

# Englist.me



## Vocabulary Builder Reference from...

*Lizzie Velásquez: How do you define yourself? | TED Talk*

[https://www.ted.com/talks/lizzie\\_velasquez\\_how\\_do\\_you\\_define\\_yourself](https://www.ted.com/talks/lizzie_velasquez_how_do_you_define_yourself)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### excite

*v.* to make someone feel suddenly enthusiastic or eager

*synonym*: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

### impair

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

*synonym*: degrade, mar, deface

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

The accident made his vision **impaired**.

### amnion

*n.* the innermost sac that surrounds and protects the fetus during pregnancy, filled with amniotic fluid which cushions and protects the fetus

*synonym*: fetal membrane

(1) **amnion** membrane, (2) rupture of the **amnion**

The **amnion** fluid sample was sent for genetic testing to determine chromosomal abnormalities.

### creditor

*n.* a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

## instill

*v.* to impart, introduce, or cause to be absorbed gradually  
*synonym*: implant, ingrain, inculcate

(1) **instill** confidence, (2) **instill** medication into my eye  
The teacher attempted to **instill** the importance of hard work in her students.

## bully

*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful  
*synonym*: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak  
The schoolyard **bully** terrorized the other children and made their lives miserable.

## slap

*v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly  
*synonym*: smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine  
The politician tried to **slap** down the rumors about his personal life.

## disgust

*n.* a strong feeling of dislike or disapproval  
*synonym*: nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions  
He was filled with **disgust** and fear for the threat of war.

## scrub

*v.* to clean something thoroughly, typically with a brush and soap or detergent  
*synonym*: clean, wash, sanitize

(1) **scrub** off graffiti, (2) **scrub** dirt from potatoes  
She decided to **scrub** the kitchen floor to remove all the dirt and grime.

## disappoint

*v.* to fail to meet someone or their hopes or expectations; to make someone feel sad  
*synonym*: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me  
She worked very hard not to **disappoint** her boss's expectations.

### **annoy**

*v.* to make someone angry, anxious, or irritating slightly  
*synonym*: aggravate, irritate, unsettle

(1) **annoy** at the time, (2) **annoy** everyone else  
Her constant chatter was starting to **annoy** the neighbors.

### **sect**

*n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

*synonym*: group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

### **tease**

*v.* to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing

*synonym*: bully, annoy, provoke

(1) **tease** the children, (2) **tease** wool

This ad is intended to **tease** a competing product.

## Session 2: Spelling

- |                               |    |   |
|-------------------------------|----|---|
| 1. im___r my health           | v. | to damage something or make it weaker or worse  |
| 2. im___r insulin sensitivity | v. | to damage something or make it weaker or worse  |
| 3. secret s__t                | n. | a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream     |
| 4. bu__y the weak             | n. | a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful |
| 5. bu__y bystander            | n. | a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful |
| 6. ex___e rebellion           | v. | to make someone feel suddenly enthusiastic or eager   |
| 7. don't dis_____nt me        | v. | to fail to meet someone or their hopes or expectations; to make someone feel sad  |
| 8. bankrupt cr_____or         | n. | a person, company, etc. to whom a debtor owes money   |
| 9. an__y everyone else        | v. | to make someone angry, anxious, or irritating slightly  |

ANSWERS: 1. impair, 2. impair, 3. sect, 4. bully, 5. bully, 6. excite, 7. disappoint, 8. creditor, 9. annoy

- |                                     |    |  |
|-------------------------------------|----|--|
| 10. in_____l medication into my eye | v. | to impart, introduce, or cause to be absorbed gradually  |
| 11. in_____l confidence             | v. | to impart, introduce, or cause to be absorbed gradually  |
| 12. s__p a heavy fine               | v. | to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly                      |
| 13. te__e wool                      | v. | to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing |
| 14. sc__b off graffiti              | v. | to clean something thoroughly, typically with a brush and soap or detergent  |
| 15. the cr_____or's claims          | n. | a person, company, etc. to whom a debtor owes money  |
| 16. ex___e the crowd                | v. | to make someone feel suddenly enthusiastic or eager  |
| 17. sc__b dirt from potatoes        | v. | to clean something thoroughly, typically with a brush and soap or detergent  |
| 18. s__p on the back                | v. | to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly                      |
| 19. rupture of the am___n           | n. | the innermost sac that surrounds and protects the fetus during pregnancy, filled with amniotic fluid which cushions and protects the fetus                                       |

ANSWERS: 10. instill, 11. instill, 12. slap, 13. tease, 14. scrub, 15. creditor, 16. excite, 17. scrub, 18. slap, 19. amnion

20. am\_\_\_n membrane *n.* the innermost sac that surrounds and protects the fetus during pregnancy, filled with amniotic fluid which cushions and protects the fetus
21. dis\_\_\_\_\_nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
22. te\_\_e the children *v.* to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing
23. s\_\_t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
24. an\_\_y at the time *v.* to make someone angry, anxious, or irritating slightly
25. public di\_\_\_\_\_t *n.* a strong feeling of dislike or disapproval
26. show di\_\_\_\_\_t at his actions *n.* a strong feeling of dislike or disapproval

ANSWERS: 20. amnion, 21. disappoint, 22. tease, 23. sect, 24. annoy, 25. disgust, 26. disgust

## Session 3: Fill in the Blanks

1. The schoolyard \_\_\_\_\_ terrorized the other children and made their lives miserable.
  - n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
  
2. She worked very hard not to \_\_\_\_\_ her boss's expectations.
  - v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
  
3. I asked the lawyer to initiate \_\_\_\_\_ negotiations for voluntary liquidation.
  - n.* a person, company, etc. to whom a debtor owes money
  
4. The accident made his vision \_\_\_\_\_.
  - v.* to damage something or make it weaker or worse
  
5. The \_\_\_\_\_ fluid sample was sent for genetic testing to determine chromosomal abnormalities.
  - n.* the innermost sac that surrounds and protects the fetus during pregnancy, filled with amniotic fluid which cushions and protects the fetus
  
6. Her constant chatter was starting to \_\_\_\_\_ the neighbors.
  - v.* to make someone angry, anxious, or irritating slightly
  
7. The minority \_\_\_\_\_ believed in a set of unconventional religious practices.
  - n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 1. bully, 2. disappoint, 3. creditor, 4. impaired, 5. amnion, 6. annoy, 7. sect

8. The news of her promotion \_\_\_\_\_ her.
- v. to make someone feel suddenly enthusiastic or eager
9. This ad is intended to \_\_\_\_\_ a competing product.
- v. to make fun of someone or make jokes about them, either in a playful way or to upset them; to separate the fibers of something; to ruffle a person's or animal's hair by combing
10. He was filled with \_\_\_\_\_ and fear for the threat of war.
- n. a strong feeling of dislike or disapproval
11. She decided to \_\_\_\_\_ the kitchen floor to remove all the dirt and grime.
- v. to clean something thoroughly, typically with a brush and soap or detergent
12. The politician tried to \_\_\_\_\_ down the rumors about his personal life.
- v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
13. The teacher attempted to \_\_\_\_\_ the importance of hard work in her students.
- v. to impart, introduce, or cause to be absorbed gradually

ANSWERS: 8. excited, 9. tease, 10. disgust, 11. scrub, 12. slap, 13. instill