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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

All Words

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.

syndrome

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

synonym: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion

synonym: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

giant

adj. enormous; much bigger or more important than similar items usually are

synonym : big, gigantic, huge

(1) **giant** trees, (2) **giant** tech company

The **giant** jets gradually dominate the world's airlines.

tub

n. a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body

synonym : bathtub, bath, basin

(1) **tub** for foot soaking, (2) **tub** for washing

I like to take a long soak in the **tub** after a long day.

dough

n. a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

synonym : flour, mix

(1) work **dough**, (2) **dough** for pastry

She mixed flour, yeast, sugar, and water to make **dough** for the bread.

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.

visual

adj. relating to seeing or sight

synonym : optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts

The building makes a remarkable **visual** impact.

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**.

prescription

n. a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient

synonym: directive, instruction, order

(1) **prescription** drugs, (2) fill the **prescription**

I need to refill my **prescription** for allergy medication at the pharmacy.

annoying

adj. making someone feel slightly angry

synonym: aggravating, bothersome, irksome

(1) **annoying** banner ad, (2) **annoying** habit

The phone call is an **annoying** interruption.

clue

n. an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery

synonym: hint, indication, inkling

(1) a **clue** about the crime, (2) a **clue** to the diagnosis

The police couldn't find a **clue** to her whereabouts.

volunteer

n. a person who performs or offers to perform a job or service without being paid for or forced to do

synonym: unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

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.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

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.

fluid

n. a substance that can flow and is not solid

synonym: liquid, aqua, sap

(1) plenty of **fluids**, (2) **fluid** assets

She was diagnosed with a **fluid** buildup in her lungs.

miracle

n. an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

synonym: wonder, marvel, phenomenon

(1) **miracle** person, (2) economic **miracle**

The doctors said that her recovery was a **miracle**.

scream

v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

synonym: cry, shout, yell

(1) **scream** a profanity, (2) **scream** at him to be quiet

She kept **screaming** for an ambulance.

warn

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

synonym: alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan

I attempted to **warn** him, but he ignored me.

crawl

v. to move forward slowly, as people or animals with their bodies near the ground

synonym: creep, drag

(1) **crawl** across the floor, (2) **crawl** away from a car

Along the gravel roads, sizeable yellow school buses **crawl**.

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.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

glue

n. a sticky substance used for joining things together; a bonding agent made from animal or synthetic materials

synonym: adhesive, paste, gum

(1) **glue** stick, (2) epoxy **glue**

The carpenter applied **glue** to the cabinet joints before nailing them together.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

spirit

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

synonym: soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**

Despite their tragic loss, the family is showing great **spirit**.

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.

scare

v. to frighten a person or animal, or to become frightened

synonym: frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

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.

kindergarten

n. a school or class for young children, usually between the ages of four and six

synonym: preschool, nursery school, daycare

(1) **kindergarten** class, (2) **kindergarten** teacher

The **kindergarten** students were having a good time playing with toys.

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.

deck

n. a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure

synonym : platform, veranda, patio

(1) **deck** chairs, (2) hands on **deck**

She sat on the ship's **deck**, watching the sunset over the ocean.

gear

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym : equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

backpack

n. a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

synonym : knapsack, rucksack, pack

(1) **backpacker's** hostel, (2) **backpacking** trip

I packed my **backpack** with all the necessary camping gear for our trip.

shell

n. hard outer covering or case of eggs, nuts, some seeds, and some animals

synonym : ammunition, armor, cover

(1) an egg **shell**, (2) a mollusk **shell**

The outermost electron **shell** determines the chemical properties of an atom.

monster

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

synonym : giant, freak, behemoth

(1) horde of **monsters**, (2) **monster** film

This car has a **monster** engine.

scary

adj. causing fear or fright; frightening; intimidating

synonym : terrifying, frightening, alarming

(1) **scary** dream, (2) **scary** story

The horror movie was so **scary** that I couldn't watch it alone.

reaction

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym : response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

unfortunately

adv. by bad luck; unluckily

synonym : regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym : characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

background

n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

synonym: ground, experience, backdrop

(1) a **background** color, (2) a criminal **background**

The company's hiring criteria emphasize personality, not a person's **background**.

ugly

adj. unattractive in appearance; unpleasant to look at

synonym: unattractive, unsightly, repulsive

(1) an **ugly** sound, (2) **ugly** building

The **ugly** truth was that he had been lying to her for months.

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.

explorer

n. a person who travels to places where no one or few people have been before to find out what is there

synonym: adventurer, trailblazer, scout

(1) team of **explorers**, (2) a polar **explorer**

Aboriginal people killed the **explorer** who entered the sacred land for them.

pray

v. to make a request or petition to a higher power, especially in the form of a respectful or humble request

synonym: implore, supplicate, entreat

(1) **pray** devoutly, (2) **pray** for rain

She closed her eyes and **prayed** for strength to overcome difficult times.

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.

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.

pity

n. a feeling of sorrow and compassion caused by the suffering or misfortunes of others; an object of contempt or disdain

synonym: sympathy, compassion, mercy

(1) allow self- **pity**, (2) **pity** speech

It is a **pity** that the concert had to be canceled due to the storm.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

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.

frustrate

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym: hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym: tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name

The **label** on the food package lists the ingredients and nutritional information.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

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.

upset

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

synonym : disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach

He was awfully **upset** by the news.

complain

v. to say dissatisfaction or annoyance about something or somebody

synonym : gripe, claim, denounce

(1) **complain** about a job, (2) call and **complain** frequently

Our users are often **complaining** about the slow application.

accomplishment

n. the successful completion of a task or goal; an ability that has been acquired by training

synonym : success, achievement, complete

(1) proud of his **accomplishments**, (2) the **accomplishment** of a social goal

Graduating from college was a major **accomplishment** for her.

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.

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.

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym : inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

accomplished

adj. having completed a task or achieved a goal successfully; skilled or proficient at something

synonym : achieved, finished, completed

(1) **accomplished** at a very early age, (2) **accomplished** goal

She felt **accomplished** after finishing her book.

submit

v. to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

synonym : hand in, present, propose

(1) agree to **submit** the bill, (2) **submit** an application

Please **submit** the assignment to me.

manuscript

n. the original copy of a book, piece of music, etc. before it is printed

synonym : script

(1) **manuscript** of a book, (2) ancient **manuscript**

The widow of a deceased writer discovered an incomplete novel **manuscript** in his room.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

laptop

n. a portable computer that is small enough to be carried around easily and used on your lap

(1) bring my **laptop**, (2) thin-and-light **laptop**

I need to finish this report by tonight, so I'll be working on my **laptop** all day.

motivate

v. to make someone want to do something, especially something that requires tremendous work and effort

synonym : boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**

The ability to **motivate** people is a priceless asset.

guarantee

v. to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

synonym : assure, promise, warrant

(1) **guarantee** a high quality, (2) **guarantee** women equality

We cannot **guarantee** enough raw material sources.

brave

adj. showing courage or fearlessness in the face of danger, difficulty, or adversity

synonym : courageous, valiant, heroic

(1) **brave** soldier, (2) **brave** decision

The **brave** firefighter rescued the family from the burning

building.

Session 2: Spelling

1. fill the pre_____ion
n. a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
2. a criminal bac_____nd
n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
3. call and co_____in frequently
v. to say dissatisfaction or annoyance about something or somebody
4. all ability to mo_____te
v. to make someone want to do something, especially something that requires tremendous work and effort
5. 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
6. bachelor's de___e
n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
7. 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

ANSWERS: 1. prescription, 2. background, 3. complain, 4. motivate, 5. sect, 6. degree, 7. slap

8. br__e soldier *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
9. economic mi____e *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
10. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
11. 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
12. a c__p 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
13. t_b for foot soaking *n.* a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body
14. my vo_____er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
15. even more unf_____ely *adv.* by bad luck; unluckily
16. cr__l across the floor *v.* to move forward slowly, as people or animals with their bodies near the ground
17. g_m membership *n.* a place equipped for exercise and other physical training

ANSWERS: 8. brave, 9. miracle, 10. define, 11. bully, 12. chip, 13. tub, 14. volunteer, 15. unfortunately, 16. crawl, 17. gym

18. sc___m a profanity *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
19. sc__b off graffiti *v.* to clean something thoroughly, typically with a brush and soap or detergent
20. chemical re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
21. 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
22. kin_____ten teacher *n.* a school or class for young children, usually between the ages of four and six
23. t_b for washing *n.* a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body
24. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
25. in_____l confidence *v.* to impart, introduce, or cause to be absorbed gradually
26. a c__e to the diagnosis *n.* an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery

ANSWERS: 18. scream, 19. scrub, 20. reaction, 21. struggle, 22. kindergarten, 23. tub, 24. pound, 25. instill, 26. clue

27. we__h a cargo *v.* to have a particular weight; to carefully evaluate things before making a conclusion
28. sc___m at him to be quiet *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
29. re____r a loss *v.* to return to a former condition, health, mind, or strength
30. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
31. 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
32. 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
33. mo____te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
34. a ne____ve number *adj.* having the quality of something bad or harmful; expressing refusal
35. kin____ten class *n.* a school or class for young children, usually between the ages of four and six

ANSWERS: 27. weigh, 28. scream, 29. recover, 30. pound, 31. amnion, 32. bully, 33. motivate, 34. negative, 35. kindergarten

36. re____r approval ratings *v.* to return to a former condition, health, mind, or strength
37. unf_____ely caught in a shower *adv.* by bad luck; unluckily
38. thin-and-light la____p *n.* a portable computer that is small enough to be carried around easily and used on your lap
39. im____r my health *v.* to damage something or make it weaker or worse
40. p__y speech *n.* a feeling of sorrow and compassion caused by the suffering or misfortunes of others; an object of contempt or disdain
41. su____t an application *v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
42. honor gr_____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
43. la__l a bag with my name *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
44. the cr_____or's claims *n.* a person, company, etc. to whom a debtor owes money
45. de____e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
46. the professor of su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 36. recover, 37. unfortunately, 38. laptop, 39. impair, 40. pity, 41. submit,

42. graduate, 43. label, 44. creditor, 45. decide, 46. surgery

47. ba____cker's hostel *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
48. an__y everyone else *v.* to make someone angry, anxious, or irritating slightly
49. 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
50. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
51. fr____te the advancement *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
52. mi____e person *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
53. sc__e the birds away *v.* to frighten a person or animal, or to become frightened
54. de____e my position *v.* to state or explain precisely the nature, scope, or meaning of something
55. sc__y dream *adj.* causing fear or fright; frightening; intimidating
56. gr____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

ANSWERS: 47. backpack, 48. annoy, 49. struggle, 50. strength, 51. frustrate, 52. miracle, 53. scare, 54. define, 55. scary, 56. graduate

57. sy_____me of dementia *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
58. w__ned me of the plan *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
59. not no_____ly drink much *adv.* usually; under normal conditions
60. put a gr_____ul expression *adj.* feeling or showing an appreciation of kindness; thankful
61. an egg sh__l *n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
62. a mailing la__l *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
63. acc_____hed goal *adj.* having completed a task or achieved a goal successfully; skilled or proficient at something
64. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
65. sports g__r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
66. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

ANSWERS: 57. syndrome, 58. warn, 59. normally, 60. grateful, 61. shell, 62. label, 63. accomplished, 64. strength, 65. gear, 66. upset

67. mo_____r film *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
68. ba_____cking trip *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
69. an indomitable sp____t *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
70. sc__y story *adj.* causing fear or fright; frightening; intimidating
71. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
72. a g__r change lever *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
73. pre_____ion drugs *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient

ANSWERS: 67. monster, 68. backpack, 69. spirit, 70. scary, 71. surgery, 72. gear, 73. prescription

74. sp___t and the letter of the law *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
75. a gr____ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
76. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
77. horde of mo____rs *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
78. br__e decision *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
79. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
80. w__n a reckless driver *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
81. show di____t at his actions *n.* a strong feeling of dislike or disapproval
82. gu____ee a high quality *v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met
83. proud of his acc_____ents *n.* the successful completion of a task or goal; an ability that has been acquired by training

ANSWERS: 74. spirit, 75. grateful, 76. scare, 77. monster, 78. brave, 79. decide, 80. warn, 81. disgust, 82. guarantee, 83. accomplishment

84. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
85. team of ex_____ers *n.* a person who travels to places where no one or few people have been before to find out what is there
86. a c__e about the crime *n.* an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery
87. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
88. get up__t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
89. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
90. do__h for pastry *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
91. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
92. the acc_____ent of a social goal *n.* the successful completion of a task or goal; an ability that has been acquired by training
93. acute sy_____me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

ANSWERS: 84. communicate, 85. explorer, 86. clue, 87. excite, 88. upset, 89. amazing, 90. dough, 91. disappoint, 92. accomplishment, 93. syndrome

94. an__y at the time *v.* to make someone angry, anxious, or irritating slightly
95. cr__l away from a car *v.* to move forward slowly, as people or animals with their bodies near the ground
96. we__h heavily on stock prices *v.* to have a particular weight; to carefully evaluate things before making a conclusion
97. 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
98. plenty of fl__ds *n.* a substance that can flow and is not solid
99. a g_m suit *n.* a place equipped for exercise and other physical training
100. bankrupt cr____or *n.* a person, company, etc. to whom a debtor owes money
101. an____ng habit *adj.* making someone feel slightly angry
102. fr____te other team members *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
103. abs____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
104. co____in about a job *v.* to say dissatisfaction or annoyance about something or somebody

ANSWERS: 94. annoy, 95. crawl, 96. weigh, 97. slap, 98. fluid, 99. gym, 100. creditor, 101. annoying, 102. frustrate, 103. absolutely, 104. complain

105. an u__y sound *adj.* unattractive in appearance; unpleasant to look at
106. 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
107. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
108. agree to su____t the bill *v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
109. ancient man_____pt *n.* the original copy of a book, piece of music, etc. before it is printed
110. g__e stick *n.* a sticky substance used for joining things together; a bonding agent made from animal or synthetic materials
111. allow self-p__y *n.* a feeling of sorrow and compassion caused by the suffering or misfortunes of others; an object of contempt or disdain
112. I don't care a c__p *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
113. gu_____ee women equality *v.* to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

ANSWERS: 105. ugly, 106. sect, 107. disappoint, 108. submit, 109. manuscript, 110. glue, 111. pity, 112. chip, 113. guarantee

114. fl__d assets *n.* a substance that can flow and is not solid
115. sc__b dirt from potatoes *v.* to clean something thoroughly, typically with a brush and soap or detergent
116. 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
117. epoxy g__e *n.* a sticky substance used for joining things together; a bonding agent made from animal or synthetic materials
118. understand his mot_____on *n.* the reason or enthusiasm for acting or behaving in a particular way
119. public di_____t *n.* a strong feeling of dislike or disapproval
120. work do__h *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
121. trigger a re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
122. gi__t trees *adj.* enormous; much bigger or more important than similar items usually are
123. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
124. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal

ANSWERS: 114. fluid, 115. scrub, 116. tease, 117. glue, 118. motivation, 119. disgust, 120. dough, 121. reaction, 122. giant, 123. impair, 124. negative

125. hands on d__k *n.* a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure
126. acc_____hed at a very early age *adj.* having completed a task or achieved a goal successfully; skilled or proficient at something
127. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
128. bring my la___p *n.* a portable computer that is small enough to be carried around easily and used on your lap
129. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
130. mot_____on for a change *n.* the reason or enthusiasm for acting or behaving in a particular way
131. a polar ex_____er *n.* a person who travels to places where no one or few people have been before to find out what is there
132. field of vi___l arts *adj.* relating to seeing or sight
133. d__k chairs *n.* a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure
134. p__y devoutly *v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request
135. abs_____ly against *adv.* without restriction or limitation; completely or utterly

ANSWERS: 125. deck, 126. accomplished, 127. excite, 128. laptop, 129. degree, 130. motivation, 131. explorer, 132. visual, 133. deck, 134. pray, 135. absolutely

136. a bac_____nd color *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
137. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
138. gi__t tech company *adj.* enormous; much bigger or more important than similar items usually are
139. u__y building *adj.* unattractive in appearance; unpleasant to look at
140. vi___l navigation *adj.* relating to seeing or sight
141. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
142. in_____l medication into my eye *v.* to impart, introduce, or cause to be absorbed gradually
143. an_____ng banner ad *adj.* making someone feel slightly angry
144. complete no_____ly *adv.* usually; under normal conditions
145. a mollusk sh__l *n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
146. p__y for rain *v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request
147. 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

ANSWERS: 136. background, 137. volunteer, 138. giant, 139. ugly, 140. visual, 141. amazing, 142. instill, 143. annoying, 144. normally, 145. shell, 146. pray, 147. tease

148. man_____pt of a book *n.* the original copy of a book, piece of music, etc. before it is printed
149. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
150. 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

ANSWERS: 148. manuscript, 149. communicate, 150. amnion

Session 3: Fill in the Blanks

1. He was awfully _____ by the news.

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

2. Aboriginal people killed the _____ who entered the sacred land for them.

n. a person who travels to places where no one or few people have been before to find out what is there

3. 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

4. The phone call is an _____ interruption.

adj. making someone feel slightly angry

5. This car has a _____ engine.

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

6. We can use this campaign as a bargaining _____ in the negotiations.

n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

7. 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

ANSWERS: 1. upset, 2. explorer, 3. sect, 4. annoying, 5. monster, 6. chip, 7. struggle

8. She was _____ for the help he provided.

adj. feeling or showing an appreciation of kindness; thankful

9. The accident made his vision _____.

v. to damage something or make it weaker or worse

10. I packed my _____ with all the necessary camping gear for our trip.

n. a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

11. The doctors said that her recovery was a _____.

n. an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

12. A significant amount of _____ is required to be a teacher.

n. the reason or enthusiasm for acting or behaving in a particular way

13. The _____ truth was that he had been lying to her for months.

adj. unattractive in appearance; unpleasant to look at

14. She received her _____ in psychology from the university.

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

15. It is a _____ that the concert had to be canceled due to the storm.

n. a feeling of sorrow and compassion caused by the suffering or misfortunes of others; an object of contempt or disdain

16. The widow of a deceased writer discovered an incomplete novel _____ in his room.

n. the original copy of a book, piece of music, etc. before it is printed

ANSWERS: 8. grateful, 9. impaired, 10. backpack, 11. miracle, 12. motivation, 13. ugly, 14. degree, 15. pity, 16. manuscript

17. 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
18. The coach explained a strategy to _____ the opponent's schemes to the players.
- v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
19. The _____ on the food package lists the ingredients and nutritional information.
- n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
20. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
21. I attempted to _____ him, but he ignored me.
- v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future
22. 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
23. She is still _____ from a shot to her shoulder.
- v. to return to a former condition, health, mind, or strength
24. The carpenter applied _____ to the cabinet joints before nailing them together.
- n. a sticky substance used for joining things together; a bonding agent made from animal or synthetic materials

ANSWERS: 17. slap, 18. frustrate, 19. label, 20. decide, 21. warn, 22. disappoint, 23. recovering, 24. glue

25. I am _____ opposed to his idea because of morality.

adv. without restriction or limitation; completely or utterly

26. She went to the fully equipped ____ to work out every day.

n. a place equipped for exercise and other physical training

27. The news of her promotion _____ her.

v. to make someone feel suddenly enthusiastic or eager

28. I like to take a long soak in the ____ after a long day.

n. a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body

29. 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

30. 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

31. 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

32. The outermost electron _____ determines the chemical properties of an atom.

n. hard outer covering or case of eggs, nuts, some seeds, and some animals

ANSWERS: 25. absolutely, 26. gym, 27. excited, 28. tub, 29. bully, 30. tease, 31. amnion, 32. shell

33. Dolphins use sound to _____ with each other.

- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

34. She sat on the ship's _____ watching the sunset over the ocean.

- n.* a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure

35. The _____ jets gradually dominate the world's airlines.

- adj.* enormous; much bigger or more important than similar items usually are

36. Along the gravel roads, sizeable yellow school buses _____.

- v.* to move forward slowly, as people or animals with their bodies near the ground

37. He was filled with _____ and fear for the threat of war.

- n.* a strong feeling of dislike or disapproval

38. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.

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

39. The police couldn't find a _____ to her whereabouts.

- n.* an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery

40. The teacher attempted to _____ the importance of hard work in her students.

- v.* to impart, introduce, or cause to be absorbed gradually

41. Health and _____ are, above all, gold.

- n.* the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 33. communicate, 34. deck, 35. giant, 36. crawl, 37. disgust, 38. creditor, 39. clue, 40. instill, 41. strength

42. The horror movie was so _____ that I couldn't watch it alone.
adj. causing fear or fright; frightening; intimidating
43. She was diagnosed with a _____ buildup in her lungs.
n. a substance that can flow and is not solid
44. The _____ firefighter rescued the family from the burning building.
adj. showing courage or fearlessness in the face of danger, difficulty, or adversity
45. The _____ students were having a good time playing with toys.
n. a school or class for young children, usually between the ages of four and six
46. I need to refill my _____ for allergy medication at the pharmacy.
n. a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
47. The ability to _____ people is a priceless asset.
v. to make someone want to do something, especially something that requires tremendous work and effort
48. Graduating from college was a major _____ for her.
n. the successful completion of a task or goal; an ability that has been acquired by training
49. She closed her eyes and _____ for strength to overcome difficult times.
v. to make a request or petition to a higher power, especially in the form of a respectful or humble request
50. The treatments were done but, _____ were unsuccessful.
adv. by bad luck; unluckily

ANSWERS: 42. scary, 43. fluid, 44. brave, 45. kindergarten, 46. prescription, 47. motivate, 48. accomplishment, 49. prayed, 50. unfortunately,

51. The company's hiring criteria emphasize personality, not a person's _____.
- n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
52. The building makes a remarkable _____ impact.
- adj.* relating to seeing or sight
53. Her constant chatter was starting to _____ the neighbors.
- v.* to make someone angry, anxious, or irritating slightly
54. The golfer recorded an _____ distance.
- adj.* extremely surprising, especially in a way that you like or admire
55. She mixed flour, yeast, sugar, and water to make _____ for the bread.
- n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
56. The movie has received almost universally _____ criticism.
- adj.* having the quality of something bad or harmful; expressing refusal
57. We hit the ground to _____ out the rabbits.
- v.* to frighten a person or animal, or to become frightened
58. The teachers make full use of _____ assistance.
- n.* a person who performs or offers to perform a job or service without being paid for or forced to do

ANSWERS: 51. background, 52. visual, 53. annoy, 54. amazing, 55. dough, 56. negative, 57. scare, 58. volunteer

59. She felt _____ after finishing her book.

adj. having completed a task or achieved a goal successfully; skilled or proficient at something

60. There was a chemical _____ of the lime with the groundwater.

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

61. I need to finish this report by tonight, so I'll be working on my _____ all day.

n. a portable computer that is small enough to be carried around easily and used on your lap

62. Our users are often _____ about the slow application.

v. to say dissatisfaction or annoyance about something or somebody

63. 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

64. Please _____ the assignment to me.

v. to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

65. We cannot _____ enough raw material sources.

v. to promise something will happen formally, especially that certain conditions about a product, service, or transaction would be met

66. Despite their tragic loss, the family is showing great _____.

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

ANSWERS: 59. accomplished, 60. reaction, 61. laptop, 62. complaining, 63. scrub, 64. submit, 65. guarantee, 66. spirit

67. To advance this discussion, we must _____ "success" rigorously.
- v.* to state or explain precisely the nature, scope, or meaning of something
68. He had undergone heart _____ years before.
- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
69. She kept _____ for an ambulance.
- v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
70. Many employers hire _____ trainees to train as managers.
- n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
71. The car's front bumper cost fifteen hundred _____.
- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
72. The patient was diagnosed with a rare genetic _____.
- n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
73. She checked her _____ before embarking on the hike.
- n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
74. I don't _____ take a vacation in the middle of summer.
- adv.* usually; under normal conditions

ANSWERS: 67. define, 68. surgery, 69. screaming, 70. graduate, 71. pounds, 72. syndrome, 73. gear, 74. normally

75. The baby _____ 1 pound 3 oz.

- v. to have a particular weight; to carefully evaluate things before making a conclusion

ANSWERS: 75. weighs