# **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



## **All Words**

#### **IMPORTANT**

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## **Session 1: Word List**

athlete

*n*. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes** His dream is to become an Olympic **athlete**.

victorious

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

synonym: triumphant, winning

the victorious entry, (2) the victorious army
 the victorious troops marched back to their homeland.

breath

the air that is taken into and expelled from your lungs;
 the process of taking into and expelling air from your lungs

*synonym*: air, puff, whiff

(1) hold your breath, (2) breath of windHe bated his breath when talking about this affair.

crucial

adj. extremely vital or necessary

synonym: essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the

## country's growth.

## competitor

 a person who participates in a sporting contest; a person or organization that competes with others, particularly in business

*synonym*: opponent, contender, contestant

(1) beat **competitor** offer, (2) domestic **competitor** The gap between the company and its **competitors** has widened.

## phenomenon

 something that exists and can be perceptible, especially one that is not fully understood

synonym: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon** A rainbow is a natural **phenomenon**.

#### 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.

#### intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching That statement by the prime minister drew **intense** international criticism.

## anxiety

 a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge She waited for her daughter with **anxiety**.

#### 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.

#### contest

 a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals

synonym: battle, competition, match

(1) a speech contest, (2) a close contest

There was a vast **contest** between the two tribes.

#### intuitive

*adj.* obtained through feelings rather than facts or proof *synonym*: involuntary, instinctive, innate

(1) intuitive eating, (2) intuitive judgment

I had an **intuitive** feeling that I might be pregnant.

#### blame

- v. to think or say that someone or something did something wrong or is responsible for something badsynonym: condemn, rebuke, find fault with
- (1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

#### nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous** He suffers from **nervous** breakdowns.

#### undermine

v. to make someone or something less powerful, less effective, weaker gradually; to make someone's fame, confidence, or authority less effective or weaker gradually

synonym: damage, subvert, weaken

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(1) **undermine** a good relationship, (2) **undermine** their adversary's reputation

They tried to **undermine** her position by slandering her.

## primarily

adv. mainly

synonym: largely, mainly, mostly

(1) intended **primarily** for young people, (2) **primarily** affect adults

All peaceful cooperation is based **primarily** on mutual trust.

#### distract

 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.

#### suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) suffer a setback, (2) suffer bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

## 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.

doubt

 a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news **Doubt** is the start, not the end, of intelligence.

#### relevance

 the state or degree of being closely connected or appropriate to the matter at hand

*synonym*: pertinence, applicability, connection

(1) have no **relevance**, (2) **relevance** category

The **relevance** of this information to the current situation needs to be investigated.

#### irrelevant

adj. not connected with or related to something and therefore not important

synonym: unrelated, immaterial, extrinsic

(1) an **irrelevant** thought, (2) do something **irrelevant** They removed **irrelevant** content from the slides.

## compete

 to strive to achieve more success than someone or something

synonym: contend, contest, vie

(1) **compete** against a friend, (2) **compete** fiercely You must **compete** with others to obtain this position.

brain

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

*synonym*: intellect, mind, encephalon

basic brain function, (2) permanent brain damage
 rays revealed a small tumor in his brain.

## process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**The **process** for applying for a visa can be lengthy and complicated.

scratch

 to cut or damage the surface of something or the skin with a sharp or pointed object synonym: claw, rub, scrape

(1) **scratch** off a name, (2) **scratch** my signature Don't **scratch** your mosquito bites.

## temporarily

*adv.* for a limited time only or not permanently *synonym*: for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

## grocery

- n. a shop that sells food and other household itemssynonym: foodstuff, market
- (1) the grocery business, (2) run a groceryI will go to the grocery store to buy food for dinner.

#### vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body Infants and pregnant women are particularly **vulnerable**.

#### 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.

## 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.

#### intensive

adj. involving a lot of work or activity in a short time synonym: thorough, comprehensive, in-depth

(1) **intensive** agriculture, (2) **intensive** care

The construction industry is labor **intensive**, although it has been somewhat automated by introducing large machinery.

#### stake

 a share or financial investment in something such as a business; a wooden or metal post set up to mark something

*synonym*: share, interest, post

(1) execution by burning at a **stake**, (2) buy the company's **stake** 

The **stake** of the company is too high nowadays.

#### calm

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

synonym: quiet, peaceful, tranquility

(1) calm sea, (2) calm manner

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

## explicit

adj. stated clearly and in detail, leaving no room for confusion or doubt

synonym: clear, unambiguous, unequivocal

(1) explicit content, (2) explicit instructions

The movie had an **explicit** sex scene that some viewers might find offensive.

#### monitor

v. to observe, check, and track the progress or quality of something over a period of time

synonym: proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully They used a special receiver to **monitor** police radio channels.

## analyze

 to think about in-depth and evaluate to discover essential features or meaning

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synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

## logic

 a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments

synonym: reasoning, reason, ratiocination

(1) an indisputable **logic**, (2) a demonstration in **logic** There's no **logic** in his description.

#### automatic

adj. able to work or operate with little or no direct human control; independent of external control

synonym: mechanical, robotic, intuitive

(1) **automatic** operation, (2) the **automatic** shrinking of the pupils

In passenger aircraft, it is common to use an **automatic** pilot during cruising.

## precise

adj. sharply exact or accurate or delimited

synonym: accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs. The content is **precise** and informative for me.

#### mechanics

 n. the branch of physics that deals with the study of motion, forces, and energy; (mechanic) someone whose occupation is repairing and maintaining automobiles

synonym: kinematics, dynamics

(1) **mechanics** equation, (2) **mechanics** of the game He studied **mechanics** in college and now works as an engineer.

#### interfere

v. to get involved in and prevent a process or activity from continuing

*synonym*: interpose, interrupt, hamper

(1) **interfere** in another country's affairs, (2) **interfere** with DNA synthesis

Your talking **interferes** with my work.

#### unconscious

adj. in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

synonym: comatose, paralyzed, senseless

(1) **unconscious** bias, (2) a person who is **unconscious** I know his **unconscious** habit that he touches his face when he lies.

## competitive

*adj.* involving competition or competitiveness *synonym*: aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position The mobile application industry is a **competitive** one.

#### 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.

#### accurate

adj. correct and exact in all detailssynonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains accurate academic records.

#### prime

adj. main or most important; basic

synonym: excellent, exceptional, premium

(1) **prime** number, (2) deputy **prime** minister

After a thorough investigation, she has been named as the **prime** suspect.

#### acute

adj. extremely sharp or severe synonym: sharp, perceptive, keen

(1) acute pain, (2) acute triangle

The patient died from **acute** alcohol intoxication.

#### stroke

 a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym: blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

## 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.

## suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly** Who answers **suddenly** knows little.

#### tune

 a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

synonym: melody, harmony, (verb) adjust

(1) the **tune** of a song, (2) **tune** a piano

The band played a beautiful **tune** on their instruments.

#### inevitable

*adj.* certain to happen and unavoidable *synonym*: inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result In times of recession, an increase in unemployment is

#### inevitable.

### susceptible

adj. easily influenced, harmed, or affected by something synonym: exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof Well-stretched muscles are less **susceptible** to injury.

#### 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.

#### anxious

adj. worried and nervous

*synonym*: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look He cast **anxious** glances behind her.

## judge

 a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym: arbiter, justice, (verb) deduce

judge a competition, (2) an associate judge
 The strict judge ruled in favor of the plaintiff in the case.

## negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number The movie has received almost universally **negative** criticism.

#### dart

 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.

#### accustomed

- adj. familiar with; used to; in the habit of; having become habituated to something, often a behavior or situationsynonym: familiar, customary, habitual
- (1) **accustomed** routine, (2) **accustomed** to complaints I am **accustomed** to waking up early for work.

## 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

- 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.

#### virtue

- n. high moral standards in behavior or attitudessynonym: integrity, probity, goodness
- (1) **virtue** of frugality, (2) acquire a **virtue**She had many good **virtues** and few faults.

#### routine

- a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
- synonym: habit, custom, procedure
- (1) **routine** business, (2) a built-in diagnostic **routine** She studies gardening on a **routine** basis.

#### cue

 a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something synonym: signal, sign, hint

(1) cue card, (2) visual cue

The director gave the actor a **cue** to begin the scene.

## 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.

## sequence

 a series of related events, actions, numbers, etc., which have a particular order

synonym: arrangement, succession, series

(1) the **sequence** of the seasons, (2) the DNA **sequence** We do move forward with those tasks in **sequence** next week.

#### movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

polo

- 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.

#### ritual

any customary observance or practice; any prescribed procedure for conducting religious ceremonies

synonym: tradition, ceremony, routine

(1) a ritual dance, (2) morning ritual

The woman of the house does the holy **ritual** of lighting two

candles.

#### consistent

*adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.

*synonym*: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results You are not **consistent** in your behavior.

#### external

adj. belonging to or situated outside of someone or something

*synonym*: outside, exterior, foreign

(1) external factors, (2) external commerce

When a company discloses information to the market, an **external** auditor verifies them.

#### ultimate

adj. furthest or highest in degree or order synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury Management must take **ultimate** responsibility for the accident.

#### internal

adj. of or relating to the inside of somethingsynonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

rev

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**.

## chip

- n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat synonym: flake, fragment, chunk
- (1) a **chip** of wood, (2) I don't care a **chip**We can use this campaign as a bargaining **chip** in the negotiations.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad It is a basic instinct to **flee** from a dangerous situation.

modify

 to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

synonym: adjust, alter, revise

(1) genetically **modify** food, (2) **modify** my behavior We use adverbs to **modify** verbs and adjectives.

glorious

- adj. having or deserving great admiration, praise, and honor;having great beauty and splendorsynonym: exquisite, magnificent, majestic
- (1) a **glorious** victory, (2) photo in **glorious** color I choose a **glorious** death rather than a shameful life.

sight

n. the ability to see; anything that is seen

synonym: vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**Many famous **sights** are within walking distance.

## **Session 2: Spelling**

1. au\_\_\_\_ic operation

2. in a rh\_\_\_\_ic pace

3. in\_\_\_ct a student

4. a cr\_\_\_l issue for women

5. the au\_\_\_\_ic shrinking of the pupils

6. get ne\_\_\_s

7. get con\_\_\_\_nt results

8. se\_\_\_\_ly, it is important

9. in al organs

10. t\_\_e a piano

adj. able to work or operate with little or no direct human control; independent of external control

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

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

adj. extremely vital or necessary

adj. able to work or operate with little or no direct human control; independent of external control

adj. worried and anxious about something; relating to the nerves

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

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

adj. of or relating to the inside of something

 a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

ANSWERS: 1. automatic, 2. rhythmic, 3. instruct, 4. crucial, 5. automatic, 6. nervous, 7. consistent, 8. secondly, 9. internal, 10. tune

ANSWERS: 11. choke, 12. instruct, 13. explicit, 14. complexity, 15. negative, 16. competitive, 17. undermine, 18. process, 19. intense

20.	natural pheon	n.	something that exists and can be perceptible, especially one that is not fully understood
21.	the inal economy	adj.	of or relating to the inside of something
22.	ane your real motives	<i>v</i> .	to think about in-depth and evaluate to discover essential features or meaning
23.	coe against a friend	<i>v</i> .	to strive to achieve more success than someone or something
24.	beat comor offer	n.	a person who participates in a sporting contest; a person or organization that competes with others, particularly in business
25.	inre with DNA synthesis	<i>v</i> .	to get involved in and prevent a process or activity from continuing
26.	hold your brh	n.	the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
27.	the vicus army	adj.	being the winner in a game, competition, election, war, etc.
28.	morning riI	n.	any customary observance or practice; any prescribed procedure for conducting religious ceremonies
29.	mor an exam	<i>v</i> .	to observe, check, and track the progress or quality of something over a period of time
30.	die suly	adv.	quickly and unexpectedly
31.	a cp of wood	n.	a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

ANSWERS: 20. phenomenon, 21. internal, 22. analyze, 23. compete, 24. competitor, 25. interfere, 26. breath, 27. victorious, 28. ritual, 29. monitor, 30. suddenly, 31. chip

32. co\_\_\_\_us of having succeeded adj. being aware of and able to respond to what is happening around you 33. ex al commerce adj. belonging to or situated outside of someone or something 34. ac e triangle adj. extremely sharp or severe 35. ex I the benefits to praise or laud highly; to exalt or elevate someone or something by highlighting their positive qualities or attributes 36. mat\_\_\_\_cs competition the science dealing with the logic of n. quantities, shapes, spaces, and arrangement 37. br\_\_\_h of wind the air that is taken into and expelled n. from your lungs; the process of taking into and expelling air from your lungs 38. di ct public opinion to draw someone's attention away from what they are trying to do 39. acc\_\_\_\_ed routine adj. familiar with; used to; in the habit of; having become habituated to something, often a behavior or situation 40. co\_\_\_e fiercely to strive to achieve more success than someone or something the organ inside the head that is 41. permanent br\_n damage n. responsible for one's movement, thought, memory, and feeling

ANSWERS: 32. conscious, 33. external, 34. acute, 35. extol, 36. mathematics, 37. breath, 38. distract, 39. accustomed, 40. compete, 41. brain, 42. brain

the organ inside the head that is responsible for one's movement,

thought, memory, and feeling

42. basic br n function

43.	intended prly for young people	adv.	mainly
44.	a vulle bridge	adj.	capable of being hurt or influenced physically or mentally
45.	cognitive comty	n.	the state or quality of being complicated or intricate and difficult to understand
46.	hat memories	<i>v</i> .	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
47.	a riI dance	n.	any customary observance or practice; any prescribed procedure for conducting religious ceremonies
48.	an irrnt thought	adj.	not connected with or related to something and therefore not important
49.	cous effort	adj.	being aware of and able to respond to what is happening around you
50.	mecs equation	n.	the branch of physics that deals with the study of motion, forces, and energy; (mechanic) someone whose occupation is repairing and maintaining automobiles
51.	a ste of the putter	n.	a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
52.	roe business	n.	a usual or habitual way of doing things; a set sequence of steps, part of a larger

ANSWERS: 43. primarily, 44. vulnerable, 45. complexity, 46. haunt, 47. ritual, 48. irrelevant, 49. conscious, 50. mechanics, 51. stroke, 52. routine

computer program

sometimes with feathers to help it fly, that is thrown or shot; (verb) to move

along rapidly and lightly

63. ine le changes of the seasons

adj. certain to happen and unavoidable

64. pre\_\_\_\_ed with other things

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

ANSWERS: 53. primarily, 54. intense, 55. scratch, 56. stroke, 57. calm, 58. competitor, 59. mathematics, 60. calm, 61. accurate, 62. dart, 63. inevitable, 64. preoccupied

74. the gr\_\_\_y business a shop that sells food and other n. household items to experience pain, distress, or 75. su ra setback hardship; to undergo or endure something painful or unpleasant 76. sus\_\_\_\_le of proof adj. easily influenced, harmed, or affected by something 77. bl e circumstances for the failure to think or say that someone or ν. something did something wrong or is responsible for something bad adj. familiar with; used to; in the habit of; 78. acc\_\_\_\_ed to complaints having become habituated to something, often a behavior or situation 79. a rh\_\_\_\_ic stroking adj. having a pattern of regular beats or a regular beat; characterized by rhythm adj. worried and anxious about something; 80. development of the ne\_\_\_s system relating to the nerves 81. mo y my behavior to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose 82. ha t my conscience 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 a signal, gesture, or action that provides 83. c\_e card information or direction for someone else to act or respond; a reminder or

ANSWERS: 74. grocery, 75. suffer, 76. susceptible, 77. blame, 78. accustomed, 79. rhythmic, 80. nervous, 81. modify, 82. haunt, 83. cue

prompt for someone to do something

a sport played on horseback in which 84. p o shirt n. two teams try to hit a ball through a goal using long-handled mallets to prevent or obstruct the normal 85. ch e with anger ν. breathing or swallowing of someone or something a measure of the rate at which an 86. r v up the crowd n. engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute 87. ex\_\_\_al factors adj. belonging to or situated outside of someone or something 88. controlled sub sly adv. in a way that is not fully conscious or aware of a small narrow pointed object, 89. blow d\_\_t sometimes with feathers to help it fly, that is thrown or shot; (verb) to move along rapidly and lightly a feeling of worry, nervousness, or 90. an y for knowledge n. unease about something that is happening or might happen in the future 91. pre\_\_\_\_ed idea adj. having one's thoughts or attention absorbed by something; busy a feeling of being uncertain about 92. no do\_t about the news something, especially about how good

ANSWERS: 84. polo, 85. choke, 86. rev, 87. external, 88. subconsciously, 89. dart, 90. anxiety, 91. preoccupied, 92. doubt, 93. modify

93. genetically mo y food

or accurate it is

purpose

to change something slightly, such as a

plan, option, law, etc., especially to make it more suitable for a particular

94. an unexpected sit	n.	the ability to see; anything that is seen
95. ane a chemical compound	<i>v</i> .	to think about in-depth and evaluate to discover essential features or meaning
96. inve judgment	adj.	obtained through feelings rather than facts or proof
97. diagnosis of any disorder	n.	a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
98. po championship	n.	a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
99. inele result	adj.	certain to happen and unavoidable
100. dict attention from the real issue	<i>v</i> .	to draw someone's attention away from what they are trying to do
101. fe their homes	v.	to leave by running away, especially out of fear or danger
102. mor the data carefully	v.	to observe, check, and track the progress or quality of something over a period of time
103. the ulte goal in life	adj.	furthest or highest in degree or order
104. acte measurements	adj.	correct and exact in all details
105. an ans look	adj.	worried and nervous
106. decision-making prs	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other

ANSWERS: 94. sight, 95. analyze, 96. intuitive, 97. anxiety, 98. polo, 99. inevitable, 100. distract, 101. flee, 102. monitor, 103. ultimate, 104. accurate, 105. anxious, 106. process

dairy products

107. high school at es a person who competes in one or more n. sports that involve physical strength, speed, or endurance adj. having the quality of something bad or 108. have a ne\_\_\_\_ve effect harmful; expressing refusal 109. mo\_\_\_\_nt of troops a group of people working together to n. achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively 110. estimate pr\_\_\_e costs adj. sharply exact or accurate or delimited to think or say that someone or 111. bl e the lack of knowledge something did something wrong or is responsible for something bad 112. the ul\_\_\_\_te luxury adj. furthest or highest in degree or order 113. photo in gl\_\_\_us color adj. having or deserving great admiration, praise, and honor; having great beauty and splendor 114. sc\_\_\_h off a name to cut or damage the surface of ν. something or the skin with a sharp or pointed object adj. main or most important; basic 115. pr\_\_e number 116. dispel do ts a feeling of being uncertain about something, especially about how good or accurate it is a small fragment of something broken 117. I don't care a c\_\_p n. off from the whole; a long and thin piece of potato fried in oil or fat

ANSWERS: 107. athlete, 108. negative, 109. movement, 110. precise, 111. blame, 112. ultimate, 113. glorious, 114. scratch, 115. prime, 116. doubt, 117. chip

118. a gl us victory adj. having or deserving great admiration, praise, and honor; having great beauty and splendor 119. the se\_\_\_\_ce of the seasons a series of related events, actions, n. numbers, etc., which have a particular order a musical composition or set of musical 120. the t e of a song n. notes that are played or sung; (verb) to adjust or set something to a specific condition or standard 121. a sus\_\_\_\_\_le young woman adj. easily influenced, harmed, or affected by something a group of people working together to 122. a circular mo\_\_\_\_nt n. achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively a person who makes decisions in a 123. ju e a competition n. court of law; (verb) to determine the result of or form a critical opinion of something 124. un\_\_\_\_ne their adversary's to make someone or something less ν. powerful, less effective, weaker reputation gradually; to make someone's fame, confidence, or authority less effective or weaker gradually 125. in\_\_\_\_re in another country's to get involved in and prevent a process or activity from continuing affairs

ANSWERS: 118. glorious, 119. sequence, 120. tune, 121. susceptible, 122. movement, 123. judge, 124. undermine, 125. interfere, 126. flee

126. f e abroad

ν.

of fear or danger

to leave by running away, especially out

127. crI information	adj.	extremely vital or necessary
128. a demonstration in loc	n.	a way of thinking or reasoning conducted or evaluated by strict validity principles; the study of correct reasoning or good arguments
129. inve agriculture	adj.	involving a lot of work or activity in a short time
130. a close cot	n.	a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals
131. the DNA sece	n.	a series of related events, actions, numbers, etc., which have a particular order
132. visual c_e	n.	a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
133. deputy pre minister	adj.	main or most important; basic
134. do on a connt basis	adj.	always behaving or happening in the same way, or having the same thoughts, standards, etc.
135. exit content	adj.	stated clearly and in detail, leaving no room for confusion or doubt
136. suly attacked by an enemy	adv.	quickly and unexpectedly
137. run a gry	n.	a shop that sells food and other household items
138. a speech cot	n.	a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals

ANSWERS: 127. crucial, 128. logic, 129. intensive, 130. contest, 131. sequence, 132. cue, 133. prime, 134. consistent, 135. explicit, 136. suddenly, 137. grocery, 138. contest

139. a hut made temly	adv.	for a limited time only or not permanently
140. sur bad grades	<i>v</i> .	to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
141. uncus bias	adj.	in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
142. exl the beauty	v.	to praise or laud highly; to exalt or elevate someone or something by highlighting their positive qualities or attributes
143. pre analyses	adj.	sharply exact or accurate or delimited
144. historical pheon	n.	something that exists and can be perceptible, especially one that is not fully understood
145. inve care	adj.	involving a lot of work or activity in a short time
146. ace pain	adj.	extremely sharp or severe
147. mecs of the game	n.	the branch of physics that deals with the study of motion, forces, and energy; (mechanic) someone whose occupation is repairing and maintaining automobiles
148. have no rece	n.	the state or degree of being closely connected or appropriate to the matter at hand

ANSWERS: 139. temporarily, 140. suffer, 141. unconscious, 142. extol, 143. precise, 144. phenomenon, 145. intensive, 146. acute, 147. mechanics, 148. relevance

149. dull sit	n.	the ability to see; anything that is seen
150. a built-in diagnostic roe	n.	a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
151. subsly influenced	adv.	in a way that is not fully conscious or aware of
152. rece category	n.	the state or degree of being closely connected or appropriate to the matter at hand
153. inve eating	adj.	obtained through feelings rather than facts or proof
154. the vicus entry	adj.	being the winner in a game, competition, election, war, etc.
155. do something irrnt	adj.	not connected with or related to something and therefore not important
156. buy the company's ste	n.	a share or financial investment in something such as a business; a wooden or metal post set up to mark something
157. become a professional ate	n.	a person who competes in one or more sports that involve physical strength, speed, or endurance
158. ans about his health	adj.	worried and nervous
159. acquire a vie	n.	high moral standards in behavior or attitudes
160. sely connected	adv.	used to introduce the second point or item in a list or series of statements, considerations, etc.

ANSWERS: 149. sight, 150. routine, 151. subconsciously, 152. relevance, 153. intuitive, 154. victorious, 155. irrelevant, 156. stake, 157. athlete, 158. anxious, 159. virtue, 160. secondly

Vocab-Builder Ref from	"Noa Kageyama and Pen-l	Pen Chen: How to stay	calm under pressure	TED Talk" (80 words)
ANSWERS:				

## **Session 3: Fill in the Blanks**

1. In passenger aircraft, it is common to use an pilot during cruising.
adj. able to work or operate with little or no direct human control; independent of external control
2. It was the first time in a long time that I felt truly and at peace.
adj. not excited, angry, or nervous; free from wind, large waves
3. I know his habit that he touches his face when he lies.
adj. in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
4. I am to waking up early for work.
adj. familiar with; used to; in the habit of; having become habituated to something, often a behavior or situation
5. The for applying for a visa can be lengthy and complicated.
a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task o objective; a method of treating milk to make it suitable for consumption or use in other dairy products
6. We do move forward with those tasks in next week.
n. a series of related events, actions, numbers, etc., which have a particular order
7. He was with work and didn't notice me.
adj. having one's thoughts or attention absorbed by something; busy
ANSWERS: 1. automatic, 2. calm, 3. unconscious, 4. accustomed, 5. process, 6. sequence, 7. preoccupied

ANSWERS: 8. acute, 9. judge, 10. explicit, 11. consistent, 12. flee, 13. competitive, 14. stake, 15. phenomenon, 16. distract