

# Englist.me



## Vocabulary Builder Reference from...

Noa Kageyama and Pen-Pen Chen: How to stay calm under pressure | TED Talk

[https://www.ted.com/talks/noa\\_kageyama\\_and\\_pen\\_pen\\_chen\\_how\\_to\\_stay\\_calm\\_under\\_pressure](https://www.ted.com/talks/noa_kageyama_and_pen_pen_chen_how_to_stay_calm_under_pressure)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### victorious

*adj.* being the winner in a game, competition, election, war, etc.

*synonym* : triumphant, winning

(1) the **victorious** entry, (2) the **victorious** army

The **victorious** troops marched back to their homeland.

### choke

*v.* to prevent or obstruct the normal breathing or swallowing of someone or something

*synonym* : strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

### haunt

*v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

*synonym* : stalk, spook, obsess

(1) **haunt** memories, (2) **haunt** my conscience

The crowd's boos and jeers continued to **haunt** the performer long after the show ended.

### 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.

## preoccupied

*adj.* having one's thoughts or attention absorbed by something; busy

*synonym*: absorbed, engrossed, occupied

(1) **preoccupied** idea, (2) **preoccupied** with other things

He was **preoccupied** with work and didn't notice me.

## instruct

*v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

*synonym*: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

## subconsciously

*adv.* in a way that is not fully conscious or aware of

*synonym*: unconsciously, without thinking

(1) **subconsciously** influenced, (2) controlled

**subconsciously**

He **subconsciously** picked at his cuticles while he was on the phone.

## dart

*n.* a small narrow pointed object, sometimes with feathers to help it fly, that is thrown or shot; (verb) to move along rapidly and lightly

*synonym*: arrow, (verb) dash

(1) blow **dart**, (2) **dart** here and there

A poison **dart** hit him.

## secondly

*adv.* used to introduce the second point or item in a list or series of statements, considerations, etc.

*synonym*: in the second place, next, subsequently

(1) **secondly** connected, (2) **secondly**, it is important

Firstly, we will discuss the budget; **secondly**, we will go over

the schedule.

## extol

*v.* to praise or laud highly; to exalt or elevate someone or something by highlighting their positive qualities or attributes

*synonym* : praise, admire, acclaim

(1) **extol** the beauty, (2) **extol** the benefits

The teacher **extolled** the virtues of hard work and dedication to her students.

## rhythmic

*adj.* having a pattern of regular beats or a regular beat; characterized by rhythm

*synonym* : measured, metrical, cadenced

(1) a **rhythmic** stroking, (2) in a **rhythmic** pace

The **rhythmic** sound of the drums was mesmerizing.

## polo

*n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets

(1) **polo** shirt, (2) **polo** championship

I watched a thrilling **polo** match at the club over the weekend.

## rev

*n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

*synonym* : revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

## Session 2: Spelling

1. in\_\_\_\_ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
2. se\_\_\_\_ly connected *adv.* used to introduce the second point or item in a list or series of statements, considerations, etc.
3. di\_\_\_\_ct public opinion *v.* to draw someone's attention away from what they are trying to do
4. low-r\_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
5. the vic\_\_\_\_us entry *adj.* being the winner in a game, competition, election, war, etc.
6. d\_\_t here and there *n.* a small narrow pointed object, sometimes with feathers to help it fly, that is thrown or shot; (verb) to move along rapidly and lightly
7. ex\_\_l the beauty *v.* to praise or laud highly; to exalt or elevate someone or something by highlighting their positive qualities or attributes
8. p\_\_o championship *n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
9. in\_\_\_\_ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

ANSWERS: 1. instruct, 2. secondly, 3. distract, 4. rev, 5. victorious, 6. dart, 7. extol, 8. polo, 9. instruct



20. r\_v up the crowd      *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
21. p\_\_o shirt      *n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
22. ha\_\_t my conscience      *v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
23. in a rh\_\_\_\_ic pace      *adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
24. di\_\_\_\_ct attention from the real issue      *v.* to draw someone's attention away from what they are trying to do
25. a rh\_\_\_\_ic stroking      *adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
26. sub\_\_\_\_\_sly influenced      *adv.* in a way that is not fully conscious or aware of

ANSWERS: 20. rev, 21. polo, 22. haunt, 23. rhythmic, 24. distract, 25. rhythmic, 26. subconsciously

## Session 3: Fill in the Blanks

1. He was \_\_\_\_\_ with work and didn't notice me.

*adj.* having one's thoughts or attention absorbed by something; busy

2. I watched a thrilling \_\_\_\_\_ match at the club over the weekend.

*n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets

3. The facility manager \_\_\_\_\_ the security guards to be on high alert.

*v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

4. The crowd's boos and jeers continued to \_\_\_\_\_ the performer long after the show ended.

*v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

5. Please don't \_\_\_\_\_ me while I'm studying.

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

6. He stepped on the gas pedal, and the engine released a loud \_\_\_\_\_.

*n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

7. The \_\_\_\_\_ troops marched back to their homeland.

*adj.* being the winner in a game, competition, election, war, etc.

ANSWERS: 1. preoccupied, 2. polo, 3. instructed, 4. haunt, 5. distract, 6. rev, 7. victorious

8. The teacher \_\_\_\_\_ the virtues of hard work and dedication to her students.  
*v.* to praise or laud highly; to exalt or elevate someone or something by highlighting their positive qualities or attributes
9. The \_\_\_\_\_ sound of the drums was mesmerizing.  
*adj.* having a pattern of regular beats or a regular beat; characterized by rhythm
10. A poison \_\_\_\_\_ hit him.  
*n.* a small narrow pointed object, sometimes with feathers to help it fly, that is thrown or shot; (verb) to move along rapidly and lightly
11. He \_\_\_\_\_ picked at his cuticles while he was on the phone.  
*adv.* in a way that is not fully conscious or aware of
12. Firstly, we will discuss the budget; \_\_\_\_\_ we will go over the schedule.  
*adv.* used to introduce the second point or item in a list or series of statements, considerations, etc.
13. The baby started to \_\_\_\_\_ on a piece of apple.  
*v.* to prevent or obstruct the normal breathing or swallowing of someone or something

ANSWERS: 8. extolled, 9. rhythmic, 10. dart, 11. subconsciously, 12. secondly, 13. choke