clinic, 91. invest, 92. transition

93. ch____c theory *adj.* without any order or organization; extremely disorganized, unpredictable, and confusing
94. a feeling of a_e *n.* a feeling of respect and wonder inspired by someone or something greatly admired
95. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
96. major paradigm sh__t *n.* a slight transition in position, direction, or trend
97. de_____on center *n.* the act of holding someone in custody, especially as a punishment for a crime they are suspected of having committed
98. ac____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
99. cost ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
100. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
101. pr_____al English *adj.* of or connected with actual use or real situation rather than with theory and ideas
102. in___t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 93. chaotic, 94. awe, 95. trauma, 96. shift, 97. detention, 98. academic, 99. barrier, 100. discovery, 101. practical, 102. invest

103. ma____l place *adj.* produced by or containing supernatural powers
104. inc_____te technology into daily life *v.* to include something as a part of a larger entity
105. sl__e a card across the table *v.* to move or cause to move smoothly along a surface without interruption
106. dem_____ic policy *n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.
107. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
108. ex_____e sports *adj.* very great in amount or degree
109. a gear change le__r *n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily
110. an alt_____ve plan *n.* one of two or more available possibilities or choice
111. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
112. eq__p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity

ANSWERS: 103. magical, 104. incorporate, 105. slide, 106. demographic, 107. brain, 108. extreme, 109. lever, 110. alternative, 111. develop, 112. equip

113. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
114. 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
115. window s__l *n.* a horizontal piece of material, such as wood or stone, that forms the bottom of a window or door frame; a narrow shelf or ledge at the bottom of a window or door
116. ou_____st of applause *n.* a sudden, violent, and uncontrolled expression of emotion, usually anger or excitement; a sudden release of energy or feeling
117. ex___d sales targets *v.* to surpass or go beyond a limit, expectation, or requirement; to be better or greater than anticipated or desired
118. re___n a lawyer *v.* to keep or continue to possess or maintain something
119. number of different sc_____ios *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
120. th___e in a society *v.* to grow vigorously; to make steady progress
121. exhibit ju_____le behavior *adj.* relating to or characteristic of youth or young people; immature

ANSWERS: 113. trauma, 114. counseling, 115. sill, 116. outburst, 117. exceed, 118. retain, 119. scenario, 120. thrive, 121. juvenile

122. en_____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
123. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
124. a tr_____t visa *n.* the act or process of passing through or across a place or state; transportation
125. l__h the oxen *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
126. a leave of ab_____e *n.* the fact or condition of being away from a place where they are typically anticipated to be
127. 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
128. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
129. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 122. encourage, 123. communal, 124. transit, 125. lash, 126. absence, 127. tradition, 128. mathematics, 129. function

130. a breach of pr_____ge *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
131. y__l for help *v.* to shout in a sudden and loud way
132. im_____e a process *v.* to make or become better
133. in a_e of the situation *n.* a feeling of respect and wonder inspired by someone or something greatly admired
134. re____n information *v.* to keep or continue to possess or maintain something
135. blitz ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
136. Doppler sh__t *n.* a slight transition in position, direction, or trend
137. ex____d the speed limit *v.* to surpass or go beyond a limit, expectation, or requirement; to be better or greater than anticipated or desired
138. y__l as loud as we can *v.* to shout in a sudden and loud way
139. whi_____rd animation *n.* a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased
140. cou_____rk deadline *n.* the work done by a student as part of a course of study, typically assessed and counting towards a final grade or degree

ANSWERS: 130. privilege, 131. yell, 132. improve, 133. awe, 134. retain, 135. tactics, 136. shift, 137. exceed, 138. yell, 139. whiteboard, 140. coursework

141. fairly ty____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
142. af____d to buy a new car *v.* to have enough money or time to be able to buy or do something
143. po____y alleviation *n.* the condition of being extremely poor
144. sc__e of a project *n.* the range of one's perceptions, thoughts, or actions, or a subject that
145. a dental cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
146. an ac____ic discussion *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
147. vitreous hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
148. an ell____al motion *adj.* having the shape of an oval (= a closed plane curve); using a word or expression that is ambiguous or vague, especially to mislead or avoid committing oneself
149. a gr__d meal *adj.* important and large in size, scope, or extent
150. s__n a top *v.* to cause something to rotate rapidly; to cause someone to feel dizzy or disoriented
151. ar____l at a conclusion *n.* the act or situation of coming or being brought to a place; accomplishment of an objective

ANSWERS: 141. typical, 142. afford, 143. poverty, 144. scope, 145. clinic, 146. academic, 147. humor, 148. elliptical, 149. grand, 150. spin, 151. arrival

152. ex____e weather events *adj.* very great in amount or degree
153. th___e on pressure *v.* to grow vigorously; to make steady progress
154. sardonic hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
155. phi_____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
156. the ch_____c economic situation *adj.* without any order or organization; extremely disorganized, unpredictable, and confusing
157. there is no other alt_____ve *n.* one of two or more available possibilities or choice
158. und_____th the surface of the water *adv.* under or below something else
159. fi___t on my lap *v.* to make small, restless movements; to be unable to sit still
160. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
161. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
162. a fl_____le wire *adj.* able to change or be changed to suit new conditions or situations; able to bend easily
163. western phi_____hy *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

ANSWERS: 152. extreme, 153. thrive, 154. humor, 155. philosophy, 156. chaotic, 157. alternative, 158. underneath, 159. fidget, 160. experiment, 161. experiment, 162. flexible, 163. philosophy

164. cr__k an eggshell *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
165. kin_____ten teacher *n.* a school or class for young children, usually between the ages of four and six
166. information ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
167. re_____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
168. f__e away almost completely *v.* to vanish; to fade away; to lose color; to lose freshness
169. nat_____de strike *adj.* extending throughout an entire nation
170. an app_____te time *adj.* suitable or proper in the circumstances; fitting
171. military st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
172. the pre_____on of meals *n.* the activity of getting ready for something or making something ready
173. kin_____ten class *n.* a school or class for young children, usually between the ages of four and six
174. em_____al distress *adj.* relating to people's feelings
175. eq__p an army *v.* to provide a person or a place with the things that are needed for a particular purpose or activity

ANSWERS: 164. crack, 165. kindergarten, 166. barrier, 167. reframe, 168. fade, 169. nationwide, 170. appropriate, 171. strategy, 172. preparation, 173. kindergarten, 174. emotional, 175. equip

176. a cr__k in a board *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
177. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
178. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
179. clutch pe__l *n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
180. b__b wire *n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
181. par_____te in the program *v.* to take part in something
182. p__r group *n.* a person who has the same age, status, or ability
183. ex__l him from his native country *v.* to officially force someone to leave a school, organization, or country
184. su_____e beforehand *v.* to think that something is likely to be actual or possible
185. sl__e a glance *v.* to move or cause to move smoothly along a surface without interruption
186. have broad sc__e *n.* the range of one's perceptions, thoughts, or actions, or a subject that

ANSWERS: 176. crack, 177. structure, 178. communal, 179. pedal, 180. barb, 181. participate, 182. peer, 183. expel, 184. suppose, 185. slide, 186. scope

187. aim a b__b *n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
188. fas_____ard 10 seconds *v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording
189. su_____e a blizzard *v.* to live or exist despite a dangerous event or period
190. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
191. dem_____ic analyses *n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.
192. l__p to a conclusion *v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward
193. psy_____gy experiment *n.* the scientific study of mind and behavior
194. sh__k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
195. go on lo_____wn *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

ANSWERS: 187. barb, 188. fast-forward, 189. survive, 190. environment, 191. demographic, 192. leap, 193. psychology, 194. shock, 195. lockdown

196. ex__l air from the lungs *v.* to officially force someone to leave a school, organization, or country
197. par_____ip across the Atlantic *n.* the state of a cooperative relationship between people or groups, especially in business
198. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
199. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
200. political ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
201. g__b an opportunity *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
202. nat_____de network *adj.* extending throughout an entire nation
203. ex_____t a bad attitude *v.* to show something in public for people to enjoy or to provide them with information
204. gender ex_____on *n.* the act of keeping someone or something out or preventing them from participating in or being part of something
205. immune fu_____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 196. expel, 197. partnership, 198. discovery, 199. engage, 200. tactics,

201. grab, 202. nationwide, 203. exhibit, 204. exclusion, 205. function

206. death from sh__k *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
207. pr____ve approach *adj.* acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
208. ob____s reasons *adj.* easy to see, discover or understand
209. gr____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
210. pr____al responsible *adj.* most important, main, or chief
211. tra____on phase *n.* the process or period of changing from one state or circumstance to another
212. 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
213. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
214. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things
215. pr____ve about doing the task *adj.* acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
216. bl__e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad

ANSWERS: 206. shock, 207. proactive, 208. obvious, 209. graduate, 210. principal, 211. transition, 212. tradition, 213. calm, 214. typical, 215. proactive, 216. blame

217. whi_____rd marker *n.* a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased
218. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
219. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
220. fl_____le schedules *adj.* able to change or be changed to suit new conditions or situations; able to bend easily
221. g__b an audience *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
222. s__l plate *n.* a horizontal piece of material, such as wood or stone, that forms the bottom of a window or door frame; a narrow shelf or ledge at the bottom of a window or door
223. ex_____e a newcomer *v.* to deny someone or something enter to a place or taking part in an activity
224. ma_____l powers *adj.* produced by or containing supernatural powers
225. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
226. fa_____fe device *adj.* designed or constructed to prevent or mitigate harm or failure in the event of an unexpected problem or error

ANSWERS: 217. whiteboard, 218. engage, 219. well-being, 220. flexible, 221. grab, 222. sill, 223. exclude, 224. magical, 225. disrupt, 226. fail-safe

227. f__p over the pork chop *v.* to turn over into a different position quickly; to throw or toss with a light motion
228. en_____ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
229. 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
230. violent ou_____st *n.* a sudden, violent, and uncontrolled expression of emotion, usually anger or excitement; a sudden release of energy or feeling
231. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
232. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
233. app_____te behavior *adj.* suitable or proper in the circumstances; fitting
234. im_____e the test score *v.* to make or become better

ANSWERS: 227. flip, 228. encourage, 229. movement, 230. outburst, 231. reframe, 232. grade, 233. appropriate, 234. improve

Session 3: Fill in the Blanks

1. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge
2. 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
3. The organizational _____ of start-ups is often flat and straightforward.
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
4. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
5. Another critical factor of child poverty is the father's _____.
n. the fact or condition of being away from a place where they are typically anticipated to be
6. The satellite's _____ orbit made it appear to change its distance from earth.
adj. having the shape of an oval (= a closed plane curve); using a word or expression that is ambiguous or vague, especially to mislead or avoid committing oneself
7. He got an electric _____ at work.
n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

ANSWERS: 1. experiments, 2. struggle, 3. structure, 4. suppose, 5. absence, 6. elliptical, 7. shock

8. The _____ students were having a good time playing with toys.
n. a school or class for young children, usually between the ages of four and six
9. _____ and weather have an impact on every part of our lifestyles.
n. the weather in a particular location averaged over some long period
10. Many people find that regular _____ practice can help reduce stress and anxiety.
n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
11. The government is criticized for the prolonged _____ of political activists without trial.
n. the act of holding someone in custody, especially as a punishment for a crime they are suspected of having committed
12. Without investment, a business cannot _____.
v. to grow vigorously; to make steady progress
13. It would be _____ to dress nicely for the wedding.
adj. suitable or proper in the circumstances; fitting
14. Shall we _____ a bite to eat?
v. to take hold of something or someone suddenly with a hand, especially in a violent way
15. The marketing team developed new _____ to boost sales.
n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports

ANSWERS: 8. kindergarten, 9. Climate, 10. yoga, 11. detention, 12. thrive, 13. appropriate, 14. grab, 15. tactics

16. This year's _____ gathering will be held in Canada.

adj. important and large in size, scope, or extent

17. You can be more _____ and creative in your approach.

adj. able to change or be changed to suit new conditions or situations; able to bend easily

18. He bought a new _____ to attach the strap to his watch.

n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

19. These gas nebulas are merely newborn galactic _____.

n. the most essential or fundamental part of something

20. They _____ customers with a premium for loyal patronage.

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

21. The _____ mechanism prevented the machine from malfunctioning and causing harm.

adj. designed or constructed to prevent or mitigate harm or failure in the event of an unexpected problem or error

22. An excellent historian must possess an _____ mentality.

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

ANSWERS: 16. grand, 17. flexible, 18. stud, 19. cores, 20. encouraged, 21. fail-safe, 22. academic

23. My wife seems to be in ill _____.
- n.* the quality of being amusing or funny; the liquid parts of the body
24. 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
25. She had a master's degree in _____.
- n.* the scientific study of mind and behavior
26. He cannot _____ a holiday.
- v.* to have enough money or time to be able to buy or do something
27. Among young people, _____ pressure can be pretty influential.
- n.* a person who has the same age, status, or ability
28. The nation's healthcare system is in _____ at the moment.
- n.* the process or period of changing from one state or circumstance to another
29. He was exhausted and _____ into bed as soon as he got home.
- v.* to move in a particular direction by turning over and over or from side to side
30. He has a flair for _____.
- n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
31. The cost for the trip _____ food and beverages.
- v.* to deny someone or something enter to a place or taking part in an activity

ANSWERS: 23. humor, 24. environment, 25. psychology, 26. afford, 27. peer, 28. transition, 29. rolled, 30. mathematics, 31. excludes

32. 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
33. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
34. The tornado is _____ across the countryside, destroying everything in its path.
v. to cause something to rotate rapidly; to cause someone to feel dizzy or disoriented
35. He _____ when he heard that he had been accepted into the university.
v. to turn over into a different position quickly; to throw or toss with a light motion
36. The police placed a _____ across the street to halt traffic.
n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
37. Her concept is highly _____ and helpful.
adj. of or connected with actual use or real situation rather than with theory and ideas
38. He was _____ from the meeting and missed all the important updates.
adj. not present in a particular place at a particular time
39. The government should view children as national assets and actively _____ in them.
v. to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 32. identify, 33. well-being, 34. spinning, 35. flipped, 36. barrier, 37. practical, 38. absent, 39. invest

40. 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
41. This is a _____ campaign to recruit women into trade unions.
adj. extending throughout an entire nation
42. My memory will _____ but my heart will live on.
v. to vanish; to fade away; to lose color; to lose freshness
43. Solar gravity creates _____ pressures and temperatures.
adj. very great in amount or degree
44. These birds can only _____ in temperate climates.
v. to live or exist despite a dangerous event or period
45. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand
46. She holds a _____ on Tuesday mornings.
n. a building or hospital department where people can go for medical care or advice, especially of a particular condition
47. He was sick for five _____ days.
adj. extending or moving in one direction without bending or curving; having no deviations
48. I have much _____ to complete before the end of the semester.
n. the work done by a student as part of a course of study, typically assessed and counting towards a final grade or degree

ANSWERS: 40. tradition, 41. nationwide, 42. fade, 43. extreme, 44. survive, 45. obvious, 46. clinic, 47. straight, 48. coursework

49. We must _____ a new system to streamline our workflow and increase efficiency.

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

50. The military _____ between the two countries created tension in the international community.

- n.* the state of a cooperative relationship between people or groups, especially in business

51. They needed further _____ to perform their duties efficiently.

- n.* detailed direction, order, etc., on how to do or use something

52. The _____ mountains dominate the landscape.

- n.* a feeling of respect and wonder inspired by someone or something greatly admired

53. If necessary, you can _____ the front seats forward.

- v.* to move or cause to move smoothly along a surface without interruption

54. When I was a child, my mother often cast _____ spells to ease my pain whenever I was injured.

- adj.* produced by or containing supernatural powers

55. My boss's sudden _____ shocked and scared me.

- n.* a sudden, violent, and uncontrolled expression of emotion, usually anger or excitement; a sudden release of energy or feeling

56. Human _____ responses vary widely depending on the society to which they belong.

- adj.* relating to people's feelings

ANSWERS: 49. develop, 50. partnership, 51. instruction, 52. awe-inspiring, 53. slide, 54. magical, 55. outburst, 56. emotional

57. Ethics is a branch of _____.

- n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

58. The country's prime minister has decided to implement a nationwide _____ measure.

- n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

59. Our plan includes a comprehensive marketing _____.

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

60. 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

61. The athlete was able to _____ over the hurdle with ease.

- v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward

62. The detective suspected that the vandalism was the work of _____ delinquents.

- adj.* relating to or characteristic of youth or young people; immature

63. Could you help me _____ some furniture?

- n.* a slight transition in position, direction, or trend

64. Change is also occurring in Turkey as a result of _____ reform.

- adj.* without any order or organization; extremely disorganized, unpredictable, and confusing

ANSWERS: 57. philosophy, 58. lockdown, 59. strategy, 60. movement, 61. leap, 62. juvenile, 63. shift, 64. chaotic

65. The president prepared several possible _____ for an enemy attack.
- n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
66. He took a big drag of his cigarette and slowly _____ the smoke.
- v.* to officially force someone to leave a school, organization, or country
67. 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
68. He that would eat the kernel must _____ the nut.
- v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
69. The former emperor had a particular _____ even after he abdicated.
- n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
70. 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
71. The brain is an incredibly complex organ that controls the body's _____.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 65. scenarios, 66. expelled, 67. counseling, 68. crack, 69. influence, 70. engaged, 71. function

72. The door _____ was painted a bright red to make it more visible.
n. a horizontal piece of material, such as wood or stone, that forms the bottom of a window or door frame; a narrow shelf or ledge at the bottom of a window or door
73. The mother _____ out at her child for misbehaving in public.
v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
74. This artwork is _____ of her work.
adj. having the usual characteristics or traits of a specific group of things
75. He helped me with the _____ of this book.
n. the activity of getting ready for something or making something ready
76. Computers help people _____ specific memories.
v. to keep or continue to possess or maintain something
77. He _____ with his pen while waiting for the interview to begin.
v. to make small, restless movements; to be unable to sit still
78. The chemicals _____ a massive health risk.
v. to present a risk, problem, or other issues that must be addressed
79. The company implemented _____ measures to prevent future issues.
adj. acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
80. 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

ANSWERS: 72. sill, 73. lashed, 74. typical, 75. preparation, 76. retain, 77. fidgeted, 78. pose, 79. proactive, 80. blamed

81. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.
- n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
82. He placed a _____ on the floor for his dog to lie on.
- n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage
83. The mischievous ____ caused trouble wherever it went.
- n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
84. I like to _____ through commercials when watching TV shows.
- v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording
85. The _____ reason for the company's success is its innovative products.
- adj.* most important, main, or chief
86. The therapist tried to _____ his negative thoughts.
- v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
87. The policy of _____ has caused significant harm to marginalized communities.
- n.* the act of keeping someone or something out or preventing them from participating in or being part of something
88. 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

ANSWERS: 81. privilege, 82. cushion, 83. imp, 84. fast-forward, 85. principal, 86. reframe, 87. exclusion, 88. chaos

89. Many studies have investigated the relationship between _____ and academic achievement.
- n.* the condition of being extremely poor
90. Public _____ is an essential service for many cities.
- n.* the act or process of passing through or across a place or state; transportation
91. I'm so sorry to _____ you when you're pretty busy.
- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
92. The _____ of human thought is diverse.
- n.* the range of one's perceptions, thoughts, or actions, or a subject that
93. The athlete's performance _____ all expectations, breaking a world record.
- v.* to surpass or go beyond a limit, expectation, or requirement; to be better or greater than anticipated or desired
94. Doctors are gradually coming around to the idea of using _____ medicines.
- n.* one of two or more available possibilities or choice
95. _____ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use
96. Her research team made an important _____.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 89. poverty, 90. transit, 91. disrupt, 92. scope, 93. exceeded, 94. alternative, 95. Communal, 96. discovery

97. Many employers hire _____ trainees to train as managers.

- n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

98. X-rays revealed a small tumor in his _____.

- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

99. 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

100. We will attempt to _____ some of your suggestions into our future strategy.

- v.* to include something as a part of a larger entity

101. The majority of students actively _____ in the college's intramural sports program.

- v.* to take part in something

102. Other technology industries _____ similarly explosive growth.

- v.* to show something in public for people to enjoy or to provide them with information

103. Weather forecasters are predicting the _____ of a heatwave.

- n.* the act or situation of coming or being brought to a place; accomplishment of an objective

104. The construction company _____ the building with an earthquake-resistant device.

- v.* to provide a person or a place with the things that are needed for a particular purpose or activity

ANSWERS: 97. graduate, 98. brain, 99. trauma, 100. incorporate, 101. participated, 102. exhibit, 103. arrival, 104. equipped

105. How did he _____ to your idea?

v. to take action in response to something

106. When I asked my father for more money, he became furious and _____ at me.

v. to shout in a sudden and loud way

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

v. to make or become better

108. Several _____ indicators correlate with care admission.

n. a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.

109. Let's brainstorm ideas on the _____ for the new project.

n. a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased

110. This initiative will be a _____ for increasing company sales.

n. a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

111. The penny fell _____ the piano.

adv. under or below something else

112. The disease is highly _____ and spreads quickly.

adj. able to be passed on to others through contact or proximity, especially by infection or disease

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

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

ANSWERS: 105. react, 106. yelled, 107. improve, 108. demographic, 109. whiteboard, 110. lever, 111. underneath, 112. contagious, 113. grade

114. It was the first time in a long time that I felt truly _____ and at peace.

adj. not excited, angry, or nervous; free from wind, large waves

115. The politician's words were full of _____ designed to hurt his opponent.

n. a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair

116. Some _____ are common across cultures and backgrounds.

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

117. He pressed the _____ with all his might, but the car still wouldn't start.

n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument

ANSWERS: 114. calm, 115. barbs, 116. emotions, 117. pedal