

# 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](https://www.ted.com/talks/sian_leah_beilock_why_we_choke_under_pressure_and_how_to_avoid_it)

### 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

### 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.

## athlete

*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

*synonym* : player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

## uniform

*adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

*synonym* : livery, outfit

(1) at a **uniform** temperature, (2) our school **uniform**

This country has a nationally **uniform** culture.

## glory

*n.* great honor or success won by notable achievements

*synonym* : acclaim, credit, recognition

(1) greatest **glory**, (2) former **glory**

It is preferable to die in **glory** than to live in dishonor.

## 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.

## 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.

## develop

*v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

*synonym* :

evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

## nation

*n.* a large organized community of people living in a particular country or region and having a particular culture

*synonym*: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

## 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.

## aspect

*n.* one part or feature of a situation, problem, subject, etc.

*synonym*: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

## tip

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

*synonym*: edge, advice, gratuity

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

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

## 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.

## pitch

*n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something

*synonym* : angle, gradient, slope

(1) make a **pitch** for a new product, (2) a low- **pitched** sound

Her voice gradually increased in **pitch**.

## torture

*n.* the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason

*synonym* : torment, abuse, mistreatment

(1) a **torture** chamber, (2) an instrument of **torture**

The use of **torture** is strictly prohibited under international law.

## 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.

## 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.

## craft

*n.* an activity that requires a particular skill in making things with one's hands

*synonym* : art, skill, workmanship

(1) **craft** arts of Japan, (2) **craft** manufacture  
His hometown was where he first acquired the **craft** of wood carving.

**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.

**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.

**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**.

**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**.

## psychology

*n.* the scientific study of mind and behavior

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

## 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**.

## precise

*adj.* sharply exact or accurate or delimited

*synonym* : accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs

The content is **precise** and informative for me.

## prompt

*v.* to make someone decide to or try to do something, or to make something happen

*synonym* : actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate

That incident **prompted** a nationwide chain reaction regarding the crackdown on illegal groups.

## concentration

*n.* the ability to focus all your time and energy on one thing without thinking about anything else.

*synonym* : attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

## 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.

## 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.

## awareness

*n.* 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**.

## 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.

## shuffle

*v.* to move or mix around in a casual or unorganized way; to walk with short, dragging steps

*synonym*: jumble, muddle, rearrange

(1) **shuffle** deck, (2) **shuffle** from side to side

She **shuffled** the cards before dealing them to the players.

## phenomenon

*n.* something that exists and can be perceptible, especially one that is not fully understood

*synonym*: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

## 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.

## analyze

*v.* to think about in-depth and evaluate to discover essential features or meaning

*synonym* : explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

## 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.

## attend

*v.* to be present at an event, to go to a place

*synonym* : go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

## 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.



## screw

v. to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together

*synonym*: tighten, fix, secure

(1) **screw** the cap, (2) a female **screw**

He had to **screw** the loose knob back onto the cabinet door.

## 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**

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

## 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.

## urge

v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist

*synonym*: push for, advise, (noun) impulse

(1) **urge** a total ban, (2) a sexual **urge**

The lobbyist **urged** Congress not to approve the measure.

## 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.

### **cortex**

*n.* the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

### **hooked**

*adj.* being caught or caught up in something; curved down like an eagle's beak

*synonym*: caught, captivated, addicted

(1) **hooked** hair, (2) **hooked** on drugs

My son was **hooked** on the Internet.

### **hook**

*n.* a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook

*synonym*: buckle, pin, curve

(1) a hat **hook**, (2) the curved shape of a **hook**

Please hang your towel on a **hook**.

### **jack**

*n.* a mechanical device used for lifting or supporting heavy objects

*synonym*: lever, crank, wrench

(1) a **jack** of all trades, (2) a line-in **jack**

He used a **jack** to lift the car to change the tire.

### **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.

## gap

*n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

*synonym* : opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**

Many people are working together to close the gender **gap**.

## competition

*n.* a situation in which someone is attempting to beat or outperform another

*synonym* : contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

## 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.

## retrieve

*v.* to find or get something back

*synonym* : recover, fetch, regain

(1) **retrieve** the lost wallet, (2) send and **retrieve** e-mail

She **retrieved** the book from the shelf.

## thrive

*v.* to grow vigorously; to make steady progress

*synonym* : bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

## rid

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

*synonym* : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products  
We must **rid** ourselves of pollution.

## 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.

## download

*v.* to transfer data or files from the Internet or computer network to a user's computer or device; (noun) the process of transferring data or information from a remote or central computer to a local computer or device  
*synonym*: load, save, transfer

(1) **download** files from the Internet, (2) **download** the assignment from the website  
I need to **download** the latest update for my computer's operating system.

## accomplish

*v.* to finish or achieve something successfully  
*synonym*: achieve, complete, execute

(1) **accomplish** a goal, (2) **accomplish** military operations  
Humankind took centuries to **accomplish** true democracy.

## 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.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## 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**.

## influence

*n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself

*synonym*: power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

## mathematics

*n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

*synonym*: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

## 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.

### **anxious**

*adj.* worried and nervous

*synonym* : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look  
He cast **anxious** glances behind her.

### **calculate**

*v.* to judge or find out the amount or number of something by using mathematics

*synonym* : compute, figure, estimate

(1) **calculate** the distance, (2) **calculate** his credit score  
He couldn't **calculate** the actual value of the artwork.

### **educated**

*adj.* having received a high standard of education

*synonym* : knowledgeable, erudite, enlightened

(1) **educated** adult, (2) **educated** speech  
Excellent speech is a characteristic of an **educated** man.

### **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.

### **unfortunately**

*adv.* by bad luck; unluckily

*synonym* : regrettably, unluckily, alas

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

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

### **peer**

*n.* a person who has the same age, status, or ability

*synonym* : fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

## functional

*adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service

*synonym*: applicable, practical, usable

(1) field of **functional** medicine, (2) **functional** deafness

The mobile phone was still **functional** even after being dropped.

## magnetic

*adj.* having the properties of attracting or repelling certain materials containing iron or steel

*synonym*: attractive, drawing, hypnotic

(1) **magnetic** field, (2) a **magnetic** tape

The **magnetic** force of the earth keeps our planet spinning.

## resonance

*n.* a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things

*synonym*: echo, vibration, reverberation

(1) **resonance** frequency, (2) harmonic **resonance**

The singer's voice filled the auditorium with beautiful **resonance**.

## 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.

## concrete

*adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

*synonym* : actual, factual, hardened

(1) a **concrete** noun, (2) **concrete** examples

The president asked for a more **concrete** plan.

## 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.

## involve

*v.* to include or affect someone or something as a necessary part of something else

*synonym* : implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## neural

*adj.* of or relating to a nerve or the nervous system that includes the brain

*synonym* : sensory, neuron, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym* : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.



## 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.

## grade

*n.* a particular level of quality, size, importance, etc.

*synonym*: score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

## prevalent

*adj.* existing very commonly in a particular area or in a specific time

*synonym*: common, ubiquitous, rampant

(1) **prevalent** in Japan, (2) **prevalent** belief

This virus is **prevalent** in many tropical nations.

## 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.

## cord

*n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

*synonym*: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

## retailer

*n.* a person or business that sells goods to the public, typically in small quantities

*synonym*: seller, vendor, merchant

(1) **retailer** strategy, (2) **retailer** competition

The consumer-electronics **retailer** offered a discount for customers who paid in cash.

## 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.

## assignment

*n.* a duty or task given to someone, usually as part of their job or studies

*synonym*: task, duty, designation

(1) finish the **assignment**, (2) **assignment** of interest

My **assignment** was overwhelming and complicated, but it was also exciting.

## rub

*v.* to move one's hand or an object over the surface of something with pressure

*synonym*: scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

## 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.

## attitude

*n.* the way you think and feel about someone or something

*synonym*: mindset, perspective, philosophy

(1) **attitude** toward mistakes, (2) **attitude** control

She had the **attitude** that work was fun.

## improve

v. to make or become better

*synonym*: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

## 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**.

## fast-forward

v. to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

*synonym*: advance, hasten, speed up

(1) **fast-forward** 10 seconds, (2) **fast-forward** to the good part

I like to **fast-forward** through commercials when watching TV shows.

## freshman

n. a first-year student, typically in college or high school

*synonym*: freshie, newcomer, rookie

(1) **freshman** orientation, (2) **freshman** year

The **freshman** class was excited to start their first year of college.

## chemistry

n. the branch of the natural sciences dealing with the composition of substances and their properties and reactions

(1) professor of **chemistry**, (2) the **chemistry** of soil

He is familiar with **chemistry** and biology.

## sequence

n. a series of related events, actions, numbers, etc., which have a particular order

*synonym*: arrangement, succession, series

(1) the **sequence** of the seasons, (2) the DNA **sequence**

We do move forward with those tasks in **sequence** next week.

## 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.

## 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.

## bomb

*n.* a weapon that explodes and is used to kill or injure people or to cause damage to something

*synonym* : missile, explosive, ammunition

(1) atomic **bombs**, (2) disarm the **bomb**

The use of cluster **bombs** is strictly prohibited by international law.

## convinced

*adj.* completely certain about something; having a strong belief or conviction in a particular religion

*synonym* : confident, positive, indoctrinated

(1) **convinced** of the idea, (2) **convinced** criminal

The public is **convinced** that the prime minister has committed fraud.

## session

*n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

*synonym* : conference, gathering

(1) the morning **session**, (2) the court **session**

Parliament is now in **session**.

## compete

v. to strive to achieve more success than someone or something

*synonym*: contend, contest, vie

(1) **compete** against a friend, (2) **compete** fiercely

You must **compete** with others to obtain this position.

## overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

*synonym*: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

## 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. co\_\_\_\_\_us effort *adj.* being aware of and able to respond to what is happening around you
2. as\_\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
3. 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
4. mi\_\_c numerous instruments *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
5. acc\_\_\_\_\_sh military operations *v.* to finish or achieve something successfully
6. at\_\_\_d a meeting *v.* to be present at an event, to go to a place
7. 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
8. estimate pr\_\_\_\_\_e costs *adj.* sharply exact or accurate or delimited
9. mi\_\_\_\_\_m election *adj.* referring to the middle of a term or period, especially in politics or education
10. 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

ANSWERS: 1. conscious, 2. associate, 3. judge, 4. mimic, 5. accomplish, 6. attend, 7. facet, 8. precise, 9. midterm, 10. paralysis

- |                                    |             |   |
|------------------------------------|-------------|---|
| 11. co_____te to the size          | <i>v.</i>   | to have a connection or relationship in which one thing affects or depends on another                                   |
| 12. chaotic env_____nt             | <i>n.</i>   | the natural world such as air, water, and land in which humans, animals, and plants live                                |
| 13. be___g to different species    | <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 |
| 14. cr__p along the leaf           | <i>v.</i>   | to move slowly, quietly, and carefully, usually to avoid being seen or heard  |
| 15. have gr__f and sorrow          | <i>n.</i>   | a very great sadness, especially when somebody dies   |
| 16. distance g_p                   | <i>n.</i>   | a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.     |
| 17. aw_____ss of my ignorance      | <i>n.</i>   | the fact or state of knowing something exists and is important  |
| 18. the se_____ce of the seasons   | <i>n.</i>   | a series of related events, actions, numbers, etc., which have a particular order                                       |
| 19. di_____ct public opinion       | <i>v.</i>   | to draw someone's attention away from what they are trying to do  |
| 20. pr_____nt belief               | <i>adj.</i> | existing very commonly in a particular area or in a specific time   |
| 21. become a professional at_____e | <i>n.</i>   | a person who competes in one or more sports that involve physical strength, speed, or endurance                         |

ANSWERS: 11. correlate, 12. environment, 13. belong, 14. creep, 15. grief, 16. gap, 17. awareness, 18. sequence, 19. distract, 20. prevalent, 21. athlete

22. ca\_\_\_\_\_te his credit score      *v.* to judge or find out the amount or number of something by using mathematics
23. make a pi\_\_h for a new product      *n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
24. 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
25. ho\_\_\_\_d on drugs      *adj.* being caught or caught up in something; curved down like an eagle's beak
26. p\_\_r review      *n.* a person who has the same age, status, or ability
27. leave school in the mi\_\_\_\_\_m      *adj.* referring to the middle of a term or period, especially in politics or education
28. students at all gr\_\_e levels      *n.* a particular level of quality, size, importance, etc.
29. spiral of sel\_\_\_\_\_bt      *n.* lack of confidence in one's abilities or oneself
30. th\_\_\_e on pressure      *v.* to grow vigorously; to make steady progress
31. f\_\_b the high note      *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

ANSWERS: 22. calculate, 23. pitch, 24. distinctly, 25. hooked, 26. peer, 27. midterm, 28. grade, 29. self-doubt, 30. thrive, 31. flub



32. at a un\_\_\_\_\_m temperature *adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification
33. have a\_\_d eyes *adj.* characterized by enthusiasm and vigorous pursuit, especially of an interest or activity
34. pr\_\_\_\_\_e analyses *adj.* sharply exact or accurate or delimited
35. a to\_\_\_\_\_e chamber *n.* the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason
36. u\_\_e a total ban *v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
37. get r\_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
38. con\_\_\_\_\_ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
39. an instrument of to\_\_\_\_\_e *n.* the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason
40. as\_\_\_\_\_te alcohol with gambling *v.* to mentally connect someone or something with someone or something else

ANSWERS: 32. uniform, 33. avid, 34. precise, 35. torture, 36. urge, 37. rid, 38. concentration, 39. torture, 40. associate

- |                            |   |
|----------------------------|---|
| 41. even more unf_____ely  | <i>adv.</i> by bad luck; unluckily  |
| 42. pr_____nt in Japan     | <i>adj.</i> existing very commonly in a particular area or in a specific time   |
| 43. na___n-state           | <i>n.</i> a large organized community of people living in a particular country or region and having a particular culture  |
| 44. at_____de control      | <i>n.</i> the way you think and feel about someone or something   |
| 45. psy_____gy experiment  | <i>n.</i> the scientific study of mind and behavior   |
| 46. natural phe_____on     | <i>n.</i> something that exists and can be perceptible, especially one that is not fully understood   |
| 47. ca_____te the distance | <i>v.</i> to judge or find out the amount or number of something by using mathematics   |
| 48. fun_____al deafness    | <i>adj.</i> designed for or capable of a particular activity, purpose, or task; practical or ready for use or service   |
| 49. mat_____cs competition | <i>n.</i> the science dealing with the logic of quantities, shapes, spaces, and arrangement   |
| 50. an associate ju__e     | <i>n.</i> a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something   |
| 51. ho___d hair            | <i>adj.</i> being caught or caught up in something; curved down like an eagle's beak  |
| 52. important fa__t        | <i>n.</i> 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: 41. unfortunately, 42. prevalent, 43. nation, 44. attitude, 45. psychology, 46. phenomenon, 47. calculate, 48. functional, 49. mathematics, 50. judge, 51. hooked, 52. facet

53. a good grounding in mat\_\_\_\_\_cs      *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
54. 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
55. be\_\_\_\_\_er the reader      *v.* to confuse or puzzle someone; to cause someone to become lost or disoriented in thought or perception
56. 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
57. a co\_\_\_\_\_te noun      *adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
58. acc\_\_\_\_\_sh a goal      *v.* to finish or achieve something successfully
59. nontechnical as\_\_\_\_\_ts of the job      *n.* one part or feature of a situation, problem, subject, etc.
60. re\_\_\_\_\_er competition      *n.* a person or business that sells goods to the public, typically in small quantities
61. jazz imp\_\_\_\_\_ion      *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 53. mathematics, 54. dribble, 55. bewilder, 56. dribble, 57. concrete, 58. accomplish, 59. aspect, 60. retailer, 61. improvisation

62. 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
63. a false ru\_\_r *n.* a piece of unverified information of uncertain origin that is spread by word of mouth
64. ne\_\_\_l stem cells *adj.* of or relating to a nerve or the nervous system that includes the brain
65. high school at\_\_\_\_es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
66. electrical c\_\_d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
67. fas\_\_\_\_\_ard 10 seconds *v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording
68. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
69. our school un\_\_\_\_m *adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification
70. fr\_\_\_\_an year *n.* a first-year student, typically in college or high school

ANSWERS: 62. visceral, 63. rumor, 64. neural, 65. athlete, 66. cord, 67. fast-forward, 68. improvisation, 69. uniform, 70. freshman

71. in\_\_\_\_\_e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
72. harmonic re\_\_\_\_\_ce *n.* a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things
73. a j\_\_k of all trades *n.* a mechanical device used for lifting or supporting heavy objects
74. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
75. ass\_\_\_\_\_nt of interest *n.* a duty or task given to someone, usually as part of their job or studies
76. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
77. pr\_\_\_\_\_s innocence *v.* to declare openly, often publicly or formally, that one has a particular skill, belief, or feeling; to admit or affirm
78. cr\_\_p toward the mouse *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
79. spinal c\_\_d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
80. a person who is unc\_\_\_\_\_us *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

ANSWERS: 71. involve, 72. resonance, 73. jack, 74. opportune, 75. assignment, 76. opportune, 77. profess, 78. creep, 79. cord, 80. unconscious

81. be\_\_\_\_er scientists *v.* to confuse or puzzle someone; to cause someone to become lost or disoriented in thought or perception
82. phy\_\_\_\_\_ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
83. the g\_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
84. atomic b\_\_bs *n.* a weapon that explodes and is used to kill or injure people or to cause damage to something
85. ma\_\_\_\_\_ic field *adj.* having the properties of attracting or repelling certain materials containing iron or steel
86. unf\_\_\_\_\_ely caught in a shower *adv.* by bad luck; unluckily
87. boys in the twelfth gr\_\_e *n.* a particular level of quality, size, importance, etc.
88. accident-pr\_\_e *adj.* inclined or likely to do something or to show a particular characteristic, especially something bad; lying face downward
89. as\_\_ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
90. 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

ANSWERS: 81. bewilder, 82. physically, 83. gap, 84. bomb, 85. magnetic, 86. unfortunately, 87. grade, 88. prone, 89. aspect, 90. visceral

91. the morning se\_\_\_\_\_n                      *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
92. re\_\_\_\_\_er strategy                      *n.* a person or business that sells goods to the public, typically in small quantities
93. di\_\_\_\_\_ct attention from the real issue                      *v.* to draw someone's attention away from what they are trying to do
94. f\_\_b the dub                      *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
95. de\_\_\_\_\_p a strategy                      *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
96. overcome sel\_\_\_\_\_bt                      *n.* lack of confidence in one's abilities or oneself
97. fas\_\_\_\_\_ard to the good part                      *v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording
98. the first round of the com\_\_\_\_\_on                      *n.* a situation in which someone is attempting to beat or outperform another
99. sh\_\_\_\_\_e deck                      *v.* to move or mix around in a casual or unorganized way; to walk with short, dragging steps

ANSWERS: 91. session, 92. retailer, 93. distract, 94. flub, 95. develop, 96. self-doubt, 97. fast-forward, 98. competition, 99. shuffle

100. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
101. co\_\_\_\_\_e against a friend *v.* to strive to achieve more success than someone or something
102. send and re\_\_\_\_\_ve e-mail *v.* to find or get something back
103. the court se\_\_\_\_\_n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
104. 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
105. psy\_\_\_\_\_gy of crowd *n.* the scientific study of mind and behavior
106. stay phy\_\_\_\_\_ly fit *adv.* in a way related to a person's body or appearance rather than their mind
107. an\_\_\_\_\_e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
108. ed\_\_\_\_\_ed adult *adj.* having received a high standard of education
109. in\_\_\_\_\_ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
110. 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

ANSWERS: 100. brain, 101. compete, 102. retrieve, 103. session, 104. distinctly, 105. psychology, 106. physically, 107. analyze, 108. educated, 109. influence, 110. humiliate



111. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
112. re\_\_\_\_\_ce frequency *n.* a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things
113. 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
114. an\_\_\_\_\_e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
115. disarm the b\_\_b *n.* a weapon that explodes and is used to kill or injure people or to cause damage to something
116. bo\_\_\_\_\_om meeting *n.* a room where the board of directors of a company or organization meets
117. th\_\_\_e in a society *v.* to grow vigorously; to make steady progress
118. the con\_\_\_\_\_ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
119. the t\_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

ANSWERS: 111. environment, 112. resonance, 113. paralysis, 114. analyze, 115. bomb, 116. boardroom, 117. thrive, 118. consequence, 119. tip

120. co\_\_\_x cells *n.* the outermost layer of an organ, especially the brain
121. his research area of con\_\_\_\_\_ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
122. pr\_\_\_t a feeling of hunger *v.* to make someone decide to or try to do something, or to make something happen
123. in\_\_\_\_\_e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
124. co\_\_\_\_\_us of having succeeded *adj.* being aware of and able to respond to what is happening around you
125. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
126. dealing with pe\_\_y *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
127. diagnosis of an\_\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
128. ed\_\_\_\_\_ed speech *adj.* having received a high standard of education
129. li\_\_\_\_\_ss potential *adj.* without end, limit, or boundary; infinite
130. aircraft au\_\_\_\_\_ot *n.* a system that automatically controls the operation of an aircraft or spacecraft
131. 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

ANSWERS: 120. cortex, 121. concentration, 122. prompt, 123. involve, 124. conscious, 125. brain, 126. pesky, 127. anxiety, 128. educated, 129. limitless, 130. autopilot, 131. bedtime

132. re\_\_\_\_ve the lost wallet      *v.* to find or get something back
133. raise public aw\_\_\_\_\_ss      *n.* the fact or state of knowing something exists and is important
134. 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
135. visual co\_\_\_x neuron      *n.* the outermost layer of an organ, especially the brain
136. ne\_\_\_l networks in AI      *adj.* of or relating to a nerve or the nervous system that includes the brain
137. r\_b shoulders      *v.* to move one's hand or an object over the surface of something with pressure
138. ov\_\_\_\_\_me all difficulties      *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
139. unintended con\_\_\_\_\_ces      *n.* the outcome of a particular action or event, especially relative to an individual
140. finish the ass\_\_\_\_\_nt      *n.* a duty or task given to someone, usually as part of their job or studies
141. pr\_\_e to diarrhea      *adj.* inclined or likely to do something or to show a particular characteristic, especially something bad; lying face downward
142. a ma\_\_\_\_\_ic tape      *adj.* having the properties of attracting or repelling certain materials containing iron or steel

ANSWERS: 132. retrieve, 133. awareness, 134. mess, 135. cortex, 136. neural, 137. rub, 138. overcome, 139. consequence, 140. assignment, 141. prone, 142. magnetic

143. b\_\_g about my knowledge      *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
144. r\_d the body of waste products      *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
145. au\_\_\_\_\_ot function      *n.* a system that automatically controls the operation of an aircraft or spacecraft
146. j\_t off a letter      *v.* to write quickly or briefly
147. pre\_\_\_\_\_al region      *adj.* in or about the foremost part of the frontal lobe of the brain
148. at\_\_\_d service      *v.* to be present at an event, to go to a place
149. co\_\_\_\_\_e fiercely      *v.* to strive to achieve more success than someone or something
150. im\_\_\_\_\_e the test score      *v.* to make or become better
151. cho\_\_\_\_\_ph a stage performance      *v.* to compose a sequence of dance steps, often to music
152. get into a m\_\_s      *n.* a state of confusion, dirtiness, or untidiness; (*v.*) to fail to do something or to make something dirty or untidy
153. hu\_\_\_\_\_te him publicly      *v.* to cause someone to feel ashamed, embarrassed, or degraded, especially in public or through revealing personal information
154. b\_\_g to each other      *v.* to say something in a boastful manner, to impress others, or make oneself feel superior

ANSWERS: 143. brag, 144. rid, 145. autopilot, 146. jot, 147. prefrontal, 148. attend, 149. compete, 150. improve, 151. choreograph, 152. mess, 153. humiliate, 154. brag

155. do\_\_\_\_ad the assignment from the website  
v. to transfer data or files from the Internet or computer network to a user's computer or device; (noun) the process of transferring data or information from a remote or central computer to a local computer or device
156. for a li\_\_\_\_\_ss time  
*adj.* without end, limit, or boundary; infinite
157. ove\_\_\_\_\_ve thyroid  
*adj.* excessively active; showing an excess of activity or energy
158. ove\_\_\_\_\_ve imagination  
*adj.* excessively active; showing an excess of activity or energy
159. pre\_\_\_\_\_al bone  
*adj.* in or about the foremost part of the frontal lobe of the brain
160. a hat h\_\_k  
*n.* a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook
161. a line-in j\_\_k  
*n.* a mechanical device used for lifting or supporting heavy objects
162. de\_\_\_\_\_p a skill  
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
163. a lot of gr\_\_f  
*n.* a very great sadness, especially when somebody dies
164. a female sc\_\_w  
v. to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together

ANSWERS: 155. download, 156. limitless, 157. overactive, 158. overactive, 159. prefrontal, 160. hook, 161. jack, 162. develop, 163. grief, 164. screw



176. a low-pi\_\_hed sound *n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
177. the DNA se\_\_\_\_ce *n.* a series of related events, actions, numbers, etc., which have a particular order
178. at\_\_\_\_de toward mistakes *n.* the way you think and feel about someone or something
179. ch\_\_e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
180. ind\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
181. the curved shape of a h\_\_k *n.* a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook
182. an an\_\_\_\_s look *adj.* worried and nervous
183. 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
184. improve co\_\_\_\_ve function *adj.* of or relating to mental processes of understanding
185. research on co\_\_\_\_ve psychology *adj.* of or relating to mental processes of understanding

ANSWERS: 176. pitch, 177. sequence, 178. attitude, 179. choke, 180. individual, 181. hook, 182. anxious, 183. bedtime, 184. cognitive, 185. cognitive

186. con\_\_\_\_\_us virus *adj.* able to be passed on to others through contact or proximity, especially by infection or disease
187. a sexual u\_\_e *v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
188. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
189. exquisitely cho\_\_\_\_\_phed *v.* to compose a sequence of dance steps, often to music
190. field of fun\_\_\_\_\_al medicine *adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service
191. give the waiter a t\_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
192. p\_\_r group *n.* a person who has the same age, status, or ability
193. ch\_\_e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
194. unc\_\_\_\_\_us bias *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
195. cr\_\_t arts of Japan *n.* an activity that requires a particular skill in making things with one's hands

ANSWERS: 186. contagious, 187. urge, 188. individual, 189. choreograph, 190. functional, 191. tip, 192. peer, 193. choke, 194. unconscious, 195. craft



196. co\_\_\_\_\_te closely with the quality      *v.* to have a connection or relationship in which one thing affects or depends on another
197. ev\_\_\_\_\_te a situation      *v.* to assess or estimate the quality, significance, quantity, or value of something
198. a seafaring na\_\_\_\_n      *n.* a large organized community of people living in a particular country or region and having a particular culture
199. r\_b a glass window      *v.* to move one's hand or an object over the surface of something with pressure
200. social ph\_\_\_\_a      *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
201. co\_\_\_\_\_te examples      *adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
202. do\_\_\_\_\_ad files from the Internet      *v.* to transfer data or files from the Internet or computer network to a user's computer or device; (noun) the process of transferring data or information from a remote or central computer to a local computer or device
203. cr\_\_t manufacture      *n.* an activity that requires a particular skill in making things with one's hands
204. fr\_\_\_\_\_an orientation      *n.* a first-year student, typically in college or high school
205. sh\_\_\_\_\_e from side to side      *v.* to move or mix around in a casual or unorganized way; to walk with short, dragging steps

ANSWERS: 196. correlate, 197. evaluate, 198. nation, 199. rub, 200. phobia, 201. concrete, 202. download, 203. craft, 204. freshman, 205. shuffle

206. a\_\_d baseball fan *adj.* characterized by enthusiasm and vigorous pursuit, especially of an interest or activity
207. historical phe\_\_\_\_\_on *n.* something that exists and can be perceptible, especially one that is not fully understood
208. ph\_\_\_a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
209. professor of ch\_\_\_\_\_ry *n.* the branch of the natural sciences dealing with the composition of substances and their properties and reactions
210. pe\_\_y problem *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
211. greatest gl\_\_y *n.* great honor or success won by notable achievements
212. sc\_\_w the cap *v.* to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together
213. former gl\_\_y *n.* great honor or success won by notable achievements
214. im\_\_\_\_\_e a process *v.* to make or become better
215. co\_\_\_\_\_ed of the idea *adj.* completely certain about something; having a strong belief or conviction in a particular religion
216. con\_\_\_\_\_us enthusiasm *adj.* able to be passed on to others through contact or proximity, especially by infection or disease

ANSWERS: 206. avid, 207. phenomenon, 208. phobia, 209. chemistry, 210. pesky, 211. glory, 212. screw, 213. glory, 214. improve, 215. convinced, 216. contagious

217. ru\_\_r mill *n.* a piece of unverified information of uncertain origin that is spread by word of mouth
218. be\_\_\_g to a group *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
219. mi\_\_c a human voice *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
220. co\_\_\_\_\_ed criminal *adj.* completely certain about something; having a strong belief or conviction in a particular religion

ANSWERS: 217. rumor, 218. belong, 219. mimic, 220. convinced

## Session 3: Fill in the Blanks

1. He tried to \_\_\_\_\_ a bad reputation and win the election.
  - v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
  
2. His dream is to become an Olympic \_\_\_\_\_.
  - n. a person who competes in one or more sports that involve physical strength, speed, or endurance
  
3. 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
  
4. The lobbyist \_\_\_\_\_ Congress not to approve the measure.
  - v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
  
5. We must \_\_\_\_\_ ourselves of pollution.
  - v. to make someone or something free of unwanted or unpleasant tasks, objects, or person
  
6. The use of \_\_\_\_\_ is strictly prohibited under international law.
  - n. the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason
  
7. 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

ANSWERS: 1. overcome, 2. athlete, 3. correlate, 4. urged, 5. rid, 6. torture, 7. flubbed

8. He couldn't \_\_\_\_\_ the actual value of the artwork.  
*v.* to judge or find out the amount or number of something by using mathematics
9. He has a flair for \_\_\_\_\_.  
*n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
10. His \_\_\_\_\_ faculties were getting worse because of a lack of sleep.  
*adj.* of or relating to mental processes of understanding
11. The former emperor had a particular \_\_\_\_\_ even after he abdicated.  
*n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
12. 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
13. The \_\_\_\_\_ class was excited to start their first year of college.  
*n.* a first-year student, typically in college or high school
14. He cast \_\_\_\_\_ glances behind her.  
*adj.* worried and nervous
15. The \_\_\_\_\_ fly kept buzzing around my head.  
*adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner

ANSWERS: 8. calculate, 9. mathematics, 10. cognitive, 11. influence, 12. belong, 13. freshman, 14. anxious, 15. pesky

16. Among young people, \_\_\_\_\_ pressure can be pretty influential.

*n.* a person who has the same age, status, or ability

17. The \_\_\_\_\_ force of the earth keeps our planet spinning.

*adj.* having the properties of attracting or repelling certain materials containing iron or steel

18. You must \_\_\_\_\_ with others to obtain this position.

*v.* to strive to achieve more success than someone or something

19. The public is \_\_\_\_\_ that the prime minister has committed fraud.

*adj.* completely certain about something; having a strong belief or conviction in a particular religion

20. He is familiar with \_\_\_\_\_ and biology.

*n.* the branch of the natural sciences dealing with the composition of substances and their properties and reactions

21. 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

22. We must \_\_\_\_\_ to this matter.

*v.* to be present at an event, to go to a place

23. 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

ANSWERS: 16. peer, 17. magnetic, 18. compete, 19. convinced, 20. chemistry, 21. facets, 22. attend, 23. midterm

24. She \_\_\_\_\_ the cards before dealing them to the players.  
*v.* to move or mix around in a casual or unorganized way; to walk with short, dragging steps
25. 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
26. These economic activities had disastrous environmental \_\_\_\_\_.  
*n.* the outcome of a particular action or event, especially relative to an individual
27. My son was \_\_\_\_\_ on the Internet.  
*adj.* being caught or caught up in something; curved down like an eagle's beak
28. 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
29. The use of cluster \_\_\_\_\_ is strictly prohibited by international law.  
*n.* a weapon that explodes and is used to kill or injure people or to cause damage to something
30. He had to \_\_\_\_\_ the loose knob back onto the cabinet door.  
*v.* to turn something, such as a bolt, with a driver or wrench to tighten or loosen it;  
(noun) a cylindrical rod with a helical ridge used to fasten things together
31. Excellent speech is a characteristic of an \_\_\_\_\_ man.  
*adj.* having received a high standard of education

ANSWERS: 24. shuffled, 25. bewilder, 26. consequences, 27. hooked, 28. improvisation, 29. bombs, 30. screw, 31. educated

32. I was filled with \_\_\_\_\_.
- n.* lack of confidence in one's abilities or oneself
33. The teacher attempted to \_\_\_\_\_ the root cause of our mistake.
- v.* to think about in-depth and evaluate to discover essential features or meaning
34. This exam requires excellent \_\_\_\_\_ to pass.
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
35. The airplane was on \_\_\_\_\_ during the long flight.
- n.* a system that automatically controls the operation of an aircraft or spacecraft
36. She had the \_\_\_\_\_ that work was fun.
- n.* the way you think and feel about someone or something
37. Her voice gradually increased in \_\_\_\_\_.
- n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
38. 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
39. His hometown was where he first acquired the \_\_\_\_\_ of wood carving.
- n.* an activity that requires a particular skill in making things with one's hands

ANSWERS: 32. self-doubt, 33. analyze, 34. concentration, 35. autopilot, 36. attitude, 37. pitch, 38. bragging, 39. craft



40. He became \_\_\_\_\_ that he was being followed.

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

41. She had a master's degree in \_\_\_\_\_.

*n.* the scientific study of mind and behavior

42. 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

43. The medication caused an \_\_\_\_\_ immune system, resulting in adverse side effects.

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

44. The consumer-electronics \_\_\_\_\_ offered a discount for customers who paid in cash.

*n.* a person or business that sells goods to the public, typically in small quantities

45. There was a disturbance of \_\_\_\_\_ function.

*adj.* of or relating to a nerve or the nervous system that includes the brain

46. 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

47. The treatments were done but, \_\_\_\_\_ were unsuccessful.

*adv.* by bad luck; unluckily

ANSWERS: 40. conscious, 41. psychology, 42. judge, 43. overactive, 44. retailer, 45. neural, 46. bedtime, 47. unfortunately,

48. I know his \_\_\_\_\_ habit that he touches his face when he lies.

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

49. She \_\_\_\_\_ the book from the shelf.

*v.* to find or get something back

50. 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

51. Departments may set requirements for a higher \_\_\_\_\_ point average.

*n.* a particular level of quality, size, importance, etc.

52. 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

53. The majority of consumers \_\_\_\_\_ this brand with quality.

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

54. I'll \_\_\_\_\_ down the address, so I don't forget it.

*v.* to write quickly or briefly

55. 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

ANSWERS: 48. unconscious, 49. retrieved, 50. paralysis, 51. grade, 52. prone, 53. associate, 54. jot, 55. visceral

56. 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

57. Please don't \_\_\_\_\_ me while I'm studying.

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

58. This country has a nationally \_\_\_\_\_ culture.

*adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

59. The \_\_\_\_\_ of Japan is known for its unique culture and advanced technology.

*n.* a large organized community of people living in a particular country or region and having a particular culture

60. The disease is highly \_\_\_\_\_ and spreads quickly.

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

61. The singer's voice filled the auditorium with beautiful \_\_\_\_\_.

*n.* a deep, full, or reverberating sound or tone; a quality or feeling of a particular emotional or mental vibration or significance; a mutual or sympathetic connection or correspondence between two things

62. We do move forward with those tasks in \_\_\_\_\_ next week.

*n.* a series of related events, actions, numbers, etc., which have a particular order

63. I will introduce some \_\_\_\_\_ on learning English in this class.

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

ANSWERS: 56. physically, 57. distract, 58. uniform, 59. nation, 60. contagious, 61. resonance, 62. sequence, 63. tips

64. The meeting aims to \_\_\_\_\_ possible choices.  
*v.* to assess or estimate the quality, significance, quantity, or value of something
65. Your spinal \_\_\_\_\_ is located deep within your body.  
*n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
66. It is preferable to die in \_\_\_\_\_ than to live in dishonor.  
*n.* great honor or success won by notable achievements
67. His professional experience includes all \_\_\_\_\_ of media production.  
*n.* one part or feature of a situation, problem, subject, etc.
68. 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
69. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
70. This virus is \_\_\_\_\_ in many tropical nations.  
*adj.* existing very commonly in a particular area or in a specific time
71. Humankind took centuries to \_\_\_\_\_ true democracy.  
*v.* to finish or achieve something successfully
72. 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

ANSWERS: 64. evaluate, 65. cord, 66. glory, 67. aspects, 68. dribble, 69. opportune, 70. prevalent, 71. accomplish, 72. rumor

73. 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
74. There has been a gradual but steady rise in environmental \_\_\_\_\_.
- n.* the fact or state of knowing something exists and is important
75. We must \_\_\_\_\_ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
76. 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
77. Many people are working together to close the gender \_\_\_\_\_.
- n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
78. The cerebral \_\_\_\_\_ consists of six layers.
- n.* the outermost layer of an organ, especially the brain
79. 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
80. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 73. environment, 74. awareness, 75. develop, 76. boardroom, 77. gap, 78. cortex, 79. mess, 80. involves

81. Parliament is now in \_\_\_\_\_.

- n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

82. 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

83. That incident \_\_\_\_\_ a nationwide chain reaction regarding the crackdown on illegal groups.

- v.* to make someone decide to or try to do something, or to make something happen

84. Please hang your towel on a \_\_\_\_\_.

- n.* a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook

85. 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

86. The mobile phone was still \_\_\_\_\_ even after being dropped.

- adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service

87. He used a \_\_\_\_\_ to lift the car to change the tire.

- n.* a mechanical device used for lifting or supporting heavy objects

88. 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

ANSWERS: 81. session, 82. professes, 83. prompted, 84. hook, 85. avid, 86. functional, 87. jack, 88. distinctly

89. 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

90. We want to \_\_\_\_\_ ties between our two countries.

- v.* to make or become better

91. The possibilities for scientific discovery are \_\_\_\_\_.

- adj.* without end, limit, or boundary; infinite

92. She waited for her daughter with \_\_\_\_\_.

- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

93. 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

94. Each person has a unique \_\_\_\_\_ experience.

- n.* a very great sadness, especially when somebody dies

95. The content is \_\_\_\_\_ and informative for me.

- adj.* sharply exact or accurate or delimited

96. The baby started to \_\_\_\_\_ on a piece of apple.

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

97. 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

ANSWERS: 89. phobia, 90. improve, 91. limitless, 92. anxiety, 93. humiliated, 94. grief, 95. precise, 96. choke, 97. brain

98. Without investment, a business cannot \_\_\_\_\_.

*v.* to grow vigorously; to make steady progress

99. A rainbow is a natural \_\_\_\_\_.

*n.* something that exists and can be perceptible, especially one that is not fully understood

100. She \_\_\_\_\_ the sore spot on her leg to ease the pain.

*v.* to move one's hand or an object over the surface of something with pressure

101. The president asked for a more \_\_\_\_\_ plan.

*adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

102. Global \_\_\_\_\_ is rising in virtually every industry.

*n.* a situation in which someone is attempting to beat or outperform another

103. Aging \_\_\_\_\_ up slowly with time.

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

104. I like to \_\_\_\_\_ through commercials when watching TV shows.

*v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

105. He had \_\_\_\_\_ the dance in this play himself.

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

106. 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: 98. thrive, 99. phenomenon, 100. rubbed, 101. concrete, 102. competition, 103. creeps, 104. fast-forward, 105. choreographed, 106. mimic



107. My \_\_\_\_\_ was overwhelming and complicated, but it was also exciting.

*n.* a duty or task given to someone, usually as part of their job or studies

108. 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

109. I need to \_\_\_\_\_ the latest update for my computer's operating system.

*v.* to transfer data or files from the Internet or computer network to a user's computer or device; (noun) the process of transferring data or information from a remote or central computer to a local computer or device

110. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.

*n.* a single person or thing, as distinct from a group

ANSWERS: 107. assignment, 108. prefrontal, 109. download, 110. individual,