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## Vocabulary Builder Reference from...

*Sabine Doebel: How your brain's executive function works -- and how to improve it | TED Talk*

[https://www.ted.com/talks/sabine\\_doebel\\_how\\_your\\_brain\\_s\\_executive\\_function\\_works\\_and\\_how\\_to\\_improve\\_it](https://www.ted.com/talks/sabine_doebel_how_your_brain_s_executive_function_works_and_how_to_improve_it)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### confession

*n.* a formal statement in which one admits that they have done something wrong or illegal

*synonym*: admission, avowal, acknowledgment

(1) a **confession** of guilt, (2) a **confession** of faith

The prisoner made a full **confession** and admitted to his crime.

### consciously

*adv.* with awareness; in a deliberate manner

*synonym*: intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

### autopilot

*n.* a system that automatically controls the operation of an aircraft or spacecraft

*synonym*: self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

### absent-minded

*adj.* preoccupied or forgetful, often to the point of being unaware of one's surroundings; forgetful or inattentive due to deep thought, distraction, or lack of focus

*synonym*: forgetful, inattentive, preoccupied

(1) **absent-minded** professor, (2) **absent-minded** mistake  
The **absent-minded** employee frequently forgets to submit his reports on time.

## **lapse**

*n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended

*synonym* : break, failure, blunder

(1) **lapse** back into recession, (2) **lapse** in payment  
I missed the deadline due to a **lapse** in my memory.

## **buzzword**

*n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication

*synonym* : cant, catchphrase, trendy word

(1) **buzzword** bingo, (2) business **buzzwords**

Synergy has become such a **buzzword** in the business world that it has lost its meaning.

## **smartphone**

*n.* a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict  
Internet traffic volumes have increased significantly with the advent of **smartphones**.

## **app**

*n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

*synonym* : application, software

(1) killer **app**, (2) cannot log in to the **app**

The discovery of a critical bug caused the company to delay the **app's** release.

## improvisation

*n.* the act of making something up on the spot or creating or performing something without preparation

*synonym*: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

## motto

*n.* a phrase or slogan that expresses a guiding principle or goal

*synonym*: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

## marshmallow

*n.* a spongy confection made from sugar, corn syrup, and gelatin, often flavored with vanilla and molded into shapes or used as a topping or decoration for desserts

(1) **marshmallow** fluff, (2) **marshmallow** treat

She roasted **marshmallows** over the campfire.

## gratification

*n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want

*synonym*: satisfaction, pleasure, contentment

(1) instant **gratification**, (2) aesthetic **gratification**

The **gratification** of completing a difficult task is a great feeling.

## distract

*v.* to draw someone's attention away from what they are trying to do

*synonym*: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

## Session 2: Spelling

1. aesthetic gra\_\_\_\_\_ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
2. company mo\_\_o *n.* a phrase or slogan that expresses a guiding principle or goal
3. la\_\_e in payment *n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended
4. killer a\_p *n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
5. cannot log in to the a\_p *n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
6. mar\_\_\_\_\_ow treat *n.* a spongy confection made from sugar, corn syrup, and gelatin, often flavored with vanilla and molded into shapes or used as a topping or decoration for desserts
7. di\_\_\_\_\_ct public opinion *v.* to draw someone's attention away from what they are trying to do

ANSWERS: 1. gratification, 2. motto, 3. lapse, 4. app, 5. app, 6. marshmallow, 7. distract

- |                                   |  |
|-----------------------------------|--|
| 8. aircraft au_____ot             | <i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft  |
| 9. a con_____on of faith          | <i>n.</i> a formal statement in which one admits that they have done something wrong or illegal  |
| 10. la__e back into recession     | <i>n.</i> a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended |
| 11. con_____ly aware of a problem | <i>adv.</i> with awareness; in a deliberate manner   |
| 12. a con_____on of guilt         | <i>n.</i> a formal statement in which one admits that they have done something wrong or illegal  |
| 13. act con_____ly                | <i>adv.</i> with awareness; in a deliberate manner   |
| 14. sma_____ne addict             | <i>n.</i> a mobile phone that functions as a computer and connects to the Internet   |
| 15. bu_____rd bingo               | <i>n.</i> a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication  |
| 16. the mo__o for safe traffic    | <i>n.</i> a phrase or slogan that expresses a guiding principle or goal  |
| 17. au_____ot function            | <i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft  |
| 18. jazz imp_____ion              | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation   |

ANSWERS: 8. autopilot, 9. confession, 10. lapse, 11. consciously, 12. confession, 13. consciously, 14. smartphone, 15. buzzword, 16. motto, 17. autopilot, 18. improvisation

19. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
20. sma\_\_\_\_\_ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
21. abs\_\_\_\_\_ded professor *adj.* preoccupied or forgetful, often to the point of being unaware of one's surroundings; forgetful or inattentive due to deep thought, distraction, or lack of focus
22. instant gra\_\_\_\_\_ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
23. abs\_\_\_\_\_ded mistake *adj.* preoccupied or forgetful, often to the point of being unaware of one's surroundings; forgetful or inattentive due to deep thought, distraction, or lack of focus
24. di\_\_\_\_\_ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
25. mar\_\_\_\_\_ow fluff *n.* a spongy confection made from sugar, corn syrup, and gelatin, often flavored with vanilla and molded into shapes or used as a topping or decoration for desserts
26. business bu\_\_\_\_\_rds *n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication

ANSWERS: 19. improvisation, 20. smartphone, 21. absent-minded, 22. gratification, 23. absent-minded, 24. distract, 25. marshmallow, 26. buzzword

ANSWERS:

## Session 3: Fill in the Blanks

1. The airplane was on \_\_\_\_\_ during the long flight.  
*n.* a system that automatically controls the operation of an aircraft or spacecraft
2. Please don't \_\_\_\_\_ me while I'm studying.  
*v.* to draw someone's attention away from what they are trying to do
3. The \_\_\_\_\_ employee frequently forgets to submit his reports on time.  
*adj.* preoccupied or forgetful, often to the point of being unaware of one's surroundings; forgetful or inattentive due to deep thought, distraction, or lack of focus
4. He \_\_\_\_\_ criticizes her in the publicity.  
*adv.* with awareness; in a deliberate manner
5. She roasted \_\_\_\_\_ over the campfire.  
*n.* a spongy confection made from sugar, corn syrup, and gelatin, often flavored with vanilla and molded into shapes or used as a topping or decoration for desserts
6. I missed the deadline due to a \_\_\_\_\_ in my memory.  
*n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended
7. Internet traffic volumes have increased significantly with the advent of \_\_\_\_\_.  
*n.* a mobile phone that functions as a computer and connects to the Internet

ANSWERS: 1. autopilot, 2. distract, 3. absent-minded, 4. consciously, 5. marshmallows, 6. lapse, 7. smartphones



8. The prisoner made a full \_\_\_\_\_ and admitted to his crime.
- n.* a formal statement in which one admits that they have done something wrong or illegal
9. The \_\_\_\_\_ of completing a difficult task is a great feeling.
- n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
10. Synergy has become such a \_\_\_\_\_ in the business world that it has lost its meaning.
- n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication
11. He created a beautiful piece of music using only \_\_\_\_\_.
- n.* the act of making something up on the spot or creating or performing something without preparation
12. The discovery of a critical bug caused the company to delay the \_\_\_\_\_ release.
- n.* (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
13. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal

ANSWERS: 8. confession, 9. gratification, 10. buzzword, 11. improvisation, 12. app's, 13. motto