

Englist.me



Vocabulary Builder Reference from...

Ryan Martin: Why some anger can be good for you | TED Talk

https://www.ted.com/talks/ryan_martin_why_some_anger_can_be_good_for_you

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

mad

adj. insane, especially due to a mental illness; very angry

synonym: crazy, insane, furious

(1) a **mad** person, (2) gets **mad** easily

He was **mad** with joy to see the results.

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.

judge

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

synonym: arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**

The strict **judge** ruled in favor of the plaintiff in the case.

essentially

adv. relating to the essential features or concepts of anything

synonym: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

- yell** v. to shout in a sudden and loud way
synonym: shout, scream, cry
(1) **yell** for help, (2) **yell** as loud as we can
When I asked my father for more money, he became furious and **yelled** at me.
- 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.
- universal** adj. existing or affecting everywhere or everyone
synonym: common, broad, worldwide
(1) **universal** life, (2) principles of **universal** design
The picture earned near- **universal** acclaim from critics.
- relate** v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
synonym: connect, link, associate
(1) **relate** a story, (2) **relate** a message
He tried to **relate** his experience to the group, but they couldn't understand.
- protest** n. a strong expression of disagreement, disapproval, or opposition
synonym: objection, disapproval, challenge
(1) hold a **protest**, (2) a silent **protest**
He left the party in **protest** at its radical political stance.
- rattle** v. to make or cause to make short, successive, sharp, and loud sounds
synonym: jolt, shake, babble
(1) **rattle** along a road, (2) **rattle** and bang at the door

The vast earthquake caused the house to **rattle**.

attest

v. to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something

synonym: verify, confirm, certify

(1) **attest** to the truth, (2) **attest** to the facts

I can **attest** to his honesty and integrity, as I have known him for many years.

grief

n. a very great sadness, especially when somebody dies

synonym: anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

occasion

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym: event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands

She wore her best dress for the special **occasion**.

vacation

n. a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure

synonym: leave, recess, break

(1) a short **vacation**, (2) summer **vacation**

Do you have a plan for a long **vacation**?

marred

adj. damaged, disfigured, or spoiled; impaired or diminished in value or quality

synonym: blemished, damaged, flawed

(1) **marred** reputation, (2) **marred** relationship

Even though the building was now in ruins, there was an undeniable charm about its **marred** beauty.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym: block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project

We **delayed** the payment because of an incorrect invoice.

horrible

adj. extremely unpleasant or bad; causing fear or disgust

synonym: dreadful, terrible, awful

(1) **horrible** accident, (2) **horrible** smell

The experience was **horrible** and left a lasting impression.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

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.

bet

v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

synonym: stake, wager, gamble

(1) **bet** on a race, (2) **bet** my future

I **bet** that you know it.

interfere

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

synonym: interpose, interrupt, hamper

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

Your talking **interferes** with my work.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

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.

chapter

n. a separate section of a written work usually numbered and titled

synonym: section, phase, episode

(1) an introductory **chapter**, (2) **chapter** of a political party

The final **chapter** provides a summary of the discussion.

problematic

adj. full of difficulties; difficult to deal with or solve

synonym : inappropriate, inconvenient, worrisome

(1) a **problematic** situation, (2) seems to be highly **problematic**

Direct democracy is effective in quickly resolving **problematic** situations within a community.

provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

synonym : stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

mess

n. a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

synonym : disarray, confusion, predicament

(1) have a whole **mess**, (2) get into a **mess**

He made a frightful **mess** in his room.

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**.

provocation

n. action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired

synonym : agitation, incitement, stimulus

(1) **provocation** tactics, (2) verbal **provocation**

The politician's speech was seen as a **provocation** to the opposition party.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym : coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym : benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

comprehensive

adj. complete and including all or everything necessary

synonym : complete, encyclopedic, thorough

(1) a **comprehensive** explanation, (2) conduct a **comprehensive** survey

We have a **comprehensive** grasp of this topic.

irritate

v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

synonym : annoy, vex, bother

(1) **irritate** skin, (2) **irritate** my partner

The sound of his chewing loudly **irritates** me during dinner.

fascinating

adj. extremely interesting

synonym : alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me

The museum houses a **fascinating** collection of Celtic artifacts.

chew

v. to crush or grind something, especially food, with the teeth and then swallow it

synonym : masticate, crush, grind

(1) **chew** each word, (2) **chew** a stick of gum

My dog loves to **chew** on bones.

surprisingly

adv. in a way that causes amazement or wonder

synonym: exceptionally, notably, unusually

(1) **surprisingly** advanced culture, (2) have **surprisingly** little effect

The exam was **surprisingly** tricky for everyone.

roundabout

n. a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic

synonym: detour, circuitous route, indirect path

(1) **roundabout** junction, (2) traffic **roundabout**

Because of the road closure, we had to take a **roundabout** route to reach the destination.

rage

n. a strong feeling of anger or violence

synonym: fury, anger, outrage

(1) uncontrollable **rage**, (2) fall into a **rage**

She was filled with a burning **rage** at the injustice she had witnessed.

racism

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

synonym: prejudice, discrimination, bias

(1) systemic **racism**, (2) research on anti- **racism**

The school's lack of diversity was a clear indication of the **racism** present in the community.

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.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

destruction

n. the act of causing so much damage to something

synonym: devastation, annihilation, ruin

(1) path of **destruction**, (2) cyclonic **destruction**

The extinction of several subspecies has been linked to climate change and habitat **destruction**.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

oddly

adv. in a way that is unexpected, strange, or peculiar

synonym: strangely, peculiarly, weirdly

(1) behave **oddly**, (2) **oddly** familiar

He walked into the party with an **oddly** dressed companion, causing everyone to stare.

accidentally

adv. by chance or without planning

synonym: by chance, unintentionally, unwittingly

(1) they met **accidentally**, (2) **accidentally** coincide

He was **accidentally** killed by friendly fire.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

synonym: skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

Lean operational improvements often lead to better

environmental performance.

gross

adj. being the total amount of something before any deductions; obese and ugly or unpleasant

synonym : before tax, total, abhorrent

(1) the **gross** amount, (2) **gross** injustice

The drastic reorganization has significantly increased this company's **gross** profits.

flash

n. a sudden intense burst of radiant energy; a momentary brightness

synonym : sparkle, gleam, glimmer

(1) a **flash** of lightning, (2) brilliant **flash**

These heavy rains caused **flash** floods on several islands.

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.

unpleasant

adj. not enjoyable or comfortable

synonym : disagreeable, displeasing, distasteful

(1) **unpleasant** behavior, (2) with **unpleasant** body odor

It is **unpleasant** to see criminal behavior even though it is minor.

unfair

adj. not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception

synonym : wrongful, biased, dishonest

(1) **unfair** employment practices, (2) have an **unfair** advantage

In a democracy, it is necessary to monitor the judiciary to see if it is making **unfair** decisions.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym : helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

recipe

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

synonym : instructions, formula, method

(1) **recipe** book, (2) **recipe** collection

The **recipe** for the cake is passed down from generation to generation in her family.

vacuum

n. a space empty of matter; a device or tool used for cleaning or removing debris by creating suction

synonym : void, emptiness, gap

(1) **vacuum** cleaner, (2) **vacuum** packing

Please use the **vacuum** to clean up the mess on the floor.

scared

adj. afraid or frightened

synonym : frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

anxious

adj. worried and nervous

synonym : nervous, uneasy, afraid

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

He cast **anxious** glances behind her.

interpret

v. to explain or assign the meaning of information, actions, etc.

synonym: decode, decipher, analyze

(1) **interpret** a graph, (2) **interpret** the question

Different people might **interpret** this news differently.

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.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

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

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym: chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

appraisal

n. an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner

synonym: assessment, evaluation, judgment

(1) performance **appraisal**, (2) real estate **appraisal**

She received a positive **appraisal** from her boss for her outstanding performance at work.

evaluate

v. to assess or estimate the quality, significance, quantity, or value of something

synonym: assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation

The meeting aims to **evaluate** possible choices.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

illustrate

v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation

synonym: demonstrate, explain, exemplify

(1) **illustrate** a key point, (2) **illustrate** a story

The company's financial records **illustrate** how successful it has been.

evil

adj. profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people

synonym: malign, corruption, immorality

(1) **evil** ways, (2) a charm against **evil**

Corruption is an **evil** act for any reason.

genius

n. someone who has exceptional intellectual ability and originality

synonym : brilliance, brainiac, acumen

(1) a person of **genius**, (2) a **genius** for music

Mozart was a musical **genius**.

definition

n. a concise explanation of the meaning of a word, phrase, or symbol

synonym : description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

Parallel lines are, by **definition**, lines on the same plane that never cross.

traffic

n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

synonym : congestion, jam, flow

(1) **traffic** jam, (2) heavy **traffic**

We decided to take a detour to avoid the construction **traffic** on the main road.

construct

v. to build or create something; to assemble or combine different parts to form something whole

synonym : build, assemble, create

(1) **construct** a 3D image, (2) **construct** a dam

He **constructs** hypotheses that no mathematician has ever imagined before.

routinely

adv. on a regular or habitual basis; in a manner that is customary or expected

synonym : habitually, regularly, customarily

(1) **routinely** check, (2) **routinely** scheduled maintenance

They **routinely** conduct fire drills to ensure everyone in the building knows what to do in an emergency.

viol

n. a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba

synonym : viola, viola da gamba, string instrument

(1) **viol** instrument, (2) **viol** music

The **viol** player was rehearsing for an upcoming concert.

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**.

anonymous

adj. having no known name, identity, or known source

synonym: nameless, unidentified, unnamed

(1) **anonymous** letter, (2) **anonymous** house

She received several **anonymous** calls.

wrath

n. extreme anger

synonym: fury, irritation, anger

(1) **wrath** of God, (2) a high person's **wrath**

He finally exploded with **wrath** due to the team's repeated failures.

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.

pile

n. a collection of objects positioned one on top of another; a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

destitute

adj. lacking basic material necessities such as food, shelter, and clothing; impoverished

synonym : poor, impoverished, needy

(1) **destitute** refugees, (2) living in **destitute** conditions

The hurricane left many families **destitute** and without homes.

scratch

v. to cut or damage the surface of something or the skin with a sharp or pointed object

synonym : claw, rub, scrape

(1) **scratch** off a name, (2) **scratch** my signature

Don't **scratch** your mosquito bites.

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.

ruin

v. to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

synonym : bankrupt, demolish, destroy

(1) **ruin** the plan, (2) **ruin** the reputation

He knocked over the red wine and **ruined** the tablecloth.

process

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

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

catastrophe

n. a sudden event that causes extreme ruin and misfortune
synonym: disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our university system.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

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.

causation

n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

synonym: cause, reason, origin

(1) **causation** analysis, (2) direct **causation**

The **causation** of the disease is still under investigation by medical researchers.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym: fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group
All the books in this section **belong** to the library's rare collection and must be handled carefully.

inanimate

adj. not having life or spirit; not animate

synonym: lifeless, inert, passive

(1) **inanimate** nature, (2) **inanimate** matter

The **inanimate** object was not capable of movement or feeling.

ridiculous

adj. very silly or unreasonable and deserving to be laughed at

synonym: absurd, fatuous, foolish

(1) a **ridiculous** amount of money, (2) a **ridiculous** suggestion

Everyone regarded the theory he advocated as **ridiculous** but was later proven correct.

generalize

v. to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases

synonym: conclude, derive, extrapolate

(1) **generalize** Kepler's first law, (2) **generalize** sophisticatedly

It's dangerous to **generalize** about people.

inflame

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion
Her eyes **inflamed** with crying.

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.

idiot

n. a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient

synonym: dummy, imbecile, bubblehead

(1) **idiot** driver, (2) what an **idiot**
He acted like an **idiot** and spilled his drink all over the floor.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym: group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls
One bad apple spoils the whole **bunch**.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd
She had a master's degree in **psychology**.

refer

v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

synonym: cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map
Please **refer** to the instruction manual for further assistance.

cognitive

adj. of or relating to mental processes of understanding

synonym: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

distortion

n. the alteration or misrepresentation of something so that it is no longer true or accurate; the way in which a sound or image is changed or distorted

synonym: twist, deformity, misrepresentation

(1) **distortion** of the earth's surface, (2) horizontal **distortion**

Her report was criticized as a gross **distortion** of the truth.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

synonym: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym: heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke

The dictator was known for his **cruel** and oppressive regime.

ancestor

n. a person from whom one is descended; a forefather

synonym: forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

evolutionary

adj. relating to or denoting how living things develop or change from earlier forms

synonym: developmental, mutative, transformative

(1) ecology and **evolutionary** biology, (2) the **evolutionary** process

Evolutionary algorithms can find ways to optimize that humans do not anticipate.

alert

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

synonym: warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to potential threats.

injustice

n. a violation of the rights of others or the laws of a society

synonym: unfairness, bias, discrimination

(1) gross **injustice**, (2) **injustice** system

The **injustice** of the court's decision angered many people and led to protests.

brain

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

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

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.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym: invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym: engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

sympathetic

adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

synonym: compassionate, empathetic, understanding

(1) **sympathetic** nervous system, (2) **sympathetic** toward poor people

She is very **sympathetic** to our project.

nervous

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

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

flee

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

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

digestive

adj. relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

conserve

v. to protect something, especially the natural environment or culture, from change, damage, or destruction

synonym: preserve, save, maintain

(1) means to **conserve** energy, (2) **conserve** coal resources

Children must be taught to **conserve** our natural environment.

vessel

n. a ship or large boat

synonym: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

dilate

v. to make something wider, larger, or more open

synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

extremity

n. the farthest or most remote point or the greatest or the highest degree

synonym: end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym : biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

unforgiving

adj. not willing to forgive or show mercy; not able to be repaired or restored

synonym : relentless, uncompromising, merciless

(1) **unforgiving** blow, (2) **unforgiving** terrain

The **unforgiving** sun scorched the desert, making it uninhabitable.

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.

appropriate

adj. suitable or proper in the circumstances; fitting

synonym : fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

regulate

v. to control something, especially by means of rules or laws

synonym : control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

lash

v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

synonym : whip, beat, strike

(1) **lash** the oxen, (2) **lash** a rope

The mother **lashed** out at her child for misbehaving in public.

calm

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

synonym : quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

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

relax

v. to become or cause someone to become less active or tense and calmer

synonym : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym : guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

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.

thirst

n. a feeling of needing something to drink; a strong desire for something

synonym : craving, desire, appetite

(1) a burning **thirst**, (2) **thirst** for authority

He read books to quench his **thirst** for knowledge.

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym : slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

aggression

n. the act of attacking or assaulting; hostile or violent behavior

synonym : hostility, assertiveness, antagonism

(1) **aggression** by a hostile country, (2) naked **aggression**

The dog's **aggression** made it difficult for its owners to take it for a walk.

hostility

n. aggressive or unfriendly feelings or behavior

synonym : antagonism, antipathy, estrangement

(1) an act of **hostility**, (2) bitter **hostility**

Her unconcealed **hostility** made us unpleasant.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

infinite

adj. unlimited or very great; impossible to measure

synonym : boundless, countless, limitless

(1) **infinite** appetite, (2) **infinite** in supply

The battle had an **infinite** impact on the nation.

editorial

adj. relating to the expression of opinions or interpretations in the media

synonym : comment, opinion, critique

(1) gain **editorial** help, (2) an **editorial** article

The newspaper published an **editorial** on the current state of

the economy.

donate

v. to give money, food, clothes, etc. to help a person or organization

synonym: bestow, contribute, grant

(1) **donate** to charity, (2) **donate** blood to the Red Cross

Our company **donates** to the school endowment fund every year.

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.

poetry

n. poems in general as a genre of literature

synonym: ode, poesy, verse

(1) modern **poetry**, (2) book of **poetry**

Different cultures have different comfortable word rhythms, so the composition of **poetry** varies greatly.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

atrocities

n. brutal act; an extremely wicked or cruel act

synonym: evil, horror, iniquity

(1) commit **atrocities**, (2) cold-blooded **atrocities**

The **atrocities** of the war left many children orphaned.

Session 2: Spelling

1. horizontal dis_____on
n. the alteration or misrepresentation of something so that it is no longer true or accurate; the way in which a sound or image is changed or distorted
2. book of po____y
n. poems in general as a genre of literature
3. vi_____t incident
adj. involving or caused by physical force or aggression against someone or something
4. rou_____ut junction
n. a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic
5. gr__s injustice
adj. being the total amount of something before any deductions; obese and ugly or unpleasant
6. 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
7. ex_____ty amputation
n. the farthest or most remote point or the greatest or the highest degree
8. sym_____ic nervous system
adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
9. 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;

ANSWERS: 1. distortion, 2. poetry, 3. violent, 4. roundabout, 5. gross, 6. tease, 7. extremity, 8. sympathetic, 9. attribute

10. the ul____te luxury *adj.* furthest or highest in degree or order
11. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
12. a person of ge___s *n.* someone who has exceptional intellectual ability and originality
13. industry-sp____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
14. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
15. pro_____on tactics *n.* action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired
16. de__y a flight three hours *v.* to cause something to happen at a later time than originally intended or expected
17. 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

ANSWERS: 10. ultimate, 11. damage, 12. genius, 13. specific, 14. advantage, 15. provocation, 16. delay, 17. label

18. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
19. a g_m suit *n.* a place equipped for exercise and other physical training
20. sc_____h my signature *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
21. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
22. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
23. an ed_____al article *adj.* relating to the expression of opinions or interpretations in the media
24. y__l as loud as we can *v.* to shout in a sudden and loud way
25. conduct a com_____ive survey *adj.* complete and including all or everything necessary
26. l__h a rope *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
27. un___r employment practices *adj.* not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception
28. c__w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it

ANSWERS: 18. consequence, 19. gym, 20. scratch, 21. brain, 22. volunteer, 23. editorial, 24. yell, 25. comprehensive, 26. lash, 27. unfair, 28. chew

29. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
30. as___e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
31. 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
32. stay phy_____ly fit *adv.* in a way related to a person's body or appearance rather than their mind
33. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
34. 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
35. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
36. ju__e a competition *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
37. un_____al life *adj.* existing or affecting everywhere or everyone
38. avoid climate cat_____he *n.* a sudden event that causes extreme ruin and misfortune

ANSWERS: 29. communicate, 30. assume, 31. decide, 32. physically, 33. relax, 34. spirit, 35. scare, 36. judge, 37. universal, 38. catastrophe

39. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
40. en____ze the body *v.* to give energy or vitality to someone or something; to invigorate
41. cold-blooded at____ty *n.* brutal act; an extremely wicked or cruel act
42. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
43. in____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
44. v__l music *n.* a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba
45. 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
46. 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
47. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
48. do____e to charity *v.* to give money, food, clothes, etc. to help a person or organization
49. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 39. calm, 40. energize, 41. atrocity, 42. conversation, 43. inflame, 44. viol, 45. communicate, 46. label, 47. sweat, 48. donate, 49. brain

50. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
51. ch____r of a political party *n.* a separate section of a written work usually numbered and titled
52. horde of mo____rs *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
53. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
54. co____ct a 3D image *v.* to build or create something; to assemble or combine different parts to form something whole
55. a lot of gr__f *n.* a very great sadness, especially when somebody dies
56. mo____r film *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
57. field of gene th____y *n.* the act of caring for someone through medication, remedial training, etc.
58. an introductory ch____r *n.* a separate section of a written work usually numbered and titled
59. a glad oc____on *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

ANSWERS: 50. judge, 51. chapter, 52. monster, 53. relation, 54. construct, 55. grief, 56. monster, 57. therapy, 58. chapter, 59. occasion

60. a m_d person	<i>adj.</i> insane, especially due to a mental illness; very angry
61. be___g to a group	<i>v.</i> to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
62. research on co_____ve psychology	<i>adj.</i> of or relating to mental processes of understanding
63. a di_____ve enzyme	<i>adj.</i> relating to or capable of causing or promoting digestion of food
64. my vo_____er work	<i>n.</i> a person who performs or offers to perform a job or service without being paid for or forced to do
65. seems to be highly pro_____ic	<i>adj.</i> full of difficulties; difficult to deal with or solve
66. ch_____c alcohol consumption	<i>adj.</i> being long-lasting and recurrent or characterized by long suffering; habitual
67. pr_____e a reaction	<i>v.</i> to stimulate or give rise to a particular reaction or have a particular effect
68. an_____or language	<i>n.</i> a person from whom one is descended; a forefather
69. path of des_____on	<i>n.</i> the act of causing so much damage to something
70. the mo__o for safe traffic	<i>n.</i> a phrase or slogan that expresses a guiding principle or goal
71. g_m membership	<i>n.</i> a place equipped for exercise and other physical training
72. the gr__s amount	<i>adj.</i> being the total amount of something before any deductions; obese and ugly or unpleasant

ANSWERS: 60. mad, 61. belong, 62. cognitive, 63. digestive, 64. volunteer, 65. problematic, 66. chronic, 67. provoke, 68. ancestor, 69. destruction, 70. motto, 71. gym, 72. gross

73. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
74. th___t for authority *n.* a feeling of needing something to drink; a strong desire for something
75. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
76. re_____te our conduct *v.* to control something, especially by means of rules or laws
77. silly p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
78. have sur_____gly little effect *adv.* in a way that causes amazement or wonder
79. traffic rou_____ut *n.* a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic
80. a com_____ive explanation *adj.* complete and including all or everything necessary
81. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
82. od__y familiar *adv.* in a way that is unexpected, strange, or peculiar

ANSWERS: 73. complexity, 74. thirst, 75. process, 76. regulate, 77. pun, 78. surprisingly, 79. roundabout, 80. comprehensive, 81. complexity, 82. oddly

83. ir____te my partner *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
84. r__n the reputation *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
85. ev____te the grant proposal *v.* to assess or estimate the quality, significance, quantity, or value of something
86. po_____ss in the organization *adj.* lacking power, strength, or authority; unable to act or affect change
87. the height of a p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
88. va____m packing *n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction
89. 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
90. in____et the question *v.* to explain or assign the meaning of information, actions, etc.
91. re__r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
92. blood ve____ls *n.* a ship or large boat

ANSWERS: 83. irritate, 84. ruin, 85. evaluate, 86. powerless, 87. pile, 88. vacuum, 89. bully, 90. interpret, 91. refer, 92. vessel

93. a sand p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
94. 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
95. a pro_____ic situation *adj.* full of difficulties; difficult to deal with or solve
96. cyclonic des_____on *n.* the act of causing so much damage to something
97. 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;
98. have gr__f and sorrow *n.* a very great sadness, especially when somebody dies
99. a cr__l and unusual punishment *adj.* feeling or showing pleasure in causing pain or suffering to others
100. the ul_____te goal in life *adj.* furthest or highest in degree or order
101. an an_____s look *adj.* worried and nervous
102. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
103. ev_____te a situation *v.* to assess or estimate the quality, significance, quantity, or value of something

ANSWERS: 93. pile, 94. spirit, 95. problematic, 96. destruction, 97. attribute, 98. grief, 99. cruel, 100. ultimate, 101. anxious, 102. irrational, 103. evaluate

104. commit at_____ty	<i>n.</i> brutal act; an extremely wicked or cruel act
105. a precise def_____on	<i>n.</i> a concise explanation of the meaning of a word, phrase, or symbol
106. re___e a story	<i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
107. re___e collection	<i>n.</i> a set of instructions for preparing a dish, including the ingredients and the method of cooking
108. in_____ce system	<i>n.</i> a violation of the rights of others or the laws of a society
109. b_t on a race	<i>v.</i> to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
110. ro_____ly scheduled maintenance	<i>adv.</i> on a regular or habitual basis; in a manner that is customary or expected
111. ro_____ly check	<i>adv.</i> on a regular or habitual basis; in a manner that is customary or expected
112. they met acc_____lly	<i>adv.</i> by chance or without planning
113. an_____us house	<i>adj.</i> having no known name, identity, or known source
114. ex_____ty injury	<i>n.</i> the farthest or most remote point or the greatest or the highest degree
115. a silent pr_____t	<i>n.</i> a strong expression of disagreement, disapproval, or opposition

ANSWERS: 104. atrocity, 105. definition, 106. relate, 107. recipe, 108. injustice, 109. bet, 110. routinely, 111. routinely, 112. accidentally, 113. anonymous, 114. extremity, 115. protest

116. verbal pro_____on *n.* action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired
117. ill_____te a story *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
118. hold a pr_____t *n.* a strong expression of disagreement, disapproval, or opposition
119. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
120. unple_____nt behavior *adj.* not enjoyable or comfortable
121. b_t my future *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
122. al__t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
123. be___g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
124. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 116. provocation, 117. illustrate, 118. protest, 119. inflame, 120. unpleasant, 121. bet, 122. alert, 123. belong, 124. physiological

125. pr____y school *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
126. 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
127. psy_____gy of crowd *n.* the scientific study of mind and behavior
128. the def_____on of a word *n.* a concise explanation of the meaning of a word, phrase, or symbol
129. dis_____on of the earth's surface *n.* the alteration or misrepresentation of something so that it is no longer true or accurate; the way in which a sound or image is changed or distorted
130. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
131. research on anti-ra___m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
132. l__n athletic figure *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
133. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 125. primary, 126. tease, 127. psychology, 128. definition, 129. distortion, 130. associate, 131. racism, 132. lean, 133. conversation

134. performance ap_____al *n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner
135. in_____et a graph *v.* to explain or assign the meaning of information, actions, etc.
136. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
137. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
138. witty p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
139. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
140. direct ca_____on *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
141. co_____ve coal resources *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

ANSWERS: 134. appraisal, 135. interpret, 136. process, 137. environment, 138. pun, 139. emotion, 140. causation, 141. conserve

142. re__r to a map *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
143. cr__l joke *adj.* feeling or showing pleasure in causing pain or suffering to others
144. mo_____te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
145. sc___d dog *adj.* afraid or frightened
146. improve co_____ve function *adj.* of or relating to mental processes of understanding
147. get ne_____s *adj.* worried and anxious about something; relating to the nerves
148. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
149. tr_____c jam *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
150. a short va_____on *n.* a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
151. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together

ANSWERS: 142. refer, 143. cruel, 144. motivate, 145. scared, 146. cognitive, 147. nervous, 148. context, 149. traffic, 150. vacation, 151. bunch

152. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
153. living in de_____te conditions *adj.* lacking basic material necessities such as food, shelter, and clothing; impoverished
154. in_____re in another country's affairs *v.* to get involved in and prevent a process or activity from continuing
155. al__t consumers to the dangers *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
156. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
157. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
158. l__h the oxen *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
159. with unp_____nt body odor *adj.* not enjoyable or comfortable
160. as___e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
161. y__l for help *v.* to shout in a sudden and loud way

ANSWERS: 152. calm, 153. destitute, 154. interfere, 155. alert, 156. damage, 157. catastrophe, 158. lash, 159. unpleasant, 160. assume, 161. yell

162. phy_____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
163. 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
164. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
165. an act of ho_____ty *n.* aggressive or unfriendly feelings or behavior
166. r__n the plan *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
167. as oc_____on demands *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
168. at___t to the facts *v.* to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something
169. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
170. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 162. physically, 163. frustrate, 164. colleague, 165. hostility, 166. ruin, 167. occasion, 168. attest, 169. emotion, 170. decide

171. earliest human an_____or *n.* a person from whom one is descended; a forefather
172. va___m cleaner *n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction
173. ca_____on analysis *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
174. a rid_____us suggestion *adj.* very silly or unreasonable and deserving to be laughed at
175. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
176. an_____us letter *adj.* having no known name, identity, or known source
177. agg_____on by a hostile country *n.* the act of attacking or assaulting; hostile or violent behavior
178. behave od__y *adv.* in a way that is unexpected, strange, or peculiar
179. completely fas_____ng to me *adj.* extremely interesting
180. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
181. gain ed_____al help *adj.* relating to the expression of opinions or interpretations in the media
182. systemic ra___m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

ANSWERS: 171. ancestor, 172. vacuum, 173. causation, 174. ridiculous, 175. blame, 176. anonymous, 177. aggression, 178. oddly, 179. fascinating, 180. chronic, 181. editorial, 182. racism

183. ir____te skin *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
184. a charm against e__l *adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people
185. development of the ne____s system *adj.* worried and anxious about something; relating to the nerves
186. ecology and evo____ary biology *adj.* relating to or denoting how living things develop or change from earlier forms
187. ho____le smell *adj.* extremely unpleasant or bad; causing fear or disgust
188. in____re with DNA synthesis *v.* to get involved in and prevent a process or activity from continuing
189. 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
190. ho____le accident *adj.* extremely unpleasant or bad; causing fear or disgust
191. sym____ic toward poor people *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
192. re__x at home *v.* to become or cause someone to become less active or tense and calmer
193. a l__n horse *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

ANSWERS: 183. irritate, 184. evil, 185. nervous, 186. evolutionary, 187. horrible, 188. interfere, 189. bully, 190. horrible, 191. sympathetic, 192. relax, 193. lean

194. fas_____ng story *adj.* extremely interesting
195. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
196. express fru_____on *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
197. de_____te refugees *adj.* lacking basic material necessities such as food, shelter, and clothing; impoverished
198. e__l ways *adj.* profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people
199. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
200. co_____ct a dam *v.* to build or create something; to assemble or combine different parts to form something whole
201. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
202. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
203. a ge___s for music *n.* someone who has exceptional intellectual ability and originality
204. brilliant fl__h *n.* a sudden intense burst of radiant energy; a momentary brightness

ANSWERS: 194. fascinating, 195. digestive, 196. frustration, 197. destitute, 198. evil, 199. irrational, 200. construct, 201. environment, 202. delay, 203. genius, 204. flash

205. sp_____ic instructions	<i>adj.</i> clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
206. take ad_____ge of his weak points	<i>n.</i> a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
207. the evo_____ary process	<i>adj.</i> relating to or denoting how living things develop or change from earlier forms
208. fr_____te other team members	<i>v.</i> 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
209. ra___e along a road	<i>v.</i> to make or cause to make short, successive, sharp, and loud sounds
210. unf_____ng terrain	<i>adj.</i> not willing to forgive or show mercy; not able to be repaired or restored
211. all in a sw__t	<i>n.</i> the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
212. re___e book	<i>n.</i> a set of instructions for preparing a dish, including the ingredients and the method of cooking
213. app_____te behavior	<i>adj.</i> suitable or proper in the circumstances; fitting
214. company mo__o	<i>n.</i> a phrase or slogan that expresses a guiding principle or goal
215. become ess_____ly same	<i>adv.</i> relating to the essential features or concepts of anything

ANSWERS: 205. specific, 206. advantage, 207. evolutionary, 208. frustrate, 209. rattle, 210. unforgiving, 211. sweat, 212. recipe, 213. appropriate, 214. motto, 215. essentially

216. pr_____e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect
217. sc____d all the time *adj.* afraid or frightened
218. means to co_____ve energy *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
219. f__e their homes *v.* to leave by running away, especially out of fear or danger
220. in_____te in supply *adj.* unlimited or very great; impossible to measure
221. a high person's wr__h *n.* extreme anger
222. f__e abroad *v.* to leave by running away, especially out of fear or danger
223. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
224. at____t to the truth *v.* to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something
225. id__t driver *n.* a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient
226. di____e blood vessel *v.* to make something wider, larger, or more open
227. modern po____y *n.* poems in general as a genre of literature
228. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else

ANSWERS: 216. provoke, 217. scared, 218. conserve, 219. flee, 220. infinite, 221. wrath, 222. flee, 223. bunch, 224. attest, 225. idiot, 226. dilate, 227. poetry, 228. associate

229. get into a m__s	<i>n.</i> a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
230. wr__h of God	<i>n.</i> extreme anger
231. th____y for a patient	<i>n.</i> the act of caring for someone through medication, remedial training, etc.
232. fru_____on level	<i>n.</i> the feeling of being upset or annoyed as a result of being unable to change or achieve something
233. co_____al combination of funds	<i>adj.</i> belonging to or used by a group rather than individuals; for common use
234. sc_____h off a name	<i>v.</i> to cut or damage the surface of something or the skin with a sharp or pointed object
235. ill_____te a key point	<i>v.</i> to provide pictures, photographs, diagrams, etc. in a book or something for explanation
236. ess_____ly correct	<i>adv.</i> relating to the essential features or concepts of anything
237. po_____ss position	<i>adj.</i> lacking power, strength, or authority; unable to act or affect change
238. fall into a r__e	<i>n.</i> a strong feeling of anger or violence
239. unf_____ng blow	<i>adj.</i> not willing to forgive or show mercy; not able to be repaired or restored
240. ma___d relationship	<i>adj.</i> damaged, disfigured, or spoiled; impaired or diminished in value or quality
241. psy_____gy experiment	<i>n.</i> the scientific study of mind and behavior

ANSWERS: 229. mess, 230. wrath, 231. therapy, 232. frustration, 233. communal, 234. scratch, 235. illustrate, 236. essentially, 237. powerless, 238. rage, 239. unforgiving, 240. marred, 241. psychology

242. c__w a stick of gum *v.* to crush or grind something, especially food, with the teeth and then swallow it
243. have an un___r advantage *adj.* not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception
244. en_____ze a team *v.* to give energy or vitality to someone or something; to invigorate
245. have a whole m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
246. gross in_____ce *n.* a violation of the rights of others or the laws of a society
247. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
248. what an id__t *n.* a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient
249. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
250. real estate ap_____al *n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner
251. in_____te matter *adj.* not having life or spirit; not animate
252. gen_____ze Kepler's first law *v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases

ANSWERS: 242. chew, 243. unfair, 244. energize, 245. mess, 246. injustice, 247. regulate, 248. idiot, 249. communal, 250. appraisal, 251. inanimate, 252. generalize

253. in____te appetite	<i>adj.</i> unlimited or very great; impossible to measure
254. a fl__h of lightning	<i>n.</i> a sudden intense burst of radiant energy; a momentary brightness
255. bitter ho_____ty	<i>n.</i> aggressive or unfriendly feelings or behavior
256. summer va_____on	<i>n.</i> a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
257. pr_____y education	<i>adj.</i> first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
258. bl__e the lack of knowledge	<i>v.</i> to think or say that someone or something did something wrong or is responsible for something bad
259. collaborate with co_____ues	<i>n.</i> one of a group of a coworker, especially in a profession or a business
260. a burning th____t	<i>n.</i> a feeling of needing something to drink; a strong desire for something
261. v__l instrument	<i>n.</i> a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba
262. principles of un_____al design	<i>adj.</i> existing or affecting everywhere or everyone
263. heavy tr_____c	<i>n.</i> the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

ANSWERS: 253. infinite, 254. flash, 255. hostility, 256. vacation, 257. primary, 258. blame, 259. colleague, 260. thirst, 261. viol, 262. universal, 263. traffic

264. ra___e and bang at the door *v.* to make or cause to make short, successive, sharp, and loud sounds
265. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
266. do___e blood to the Red Cross *v.* to give money, food, clothes, etc. to help a person or organization
267. all ability to mo____te *v.* to make someone want to do something, especially something that requires tremendous work and effort
268. naked agg_____on *n.* the act of attacking or assaulting; hostile or violent behavior
269. in_____te nature *adj.* not having life or spirit; not animate
270. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
271. gets m_d easily *adj.* insane, especially due to a mental illness; very angry
272. an_____s about his health *adj.* worried and nervous
273. acc_____lly coincide *adv.* by chance or without planning
274. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
275. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual

ANSWERS: 264. rattle, 265. relate, 266. donate, 267. motivate, 268. aggression, 269. inanimate, 270. violent, 271. mad, 272. anxious, 273. accidentally, 274. context, 275. consequence

276. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
277. ma___d reputation *adj.* damaged, disfigured, or spoiled; impaired or diminished in value or quality
278. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
279. sc__e the birds away *v.* to frighten a person or animal, or to become frightened
280. uncontrollable r__e *n.* a strong feeling of anger or violence
281. a rid_____us amount of money *adj.* very silly or unreasonable and deserving to be laughed at
282. di___e the bronchial tubes *v.* to make something wider, larger, or more open
283. naval ve___ls *n.* a ship or large boat
284. gen_____ze sophisticatedly *v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases
285. co_____nt a global warming *v.* to face, meet or deal with a problem or difficult situation or person
286. sur_____gly advanced culture *adv.* in a way that causes amazement or wonder
287. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person

ANSWERS: 276. physiological, 277. marred, 278. relation, 279. scare, 280. rage, 281. ridiculous, 282. dilate, 283. vessel, 284. generalize, 285. confront, 286. surprisingly, 287. confront

288. an app_____te time

adj. suitable or proper in the circumstances;
fitting

ANSWERS: 288. appropriate

Session 3: Fill in the Blanks

1. Everyone regarded the theory he advocated as _____ but was later proven correct.
adj. very silly or unreasonable and deserving to be laughed at
2. Her report was criticized as a gross _____ of the truth.
n. the alteration or misrepresentation of something so that it is no longer true or accurate; the way in which a sound or image is changed or distorted
3. We _____ our impeded progress on lack of money.
v. to think or say that someone or something did something wrong or is responsible for something bad
4. I decided to seek counseling on the advice of my _____.
n. one of a group of a coworker, especially in a profession or a business
5. Please _____ to the instruction manual for further assistance.
v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
6. 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
7. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 1. ridiculous, 2. distortion, 3. blamed, 4. colleague, 5. refer, 6. tease, 7. conversation

8. They _____ conduct fire drills to ensure everyone in the building knows what to do in an emergency.

adv. on a regular or habitual basis; in a manner that is customary or expected

9. He cast _____ glances behind her.

adj. worried and nervous

10. She wiped the _____ off her forehead with a towel.

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

11. The politician's speech was seen as a _____ to the opposition party.

n. action or speech that intentionally causes someone to become angry, irritated, or frustrated; a reason or motive for something, often negative or undesired

12. He was _____ killed by friendly fire.

adv. by chance or without planning

13. The comedian's _____ had the audience laughing out loud.

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

14. Every human is responsible for taking care of the Earth's _____.

n. the natural world such as air, water, and land in which humans, animals, and plants live

15. The majority of consumers _____ this brand with quality.

v. to mentally connect someone or something with someone or something else

ANSWERS: 8. routinely, 9. anxious, 10. sweat, 11. provocation, 12. accidentally, 13. pun, 14. environment, 15. associate

16. She received several _____ calls.
adj. having no known name, identity, or known source
17. The _____ cause of the accident was due to the icy road conditions.
adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
18. _____ a society is an organism.
adv. relating to the essential features or concepts of anything
19. One bad apple spoils the whole _____.
n. a grouping of several similar things which are growing or fastened together
20. We have a _____ grasp of this topic.
adj. complete and including all or everything necessary
21. Our company _____ to the school endowment fund every year.
v. to give money, food, clothes, etc. to help a person or organization
22. Even though the building was now in ruins, there was an undeniable charm about its _____ beauty.
adj. damaged, disfigured, or spoiled; impaired or diminished in value or quality
23. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
n. a phrase or slogan that expresses a guiding principle or goal
24. Her unconcealed _____ made us unpleasant.
n. aggressive or unfriendly feelings or behavior

ANSWERS: 16. anonymous, 17. primary, 18. Essentially, 19. bunch, 20. comprehensive, 21. donates, 22. marred, 23. motto, 24. hostility

25. The hurricane left many families _____ and without homes.

adj. lacking basic material necessities such as food, shelter, and clothing; impoverished

26. They continued to endure _____ treatment by the dictatorship.

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

27. 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

28. I'm _____ of insects.

adj. afraid or frightened

29. The motivational speaker _____ the crowd with their words.

v. to give energy or vitality to someone or something; to invigorate

30. One of the main _____ of the new product is its increased efficiency.

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

31. The newspaper published an _____ on the current state of the economy.

adj. relating to the expression of opinions or interpretations in the media

32. She is very _____ to our project.

adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

ANSWERS: 25. destitute, 26. irrational, 27. decide, 28. scared, 29. energized, 30. advantages, 31. editorial, 32. sympathetic

33. The _____ object was not capable of movement or feeling.
adj. not having life or spirit; not animate
34. These heavy rains caused _____ floods on several islands.
n. a sudden intense burst of radiant energy; a momentary brightness
35. The lack of funds has resulted in a _____ for our university system.
n. a sudden event that causes extreme ruin and misfortune
36. The following example _____ that the capacity of each battery is the same.
v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
37. X-rays revealed a small tumor in his _____.
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
38. Some _____ are common across cultures and backgrounds.
n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
39. He broke his arm at the _____ of the bone.
n. the farthest or most remote point or the greatest or the highest degree
40. He felt a deep _____ as he realized the project would not be completed on time.
n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

ANSWERS: 33. inanimate, 34. flash, 35. catastrophe, 36. assumes, 37. brain, 38. emotions, 39. extremity, 40. frustration

41. He walked into the party with an _____ dressed companion, causing everyone to stare.

adv. in a way that is unexpected, strange, or peculiar

42. The meeting aims to _____ possible choices.

v. to assess or estimate the quality, significance, quantity, or value of something

43. Don't _____ your mosquito bites.

v. to cut or damage the surface of something or the skin with a sharp or pointed object

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

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

45. 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

46. All the books in this section _____ to the library's rare collection and must be handled carefully.

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

47. She was filled with a burning _____ at the injustice she had witnessed.

n. a strong feeling of anger or violence

48. Because of the road closure, we had to take a _____ route to reach the destination.

n. a circuitous or indirect route or path; a traffic circle or rotary used to regulate the flow of traffic

ANSWERS: 41. oddly, 42. evaluate, 43. scratch, 44. calm, 45. monster, 46. belong, 47. rage, 48. roundabout

49. The ability to _____ people is a priceless asset.
- v. to make someone want to do something, especially something that requires tremendous work and effort
50. 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;
51. The _____ of the disease is still under investigation by medical researchers.
- n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
52. He _____ hypotheses that no mathematician has ever imagined before.
- v. to build or create something; to assemble or combine different parts to form something whole
53. When I asked my father for more money, he became furious and _____ at me.
- v. to shout in a sudden and loud way
54. We _____ the payment because of an incorrect invoice.
- v. to cause something to happen at a later time than originally intended or expected
55. The _____ player was rehearsing for an upcoming concert.
- n. a stringed instrument, typically with six strings and frets, played with a bow, also called a viola da gamba
56. It is a basic instinct to _____ from a dangerous situation.
- v. to leave by running away, especially out of fear or danger

ANSWERS: 49. motivate, 50. attributes, 51. causation, 52. constructs, 53. yelled, 54. delayed, 55. viol, 56. flee

57. She received a positive _____ from her boss for her outstanding performance at work.
- n.* an evaluation or assessment of the value, quality, or condition of something or someone, often in a professional or organized manner
58. He knocked over the red wine and _____ the tablecloth.
- v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
59. He read books to quench his _____ for knowledge.
- n.* a feeling of needing something to drink; a strong desire for something
60. During the hurricane, we felt _____ against the winds and rain.
- adj.* lacking power, strength, or authority; unable to act or affect change
61. The museum houses a _____ collection of Celtic artifacts.
- adj.* extremely interesting
62. It is _____ to see criminal behavior even though it is minor.
- adj.* not enjoyable or comfortable
63. 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
64. The dictator was known for his _____ and oppressive regime.
- adj.* feeling or showing pleasure in causing pain or suffering to others
65. 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

ANSWERS: 57. appraisal, 58. ruined, 59. thirst, 60. powerless, 61. fascinating, 62. unpleasant, 63. communicate, 64. cruel, 65. bully

66. 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

67. He tried to _____ his experience to the group, but they couldn't understand.

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

68. He made a frightful _____ in his room.

n. a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

69. Do you have a plan for a long _____

n. a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure

70. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

71. The drastic reorganization has significantly increased this company's _____ profits.

adj. being the total amount of something before any deductions; obese and ugly or unpleasant

72. Corruption is an _____ act for any reason.

adj. profoundly immoral, cruel, and wicked; having or exerting a harmful effect on people

73. The experience was _____ and left a lasting impression.

adj. extremely unpleasant or bad; causing fear or disgust

ANSWERS: 66. volunteer, 67. relate, 68. mess, 69. vacation?, 70. relations, 71. gross, 72. evil, 73. horrible

74. 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
75. The exam was _____ tricky for everyone.
- adv.* in a way that causes amazement or wonder
76. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
77. It's important to understand the _____ of a situation before making a decision.
- n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
78. _____ hyperglycemia is a trigger for a variety of serious diseases.
- adj.* being long-lasting and recurrent or characterized by long suffering; habitual
79. We must manage to _____ our expenditure.
- v.* to control something, especially by means of rules or laws
80. He suffers from _____ breakdowns.
- adj.* worried and anxious about something; relating to the nerves
81. The _____ sun scorched the desert, making it uninhabitable.
- adj.* not willing to forgive or show mercy; not able to be repaired or restored
82. Each person has a unique _____ experience.
- n.* a very great sadness, especially when somebody dies

ANSWERS: 74. frustrate, 75. surprisingly, 76. therapy, 77. context, 78. Chronic, 79. regulate, 80. nervous, 81. unforgiving, 82. grief

83. The protesters became _____ when the police tried to disperse them.

adj. involving or caused by physical force or aggression against someone or something

84. In a democracy, it is necessary to monitor the judiciary to see if it is making _____ decisions.

adj. not giving equal treatment or opportunities to people involved; marked by injustice, partiality, or deception

85. She wore her best dress for the special _____.

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

86. We hit the ground to _____ out the rabbits.

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

87. My dog loves to _____ on bones.

v. to crush or grind something, especially food, with the teeth and then swallow it

88. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

89. The _____ of the war left many children orphaned.

n. brutal act; an extremely wicked or cruel act

90. After the party, they had to clean up _____ of dirty dishes.

n. a collection of objects positioned one on top of another; a large sum of something, such as money

ANSWERS: 83. violent, 84. unfair, 85. occasion, 86. scare, 87. chew, 88. specific, 89. atrocity, 90. piles

91. It would be _____ to dress nicely for the wedding.

adj. suitable or proper in the circumstances; fitting

92. The rules were _____ after the new executive arrived.

v. to become or cause someone to become less active or tense and calmer

93. These economic activities had disastrous environmental _____.

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

94. His _____ faculties were getting worse because of a lack of sleep.

adj. of or relating to mental processes of understanding

95. Her eyes _____ with crying.

v. to cause very strong feelings such as anger or excitement in a person or a group of people

96. I ___ that you know it.

v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

97. The vast earthquake caused the house to _____.

v. to make or cause to make short, successive, sharp, and loud sounds

98. Parallel lines are, by _____ lines on the same plane that never cross.

n. a concise explanation of the meaning of a word, phrase, or symbol

99. The pupils of the eyes _____ in low light.

v. to make something wider, larger, or more open

ANSWERS: 91. appropriate, 92. relaxed, 93. consequences, 94. cognitive, 95. inflamed, 96. bet, 97. rattle, 98. definition, 99. dilate

100. She went to the fully equipped ____ to work out every day.
n. a place equipped for exercise and other physical training
101. Different cultures have different comfortable word rhythms, so the composition of _____ varies greatly.
n. poems in general as a genre of literature
102. He finally exploded with _____ due to the team's repeated failures.
n. extreme anger
103. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
104. The school's lack of diversity was a clear indication of the _____ present in the community.
n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
105. Her behavior _____ a quarrel between the couple.
v. to stimulate or give rise to a particular reaction or have a particular effect
106. The strict _____ ruled in favor of the plaintiff in the case.
n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
107. He left the party in _____ at its radical political stance.
n. a strong expression of disagreement, disapproval, or opposition

ANSWERS: 100. gym, 101. poetry, 102. wrath, 103. process, 104. racism, 105. provoked, 106. judge, 107. protest

108. 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

109. Direct democracy is effective in quickly resolving _____ situations within a community.

- adj.* full of difficulties; difficult to deal with or solve

110. It's dangerous to _____ about people.

- v.* to make something, such as a theory, idea, etc., more widespread or widely applicable based on what is true in some cases

111. He acted like an _____ and spilled his drink all over the floor.

- n.* a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient

112. I can _____ to his honesty and integrity, as I have known him for many years.

- v.* to provide evidence or proof of something; to confirm or certify the authenticity of something; to bear witness to the truth of something

113. He was ___ with joy to see the results.

- adj.* insane, especially due to a mental illness; very angry

114. He finally decided to _____ problems directly.

- v.* to face, meet or deal with a problem or difficult situation or person

115. 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

ANSWERS: 108. spirit, 109. problematic, 110. generalize, 111. idiot, 112. attest, 113. mad, 114. confront, 115. physically

116. 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
117. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food
118. The extinction of several subspecies has been linked to climate change and habitat _____.
n. the act of causing so much damage to something
119. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
120. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
121. The picture earned near-_____ acclaim from critics.
adj. existing or affecting everywhere or everyone
122. Your talking _____ with my work.
v. to get involved in and prevent a process or activity from continuing
123. The project's _____ made it difficult for the team to complete it on time.
n. the state or quality of being complicated or intricate and difficult to understand

ANSWERS: 116. label, 117. digestive, 118. destruction, 119. damage, 120. ultimate, 121. universal, 122. interferes, 123. complexity

124. _____ operational improvements often lead to better environmental performance.
adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
125. My remote _____ immigrated to the United States from Ireland in the 1800s.
n. a person from whom one is descended; a forefather
126. Mozart was a musical _____.
n. someone who has exceptional intellectual ability and originality
127. _____ algorithms can find ways to optimize that humans do not anticipate.
adj. relating to or denoting how living things develop or change from earlier forms
128. The battle had an _____ impact on the nation.
adj. unlimited or very great; impossible to measure
129. The company's financial records _____ how successful it has been.
v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation
130. The mother _____ out at her child for misbehaving in public.
v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
131. The doctor explained the various _____ changes that occur during pregnancy.
adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 124. Lean, 125. ancestor, 126. genius, 127. Evolutionary, 128. infinite, 129. illustrate, 130. lashed, 131. physiological

132. Children must be taught to _____ our natural environment.

- v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

133. Please use the _____ to clean up the mess on the floor.

- n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction

134. The final _____ provides a summary of the discussion.

- n.* a separate section of a written work usually numbered and titled

135. The dog's _____ made it difficult for its owners to take it for a walk.

- n.* the act of attacking or assaulting; hostile or violent behavior

136. Different people might _____ this news differently.

- v.* to explain or assign the meaning of information, actions, etc.

137. The _____ for the cake is passed down from generation to generation in her family.

- n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking

138. The sound of his chewing loudly _____ me during dinner.

- v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

139. We decided to take a detour to avoid the construction _____ on the main road.

- n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

ANSWERS: 132. conserve, 133. vacuum, 134. chapter, 135. aggression, 136. interpret, 137. recipe, 138. irritates, 139. traffic

140. The company's cybersecurity team _____ the CEO to potential threats.

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

141. _____ elections were held in several European countries.

adj. belonging to or used by a group rather than individuals; for common use

142. The _____ arrived in port the following day.

n. a ship or large boat

143. The _____ of the court's decision angered many people and led to protests.

n. a violation of the rights of others or the laws of a society

144. She had a master's degree in _____.

n. the scientific study of mind and behavior

ANSWERS: 140. alerted, 141. Communal, 142. vessel, 143. injustice, 144. psychology