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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

All Words

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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.

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**.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

conscious

adj. being aware of and able to respond to what is happening around you

synonym : aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

deliberate

adj. done with full consciousness of nature and effects rather than by accident

synonym : intentional, planned, careful

(1) the **deliberate** act of provocation, (2) **deliberate** attempt

Despite its advanced science and technology, the empire was **deliberate** about invasion.

wipe

v. to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

synonym : clean, brush, swab

(1) **Wipe** off dirt, (2) **wipe** with water

Please **wipe** your sweat with this towel.

cognitive

adj. of or relating to mental processes of understanding

synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

executive

n. a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

synonym : administrator, manager, director

(1) **executive** editor at the publishing house, (2) **executive** vice president

As the **executive** director of the non-profit, it's her responsibility to make sure they're meeting their mission

goals.

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**.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

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.

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.

achieve

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

synonym: accomplish, attain, reach

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

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

inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

synonym: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

impulse

n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

synonym: stimulation, provocation, urge

(1) a combative **impulse**, (2) profound religious **impulses**

Nerve **impulses** cross a synapse through the action of neurotransmitters.

accidentally

adv. by chance or without planning

synonym: by chance, unintentionally, unwittingly

(1) they met **accidentally**, (2) **accidentally** coincide

He was **accidentally** killed by friendly fire.

cereal

n. a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals

synonym: grain, oatmeal, breakfast food

(1) **cereal** grain, (2) cold **cereal**

I always start my morning with a bowl of **cereal**.

scroll

n. a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them

synonym: manuscript, document, parchment

(1) roll up a **scroll**, (2) **scroll** through a document

The house owner loved the large hanging **scroll** in the guest room.

suddenly

adv. quickly and unexpectedly

synonym : abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

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.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym : characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym : forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

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.

achievement

n. a thing that someone has accomplished, primarily through their effort and ability

synonym : accomplishment, attainment, triumph

(1) student **achievement**, (2) a remarkable **achievement**

This **achievement** has never been formally accepted.

jail

n. a facility where criminals are kept to be punished for their crimes; a prison

synonym : prison, slammer, penitentiary

(1) county **jail**, (2) be in **jail**

The police escorted the prisoner to the **jail**.

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.

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.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

lab

n. a workplace for the conduct of scientific research; a laboratory

synonym: workshop, laboratory, research chamber

(1) **lab** instrument, (2) medical **lab**

The Prime Minister will pay a courtesy visit to the Nobel laureate's **lab**.

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**.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event,

experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

intelligence

n. the ability to learn, comprehend, or make judgments or conclusions based on reasons

synonym: brains, brightness, cleverness

(1) an **intelligence** test, (2) field of artificial **intelligence**

In terms of **intelligence**, he was head and shoulders above his classmates.

broad

adj. very wide; general

synonym: wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind

He accumulated wealth across a **broad** spectrum of assets.

involve

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

synonym: implicate, include, engage

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

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

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

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.

dimension

n. a measurable extent of a particular kind, such as width, height, or length

synonym : extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**

Overall **dimensions** are approximately 400x200mm.

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.

excel

v. to be extremely good at or proficient in doing something

synonym : outdo, shine, surpass

(1) **excel** in description, (2) **excel** at communication

The company **excels** in customer service.

compelling

adj. arousing strong and irresistible interest, attention, or admiration

synonym : tempting, captivating, influential

(1) tell a **compelling** story, (2) new and **compelling** evidence

His **compelling** presentation deeply moved everyone.

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.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

multiply

v. to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

synonym: boost, amplify, reproduce

(1) **multiply** 5 and 6, (2) **multiply** about hundredfold

Multiply a number by itself twice.

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.

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.

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**.

execute

v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

synonym : direct, conduct, enforce

(1) **execute** a bold strategy, (2) **execute** a double play
The mafioso who collaborated with the police was **executed**.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls
One bad apple spoils the whole **bunch**.

classic

adj. judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

synonym : definitive, traditional, typical

(1) a **classic** experiment, (2) Chinese **classic** literature
He displayed the **classic** symptoms of depression.

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.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym : block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project
We **delayed** the payment because of an incorrect invoice.

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.

twist

v. to bend or turn something into a certain shape

synonym: wrench, turn, twirl

(1) **twist** around to the left, (2) **twist** a wet towel

He **twisted** pieces of rope out of straw.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

cam

n. a device or mechanism that converts rotary motion to linear motion or vice versa; a revolving cylinder with an irregular shape used in machinery to convert rotary motion into intermittent or reciprocating motion; an abbreviation for camera

synonym: camera, device, gadget

(1) security **cam**, (2) **cam** lever

The mechanic adjusted the **cam** mechanism to improve the engine's performance.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

prefer

v. to like, choose, or want one thing or person better than another

synonym: choose, like, favor

(1) **prefer** physics to chemistry, (2) **prefer** a window seat

The birds **prefer** open water areas with reeds around them.

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.

surrounding

adj. that is near or around, or closely encircling something

synonym: circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be invaded.

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**.

reward

n. a thing given in acknowledgment of service, hard work, achievement, etc.

synonym: compensation, gratuity, bonus

(1) the **reward** for good works, (2) shopping **rewards** cards

Night fishing has a lot of **rewards**.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

numerous

adj. amounting to a large indefinite number

synonym: many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand

These descriptions are based on a number of **numerous** assumptions.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

Session 2: Spelling

1. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
2. county j__l *n.* a facility where criminals are kept to be punished for their crimes; a prison
3. cold ce___l *n.* a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals
4. security c_m *n.* a device or mechanism that converts rotary motion to linear motion or vice versa; a revolving cylinder with an irregular shape used in machinery to convert rotary motion into intermittent or reciprocating motion; an abbreviation for camera
5. pr___r physics to chemistry *v.* to like, choose, or want one thing or person better than another
6. 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
7. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
8. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

ANSWERS: 1. cognitive, 2. jail, 3. cereal, 4. cam, 5. prefer, 6. lapse, 7. strategy, 8. relate

- | | |
|-----------------------------------|---|
| 9. a combative im_____e | <i>n.</i> a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber |
| 10. the re____d for good works | <i>n.</i> a thing given in acknowledgment of service, hard work, achievement, etc. |
| 11. mu_____ly 5 and 6 | <i>v.</i> to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity |
| 12. the most am_____g feeling | <i>adj.</i> extremely surprising, especially in a way that you like or admire |
| 13. am_____g advances | <i>adj.</i> extremely surprising, especially in a way that you like or admire |
| 14. a con_____on of faith | <i>n.</i> a formal statement in which one admits that they have done something wrong or illegal |
| 15. sur_____ng areas | <i>adj.</i> that is near or around, or closely encircling something |
| 16. pr_____t when she will arrive | <i>v.</i> to state beforehand that something will happen in the future, mainly based on knowledge or experience |
| 17. basic br__n function | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |
| 18. killer a_p | <i>n.</i> (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC |

ANSWERS: 9. impulse, 10. reward, 11. multiply, 12. amazing, 13. amazing, 14. confession, 15. surrounding, 16. predict, 17. brain, 18. app

19. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
20. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
21. a con_____on of guilt *n.* a formal statement in which one admits that they have done something wrong or illegal
22. a br__d mind *adj.* very wide; general
23. an_____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
24. Chinese cl_____c literature *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
25. de__y a flight three hours *v.* to cause something to happen at a later time than originally intended or expected
26. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
27. attract br__d attention *adj.* very wide; general
28. pr____r a window seat *v.* to like, choose, or want one thing or person better than another
29. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 19. context, 20. specific, 21. confession, 22. broad, 23. ancient, 24. classic, 25. delay, 26. delay, 27. broad, 28. prefer, 29. mathematics

30. industry-sp____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
31. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
32. 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
33. his conclusion was ob____s *adj.* easy to see, discover or understand
34. bu____rd bingo *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
35. pr____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
36. p__r group *n.* a person who has the same age, status, or ability
37. im____e a process *v.* to make or become better
38. p__r review *n.* a person who has the same age, status, or ability
39. medical l_b *n.* a workplace for the conduct of scientific research; a laboratory
40. ce__l grain *n.* a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals

ANSWERS: 30. specific, 31. stick, 32. struggle, 33. obvious, 34. buzzword, 35. predict, 36. peer, 37. improve, 38. peer, 39. lab, 40. cereal

41. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
42. la__e back into recession *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
43. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
44. field of artificial int_____nce *n.* the ability to learn, comprehend, or make judgments or conclusions based on reasons
45. tell a com_____ng story *adj.* arousing strong and irresistible interest, attention, or admiration
46. in_____t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
47. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
48. as nu_____us as the sand *adj.* amounting to a large indefinite number
49. nu_____us countries *adj.* amounting to a large indefinite number
50. mu_____ly about hundredfold *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

ANSWERS: 41. eventually, 42. lapse, 43. bunch, 44. intelligence, 45. compelling, 46. inhibit, 47. distract, 48. numerous, 49. numerous, 50. multiply

51. c_m lever *n.* a device or mechanism that converts rotary motion to linear motion or vice versa; a revolving cylinder with an irregular shape used in machinery to convert rotary motion into intermittent or reciprocating motion; an abbreviation for camera
52. profound religious im____es *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
53. military st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
54. new and com_____ng evidence *adj.* arousing strong and irresistible interest, attention, or admiration
55. control my em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
56. the mo__o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
57. im____e the test score *v.* to make or become better
58. ex_____ve vice president *n.* a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations
59. as__ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.

ANSWERS: 51. cam, 52. impulse, 53. strategy, 54. compelling, 55. emotion, 56. motto, 57. improve, 58. executive, 59. aspect

60. the crosswise di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
61. in_____t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
62. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
63. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
64. 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
65. the del_____te act of provocation *adj.* done with full consciousness of nature and effects rather than by accident
66. nontechnical as_____ts of the job *n.* one part or feature of a situation, problem, subject, etc.
67. 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
68. sc_____l through a document *n.* a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them

ANSWERS: 60. dimension, 61. inhibit, 62. context, 63. involve, 64. buzzword, 65. deliberate, 66. aspect, 67. struggle, 68. scroll

69. a cl_____c experiment *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
70. aesthetic gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
71. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
72. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
73. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
74. 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
75. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
76. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
77. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 69. classic, 70. gratification, 71. decision, 72. improvisation, 73. consciously, 74. absent-minded, 75. achieve, 76. emotion, 77. involve

78. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
79. 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
80. instant gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
81. act con_____ly *adv.* with awareness; in a deliberate manner
82. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
83. del_____te attempt *adj.* done with full consciousness of nature and effects rather than by accident
84. ex__l at communication *v.* to be extremely good at or proficient in doing something
85. be in j__l *n.* a facility where criminals are kept to be punished for their crimes; a prison
86. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
87. improve co_____ve function *adj.* of or relating to mental processes of understanding
88. ex_____ve editor at the publishing house *n.* a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

ANSWERS: 78. stick, 79. app, 80. gratification, 81. consciously, 82. opposition, 83. deliberate, 84. excel, 85. jail, 86. distract, 87. cognitive, 88. executive

89. 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
90. they met acc_____lly *adv.* by chance or without planning
91. a remarkable ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
92. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
93. an ac_____ic discussion *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
94. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
95. new di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
96. sma_____ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
97. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
98. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 89. function, 90. accidentally, 91. achievement, 92. bunch, 93. academic, 94. improvisation, 95. dimension, 96. smartphone, 97. smartphone, 98. eventually

99. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
100. a fence sur_____ng a castle *adj.* that is near or around, or closely encircling something
101. ex_____e a double play *v.* to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
102. 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
103. W__e off dirt *v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
104. die su_____ly *adv.* quickly and unexpectedly
105. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
106. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
107. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
108. aircraft au_____ot *n.* a system that automatically controls the operation of an aircraft or spacecraft

ANSWERS: 99. brain, 100. surrounding, 101. execute, 102. absent-minded, 103. wipe, 104. suddenly, 105. relate, 106. influence, 107. influence, 108. autopilot

109. shopping re___ds cards	<i>n.</i> a thing given in acknowledgment of service, hard work, achievement, etc.
110. cognitive com_____ty	<i>n.</i> the state or quality of being complicated or intricate and difficult to understand
111. ex_____e a bold strategy	<i>v.</i> to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
112. tw__t a wet towel	<i>v.</i> to bend or turn something into a certain shape
113. co_____us effort	<i>adj.</i> being aware of and able to respond to what is happening around you
114. tw__t around to the left	<i>v.</i> to bend or turn something into a certain shape
115. ex__l in description	<i>v.</i> to be extremely good at or proficient in doing something
116. student ach_____nt	<i>n.</i> a thing that someone has accomplished, primarily through their effort and ability
117. pre-Christian an_____t	<i>adj.</i> relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
118. ac_____ic probation	<i>adj.</i> associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
119. w__e with water	<i>v.</i> to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
120. a selfish de_____on	<i>n.</i> the act or process of making up someone's mind about something; a choice or judgment reached after considering options

ANSWERS: 109. reward, 110. complexity, 111. execute, 112. twist, 113. conscious, 114. twist, 115. excel, 116. achievement, 117. ancient, 118. academic, 119. wipe, 120. decision

121. co_____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
122. au_____ot function *n.* a system that automatically controls the operation of an aircraft or spacecraft
123. roll up a sc____l *n.* a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them
124. company mo__o *n.* a phrase or slogan that expresses a guiding principle or goal
125. ob_____s reasons *adj.* easy to see, discover or understand
126. su_____ly attacked by an enemy *adv.* quickly and unexpectedly
127. 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
128. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
129. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
130. l_b instrument *n.* a workplace for the conduct of scientific research; a laboratory
131. 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

ANSWERS: 121. conscious, 122. autopilot, 123. scroll, 124. motto, 125. obvious, 126. suddenly, 127. marshmallow, 128. achieve, 129. mathematics, 130. lab, 131. marshmallow

132. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
133. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
134. an int_____nce test *n.* the ability to learn, comprehend, or make judgments or conclusions based on reasons
135. acc_____lly coincide *adv.* by chance or without planning
136. 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: 132. complexity, 133. opposition, 134. intelligence, 135. accidentally, 136. function

Session 3: Fill in the Blanks

1. 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

2. 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

3. His professional experience includes all _____ of media production.
 - n.* one part or feature of a situation, problem, subject, etc.

4. Night fishing has a lot of _____.
 - n.* a thing given in acknowledgment of service, hard work, achievement, etc.

5. 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

6. Please _____ your sweat with this towel.
 - v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

7. Nerve _____ cross a synapse through the action of neurotransmitters.
 - n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

ANSWERS: 1. struggle, 2. app's, 3. aspects, 4. rewards, 5. buzzword, 6. wipe, 7. impulses

8. His _____ faculties were getting worse because of a lack of sleep.

adj. of or relating to mental processes of understanding

9. This _____ has never been formally accepted.

n. a thing that someone has accomplished, primarily through their effort and ability

10. 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

11. You _____ a bill in the change machine, and the coins pop out.

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

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

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

13. He has a flair for _____.

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

14. 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

15. 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

ANSWERS: 8. cognitive, 9. achievement, 10. marshmallows, 11. stick, 12. achieve, 13. mathematics, 14. confession, 15. influence

16. These descriptions are based on a number of _____ assumptions.

adj. amounting to a large indefinite number

17. He became _____ that he was being followed.

adj. being aware of and able to respond to what is happening around you

18. He _____ criticizes her in the publicity.

adv. with awareness; in a deliberate manner

19. 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

20. Among young people, _____ pressure can be pretty influential.

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

21. He was _____ killed by friendly fire.

adv. by chance or without planning

22. Excessive parental interference may _____ children's eagerness to learn.

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

23. He _____ pieces of rope out of straw.

v. to bend or turn something into a certain shape

24. It's important to understand the _____ of a situation before making a decision.

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

ANSWERS: 16. numerous, 17. conscious, 18. consciously, 19. brain, 20. peer, 21. accidentally, 22. inhibit, 23. twisted, 24. context

25. The company _____ in customer service.

v. to be extremely good at or proficient in doing something

26. The birds _____ open water areas with reeds around them.

v. to like, choose, or want one thing or person better than another

27. His _____ presentation deeply moved everyone.

adj. arousing strong and irresistible interest, attention, or admiration

28. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

29. In terms of _____ he was head and shoulders above his classmates.

n. the ability to learn, comprehend, or make judgments or conclusions based on reasons

30. 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

31. He displayed the _____ symptoms of depression.

adj. judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

32. The _____ party strongly disagreed with the government's proposed legislation.

n. the act of disagreeing or resisting; the state of strong disagreement

ANSWERS: 25. excels, 26. prefer, 27. compelling, 28. specific, 29. intelligence, 30. improvisation, 31. classic, 32. opposition

33. The police escorted the prisoner to the _____.
n. a facility where criminals are kept to be punished for their crimes; a prison
34. Internet traffic volumes have increased significantly with the advent of _____.
n. a mobile phone that functions as a computer and connects to the Internet
35. She was struggling to make a _____ between two job offers.
n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options
36. It's notoriously challenging to _____ birth rates.
v. to state beforehand that something will happen in the future, mainly based on knowledge or experience
37. The mechanic adjusted the ____ mechanism to improve the engine's performance.
n. a device or mechanism that converts rotary motion to linear motion or vice versa; a revolving cylinder with an irregular shape used in machinery to convert rotary motion into intermittent or reciprocating motion; an abbreviation for camera
38. Who answers _____ knows little.
adv. quickly and unexpectedly
39. The mafioso who collaborated with the police was _____.
v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
40. He tried to _____ his experience to the group, but they couldn't understand.
v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

ANSWERS: 33. jail, 34. smartphones, 35. decision, 36. predict, 37. cam, 38. suddenly, 39. executed, 40. relate

41. 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
42. The airplane was on _____ during the long flight.
- n.* a system that automatically controls the operation of an aircraft or spacecraft
43. They have been living near water since _____ times.
- adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
44. Please don't _____ me while I'm studying.
- v.* to draw someone's attention away from what they are trying to do
45. We _____ the payment because of an incorrect invoice.
- v.* to cause something to happen at a later time than originally intended or expected
46. The Prime Minister will pay a courtesy visit to the Nobel laureate's _____.
- n.* a workplace for the conduct of scientific research; a laboratory
47. Despite its advanced science and technology, the empire was _____ about invasion.
- adj.* done with full consciousness of nature and effects rather than by accident
48. He accumulated wealth across a _____ spectrum of assets.
- adj.* very wide; general

ANSWERS: 41. function, 42. autopilot, 43. ancient, 44. distract, 45. delayed, 46. lab, 47. deliberate, 48. broad

49. 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
50. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand
51. The _____ mountains make the city difficult to be invaded.
adj. that is near or around, or closely encircling something
52. One bad apple spoils the whole _____.
n. a grouping of several similar things which are growing or fastened together
53. An excellent historian must possess an _____ mentality.
adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
54. 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
55. The house owner loved the large hanging _____ in the guest room.
n. a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them
56. 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

ANSWERS: 49. emotions, 50. obvious, 51. surrounding, 52. bunch, 53. academic, 54. lapse, 55. scroll, 56. absent-minded

57. The golfer recorded an _____ distance.

adj. extremely surprising, especially in a way that you like or admire

58. Overall _____ are approximately 400x200mm.

n. a measurable extent of a particular kind, such as width, height, or length

59. The investigation _____ several government agencies and is expected to take several months.

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

60. _____ a number by itself twice.

v. to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

61. Our plan includes a comprehensive marketing _____.

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

62. 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

63. I always start my morning with a bowl of _____.

n. a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals

64. 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

ANSWERS: 57. amazing, 58. dimensions, 59. involves, 60. Multiply, 61. strategy, 62. motto, 63. cereal, 64. gratification

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

v. to make or become better

66. As the _____ director of the non-profit, it's her responsibility to make sure they're meeting their mission goals.

n. a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

67. The project's _____ made it difficult for the team to complete it on time.

n. the state or quality of being complicated or intricate and difficult to understand

68. The corporation _____ dominated the entire tobacco business.

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 65. improve, 66. executive, 67. complexity, 68. eventually