Englist.me

Vocabulary Builder Reference from...

Dolly Chugh: How to let go of being a "good" person -- and become a better person | TED Talk https://www.ted.com/talks/dolly_chugh_how_to_let_g o_of_being_a_good_person_and_become_a_better_person



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

sincere

adj. (of a person, feelings, or behavior) open and genuine;not deceitful

synonym: earnest, fervent, candid

(1) a **sincere** man, (2) express **sincere** regret Please accept my **sincere** condolences on your friend's death.

reaction

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

synonym: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**There was a chemical **reaction** of the lime with the groundwater.

psychology

- n. the scientific study of mind and behavior
- (1) **psychology** experiment, (2) **psychology** of crowd She had a master's degree in **psychology**.

definition

 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.

moral

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

synonym: honest, ethical, conscientious

(1) moral hazard, (2) moral burden

Ethics deals with **moral** conduct.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual The terrorist's **identity** remains unknown.

workforce

n. all the people who work in a company, industry, country, etc.

synonym: labor pool, manpower

(1) skilled **workforce**, (2) the **workforce** is on strike Many companies outsource and hire consultants to keep their **workforce** flexible.

homogeneous

 adj. consisting of or composed of parts that are similar or identical in nature, kind, or character; uniform in structure or composition

synonym: uniform, consistent, like

(1) **homogeneous** society, (2) **homogeneous** culture The population in the rural area was very **homogeneous**, with everyone having the same cultural and ethnic background.

slippery

adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

synonym: smooth, glistening, furtive

(1) a slippery customer, (2) slippery ice

How extraordinarily **slippery** a liar the camera is.

expense

n. the money, time, or effort incurred or required for something

synonym: cost, expenditure, outlay

(1) enormous **expenses**, (2) **expense** account For this project to be successful, we must control **expenses** strictly.

zone

 a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time zone, (2) zone defense

He was reluctant to leave his comfort **zone** and try something new.

defend

v. to protect someone or something from attack, criticism, danger, etc.

synonym: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat International law allows each nation to **defend** itself when its rights and interests are illegally violated.

margin

 the space around the edge of a page or document;
 (finance) the net sales minus the cost of goods and services sold

synonym: edge, border, periphery

(1) margin error, (2) a profit margin

Unfortunately, the book's **margin** was too small to make notes.

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.

charity

 an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people

synonym: philanthropy, benevolence, generosity

(1) charity work, (2) ask charity

She volunteers at a local **charity** every weekend to help those in need.

volunteer

 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.

nonprofit

adj. not established for commercial profit

synonym: charitable

(1) a **nonprofit** organization, (2) **nonprofit** agency Our law firm also focuses on **nonprofit** activities.

attachment

n. a feeling of affection for someone or something

synonym: adoration, affection, extension

(1) **attachment** to a formal plan, (2) stand mixer fitted with the paddle **attachment**

I have no **attachment** to the countryside.

brain

 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**.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym: depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him Babies heavily **rely** on others for food.

shortcut

an alternative route shorter or quicker than the usual one

synonym: bypass, cutoff, alternative

(1) take a **shortcut**, (2) keyboard **shortcuts**There is no **shortcut** to success.

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.

awareness

the fact or state of knowing something exists and is important

synonym: understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness** There has been a gradual but steady rise in environmental **awareness**.

battery

a device that is placed inside a car, gadget, equipment,
 etc. and that provides electrical power to them

synonym: electric cell, array, batch

(1) a dry **battery**, (2) **battery** charging

The engine did not start because the **battery** was flat.

premise

 a statement or proposition that is held to be true or from which a conclusion can be drawn

synonym: assumption, postulate, supposition

(1) the major premise, (2) make a premise

The book's **premise** is that the main character must save the

world from an impending disaster.

bound

 to move forward by leaps and bounds; to form the boundary of something

synonym: jump, bounce, leap

(1) **bounded** with delight, (2) **bound** up a staircase Canada **bounds** on the United States.

storage

 n. the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

synonym: storehouse, depository, warehousing

(1) a **storage** battery, (2) **storage** at low temperature We store customer data in cloud **storage**.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

consciously

adv. with awareness; in a deliberate manner synonym: intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously** He **consciously** criticizes her in the publicity.

autopilot

a system that automatically controls the operation of an aircraft or spacecraft

synonym: self-pilot, self-driving, self-navigating

(1) autopilot function, (2) aircraft autopilotThe airplane was on autopilot during the long flight.

fridge

 a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

synonym: refrigerator

(1) fridge magnet, (2) fill the fridge

She left the **fridge** door open inadvertently.

swear

v. to make a solemn promise or vow; to use rude or offensive language

synonym: declare, assert, curse

(1) **swear** an oath, (2) **swear** a blue streak I **swear** I didn't mean to break your vase.

whoop

- v. to shout or cry out loudly, often in celebration or excitement; to make an exuberant noise
- synonym: yell, shout, cheer
- (1) **whoop** with joy, (2) **whoop** it up at a party
 The winning team began to **whoop** and holler with
 excitement.

giggle

 to laugh lightly and repeatedly in a silly, nervous, or childlike way

synonym: titter, chuckle, snicker

(1) **giggle** like a child, (2) **giggle** uncontrollably When we saw the animals at the zoo playfully chasing each other, we all started to **giggle**.

handle

- v. to deal with a situation, problem, or strong emotion synonym: control, manage, deal with
- (1) **handle** a precious object, (2) **handled** the incident We all should learn how to **handle** stress.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

collaborate

to work with someone else to produce or achieve something

synonym: cooperate, unite, get together

(1) **collaborate** with the police, (2) **collaborate** on a press release

She agreed to **collaborate** with him in creating new artwork.

maximum

adj. the largest or greatest amount or value attainable or attained

synonym: peak, top, highest

(1) maximum limit, (2) the maximum speed

The **maximum** temperature recorded this summer was higher than average.

ethic

n. a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems

synonym: moral code, code of conduct, principles

(1) moral ethic, (2) professional ethic

Having a strong work **ethic** is important for success in any field

astray

adv. away from the right path or direction synonym: off course, misdirected, wayward

(1) led astray by superstition, (2) gone astray

He wandered astray from the path and got lost in the forest.

cereal

 a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals

synonym: grain, oatmeal, breakfast food

(1) cereal grain, (2) cold cereal

I always start my morning with a bowl of cereal.

grocery

n. a shop that sells food and other household itemssynonym: foodstuff, market

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(1) the grocery business, (2) run a groceryI will go to the grocery store to buy food for dinner.

launch

v. to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

synonym: start, initiate, begin

(1) **launch** a spaceship into orbit, (2) **launch** a big attack The company is set to **launch** its new product line next month.

boardroom

a room where the board of directors of a company or organization meets

synonym: meeting room, conference room, executive room

(1) **boardroom** meeting, (2) **boardroom** decision

The corporate **boardroom** was filled with tense silence as the CEO presented the new plan.

decision

 n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**She was struggling to make a **decision** between two job offers.

hire

v. to give somebody a job

synonym: employ, engage, lease

(1) **hire** a guide, (2) **hire** a car by the hour We should always be prepared to **hire** talented recruits.

unconscious

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

synonym: comatose, paralyzed, senseless

(1) unconscious bias, (2) a person who is unconscious

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I know his **unconscious** habit that he touches his face when he lies.

bias

 a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment

synonym: inclination, partiality, predilection

(1) **bias** against a big company, (2) have a **bias** toward socialism

She researched gender bias in politics.

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.

association

 a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association** His membership in the **association** provided him with numerous benefits.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

conscious

adj. being aware of and able to respond to what is happening around you

synonym: aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded He became **conscious** that he was being followed.

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.

egalitarian

adj. relating to or characterized by the belief in the equal rights, opportunities, and treatment of all people, regardless of their race, gender, or social class

synonym: equalitarian, democratic, fair

(1) egalitarian society, (2) egalitarian principles

The company prides itself on being an **egalitarian** workplace with equal employment opportunities.

conflict

 a strong disagreement, argument, or a violent clash between two opposing groups or individuals

synonym: clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

giver

 a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor

synonym: donor, contributor, benefactor

(1) charitable giver, (2) generous giver

My friend is a natural **giver**, always putting others before

herself.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior The government should do more to **promote** sustainable agribusiness.

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.

attempt

 an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third attempt was far more successful.

assign

- v. to give a specific job or piece of work to a someone synonym: entrust, delegate, designate
- (1) **assign** projects, (2) **assign** top priority

Please **assign** a different color to each other kind of item.

confuse

 to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality Her remarks **confused** the debate.

alike

adv. similar or identical in nature or appearancesynonym: similar, identical, comparable

(1) young and old alike ,	(2) alike in nature
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The two paintings looked **alike** as if the same artist had done them.

kern

to adjust the spacing between letters or characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit; (noun) the part of a letter that projects beyond its nominal width

synonym: center, highlight, emphasize

(1) **kern** text, (2) **kern** spacing

The typographer must **kern** the headlines to make them more visually appealing.

prone

adj. inclined or likely to do something or to show a particular characteristic, especially something bad; lying face downward

synonym: inclined, susceptible, liable

(1) accident- prone, (2) prone to diarrhea

He was **prone** to making rash decisions.

ethical

- adj. of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
- synonym: honorable, moral, virtuous
- (1) an **ethical** doctrine, (2) shoulder **ethical** responsibility The president must have the highest **ethical** standards.

implication

- something that is inferred or indirectly stated; the act or fact of being involved in something
- synonym: suggestion, association, conclusion
- (1) the **implication** in a crime, (2) the **implication** of a word His poem has a very significant **implication**.

spiral

- a curve that coils around a central point and gets progressively farther away from it as it goes around
- synonym: coil, helix, twist
- (1) spiral staircase, (2) spiral design

The leaves of the fern were arranged in a **spiral** pattern.

salient

adj. most noticeable or important; strikingsynonym: striking, noticeable, important

the salient part of the speech, (2) salient feature
 The most salient point made during the presentation was the

potential profit increase.

precise

adj. sharply exact or accurate or delimitedsynonym: accurate, exact, distinct

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

overestimate

v. to estimate something to be greater in amount or importance than it really is

synonym: overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

importance

- n. the quality of being important and worthy of notesynonym: significance, primacy, matter
- (1) a man of **importance**, (2) high **importance** I stopped by the branch though I have no business of **importance**.

compass

 a navigational instrument for finding directions with a needle that can move easily and that always points to the north; the limit or range of capability

synonym: guideline, borderline, ambit

(1) read a **compass**, (2) sailing without a **compass**The results were beyond our **compass** of imagination.

self-interest

n. the fact or action of only considering their own interests and of not caring about others

synonym: selfishness, selfhood, egocentricity

(1) unaffected by **self-interest**, (2) material **self-interest**The company's donation was undoubtedly motivated by

self-interest.

integrity

- n. the quality of being honest and having strong moral principles; the state of being whole and undividedsynonym: honesty, honor, morality
- (1) a person of **integrity**, (2) **integrity** of data The company's reputation for honesty and **integrity** is highly valued among its customers.

racist

adj. characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

synonym: discriminatory, prejudiced, bigoted

(1) far-right **racist**, (2) **racist** attitudes

The **racist** comments made by the politician caused widespread condemnation.

homophobia

n. a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity

synonym: prejudice, discrimination, bigotry

(1) **homophobia** awareness, (2) **homophobia** in sports The politician's remarks about same-sex marriage revealed his deep-seated **homophobia**.

suppose

- v. to think that something is likely to be actual or possible synonym: guess, assume, presume
- (1) **suppose** you're right, (2) **suppose** beforehand What do you **suppose** the culprit's motive was?

absolutely

adv. without restriction or limitation; completely or utterly synonym: completely, utterly, definitely

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

girl

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

ethics

 a branch of philosophy that considers what is morally right and wrong conduct; a set of beliefs about what is morally right and wrong

synonym: morals, principles, moralities

(1) political **ethics**, (2) **ethics** of journalism

This scripture provides the code of **ethics** for the religion.

diversity

 n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity** He was impressed by the range and **diversity** of the collection.

inclusive

adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

synonym: cover-all, all-embracing, comprehensive

(1) a fully **inclusive** price, (2) **inclusive** education The university has established a capacity for each nationality as part of its **inclusive** policy.

embarrass

- v. to cause someone to feel awkward, worried, or ashamed synonym: disconcert, unsettle, agitate
- (1) **embarrass** political enemy, (2) **embarrass** my project He looked for an opportunity to **embarrass** that actor in public.

uncomfortable

adj. providing or feeling physical discomfort or slight pain synonym: comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me uncomfortable.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

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

progression

 the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease The company has made great strides in its **progression** toward sustainability.

Session 2: Spelling

pr___s improvement

material sel_____est

e account

1

9.

		70.	required for something
2.	he a guide	<i>v</i> .	to give somebody a job
3.	hae a precious object	v.	to deal with a situation, problem, or strong emotion
4.	ask chy	n.	an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
5.	the impon in a crime	n.	something that is inferred or indirectly stated; the act or fact of being involved in something
6.	coe the listener	v.	to mistake one thing for another; to make somebody hard to understand
7.	vulle parts of the body	adj.	capable of being hurt or influenced physically or mentally

n.

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

a series of actions or operations

the money time or effort incurred or

 the fact or action of only considering their own interests and of not caring about others

ANSWERS: 1. expense, 2. hire, 3. handle, 4. charity, 5. implication, 6. confuse, 7. vulnerable, 8. process, 9. self-interest

- 10. bo__ded with delight
- 11. de___d my country
- 12. ma___n error
- 13. decision-making pr___s

- 14. a vul le bridge
- 15. a profit ma n
- 16. re r to a map
- 17. mo I burden
- 18. fill the fr___e

- v. to move forward by leaps and bounds; to form the boundary of something
- v. to protect someone or something from attack, criticism, danger, etc.
- n. the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
- 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
- adj. capable of being hurt or influenced physically or mentally
- n. the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
- 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
- adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.
- a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

ANSWERS: 10. bound, 11. defend, 12. margin, 13. process, 14. vulnerable, 15. margin, 16. refer, 17. moral, 18. fridge

assign, 25. implication, 26. suppose, 27. compass, 28. slippery

Vocab-Bui	lder Ref from "Dolly Chugh: How to let go of being a "g	ood" p	person and become a better person TED Talk" (86 words)
29.	trigger a reon	n.	a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
30.	run a gry	n.	a shop that sells food and other household items
31.	psygy experiment	n.	the scientific study of mind and behavior
32.	uncus bias	adj.	in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
33.	ale in nature	adv.	similar or identical in nature or appearance
34.	este a fair value	v.	to guess or calculate the cost, size, value, etc. of something
35.	not necly a problem	adv.	in an essential manner; in such a way as could not be otherwise
36.	moI hazard	adj.	concerned with the principles of what is right and wrong, fairness, honesty, etc.
37.	chemical reon	n.	a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
38.	colte with the police	<i>v</i> .	to work with someone else to produce or achieve something
39.	oveate the value	v.	to estimate something to be greater in amount or importance than it really is
40.	pre analyses	adj.	sharply exact or accurate or delimited

ANSWERS: 29. reaction, 30. grocery, 31. psychology, 32. unconscious, 33. alike, 34. estimate, 35. necessarily, 36. moral, 37. reaction, 38. collaborate, 39. overestimate, 40. precise

perform a job or service without being paid for or forced to do

45. raise public aw____ss

n. the fact or state of knowing something

46. with an unc____ble face

48. take a sh___ut

50. as n top priority

51. fr___e magnet

49. de d against a threat

47. abs ly obsessed with the girl

n. the fact or state of knowing something exists and is important

adj. providing or feeling physical discomfort or slight pain

adv. without restriction or limitation; completely or utterly

n. an alternative route shorter or quicker than the usual one

to protect someone or something from attack, criticism, danger, etc.

v. to give a specific job or piece of work to a someone

 a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

ANSWERS: 41. battery, 42. association, 43. cereal, 44. volunteer, 45. awareness, 46. uncomfortable, 47. absolutely, 48. shortcut, 49. defend, 50. assign, 51. fridge

confuse, 68. bound, 69. premise, 70. workforce, 71. homogeneous

ANSWERS: 72. launch, 73. maximum, 74. spiral, 75. giggle, 76. giver, 77. homophobia, 78. donate, 79. diversity

knowledge dealing with these

the act or process of changing to the next stage or phase or moving forward

adv. without restriction or limitation; completely or utterly

ANSWERS: 80. brain, 81. giver, 82. embarrass, 83. importance, 84. swear, 85. maximum, 86. expense, 87. astray, 88. consciously, 89. shortcut, 90. ethical, 91. progression, 92. absolutely

91. pro____on of disease

92. abs____ly against

ANSWERS: 93. nonprofit, 94. slippery, 95. zone, 96. conflict, 97. integrity, 98. whoop, 99. underestimate, 100. association, 101. collaborate, 102. attachment, 103. prone

110. es____te this chicken to weigh three pounds

v. to guess or calculate the cost, size, value, etc. of something

111. the co____ct between good and evil

 a strong disagreement, argument, or a violent clash between two opposing groups or individuals

112. moral et__c

n. a set of moral or philosophical principles or values that guide the behavior or actions of an individual, group, or society; the study or inquiry into the nature of morality and moral systems

ANSWERS: 104. bias, 105. overestimate, 106. importance, 107. egalitarian, 108. ethics, 109. promote, 110. estimate, 111. conflict, 112. ethic

ANSWERS: 113. inspire, 114. battery, 115. zone, 116. cereal, 117. racist, 118. charity, 119. autopilot, 120. attempt, 121. identity

ANSWERS: 122. uncomfortable, 123. suppose, 124. salient, 125. alike, 126. decision, 127. psychology, 128. inclusive, 129. unconscious, 130. sincere, 131. sincere, 132. volunteer, 133. injustice

134. undate an enemy	ν.	to think or suppose that a quantity, price, or size is smaller than it is
135. aste alcohol with gambling	v.	to mentally connect someone or something with someone or something else
136. shoulder etI responsibility	adj.	of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
137. kn spacing	v.	to adjust the spacing between letters of characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit; (noun) the part of a letter that projects beyond its nominal width
138. basic brn function	n.	the organ inside the head that is responsible for one's movement, thought, memory, and feeling
139. gie like a child	ν.	to laugh lightly and repeatedly in a silly nervous, or childlike way
140. egaan principles	adj.	relating to or characterized by the belie in the equal rights, opportunities, and treatment of all people, regardless of their race, gender, or social class
141. cous of having succeeded	adj.	being aware of and able to respond to what is happening around you
142. awss of my ignorance	n.	the fact or state of knowing something exists and is important
143. proon of civilization	n.	the act or process of changing to the next stage or phase or moving forward

ANSWERS: 134. underestimate, 135. associate, 136. ethical, 137. kern, 138. brain, 139. giggle, 140. egalitarian, 141. conscious, 142. awareness, 143. progression

144. rer to a book	<i>v</i> .	to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
145. spI design	n.	a curve that coils around a central point and gets progressively farther away from it as it goes around
146. act conly	adv.	with awareness; in a deliberate manner
147. doe to charity	<i>v</i> .	to give money, food, clothes, etc. to help a person or organization
148. necly true	adv.	in an essential manner; in such a way as could not be otherwise
149. haed the incident	<i>v</i> .	to deal with a situation, problem, or strong emotion
150. auot function	n.	a system that automatically controls the operation of an aircraft or spacecraft
151. the gry business	n.	a shop that sells food and other household items
152. aste with people widely	ν.	to mentally connect someone or something with someone or something else
153. stand mixer fitted with the paddle attnt	n.	a feeling of affection for someone or something
154. boom meeting	n.	a room where the board of directors of a company or organization meets
155. swr a blue streak	<i>v</i> .	to make a solemn promise or vow; to use rude or offensive language
156. lingual dity	n.	the quality or fact of many different types of things or people being included in something; a range of different things or people

ANSWERS: 144. refer, 145. spiral, 146. consciously, 147. donate, 148. necessarily, 149. handle, 150. autopilot, 151. grocery, 152. associate, 153. attachment, 154. boardroom, 155. swear, 156. diversity

162. storage, 163. racist

164. boom decision	n.	a room where the board of directors of a company or organization meets
165. he a car by the hour	<i>v</i> .	to give somebody a job
166. led asy by superstition	adv.	away from the right path or direction
167. ince system	n.	a violation of the rights of others or the laws of a society
168. political ets	n.	a branch of philosophy that considers what is morally right and wrong conduct; a set of beliefs about what is morally right and wrong
169. homia in sports	n.	a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
170. emss political enemy	<i>v</i> .	to cause someone to feel awkward, worried, or ashamed
171. pre bad behavior	ν.	to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
172. cous effort	adj.	being aware of and able to respond to what is happening around you

ANSWERS: 164. boardroom, 165. hire, 166. astray, 167. injustice, 168. ethics, 169. homophobia, 170. embarrass, 171. promote, 172. conscious

Session 3: Fill in the Blanks

1.	She left the door open inadvertently.
n.	a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
2.	The company has made great strides in its toward sustainability.
n.	the act or process of changing to the next stage or phase or moving forward
3.	The typographer must the headlines to make them more visually appealing.
<i>v</i> .	to adjust the spacing between letters or characters in typesetting, especially to reduce the space between two adjoining characters for a better visual fit; (noun) the part of a letter that projects beyond its nominal width
4.	How extraordinarily a liar the camera is.
adj	difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
5.	The content is and informative for me.
adj	sharply exact or accurate or delimited
6.	The most point made during the presentation was the potential profit increase.
adj	most noticeable or important; striking
7.	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
AN bra	SWERS: 1. fridge, 2. progression, 3. kern, 4. slippery, 5. precise, 6. salient, 7. in

58. The politician's remarks about same-sex marriage revealed his deep-seated
 a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
59. Please a different color to each other kind of item.
v. to give a specific job or piece of work to a someone
60. He was to making rash decisions.
 adj. inclined or likely to do something or to show a particular characteristic, especially something bad; lying face downward
61. We should always be prepared to talented recruits.
v. to give somebody a job
62. The terrorist's remains unknown.
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
63. He and I often had not only in personality but also in ideology.
 a strong disagreement, argument, or a violent clash between two opposing groups or individuals
64. I I didn't mean to break your vase.
v. to make a solemn promise or vow; to use rude or offensive language
65. The two paintings looked as if the same artist had done them.
adv. similar or identical in nature or appearance
ANSWERS: 58. homophobia, 59. assign, 60. prone, 61. hire, 62. identity, 63. conflicts, 64. swear, 65. alike

cab-Build	der Ref from "Dolly Chugh: How to let go of being a "good" person and become a better person TED Talk" (86 word
	The population in the rural area was very with everyone having the same cultural and ethnic background.
adj.	consisting of or composed of parts that are similar or identical in nature, kind, or character; uniform in structure or composition
85. H	He became that he was being followed.
adj.	being aware of and able to respond to what is happening around you
86. N	My friend is a natural always putting others before herself.
n.	a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor
ANS	SWERS: 84. homogeneous, 85. conscious, 86. giver,