

# Englist.me



## Vocabulary Builder Reference from...

*Matt Walker: Sleep is your superpower | TED Talk*

[https://www.ted.com/talks/matt\\_walker\\_sleep\\_is\\_your\\_superpower](https://www.ted.com/talks/matt_walker_sleep_is_your_superpower)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### testicle

*n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels

*synonym*: ballock, gonad, ball

(1) **testicle** injury, (2) swollen **testicles**

The athlete was hit in the **testicle** during the game and had to be removed.

### impair

*v.* to damage something or make it weaker or worse

*synonym*: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

### alarming

*adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

*synonym*: forbidding, concerning, disturbing

(1) **alarming** news, (2) **alarming** statistics

The sudden rise in crime rates in our neighborhood is quite **alarming**.

### sponge

*n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

## soak

*v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money

*synonym*: saturate, steep, douse

(1) **soak** in a hot spring, (2) **soak** away stress

I **soaked** the shirt in the sink before washing it.

## waterlog

*v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

*synonym*: flood, soak, drench

(1) **waterlog** a field, (2) **waterlog** the roof

The heavy rainwater was enough to **waterlog** the basement of the house.

## deprivation

*n.* a state of not having something, such as food or money, that you need for a pleasant life

*synonym*: poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

## slumber

*n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap

*synonym*: sleep, doze, snooze

(1) fall into a **slumber**, (2) **slumber** in class

She couldn't resist the temptation to **slumber** on the couch after lunch.

## nap

*n.* a short sleep, especially during the day

*synonym*: rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

## hippocampus

*n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

## inbox

*n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept

(1) **inbox** full of emails, (2) **inbox** folder

After you register, you will receive an email with a coupon shortly in your **inbox**.

## deprive

*v.* to take away something from someone

*synonym*: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status

He was **deprived** of his freedom when sentenced to life in prison.

## brainwave

*n.* a sudden idea or inspiration; a moment of great insight or creativity

*synonym*: inspiration, brainstorm, revelation

(1) **brainwave** idea, (2) sudden **brainwave**

The engineer had a **brainwave** and redesigned the product to be more efficient.

## spindle

*n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division

*synonym*: shaft, axis, mandrel

(1) a **spindle-shaped** muscle, (2) **spindle** cell cancer

A powerful **spindle** motor is required to process these metal parts.

## transact

*v.* to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract

*synonym*: conduct, carry out, perform

(1) **transact** internationally, (2) **transact** in cash  
I need to **transact** some business at the bank before it closes.

## societal

*adj.* relating to society or social relationships

*synonym*: social, communal, cultural

(1) **societal** norms, (2) **societal** expectations

The **societal** pressure to conform is strong in this community.

## dementia

*n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

*synonym*: cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

## co-occurrence

*n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts

*synonym*: simultaneity, coincidence, conjunction

(1) **co-occurrence** pattern, (2) **co-occurrence** matrix

The **co-occurrence** of these two events suggests that there may be a causal relationship between them.

## interrelated

*adj.* closely connected or related to each other

*synonym*: connected, related, interdependent

(1) the **interrelated** nature of the problems, (2) **interrelated** factors

The different parts of the system are **interrelated** and rely on each other to function correctly.

## 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.

## Alzheimer

*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

*synonym*: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

## depress

*v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

*synonym*: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

## fiend

*n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something

*synonym*: monster, demon, devil

(1) **fiend** for chocolate, (2) fitness **fiend**

The **fiend** in the horror movie gave me nightmares for weeks.

## naturalism

*n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws

(1) **naturalism** in literature, (2) philosophical **naturalism**

The scientific method is often seen as an embodiment of **naturalism**, as it seeks to understand the natural world through observation and experimentation.

## amplify

*v.* to enhance something, particularly sound or brightness

*synonym*: intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

## salvage

*n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue

something from a dangerous, damaged, or deteriorating situation

*synonym* : rescue, recovery

(1) **salvage** operation, (2) **salvage** a sunken ship

The **salvage** yard was full of old cars waiting to be scrapped.

## moonshot

*n.* an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969

*synonym* : initiative, endeavor, pursuit

(1) AI **moonshot**, (2) **moonshot** idea

The company's **moonshot** project aims to develop a revolutionary new technology within a tight deadline.

## virile

*adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

*synonym* : manly, masculine, potent

(1) **virile** strength, (2) **virile** vitality

The doctor said that regular exercise could help maintain a **virile** physique.

## assassin

*n.* a person who murders a prominent or well-known person for political reasons or in exchange for money

*synonym* : killer, manslayer

(1) fall victim to an **assassin**, (2) would-be **assassin**

She hired an **assassin** to kill her opponent.

## carcinogenic

*adj.* capable of causing cancer or promoting tumor growth; cancer-causing

*synonym* : cancer-causing, cancerous, malignant

(1) **carcinogenic** chemicals, (2) **carcinogenic** air pollution

Long-term exposure to **carcinogenic** materials can result in serious health problems.

## unwise

*adj.* not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense

*synonym* : absurd, ill-advised, imprudent

(1) **unwise** decision, (2) **unwise** strategy

Ignoring warning signs of a potential health issue is **unwise** and can harm your health.

## disquiet

*n.* a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance;  
*(verb)* to cause or feel unease, restlessness, or agitation

*synonym* : anxiety, unrest, uneasiness

(1) cause **disquiet** among the residents, (2) mood of **disquiet**

The **disquiet** in the community grew as rumors spread about the upcoming changes.

## erode

*v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

*synonym* : wear away, deteriorate, corrode

(1) **erode** coast, (2) **erode** trust

The ongoing budget cuts have **eroded** the quality of education in many schools.

## sizable

*adj.* large in size or amount

*synonym* : large, significant, considerable

(1) **sizable** portion, (2) **sizable** audience

He has a **sizable** fortune and is one of the wealthiest people in the city.

## distort

*v.* to change something's shape, appearance, or sound so that it appears weird or unclear

*synonym* : fudge, deform, contort

(1) **distort** the facts, (2) **distort** the economy

Economists contend that taxes **distort** consumer behavior in

general.

## unscathed

*adj.* not harmed or injured; untouched or unharmed by a negative or dangerous situation

*synonym*: unhurt, intact, unharmed

(1) **unscathed** survivor, (2) come away **unscathed**

Thankfully, the driver emerged from the accident **unscathed**.

## nook

*n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet

*synonym*: niche, corner, alcove

(1) every **nook** and cranny, (2) breakfast **nook**

The kitchen **nook** was perfect for coffee and chatting with friends.

## cranny

*n.* a small, narrow opening or crack, especially in a wall or rock

*synonym*: crevice, nook, niche

(1) a **cranny** in the corner, (2) look in every nook and **cranny**

The mouse squeezed into the tiniest **cranny** of the wall to avoid being caught by the cat.

## tamper

*v.* to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal

*synonym*: meddle, fiddle, monkey

(1) **tamper** with evidence, (2) **tamper-resistant**

It's important not to **tamper** with the settings on your computer unless you know what you're doing.

## regularity

*n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency



*synonym* : consistency, uniformity, regularness

(1) the **regularity** of his breathing, (2) sleep **regularity**

The **regularity** of exercise is important for maintaining good health.

## negotiable

*adj.* capable of being discussed and agreed upon; able to be changed or altered through negotiation

*synonym* : flexible, adjustable, adaptable

(1) a **negotiable** bill, (2) **negotiable** salary

The price of these items is **negotiable**, so feel free to make an offer.

## immortality

*n.* the state or quality of being able to live or last forever

*synonym* : endless life, timelessness, agelessness

(1) the **immortality** of the soul, (2) achieve **immortality**

Many people believe in the concept of **immortality** and an afterlife.

## decimate

*v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number

*synonym* : devastate, destroy, annihilate

(1) **decimate** population, (2) **decimate** economy

The hurricane **decimated** the small town, leaving behind destruction and devastation.

## industrialize

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

*synonym* : motorize

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

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

## catastrophic

*adj.* extremely harmful; causing physical or financial destruction

*synonym* : fatal, disastrous, destructive

(1) victim of **catastrophic** injuries, (2) **catastrophic** climate change

The extinction rate of aquatic animals was **catastrophic**.

## reclaim

v. to take back something previously lost, given, or paid, or ask to have it back

*synonym*: recoup, regain, retake

(1) **reclaim** a competitive position, (2) **reclaim** land from the sea

You may be entitled to **reclaim** some tax.

## embarrass

v. to cause someone to feel awkward, worried, or ashamed

*synonym*: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

## stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

*synonym*: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

## reunite

v. to bring two or more people together again after a period of separation

*synonym*: reconcile, reunify, reconvene

(1) **reunite** after five years, (2) **reunite** with my friend

The band will **reunite** only for this show.

## elixir

n. a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity

*synonym*: potion, concoction, panacea

(1) **elixir** of eternal life, (2) magical **elixir**

The chef added a secret **elixir** to the dish to enhance the

flavor.

## soapbox

*n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

*synonym*: platform, podium, soap opera

(1) **soapbox** about climate change, (2) get on a **soapbox**

The politician climbed onto his **soapbox** and began his campaign speech.

## terrifying

*adj.* very frightening or intimidating

*synonym*: frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

## matte

*adj.* having a surface without a shine, luster; non-glossy

*synonym*: dull, flat, lusterless

(1) **matte** coating, (2) photo with a **matte** finish

The body of his car has a **matte** finish.

## deteriorate

*v.* to become worse in quality; to decline or degenerate

*synonym*: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition

The patient's health **deteriorated** rapidly after being diagnosed with the disease.

## implode

*v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely

*synonym*: collapse, crumble, disintegrate

(1) **implode** building, (2) **implode** business

The banking industry feared the economy would **implode** due to risky investments.

## **prioritize**

v. to assign a higher level of importance to something compared to other things

*synonym*: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

## Session 2: Spelling

- |                              |   |
|------------------------------|---|
| 1. a sp_____e-shaped muscle  | <i>n.</i> a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division  |
| 2. sa_____e operation        | <i>n.</i> the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation |
| 3. di_____t the economy      | <i>v.</i> to change something's shape, appearance, or sound so that it appears weird or unclear   |
| 4. every n__k and cranny     | <i>n.</i> a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet   |
| 5. br_____ve idea            | <i>n.</i> a sudden idea or inspiration; a moment of great insight or creativity   |
| 6. achieve imm_____ty        | <i>n.</i> the state or quality of being able to live or last forever  |
| 7. a cr___y in the corner    | <i>n.</i> a small, narrow opening or crack, especially in a wall or rock  |
| 8. photo with a ma__e finish | <i>adj.</i> having a surface without a shine, luster; non-glossy  |
| 9. come away un_____ed       | <i>adj.</i> not harmed or injured; untouched or unharmed by a negative or dangerous situation   |

ANSWERS: 1. spindle, 2. salvage, 3. distort, 4. nook, 5. brainwave, 6. immortality, 7. cranny, 8. matte, 9. unscathed



18. de\_\_\_\_\_e him of his status      *v.* to take away something from someone
19. int\_\_\_\_\_ted factors      *adj.* closely connected or related to each other
20. mo\_\_\_\_\_ot idea      *n.* an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969
21. breakfast n\_\_k      *n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet
22. ta\_\_\_\_r-resistant      *v.* to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal
23. vi\_\_\_\_e vitality      *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
24. s\_\_k in a hot spring      *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
25. wa\_\_\_\_\_og the roof      *v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

ANSWERS: 18. deprive, 19. interrelated, 20. moonshot, 21. nook, 22. tamper, 23. virile, 24. soak, 25. waterlog

26. fi\_\_d for chocolate *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
27. co-\_\_\_\_\_nce matrix *n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts
28. sp\_\_\_\_\_e cell cancer *n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division
29. em\_\_\_\_\_ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
30. si\_\_\_\_\_e portion *adj.* large in size or amount
31. fall into a sl\_\_\_\_\_r *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
32. de\_\_\_\_\_ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
33. ind\_\_\_\_\_ize service *v.* to organize the production of something into an industry
34. am\_\_\_\_\_y the effect *v.* to enhance something, particularly sound or brightness
35. involvement of the hip\_\_\_\_\_us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
36. re\_\_\_\_\_e after five years *v.* to bring two or more people together again after a period of separation
37. Al\_\_\_\_\_er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

ANSWERS: 26. fiend, 27. co-occurrence, 28. spindle, 29. embarrass, 30. sizable, 31. slumber, 32. dementia, 33. industrialize, 34. amplify, 35. hippocampus, 36. reunite, 37. Alzheimer



38. Al\_\_\_\_\_er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
39. 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
40. pri\_\_\_\_\_ze people over cars *v.* to assign a higher level of importance to something compared to other things
41. te\_\_\_\_\_le injury *n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
42. de\_\_\_\_\_te economy *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
43. mood of di\_\_\_\_\_et *n.* a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation
44. sa\_\_\_\_\_e a sunken ship *n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation

ANSWERS: 38. Alzheimer, 39. disrupt, 40. prioritize, 41. testicle, 42. decimate, 43. disquiet, 44. salvage

45. sea sp\_\_\_e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
46. neurons in the hip\_\_\_\_\_us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
47. tr\_\_\_\_\_ct in cash *v.* to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract
48. the imm\_\_\_\_\_ty of the soul *n.* the state or quality of being able to live or last forever
49. im\_\_\_\_\_e building *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
50. de\_\_\_\_\_s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
51. di\_\_\_\_\_t the facts *v.* to change something's shape, appearance, or sound so that it appears weird or unclear
52. nat\_\_\_\_\_sm in literature *n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws
53. sleep reg\_\_\_\_\_ty *n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency

ANSWERS: 45. sponge, 46. hippocampus, 47. transact, 48. immortality, 49. implode, 50. depress, 51. distort, 52. naturalism, 53. regularity

54. al\_\_\_\_\_ng statistics *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
55. cat\_\_\_\_\_hic climate change *adj.* extremely harmful; causing physical or financial destruction
56. a neg\_\_\_\_\_le bill *adj.* capable of being discussed and agreed upon; able to be changed or altered through negotiation
57. ter\_\_\_\_\_ng experience *adj.* very frightening or intimidating
58. fitness fi\_\_d *n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something
59. car\_\_\_\_\_nic air pollution *adj.* capable of causing cancer or promoting tumor growth; cancer-causing
60. victim of cat\_\_\_\_\_hic injuries *adj.* extremely harmful; causing physical or financial destruction
61. al\_\_\_\_\_ng news *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
62. chronic sleep dep\_\_\_\_\_on *n.* a state of not having something, such as food or money, that you need for a pleasant life
63. fall victim to an as\_\_\_\_\_in *n.* a person who murders a prominent or well-known person for political reasons or in exchange for money
64. det\_\_\_\_\_te condition *v.* to become worse in quality; to decline or degenerate
65. wa\_\_\_\_\_og a field *v.* to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water

ANSWERS: 54. alarming, 55. catastrophic, 56. negotiable, 57. terrifying, 58. fiend, 59. carcinogenic, 60. catastrophic, 61. alarming, 62. deprivation, 63. assassin, 64. deteriorate, 65. waterlog

66. so\_\_\_\_al norms *adj.* relating to society or social relationships
67. so\_\_\_\_x about climate change *n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner
68. co-\_\_\_\_\_nce pattern *n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts
69. look in every nook and cr\_\_\_\_y *n.* a small, narrow opening or crack, especially in a wall or rock
70. vi\_\_\_\_e strength *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
71. philosophical nat\_\_\_\_\_sm *n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws
72. tr\_\_\_\_\_ct internationally *v.* to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract
73. re\_\_\_\_\_m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back
74. neg\_\_\_\_\_le salary *adj.* capable of being discussed and agreed upon; able to be changed or altered through negotiation

ANSWERS: 66. societal, 67. soapbox, 68. co-occurrence, 69. cranny, 70. virile, 71. naturalism, 72. transact, 73. reclaim, 74. negotiable

75. pri\_\_\_\_\_ze tasks *v.* to assign a higher level of importance to something compared to other things
76. el\_\_\_\_r of eternal life *n.* a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity
77. would-be as\_\_\_\_\_in *n.* a person who murders a prominent or well-known person for political reasons or in exchange for money
78. social st\_\_\_\_a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
79. dep\_\_\_\_\_on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
80. im\_\_\_\_r my health *v.* to damage something or make it weaker or worse
81. so\_\_\_\_\_al expectations *adj.* relating to society or social relationships
82. si\_\_\_\_\_e audience *adj.* large in size or amount
83. sudden br\_\_\_\_\_ve *n.* a sudden idea or inspiration; a moment of great insight or creativity
84. ind\_\_\_\_\_ized textile production *v.* to organize the production of something into an industry
85. un\_\_\_\_e decision *adj.* not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense
86. take a n\_p *n.* a short sleep, especially during the day

ANSWERS: 75. prioritize, 76. elixir, 77. assassin, 78. stigma, 79. deprivation, 80. impair, 81. societal, 82. sizable, 83. brainwave, 84. industrialize, 85. unwise, 86. nap

87. re\_\_\_\_\_m a competitive position      *v.* to take back something previously lost, given, or paid, or ask to have it back
88. 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
89. swollen te\_\_\_\_\_les      *n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
90. im\_\_\_\_\_e business      *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
91. daytime n\_p      *n.* a short sleep, especially during the day
92. de\_\_\_\_\_s their spirits      *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
93. the reg\_\_\_\_\_ty of his breathing      *n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency
94. magical el\_\_\_\_r      *n.* a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity

ANSWERS: 87. reclaim, 88. disrupt, 89. testicle, 90. implode, 91. nap, 92. depress, 93. regularity, 94. elixir

95. sl\_\_\_\_r in class *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
96. cause di\_\_\_\_et among the residents *n.* a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation
97. metallic sp\_\_\_\_e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
98. un\_\_\_\_ed survivor *adj.* not harmed or injured; untouched or unharmed by a negative or dangerous situation
99. in\_\_x folder *n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
100. im\_\_\_\_r insulin sensitivity *v.* to damage something or make it weaker or worse
101. the int\_\_\_\_ted nature of the problems *adj.* closely connected or related to each other
102. s\_\_k away stress *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
103. de\_\_\_\_e others of profit *v.* to take away something from someone
104. get on a so\_\_\_\_x *n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

ANSWERS: 95. slumber, 96. disquiet, 97. sponge, 98. unscathed, 99. inbox, 100. impair, 101. interrelated, 102. soak, 103. deprive, 104. soapbox

105. am\_\_\_\_\_y a signal  
*v.* to enhance something, particularly sound or brightness
106. car\_\_\_\_\_nic chemicals  
*adj.* capable of causing cancer or promoting tumor growth; cancer-causing
107. re\_\_\_\_\_e with my friend  
*v.* to bring two or more people together again after a period of separation
108. ter\_\_\_\_\_ng events  
*adj.* very frightening or intimidating
109. er\_\_e trust  
*v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
110. ta\_\_\_\_r with evidence  
*v.* to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal
111. in\_\_x full of emails  
*n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
112. ma\_\_e coating  
*adj.* having a surface without a shine, luster; non-glossy

ANSWERS: 105. amplify, 106. carcinogenic, 107. reunite, 108. terrifying, 109. erode, 110. tamper, 111. inbox, 112. matte



## Session 3: Fill in the Blanks

1. The different parts of the system are \_\_\_\_\_ and rely on each other to function correctly.  
*adj.* closely connected or related to each other
2. The scientific method is often seen as an embodiment of \_\_\_\_\_ as it seeks to understand the natural world through observation and experimentation.  
*n.* a philosophical belief that everything, including human behavior and cognition, can be explained solely by natural causes and laws
3. The ongoing budget cuts have \_\_\_\_\_ the quality of education in many schools.  
*v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
4. The hurricane \_\_\_\_\_ the small town, leaving behind destruction and devastation.  
*v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
5. The organization \_\_\_\_\_ the needs of the community in its decision-making.  
*v.* to assign a higher level of importance to something compared to other things
6. After you register, you will receive an email with a coupon shortly in your \_\_\_\_\_.  
*n.* an electronic folder on a computer or phone where new emails, text messages, etc., that are sent to you are kept
7. The sudden rise in crime rates in our neighborhood is quite \_\_\_\_\_.  
*adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

ANSWERS: 1. interrelated, 2. naturalism, 3. eroded, 4. decimated, 5. prioritized, 6. inbox, 7. alarming

8. The extinction rate of aquatic animals was \_\_\_\_\_.  
*adj.* extremely harmful; causing physical or financial destruction
9. You might need to \_\_\_\_\_ this point.  
*v.* to enhance something, particularly sound or brightness
10. The politician climbed onto his \_\_\_\_\_ and began his campaign speech.  
*n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner
11. He has a \_\_\_\_\_ fortune and is one of the wealthiest people in the city.  
*adj.* large in size or amount
12. It's important not to \_\_\_\_\_ with the settings on your computer unless you know what you're doing.  
*v.* to interfere with something in a way that causes damage or unauthorized alteration; to meddle with or manipulate something without permission or authority; (noun) a tool or device used for interfering with or altering something in a way that is unauthorized or illegal
13. The \_\_\_\_\_ yard was full of old cars waiting to be scrapped.  
*n.* the act of saving or rescuing something from potential loss or destruction; the property or items that are saved or rescued in this way; (verb) to save, recover, or rescue something from a dangerous, damaged, or deteriorating situation
14. The \_\_\_\_\_ pressure to conform is strong in this community.  
*adj.* relating to society or social relationships

ANSWERS: 8. catastrophic, 9. amplify, 10. soapbox, 11. sizable, 12. tamper, 13. salvage, 14. societal

15. The economic recession \_\_\_\_\_ the housing market.  
*v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
16. The athlete was hit in the \_\_\_\_\_ during the game and had to be removed.  
*n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
17. The \_\_\_\_\_ is crucial for learning and memory storage.  
*n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
18. Many people believe in the concept of \_\_\_\_\_ and an afterlife.  
*n.* the state or quality of being able to live or last forever
19. The chef added a secret \_\_\_\_\_ to the dish to enhance the flavor.  
*n.* a medicinal or restorative substance believed to possess healing properties; a drink or potion believed to promote good health, vitality, or longevity
20. A powerful \_\_\_\_\_ motor is required to process these metal parts.  
*n.* a rotating shaft that serves as axes for larger rotating parts; (biology) tiny fibers that are seen in cell division
21. The accident made his vision \_\_\_\_\_.  
*v.* to damage something or make it weaker or worse
22. The body of his car has a \_\_\_\_\_ finish.  
*adj.* having a surface without a shine, luster; non-glossy

ANSWERS: 15. depressed, 16. testicle, 17. hippocampus, 18. immortality, 19. elixir, 20. spindle, 21. impaired, 22. matte

23. The heavy rainwater was enough to \_\_\_\_\_ the basement of the house.
- v. to saturate with water or become saturated with water; to cause something to be waterlogged or submerged in water
24. Thankfully, the driver emerged from the accident \_\_\_\_\_.
- adj. not harmed or injured; untouched or unharmed by a negative or dangerous situation
25. The band will \_\_\_\_\_ only for this show.
- v. to bring two or more people together again after a period of separation
26. Long-term exposure to \_\_\_\_\_ materials can result in serious health problems.
- adj. capable of causing cancer or promoting tumor growth; cancer-causing
27. The \_\_\_\_\_ in the community grew as rumors spread about the upcoming changes.
- n. a feeling of anxiety or unease; a sense of restlessness or agitation; a state of mental or emotional disturbance; (verb) to cause or feel unease, restlessness, or agitation
28. She couldn't resist the temptation to \_\_\_\_\_ on the couch after lunch.
- n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
29. 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
30. You may be entitled to \_\_\_\_\_ some tax.
- v. to take back something previously lost, given, or paid, or ask to have it back

ANSWERS: 23. waterlog, 24. unscathed, 25. reunite, 26. carcinogenic, 27. disquiet, 28. slumber, 29. disrupt, 30. reclaim

31. The price of these items is \_\_\_\_\_ so feel free to make an offer.

*adj.* capable of being discussed and agreed upon; able to be changed or altered through negotiation

32. The mental health \_\_\_\_\_ often prevents people from seeking treatment.

*n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

33. The company's \_\_\_\_\_ project aims to develop a revolutionary new technology within a tight deadline.

*n.* an ambitious, risky, and innovative project or goal, especially one that is intended to bring about radical change or breakthroughs in a particular field or industry, often inspired by the lunar landing mission of Apollo 11 in 1969

34. The study found that regular exercise can help to prevent the onset of \_\_\_\_\_ in older age.

*n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

35. Large earthquakes often generate \_\_\_\_\_ tsunamis.

*adj.* very frightening or intimidating

36. Losing him is great \_\_\_\_\_ to our team.

*n.* a state of not having something, such as food or money, that you need for a pleasant life

37. She hired an \_\_\_\_\_ to kill her opponent.

*n.* a person who murders a prominent or well-known person for political reasons or in exchange for money

ANSWERS: 31. negotiable, 32. stigma, 33. moonshot, 34. dementia, 35. terrifying, 36. deprivation, 37. assassin

38. He looked for an opportunity to \_\_\_\_\_ that actor in public.

- v. to cause someone to feel awkward, worried, or ashamed

39. The nations of South East Asia will quickly \_\_\_\_\_ and catch up with the West.

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

40. Economists contend that taxes \_\_\_\_\_ consumer behavior in general.

- v. to change something's shape, appearance, or sound so that it appears weird or unclear

41. I \_\_\_\_\_ the shirt in the sink before washing it.

- v. to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money

42. The tiny marine \_\_\_\_\_ has existed for more than 500 million years.

- n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

43. I need to \_\_\_\_\_ some business at the bank before it closes.

- v. to carry out or conduct a business or other transaction; to complete or fulfill an agreement, deal, or contract

44. The banking industry feared the economy would \_\_\_\_\_ due to risky investments.

- v. to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely

45. He was \_\_\_\_\_ of his freedom when sentenced to life in prison.

- v. to take away something from someone

ANSWERS: 38. embarrass, 39. industrialize, 40. distort, 41. soaked, 42. sponge, 43. transact, 44. implode, 45. deprived

46. The engineer had a \_\_\_\_\_ and redesigned the product to be more efficient.  
*n.* a sudden idea or inspiration; a moment of great insight or creativity
47. She woke the kids up from their \_\_\_\_\_.  
*n.* a short sleep, especially during the day
48. My grandmother has \_\_\_\_\_ disease requires special care and attention from her caregivers.  
*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
49. The doctor said that regular exercise could help maintain a \_\_\_\_\_ physique.  
*adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
50. Ignoring warning signs of a potential health issue is \_\_\_\_\_ and can harm your health.  
*adj.* not sensible or prudent; likely to cause harm or negative consequences; lacking in good judgment or common sense
51. The mouse squeezed into the tiniest \_\_\_\_\_ of the wall to avoid being caught by the cat.  
*n.* a small, narrow opening or crack, especially in a wall or rock
52. The \_\_\_\_\_ of exercise is important for maintaining good health.  
*n.* the quality or state of being done often; conformity to a set of rules, standards, or expectations; the state of occurring with a consistent or predictable pattern or frequency
53. The kitchen \_\_\_\_\_ was perfect for coffee and chatting with friends.  
*n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet

ANSWERS: 46. brainwave, 47. nap, 48. Alzheimer's, 49. virile, 50. unwise, 51. cranny, 52. regularity, 53. nook

54. The patient's health \_\_\_\_\_ rapidly after being diagnosed with the disease.

*v.* to become worse in quality; to decline or degenerate

55. The \_\_\_\_\_ of these two events suggests that there may be a causal relationship between them.

*n.* the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts

56. The \_\_\_\_\_ in the horror movie gave me nightmares for weeks.

*n.* an evil or wicked person or supernatural being; someone who is excessively devoted or addicted to something

ANSWERS: 54. deteriorated, 55. co-occurrence, 56. fiend