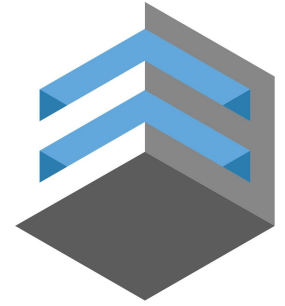


Englist.me



Vocabulary Builder Reference from...

Sian Leah Beilock: Why we choke under pressure -- and how to avoid it | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

humiliate

v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

synonym: shame, embarrass, degrade

(1) **humiliate** him publicly, (2) **humiliate** the heckler in the audience

The boss **humiliated** her employee by belittling her in front of her colleagues.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

avid

adj. characterized by enthusiasm and vigorous pursuit, especially of an interest or activity

synonym: enthusiastic, eager, fervent

(1) **avid** baseball fan, (2) have **avid** eyes

She was an **avid** reader and spent hours every day lost in a book.

distinctly

adv. in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable

synonym : clearly, obviously, unmistakably

(1) **distinctly** remember, (2) **distinctly** different

The **distinctly** floral scent of the perfume lingered in the air long after the wearer had left the room.

opportune

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

synonym : suitable, timely, practical

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

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

bewilder

v. to confuse or puzzle someone; to cause someone to become lost or disoriented in thought or perception

synonym : perplex, confound, puzzle

(1) **bewilder** the reader, (2) **bewilder** scientists

The complex instructions on the assignment sheet **bewilder** most students.

flub

v. to botch or make a mistake, especially in public or in a professional setting, often through a lack of preparation or inattention to detail

synonym : blunder, mistake, slip-up

(1) **flub** the high note, (2) **flub** the dub

I **flubbed** my lines during the school play, causing the audience to chuckle.

facet

n. one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something

synonym : aspect, side, angle

(1) **facet** to a question, (2) important **facet**

The different **facets** of his personality make him a complex individual.

limitless

adj. without end, limit, or boundary; infinite

synonym: boundless, infinite, unrestricted

(1) for a **limitless** time, (2) **limitless** potential

The possibilities for scientific discovery are **limitless**.

autopilot

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

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

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

dribble

v. to allow a liquid or substance to flow slowly and steadily in small drops; to move a ball or object in a series of small bounces or taps, often while running or maneuvering around other players

synonym: trickle, drizzle, drop

(1) **dribble** the ball, (2) **dribble** from my mouth

The coffee from your cup is starting to **dribble** down your shirt.

choreograph

v. to compose a sequence of dance steps, often to music

(1) **choreograph** a stage performance, (2) exquisitely **choreographed**

He had **choreographed** the dance in this play himself.

overactive

adj. excessively active; showing an excess of activity or energy

synonym: hyperactive, frantic, restless

(1) **overactive** imagination, (2) **overactive** thyroid

The medication caused an **overactive** immune system, resulting in adverse side effects.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

rumor

n. a piece of unverified information of uncertain origin that is spread by word of mouth

synonym: gossip, whisper, talk

(1) a false **rumor**, (2) **rumor** mill

There was a baseless **rumor** that the company was going bankrupt.

pesky

adj. causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner

synonym: annoying, irritating, bothersome

(1) dealing with **pesky**, (2) **pesky** problem

The **pesky** fly kept buzzing around my head.

self-doubt

n. lack of confidence in one's abilities or oneself

synonym: insecurity, uncertainty, diffident

(1) overcome **self-doubt**, (2) spiral of **self-doubt**

I was filled with **self-doubt**.

creep

v. to move slowly, quietly, and carefully, usually to avoid being seen or heard

synonym: crawl, glide, encroach

(1) **creep** along the leaf, (2) **creep** toward the mouse

Aging **creeps** up slowly with time.

jot

v. to write quickly or briefly

synonym: note, scribble, write down

(1) **jot** off a letter, (2) **jot** down ideas

I'll **jot** down the address, so I don't forget it.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

profess

v. to declare openly, often publicly or formally, that one has a particular skill, belief, or feeling; to admit or affirm

synonym: declare, claim, confess

(1) **profess** innocence, (2) **profess** law

He **professes** his love for her every day, showering her with gifts and affection.

brag

v. to say something in a boastful manner, to impress others, or make oneself feel superior

synonym: boast, swagger, vaunt

(1) **brag** to each other, (2) **brag** about my knowledge

Despite his impressive achievements, he refrained from **bragging** about his success.

phobia

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

synonym: fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**

She has a **phobia** of spiders and always avoids them.

correlate

v. to have a connection or relationship in which one thing affects or depends on another

synonym: associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

visceral

adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

synonym : instinctive, intuitive, gut

(1) **visceral** organ, (2) **visceral** fear

After watching the horror movie, she had a **visceral** reaction and couldn't sleep all night.

contagious

adj. able to be passed on to others through contact or proximity, especially by infection or disease

synonym : infectious, transmissible, communicable

(1) **contagious** enthusiasm, (2) **contagious** virus

The disease is highly **contagious** and spreads quickly.

mimic

v. to imitate someone's speech, movement, or behavior, especially to make others laugh

synonym : mirror, imitate, ape

(1) **mimic** a human voice, (2) **mimic** numerous instruments

He is very popular at school because he can **mimic** all the teachers' accents.

bedtime

n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

synonym : sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

midterm

adj. referring to the middle of a term or period, especially in politics or education

synonym: intermediate, central, halfway

(1) **midterm** election, (2) leave school in the **midterm**

The **midterm** exams determined how much students had learned so far.

boardroom

n. 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.

Session 2: Spelling

- | | |
|---------------------------|---|
| 1. spiral of sel_____bt | <i>n.</i> lack of confidence in one's abilities or oneself |
| 2. cr__p toward the mouse | <i>v.</i> to move slowly, quietly, and carefully, usually to avoid being seen or heard |
| 3. con_____us virus | <i>adj.</i> able to be passed on to others through contact or proximity, especially by infection or disease |
| 4. f__b the high note | <i>v.</i> to botch or make a mistake, especially in public or in a professional setting, often through a lack of preparation or inattention to detail |
| 5. con_____us enthusiasm | <i>adj.</i> able to be passed on to others through contact or proximity, especially by infection or disease |
| 6. ove_____ve imagination | <i>adj.</i> excessively active; showing an excess of activity or energy |
| 7. jazz imp_____ion | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation |
| 8. f__b the dub | <i>v.</i> to botch or make a mistake, especially in public or in a professional setting, often through a lack of preparation or inattention to detail |
| 9. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |

ANSWERS: 1. self-doubt, 2. creep, 3. contagious, 4. flub, 5. contagious, 6. overactive, 7. improvisation, 8. flub, 9. opportune

10. be_____er the reader *v.* to confuse or puzzle someone; to cause someone to become lost or disoriented in thought or perception
11. be_____er scientists *v.* to confuse or puzzle someone; to cause someone to become lost or disoriented in thought or perception
12. overcome sel_____bt *n.* lack of confidence in one's abilities or oneself
13. hu_____te the heckler in the audience *v.* to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information
14. ove_____ve thyroid *adj.* excessively active; showing an excess of activity or energy
15. for a li_____ss time *adj.* without end, limit, or boundary; infinite
16. co_____te closely with the quality *v.* to have a connection or relationship in which one thing affects or depends on another
17. mi__c a human voice *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
18. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain
19. dis_____ly different *adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
20. mi_____m election *adj.* referring to the middle of a term or period, especially in politics or education

ANSWERS: 10. bewilder, 11. bewilder, 12. self-doubt, 13. humiliate, 14. overactive, 15. limitless, 16. correlate, 17. mimic, 18. prefrontal, 19. distinctly, 20. midterm

21. dis_____ly remember *adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
22. pe__y problem *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
23. mi__c numerous instruments *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
24. b__g about my knowledge *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
25. fa__t to a question *n.* one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something
26. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
27. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
28. pr_____s innocence *v.* to declare openly, often publicly or formally, that one has a particular skill, belief, or feeling; to admit or affirm
29. bo_____om decision *n.* a room where the board of directors of a company or organization meets

ANSWERS: 21. distinctly, 22. pesky, 23. mimic, 24. brag, 25. facet, 26. opportune, 27. paralysis, 28. profess, 29. boardroom

30. have a__d eyes *adj.* characterized by enthusiasm and vigorous pursuit, especially of an interest or activity
31. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
32. a false ru__r *n.* a piece of unverified information of uncertain origin that is spread by word of mouth
33. vi_____al organ *adj.* relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses
34. dr_____e from my mouth *v.* to allow a liquid or substance to flow slowly and steadily in small drops; to move a ball or object in a series of small bounces or taps, often while running or maneuvering around other players
35. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
36. au_____ot function *n.* a system that automatically controls the operation of an aircraft or spacecraft
37. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
38. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
39. regular be_____e *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

ANSWERS: 30. avid, 31. distract, 32. rumor, 33. visceral, 34. dribble, 35. choke, 36. autopilot, 37. prefrontal, 38. distract, 39. bedtime

40. ph___a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
41. j_t off a letter *v.* to write quickly or briefly
42. exquisitely cho_____phed *v.* to compose a sequence of dance steps, often to music
43. ru__r mill *n.* a piece of unverified information of uncertain origin that is spread by word of mouth
44. pr_____s law *v.* to declare openly, often publicly or formally, that one has a particular skill, belief, or feeling; to admit or affirm
45. dealing with pe__y *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
46. leave school in the mi_____m *adj.* referring to the middle of a term or period, especially in politics or education
47. co_____te to the size *v.* to have a connection or relationship in which one thing affects or depends on another
48. b__g to each other *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
49. important fa__t *n.* one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something

ANSWERS: 40. phobia, 41. jot, 42. choreograph, 43. rumor, 44. profess, 45. pesky, 46. midterm, 47. correlate, 48. brag, 49. facet

50. j_t down ideas v. to write quickly or briefly
51. hu_____te him publicly v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information
52. ch__e off the blood supply v. to prevent or obstruct the normal breathing or swallowing of someone or something
53. cr__p along the leaf v. to move slowly, quietly, and carefully, usually to avoid being seen or heard
54. cho_____ph a stage performance v. to compose a sequence of dance steps, often to music
55. dr_____e the ball v. to allow a liquid or substance to flow slowly and steadily in small drops; to move a ball or object in a series of small bounces or taps, often while running or maneuvering around other players
56. pa_____is in the leg n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
57. aircraft au_____ot n. a system that automatically controls the operation of an aircraft or spacecraft
58. vi_____al fear adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses
59. imp_____ion on stage n. the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 50. jot, 51. humiliate, 52. choke, 53. creep, 54. choreograph, 55. dribble, 56. paralysis, 57. autopilot, 58. visceral, 59. improvisation

60. a__d baseball fan *adj.* characterized by enthusiasm and vigorous pursuit, especially of an interest or activity
61. social ph___a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
62. be_____e meditation *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
63. li_____ss potential *adj.* without end, limit, or boundary; infinite
64. bo_____om meeting *n.* a room where the board of directors of a company or organization meets

ANSWERS: 60. avid, 61. phobia, 62. bedtime, 63. limitless, 64. boardroom

Session 3: Fill in the Blanks

1. I _____ my lines during the school play, causing the audience to chuckle.
v. to botch or make a mistake, especially in public or in a professional setting, often through a lack of preparation or inattention to detail
2. The corporate _____ was filled with tense silence as the CEO presented the new plan.
n. a room where the board of directors of a company or organization meets
3. He _____ his love for her every day, showering her with gifts and affection.
v. to declare openly, often publicly or formally, that one has a particular skill, belief, or feeling; to admit or affirm
4. He had _____ the dance in this play himself.
v. to compose a sequence of dance steps, often to music
5. After watching the horror movie, she had a _____ reaction and couldn't sleep all night.
adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses
6. The airplane was on _____ during the long flight.
n. a system that automatically controls the operation of an aircraft or spacecraft
7. The complex instructions on the assignment sheet _____ most students.
v. to confuse or puzzle someone; to cause someone to become lost or disoriented in thought or perception

ANSWERS: 1. flubbed, 2. boardroom, 3. professes, 4. choreographed, 5. visceral, 6. autopilot, 7. bewilder

8. The _____ fly kept buzzing around my head.

adj. causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner

9. The coffee from your cup is starting to _____ down your shirt.

v. to allow a liquid or substance to flow slowly and steadily in small drops; to move a ball or object in a series of small bounces or taps, often while running or maneuvering around other players

10. The different _____ of his personality make him a complex individual.

n. one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something

11. She has a _____ of spiders and always avoids them.

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

12. The _____ floral scent of the perfume lingered in the air long after the wearer had left the room.

adv. in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable

13. Research shows that damage to the _____ cortex leads to increased aggression.

adj. in or about the foremost part of the frontal lobe of the brain

14. He is very popular at school because he can _____ all the teachers' accents.

v. to imitate someone's speech, movement, or behavior, especially to make others laugh

ANSWERS: 8. pesky, 9. dribble, 10. facets, 11. phobia, 12. distinctly, 13. prefrontal, 14. mimic

15. I'll ____ down the address, so I don't forget it.
v. to write quickly or briefly
16. The possibilities for scientific discovery are _____.
adj. without end, limit, or boundary; infinite
17. I was filled with _____.
n. lack of confidence in one's abilities or oneself
18. Massive demonstrations lead to total _____ of transportation.
n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
19. The medication caused an _____ immune system, resulting in adverse side effects.
adj. excessively active; showing an excess of activity or energy
20. There was a baseless _____ that the company was going bankrupt.
n. a piece of unverified information of uncertain origin that is spread by word of mouth
21. The disease is highly _____ and spreads quickly.
adj. able to be passed on to others through contact or proximity, especially by infection or disease
22. Aging _____ up slowly with time.
v. to move slowly, quietly, and carefully, usually to avoid being seen or heard
23. Despite his impressive achievements, he refrained from _____ about his success.
v. to say something in a boastful manner, to impress others, or make oneself feel superior

ANSWERS: 15. jot, 16. limitless, 17. self-doubt, 18. paralysis, 19. overactive, 20. rumor, 21. contagious, 22. creeps, 23. bragging

24. She was an _____ reader and spent hours every day lost in a book.
adj. characterized by enthusiasm and vigorous pursuit, especially of an interest or activity
25. We may frequently _____ age with the frequency of disease.
v. to have a connection or relationship in which one thing affects or depends on another
26. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
27. The baby started to _____ on a piece of apple.
v. to prevent or obstruct the normal breathing or swallowing of someone or something
28. Reading _____ stories can help children relax and fall asleep faster.
n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
29. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
30. The _____ exams determined how much students had learned so far.
adj. referring to the middle of a term or period, especially in politics or education
31. The boss _____ her employee by belittling her in front of her colleagues.
v. to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information

ANSWERS: 24. avid, 25. correlate, 26. distract, 27. choke, 28. bedtime, 29. opportune, 30. midterm, 31. humiliated

32. He created a beautiful piece of music using only _____.

- n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 32. improvisation