

# Englist.me



## Vocabulary Builder Reference from...

*Olivia Remes: How to cope with loneliness | TED Talk*  
[https://www.ted.com/talks/olivia\\_remes\\_how\\_to\\_cope\\_with\\_loneliness](https://www.ted.com/talks/olivia_remes_how_to_cope_with_loneliness)

### All Words

#### IMPORTANT

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## Session 1: Word List

### loneliness

*n.* a state or feeling of being unhappy because you have no connection with other people

*synonym* : isolation, alienation, desolation

(1) a strong sense of **loneliness**, (2) remedy **loneliness**

I realize the **loneliness** of a single life.

### depressed

*adj.* sad and without any hope

*synonym* : despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**

After his mother died, he got **depressed**.

### Alzheimer

*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

*synonym* : dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

### disease

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

*synonym* : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

### physically

*adv.* in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

### smartphone

*n.* a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict

Internet traffic volumes have increased significantly with the advent of **smartphones**.

### instantly

*adv.* immediately

*synonym*: immediately, right away, directly

(1) **instantly** cope with, (2) be killed **instantly**

I remembered that person **instantly** and never forgot.

### opposition

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

*synonym*: resistance, hostility, antagonism

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

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

### anxious

*adj.* worried and nervous

*synonym*: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

### therapy

*n.* the act of caring for someone through medication, remedial training, etc.

*synonym*: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

### antidepressant

*n.* any of a class of drugs used to reduce feelings of sadness and worry

(1) an **antidepressant** drug, (2) **antidepressant** effect  
She has been taking **antidepressants** since her baby died.

### consequence

*n.* the outcome of a particular action or event, especially relative to an individual

*synonym*: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

### rid

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

*synonym*: do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

### anxiety

*n.* 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**.

### depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym*: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## ritual

*n.* 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.

## alienated

*adj.* feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging

*synonym*: isolated, estranged, disconnected

(1) **alienated** from my parents, (2) become **alienated**

The new employee felt **alienated** from the rest of the team, as they didn't try to include him in their conversations.

## 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.

## steer

*v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

*synonym*: guide, direct, control

(1) **steer** a steady course, (2) **steer** a conversation

The captain told him to **steer** the ship north.

## weird

*adj.* extraordinary, unexpected, or difficult to explain

*synonym*: bizarre, creepy, peculiar

(1) a **weird** dress, (2) the state of being **weird**

My computer has been acting **weird** recently.

## immerse

*v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

*synonym*: dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

## 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.

## desire

*n.* a strong feeling of wanting to have or do something

*synonym*: ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

## ancient

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

*synonym*: archaic, age-old, obsolete

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

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

## monk

*n.* a member of a religious community of men living under vows of poverty, chastity, and obedience

*synonym*: friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

## perceive

*v.* to become aware or conscious of something through the senses

*synonym*: sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of

corruption.

## attribute

*v.* to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;

*synonym*: ascribe, blame, (noun) feature

(1) **attribute** the change to their marriage, (2) **attribute** directly to sales

He **attributes** the disappointing results to the economic downturn.

## quotation

*n.* a group of words taken from a text or speech and repeated by someone other than the original author or speaker

*synonym*: excerpt, passage, quote

(1) double **quotation** marks, (2) take a **quotation**

He included a **quotation** from the book in his essay.

## experiment

*n.* the scientific test conducted to observe what happens and gain new knowledge

*synonym*: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

## maze

*n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through

*synonym*: labyrinth, puzzle, network

(1) puzzle **maze**, (2) labyrinth **maze**

We got lost in the **maze** of streets while exploring the city.

## tip

*n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

*synonym*: edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

## strategy

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

*synonym* : approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

## opportune

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

*synonym* : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

## grocery

*n.* a shop that sells food and other household items

*synonym* : foodstuff, market

(1) the **grocery** business, (2) run a **grocery**

I will go to the **grocery** store to buy food for dinner.

## realistic

*adj.* having or showing a sensible and practical idea that is possible to achieve

*synonym* : practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

## scenario

*n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work

*synonym* : plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

## routine

*n.* 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.

## conversation

*n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

*synonym*: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**  
Your **conversation** reflects your thoughts.

## introduction

*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

*synonym*: initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**  
The **introduction** to the new class was informative and engaging.

## 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.

## basis

*n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

*synonym*: foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation  
This evidence will form the **basis** for our discussion.

## cashier

*n.* an employee responsible for handling transactions, such as payments or returns, in a store or other business

*synonym*: teller, clerk

(1) **cashier** position, (2) bank **cashier**  
After working as a **cashier** for a few years, she was promoted to a managerial position within the grocery store.



## initial

*adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name

*synonym*: basic, primary, beginning

(1) **initial** velocity, (2) an **initial** letter

They took the **initial** step toward reconciliation.

## disclose

*v.* to make something, such as secret or new information, known publicly

*synonym*: declare, reveal, uncover

(1) **disclose** a secret, (2) **disclose** a vulnerability

The curtain rose to **disclose** a fantastic set.

## reciprocate

*v.* to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner

*synonym*: return, exchange, give back

(1) **reciprocate** a kindness, (2) **reciprocate** a gesture

The two countries **reciprocated** each other's goodwill gestures by exchanging cultural visits.

## interaction

*n.* the act of connecting with someone, mainly when working, playing, or spending time with them

*synonym*: dealings, exchange, relations

(1) the **interaction** between man and his environment,

(2) **interaction** among human beings

The **interaction** of the two groups is good for brainstorming.

## recommend

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym*: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

## topic

*n.* a subject that is being discussed or written about

*synonym*: subject, theme, issue

(1) a serious **topic**, (2) the **topic** of the book

The **topic** of the discussion was the current state of the economy.

## resolve

*v.* to find a suitable answer to the problems or difficulty

*synonym*: decide, determine, fix

(1) **resolve** a dispute, (2) **resolve** the computer error

This company **resolves** its battery problem completely.

## encourage

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

*synonym*: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

## staircase

*n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side

*synonym*: stairway, stairwell

(1) spiral **staircase**, (2) beetle up the **staircase**

She walked urgently down the emergency **staircase**.

## Session 2: Spelling

- |                                   |   |
|-----------------------------------|---|
| 1. an in_____l letter             | <i>adj.</i> of or happening at the beginning; (noun) the first letter of a word, especially a person's name                                   |
| 2. a built-in diagnostic ro_____e | <i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program                                 |
| 3. de_____ed feeling              | <i>adj.</i> sad and without any hope  |
| 4. op_____ne occasion             | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose   |
| 5. re_____nd a hospitalization    | <i>v.</i> to suggest that someone or something would be a suitable fit for a particular purpose or role                                       |
| 6. the Great Dep_____on           | <i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market |
| 7. r_d the body of waste products | <i>v.</i> to make someone or something free of unwanted or unpleasant tasks, objects, or person   |
| 8. run a gr_____y                 | <i>n.</i> a shop that sells food and other household items  |
| 9. di_____se a secret             | <i>v.</i> to make something, such as secret or new information, known publicly  |
| 10. unintended con_____ces        | <i>n.</i> the outcome of a particular action or event, especially relative to an individual   |

ANSWERS: 1. initial, 2. routine, 3. depressed, 4. opportune, 5. recommend, 6. depression, 7. rid, 8. grocery, 9. disclose, 10. consequence

11. be killed in\_\_\_\_\_ly *adv.* immediately
12. beetle up the st\_\_\_\_\_se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
13. labyrinth m\_\_\_e *n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
14. series of exp\_\_\_\_\_nts *n.* the scientific test conducted to observe what happens and gain new knowledge
15. 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
16. completely im\_\_\_\_\_e the ingredient *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
17. ba\_\_\_s for calculation *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
18. military st\_\_\_\_\_gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
19. di\_\_\_\_\_e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
20. pe\_\_\_\_\_ve a threat *v.* to become aware or conscious of something through the senses

ANSWERS: 11. instantly, 12. staircase, 13. maze, 14. experiment, 15. label, 16. immerse, 17. basis, 18. strategy, 19. disease, 20. perceive

21. Al\_\_\_\_\_er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
22. int\_\_\_\_\_ion education *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
23. pe\_\_\_\_\_ve light *v.* to become aware or conscious of something through the senses
24. int\_\_\_\_\_on among human beings *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
25. re\_\_\_\_\_e the computer error *v.* to find a suitable answer to the problems or difficulty
26. rec\_\_\_\_\_te a gesture *v.* to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner
27. ant\_\_\_\_\_ant effect *n.* any of a class of drugs used to reduce feelings of sadness and worry
28. take a qu\_\_\_\_\_on *n.* a group of words taken from a text or speech and repeated by someone other than the original author or speaker
29. Al\_\_\_\_\_er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

ANSWERS: 21. Alzheimer, 22. introduction, 23. perceive, 24. interaction, 25. resolve, 26. reciprocate, 27. antidepressant, 28. quotation, 29. Alzheimer

30. the root problem of her dep\_\_\_\_\_on     *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
31. remedy lon\_\_\_\_\_ss     *n.* a state or feeling of being unhappy because you have no connection with other people
32. in\_\_\_\_\_ly cope with     *adv.* immediately
33. get r\_d of the rats     *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
34. double qu\_\_\_\_\_on marks     *n.* a group of words taken from a text or speech and repeated by someone other than the original author or speaker
35. give the waiter a t\_p.     *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
36. opp\_\_\_\_\_on campaign     *n.* the act of disagreeing or resisting; the state of strong disagreement
37. at\_\_\_\_\_te the change to their marriage     *v.* to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;
38. the market is de\_\_\_\_\_ed     *adj.* sad and without any hope
39. become al\_\_\_\_\_ed     *adj.* feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging

ANSWERS: 30. depression, 31. loneliness, 32. instantly, 33. rid, 34. quotation, 35. tip, 36. opposition, 37. attribute, 38. depressed, 39. alienated

40. puzzle m\_\_e *n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
41. phy\_\_\_\_\_ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
42. unsatisfied de\_\_\_e *n.* a strong feeling of wanting to have or do something
43. exp\_\_\_\_\_nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
44. stay phy\_\_\_\_\_ly fit *adv.* in a way related to a person's body or appearance rather than their mind
45. fleshly de\_\_\_e *n.* a strong feeling of wanting to have or do something
46. a friendly con\_\_\_\_\_ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
47. the state of being we\_\_d *adj.* extraordinary, unexpected, or difficult to explain
48. the gr\_\_\_\_\_y business *n.* a shop that sells food and other household items
49. morning ri\_\_\_l *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
50. the to\_\_c of the book *n.* a subject that is being discussed or written about
51. field of gene th\_\_\_\_\_y *n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 40. maze, 41. physically, 42. desire, 43. experiment, 44. physically, 45. desire, 46. conversation, 47. weird, 48. grocery, 49. ritual, 50. topic, 51. therapy

52. en\_\_\_\_\_ge a sense of affinity      *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
53. rec\_\_\_\_\_te a kindness      *v.* to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner
54. m\_\_k lifestyle      *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
55. an\_\_\_\_\_y for knowledge      *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
56. meet with opp\_\_\_\_\_on      *n.* the act of disagreeing or resisting; the state of strong disagreement
57. re\_\_\_\_\_e a dispute      *v.* to find a suitable answer to the problems or difficulty
58. 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
59. number of different sc\_\_\_\_\_ios      *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
60. self-int\_\_\_\_\_ion      *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

ANSWERS: 52. encourage, 53. reciprocate, 54. monk, 55. anxiety, 56. opposition, 57. resolve, 58. label, 59. scenario, 60. introduction



61. the worst case sc\_\_\_\_io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
62. sma\_\_\_\_\_ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
63. di\_\_\_\_\_se a vulnerability *v.* to make something, such as secret or new information, known publicly
64. st\_\_r a conversation *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
65. su\_\_\_\_r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
66. an\_\_\_\_\_s about his health *adj.* worried and nervous
67. im\_\_\_\_\_e the cloth in the dye *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
68. the t\_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
69. complete no\_\_\_\_\_ly *adv.* usually; under normal conditions
70. ro\_\_\_\_\_e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
71. a re\_\_\_\_\_ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve

ANSWERS: 61. scenario, 62. smartphone, 63. disclose, 64. steer, 65. suffer, 66. anxious, 67. immerse, 68. tip, 69. normally, 70. routine, 71. realistic

72. an an\_\_\_\_s look *adj.* worried and nervous
73. di\_\_\_\_e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
74. in\_\_\_\_l velocity *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
75. the con\_\_\_\_ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
76. su\_\_\_\_r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
77. diagnosis of an\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
78. spiral st\_\_\_\_se *n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side
79. re\_\_\_\_nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
80. al\_\_\_\_ed from my parents *adj.* feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging
81. an ant\_\_\_\_ant drug *n.* any of a class of drugs used to reduce feelings of sadness and worry

ANSWERS: 72. anxious, 73. disease, 74. initial, 75. consequence, 76. suffer, 77. anxiety, 78. staircase, 79. recommend, 80. alienated, 81. antidepressant

82. a ri\_\_\_l dance *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
83. con\_\_\_\_\_ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
84. sma\_\_\_\_\_ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
85. st\_\_r a steady course *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
86. cloistered m\_\_k *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
87. pre-Christian an\_\_\_\_\_t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
88. the int\_\_\_\_\_on between man and his environment *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
89. at\_\_\_\_\_te directly to sales *v.* to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;
90. an\_\_\_\_\_t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
91. not no\_\_\_\_\_ly drink much *adv.* usually; under normal conditions
92. develop a st\_\_\_\_\_gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.

ANSWERS: 82. ritual, 83. conversation, 84. smartphone, 85. steer, 86. monk, 87. ancient, 88. interaction, 89. attribute, 90. ancient, 91. normally, 92. strategy

93. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
94. on an equal ba\_\_s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
95. bank ca\_\_\_\_\_r *n.* an employee responsible for handling transactions, such as payments or returns, in a store or other business
96. ca\_\_\_\_\_r position *n.* an employee responsible for handling transactions, such as payments or returns, in a store or other business
97. a serious to\_\_c *n.* a subject that is being discussed or written about
98. th\_\_\_\_\_y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
99. a strong sense of lon\_\_\_\_\_ss *n.* a state or feeling of being unhappy because you have no connection with other people
100. en\_\_\_\_\_ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
101. a we\_\_d dress *adj.* extraordinary, unexpected, or difficult to explain

ANSWERS: 93. opportune, 94. basis, 95. cashier, 96. cashier, 97. topic, 98. therapy, 99. loneliness, 100. encourage, 101. weird

## Session 3: Fill in the Blanks

1. They have been living near water since \_\_\_\_\_ times.  
*adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
2. The older man \_\_\_\_\_ from arthritis and finds it difficult to move around.  
*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
3. These economic activities had disastrous environmental \_\_\_\_\_.  
*n.* the outcome of a particular action or event, especially relative to an individual
4. I will introduce some \_\_\_\_\_ on learning English in this class.  
*n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
5. Our plan includes a comprehensive marketing \_\_\_\_\_.  
*n.* a detailed plan of action designed to achieve a long-term or overall goal.
6. We must \_\_\_\_\_ ourselves of pollution.  
*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
7. Your \_\_\_\_\_ reflects your thoughts.  
*n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 1. ancient, 2. suffers, 3. consequences, 4. tips, 5. strategy, 6. rid, 7. conversation

8. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.  
*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
9. After working as a \_\_\_\_\_ for a few years, she was promoted to a managerial position within the grocery store.  
*n.* an employee responsible for handling transactions, such as payments or returns, in a store or other business
10. The new employee felt \_\_\_\_\_ from the rest of the team, as they didn't try to include him in their conversations.  
*adj.* feeling isolated, estranged, or disconnected from others, often due to a sense of difference or lack of belonging
11. 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
12. We got lost in the \_\_\_\_\_ of streets while exploring the city.  
*n.* a complex network of winding passages or pathways designed as a puzzle or challenge for people to navigate through
13. I remembered that person \_\_\_\_\_ and never forgot.  
*adv.* immediately
14. That story was so \_\_\_\_\_ and it was scary.  
*adj.* having or showing a sensible and practical idea that is possible to achieve
15. He \_\_\_\_\_ himself in his research.  
*v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

ANSWERS: 8. Depression, 9. cashier, 10. alienated, 11. label, 12. maze, 13. instantly, 14. realistic, 15. immersed

16. I will go to the \_\_\_\_\_ store to buy food for dinner.

*n.* a shop that sells food and other household items

17. Australia is widely \_\_\_\_\_ as having low levels of corruption.

*v.* to become aware or conscious of something through the senses

18. They took the \_\_\_\_\_ step toward reconciliation.

*adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name

19. We \_\_\_\_\_ taking media training every six months.

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

20. My grandmother has \_\_\_\_\_ disease requires special care and attention from her caregivers.

*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

21. The phone rang at the most \_\_\_\_\_ time.

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

22. He \_\_\_\_\_ the disappointing results to the economic downturn.

*v.* to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;

23. The \_\_\_\_\_ of the two groups is good for brainstorming.

*n.* the act of connecting with someone, mainly when working, playing, or spending time with them

ANSWERS: 16. grocery, 17. perceived, 18. initial, 19. recommend, 20. Alzheimer's, 21. opportune, 22. attributes, 23. interaction

24. She waited for her daughter with \_\_\_\_\_.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
25. Low sexual \_\_\_\_\_ typically correlates with low testosterone levels.
- n.* a strong feeling of wanting to have or do something
26. The woman of the house does the holy \_\_\_\_\_ of lighting two candles.
- n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
27. Internet traffic volumes have increased significantly with the advent of \_\_\_\_\_.
- n.* a mobile phone that functions as a computer and connects to the Internet
28. The captain told him to \_\_\_\_\_ the ship north.
- v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
29. Having a \_\_\_\_\_ healthy physique is essential for a great life.
- adv.* in a way related to a person's body or appearance rather than their mind
30. The \_\_\_\_\_ party strongly disagreed with the government's proposed legislation.
- n.* the act of disagreeing or resisting; the state of strong disagreement
31. The ascetic \_\_\_\_\_ spent his days in prayer and contemplation in the monastery.
- n.* a member of a religious community of men living under vows of poverty, chastity, and obedience

ANSWERS: 24. anxiety, 25. desire, 26. ritual, 27. smartphones, 28. steer, 29. physically, 30. opposition, 31. monk



32. They \_\_\_\_\_ customers with a premium for loyal patronage.  
*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
33. The president prepared several possible \_\_\_\_\_ for an enemy attack.  
*n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
34. I don't \_\_\_\_\_ take a vacation in the middle of summer.  
*adv.* usually; under normal conditions
35. The \_\_\_\_\_ to the new class was informative and engaging.  
*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
36. The curtain rose to \_\_\_\_\_ a fantastic set.  
*v.* to make something, such as secret or new information, known publicly
37. After his mother died, he got \_\_\_\_\_.  
*adj.* sad and without any hope
38. My computer has been acting \_\_\_\_\_ recently.  
*adj.* extraordinary, unexpected, or difficult to explain
39. The \_\_\_\_\_ of the discussion was the current state of the economy.  
*n.* a subject that is being discussed or written about

ANSWERS: 32. encouraged, 33. scenarios, 34. normally, 35. introduction, 36. disclose, 37. depressed, 38. weird, 39. topic

40. He included a \_\_\_\_\_ from the book in his essay.

- n.* a group of words taken from a text or speech and repeated by someone other than the original author or speaker

41. His \_\_\_\_\_ showed highly positive results.

- n.* the scientific test conducted to observe what happens and gain new knowledge

42. This evidence will form the \_\_\_\_\_ for our discussion.

- n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

43. She studies gardening on a \_\_\_\_\_ basis.

- n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

44. I realize the \_\_\_\_\_ of a single life.

- n.* a state or feeling of being unhappy because you have no connection with other people

45. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.

- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

46. I underwent aversion \_\_\_\_\_ for my addiction to alcohol.

- n.* the act of caring for someone through medication, remedial training, etc.

47. The two countries \_\_\_\_\_ each other's goodwill gestures by exchanging cultural visits.

- v.* to give, feel, or show in response to something that has been given, felt, or shown; to respond to a kind or friendly gesture by doing something similar in return; to exchange or interchange in a reciprocal manner

ANSWERS: 40. quotation, 41. experiments, 42. basis, 43. routine, 44. loneliness, 45. disease, 46. therapy, 47. reciprocated

48. This company \_\_\_\_\_ its battery problem completely.

*v.* to find a suitable answer to the problems or difficulty

49. He cast \_\_\_\_\_ glances behind her.

*adj.* worried and nervous

50. She walked urgently down the emergency \_\_\_\_\_.

*n.* a set of stairs inside a building, usually with posts and bars that are fixed at the side

51. She has been taking \_\_\_\_\_ since her baby died.

*n.* any of a class of drugs used to reduce feelings of sadness and worry

ANSWERS: 48. resolves, 49. anxious, 50. staircase, 51. antidepressants