

# Englist.me



## Vocabulary Builder Reference from...

Chieh Huang: Confessions of a recovering micromanager | TED Talk

[https://www.ted.com/talks/chieh\\_huang\\_confessions\\_of\\_a\\_recovering\\_micromanager](https://www.ted.com/talks/chieh_huang_confessions_of_a_recovering_micromanager)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### micromanagement

*n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments

*synonym*: control-freak management, nit-picking, excessive supervision

(1) **micromanagement** approach, (2) **micromanagement** techniques

His manager's **micromanagement** style drove him crazy, making him feel like he couldn't make any decisions on his own.

### posit

*v.* to suggest or accept something as fact or as a basis for argument or consideration

*synonym*: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

### imaginative

*adj.* having or showing new and creative ideas

*synonym*: creative, innovative, inventive

(1) capable of **imaginative** creation, (2) **imaginative** as a child

She is a hard worker but not very **imaginative**.

## manifestation

*n.* a visible or tangible form of something, especially a particular sign of a disease or condition

*synonym*: expression, embodiment, presentation

(1) **manifestation** of a deeper problem, (2) **manifestation** of psychological stress

The **manifestation** of his anxiety was evident in his shaking hands.

## lug

*v.* to carry or drag something with effort; to pull something along with a sudden or jerky motion

*synonym*: carry, haul, transport

(1) **lug** a hose, (2) **lug** my son into a room

He had to **lug** the heavy suitcase up the stairs.

## totem

*n.* a sacred object or symbol that represents a person, family, clan, or community, often used in indigenous cultures as part of a belief system or religious practice

*synonym*: emblem, symbol, mascot

(1) tribal **totem**, (2) animal **totem**

The **totem** pole symbolized the tribe's culture and history, depicting important figures and events.

## doe

*n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

*synonym*: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

## firsthand

*adv.* from the source; directly; (adjective) received directly from a source

*synonym*: direct

(1) hear customer's voices **firsthand**, (2) conduct **firsthand** research

The manager tried to hear customers' voices **firsthand**.

## bulky

*adj.* taking up much space or being difficult to move because of its size or weight; large and unwieldy

*synonym* : large, cumbersome, unwieldy

(1) **bulky** material, (2) **bulky** packaging

The **bulky** furniture made it difficult to move around the small room.

## scribble

*v.* to write or draw carelessly and in a hurry

*synonym* : scabble, scrawl, jot

(1) **scribble** on paper, (2) **scribble** notes

The words were **scribbled** in pencil.

## monotony

*n.* a situation in which something unchanging and boring

*synonym* : boredom, tedium, sameness

(1) the **monotony** of the daily routine, (2) break the **monotony**

The **monotony** of the assembly line work made the days feel very long.

## morale

*n.* the emotional or mental state of a person or group, especially in relation to confidence, enthusiasm, and determination

*synonym* : spirit, confidence, optimism

(1) the **morale** of soldiers, (2) improve employee **morale**

The team's **morale** improved after winning the championship.

## startling

*adj.* extremely surprising, astonishing, and sometimes worrying

*synonym* : alarming, astonishing, shocking

(1) **startling** earthquake shocks, (2) **startling** discovery

He describes the story with **startling** reality.

## ornate

*adj.* elaborately or excessively decorated

*synonym* : decorative, elaborate, fancy

(1) **ornate** ceiling, (2) depicted in **ornate** detail

She wore an **ornate** necklace to the formal event.

## mural

*adj.* a large painting or other artwork that is applied directly to a wall or other surface

*synonym*: wall painting, fresco, wall art

(1) **mural** painting, (2) a **mural** decoration

The **mural** on the wall depicted the history of the city.

## contraception

*n.* the use of methods or devices to prevent pregnancy, typically by blocking fertilization or implantation of a fertilized egg, which options include contraceptives, condoms, intrauterine devices (IUDs), and sterilization procedures

(1) hormonal **contraception**, (2) **contraception** pills

Condoms are a common method of **contraception** that both men and women can use.

## condom

*n.* a thin rubber or plastic sheath worn over the penis during sexual intercourse to prevent pregnancy or the transmission of sexually transmitted infections (STIs) between partners

*synonym*: prophylactic, rubber, sheath

(1) **condom** brand, (2) safe **condom** use

Using a **condom** during sexual activity is one of the most effective ways to prevent unwanted pregnancies and sexually transmitted infections.

## optimist

*n.* a person who tends to expect the best in all things and to be hopeful and confident about the future

*synonym*: positive thinker, dreamer, idealist

(1) **optimist** by nature, (2) excessive **optimist**

She is a confident **optimist** who always looks on the bright side.

## typo

*n.* a mistake made in typing or the reproduction of a text

*synonym*: error, mistake, misprint

(1) full of **typos**, (2) **typo-free** resume

I noticed a **typo** in the company's annual report, stating the wrong profit margin.

## gratify

v. to give pleasure or satisfaction to; to provide someone with what they want or need; to indulge or satisfy a desire or appetite

*synonym* : please, satisfy, fulfill

(1) **gratify** desires, (2) **gratify** curiosity

I always try to **gratify** my boss by achieving the sales target every month.

## downside

n. the negative aspects or consequences of something; the potential for loss or failure

*synonym* : drawback, negative, disadvantage

(1) major **downside**, (2) **downside** of globalization

The **downside** of the new policy was that it would be more expensive for customers.

## photoshop

v. to edit or manipulate digital images or photographs using Adobe Photoshop software or similar tools

*synonym* : edit, retouch, manipulate

(1) **photoshop** a picture, (2) **photoshop** the background of the image

The photographer **photoshopped** the image to enhance the lighting and contrast.

## grind

v. to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time

*synonym* : mill, crush, grate

(1) **grind** away at my work, (2) **grind** your teeth

She had to **grind** the coffee beans before making a fresh cup.

## stereoscope

n. an optical instrument that creates an illusion of depth and three-dimensionality by presenting two offset images separately to the left and right eye

*synonym* : 3D viewer, binocular viewer

(1) **stereoscope** image, (2) vintage **stereoscope** cards

The **stereoscope** viewer offered a three-dimensional

perspective of the historical photographs.

## capex

*n.* (short for "capital expenditure") the funds that a company or organization allocates for investment in property, plant, and equipment to expand or improve operations

*synonym*: capital expenditure, investment, spending

(1) **capex** optimization, (2) **capex** budget

The CEO emphasized the importance of strategic **capex** investments for long-term success.

## tampon

*n.* a plug or wad of material, such as cotton or rayon that is inserted into the vagina during menstruation to absorb the menstrual flow

*synonym*: feminine hygiene product, sanitary pad, sanitary napkin

(1) **tampon** applicator, (2) feminine **tampon**

The **tampon** dispenser in the women's restroom was empty.

## rethink

*v.* to consider again a plan, idea, etc., especially to change it

*synonym*: reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

## creditor

*n.* a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

## Session 2: Spelling

- |  |  |
|--|--|
| 1. tribal to__m                        | <i>n.</i> a sacred object or symbol that represents a person, family, clan, or community, often used in indigenous cultures as part of a belief system or religious practice |
| 2. gr____y curiosity                   | <i>v.</i> to give pleasure or satisfaction to; to provide someone with what they want or need; to indulge or satisfy a desire or appetite                                    |
| 3. depicted in or___e detail           | <i>adj.</i> elaborately or excessively decorated   |
| 4. st_____ng earthquake shocks         | <i>adj.</i> extremely surprising, astonishing, and sometimes worrying  |
| 5. full of t__os                       | <i>n.</i> a mistake made in typing or the reproduction of a text   |
| 6. mic_____ent approach                | <i>n.</i> a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments                 |
| 7. man_____ion of a deeper problem     | <i>n.</i> a visible or tangible form of something, especially a particular sign of a disease or condition  |
| 8. man_____ion of psychological stress | <i>n.</i> a visible or tangible form of something, especially a particular sign of a disease or condition  |
| 9. sc_____le notes                     | <i>v.</i> to write or draw carelessly and in a hurry   |

ANSWERS: 1. totem, 2. gratify, 3. ornate, 4. startling, 5. typo, 6. micromanagement, 7. manifestation, 8. manifestation, 9. scribble

10. po\_\_t the existence of life after death  
*v.* to suggest or accept something as fact or as a basis for argument or consideration
11. bu\_\_y material  
*adj.* taking up much space or being difficult to move because of its size or weight; large and unwieldy
12. t\_\_o-free resume  
*n.* a mistake made in typing or the reproduction of a text
13. con\_\_\_\_\_ion pills  
*n.* the use of methods or devices to prevent pregnancy, typically by blocking fertilization or implantation of a fertilized egg, which options include contraceptives, condoms, intrauterine devices (IUDs), and sterilization procedures
14. gr\_\_d away at my work  
*v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
15. st\_\_\_\_\_ng discovery  
*adj.* extremely surprising, astonishing, and sometimes worrying
16. ca\_\_x budget  
*n.* (short for "capital expenditure") the funds that a company or organization allocates for investment in property, plant, and equipment to expand or improve operations
17. major do\_\_\_\_\_de  
*n.* the negative aspects or consequences of something; the potential for loss or failure
18. capable of ima\_\_\_\_\_ve creation  
*adj.* having or showing new and creative ideas

ANSWERS: 10. posit, 11. bulky, 12. typo, 13. contraception, 14. grind, 15. startling, 16. capex, 17. downside, 18. imaginative



19. mu\_\_l painting *adj.* a large painting or other artwork that is applied directly to a wall or other surface
20. ta\_\_\_n applicator *n.* a plug or wad of material, such as cotton or rayon that is inserted into the vagina during menstruation to absorb the menstrual flow
21. l\_g a hose *v.* to carry or drag something with effort; to pull something along with a sudden or jerky motion
22. the cr\_\_\_\_or's claims *n.* a person, company, etc. to whom a debtor owes money
23. ph\_\_\_\_\_op a picture *v.* to edit or manipulate digital images or photographs using Adobe Photoshop software or similar tools
24. hormonal con\_\_\_\_\_ion *n.* the use of methods or devices to prevent pregnancy, typically by blocking fertilization or implantation of a fertilized egg, which options include contraceptives, condoms, intrauterine devices (IUDs), and sterilization procedures
25. buck and d\_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
26. co\_\_\_m brand *n.* a thin rubber or plastic sheath worn over the penis during sexual intercourse to prevent pregnancy or the transmission of sexually transmitted infections (STIs) between partners

ANSWERS: 19. mural, 20. tampon, 21. lug, 22. creditor, 23. photoshop, 24. contraception, 25. doe, 26. condom

27. gr\_\_d your teeth *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
28. break the mo\_\_\_\_ny *n.* a situation in which something unchanging and boring
29. re\_\_\_\_k the role of the manager *v.* to consider again a plan, idea, etc., especially to change it
30. the mo\_\_\_\_ny of the daily routine *n.* a situation in which something unchanging and boring
31. feminine ta\_\_\_\_n *n.* a plug or wad of material, such as cotton or rayon that is inserted into the vagina during menstruation to absorb the menstrual flow
32. d\_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
33. mic\_\_\_\_\_ent techniques *n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments
34. ste\_\_\_\_\_pe image *n.* an optical instrument that creates an illusion of depth and three-dimensionality by presenting two offset images separately to the left and right eye
35. improve employee mo\_\_\_\_e *n.* the emotional or mental state of a person or group, especially in relation to confidence, enthusiasm, and determination

ANSWERS: 27. grind, 28. monotony, 29. rethink, 30. monotony, 31. tampon, 32. doe, 33. micromanagement, 34. stereoscope, 35. morale

36. ca\_\_x optimization *n.* (short for "capital expenditure") the funds that a company or organization allocates for investment in property, plant, and equipment to expand or improve operations
37. po\_\_t the premise *v.* to suggest or accept something as fact or as a basis for argument or consideration
38. vintage ste\_\_\_\_\_pe cards *n.* an optical instrument that creates an illusion of depth and three-dimensionality by presenting two offset images separately to the left and right eye
39. gr\_\_\_\_\_y desires *v.* to give pleasure or satisfaction to; to provide someone with what they want or need; to indulge or satisfy a desire or appetite
40. bu\_\_y packaging *adj.* taking up much space or being difficult to move because of its size or weight; large and unwieldy
41. op\_\_\_\_\_st by nature *n.* a person who tends to expect the best in all things and to be hopeful and confident about the future
42. bankrupt cr\_\_\_\_\_or *n.* a person, company, etc. to whom a debtor owes money
43. hear customer's voices fi\_\_\_\_\_nd *adv.* from the source; directly; (adjective) received directly from a source
44. do\_\_\_\_\_de of globalization *n.* the negative aspects or consequences of something; the potential for loss or failure

ANSWERS: 36. capex, 37. posit, 38. stereoscope, 39. gratify, 40. bulky, 41. optimist, 42. creditor, 43. firsthand, 44. downside

45. ph\_\_\_\_\_op the background of the image  
*v.* to edit or manipulate digital images or photographs using Adobe Photoshop software or similar tools
46. a mu\_\_l decoration  
*adj.* a large painting or other artwork that is applied directly to a wall or other surface
47. safe co\_\_\_m use  
*n.* a thin rubber or plastic sheath worn over the penis during sexual intercourse to prevent pregnancy or the transmission of sexually transmitted infections (STIs) between partners
48. animal to\_\_m  
*n.* a sacred object or symbol that represents a person, family, clan, or community, often used in indigenous cultures as part of a belief system or religious practice
49. ima\_\_\_\_\_ve as a child  
*adj.* having or showing new and creative ideas
50. sc\_\_\_\_\_le on paper  
*v.* to write or draw carelessly and in a hurry
51. re\_\_\_\_\_k a marketing plan  
*v.* to consider again a plan, idea, etc., especially to change it
52. excessive op\_\_\_\_\_st  
*n.* a person who tends to expect the best in all things and to be hopeful and confident about the future
53. conduct fi\_\_\_\_\_nd research  
*adv.* from the source; directly; (adjective) received directly from a source
54. l\_g my son into a room  
*v.* to carry or drag something with effort; to pull something along with a sudden or jerky motion

ANSWERS: 45. photoshop, 46. mural, 47. condom, 48. totem, 49. imaginative, 50. scribble, 51. rethink, 52. optimist, 53. firsthand, 54. lug

55. the mo\_\_\_e of soldiers

*n.* the emotional or mental state of a person or group, especially in relation to confidence, enthusiasm, and determination

56. or\_\_\_e ceiling

*adj.* elaborately or excessively decorated

ANSWERS: 55. morale, 56. ornate

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ on the wall depicted the history of the city.  
*adj.* a large painting or other artwork that is applied directly to a wall or other surface
2. The \_\_\_\_\_ furniture made it difficult to move around the small room.  
*adj.* taking up much space or being difficult to move because of its size or weight; large and unwieldy
3. Condoms are a common method of \_\_\_\_\_ that both men and women can use.  
*n.* the use of methods or devices to prevent pregnancy, typically by blocking fertilization or implantation of a fertilized egg, which options include contraceptives, condoms, intrauterine devices (IUDs), and sterilization procedures
4. The \_\_\_\_\_ of his anxiety was evident in his shaking hands.  
*n.* a visible or tangible form of something, especially a particular sign of a disease or condition
5. The photographer \_\_\_\_\_ the image to enhance the lighting and contrast.  
*v.* to edit or manipulate digital images or photographs using Adobe Photoshop software or similar tools
6. She wore an \_\_\_\_\_ necklace to the formal event.  
*adj.* elaborately or excessively decorated
7. His manager's \_\_\_\_\_ style drove him crazy, making him feel like he couldn't make any decisions on his own.  
*n.* a style of management characterized by excessive attention to detail and control, often resulting in inefficient or demotivating work environments

ANSWERS: 1. mural, 2. bulky, 3. contraception, 4. manifestation, 5. photoshopped, 6. ornate, 7. micromanagement

8. The words were \_\_\_\_\_ in pencil.
- v.* to write or draw carelessly and in a hurry
9. The \_\_\_\_\_ of the new policy was that it would be more expensive for customers.
- n.* the negative aspects or consequences of something; the potential for loss or failure
10. She had to \_\_\_\_\_ the coffee beans before making a fresh cup.
- v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
11. Hunters use a whistle that makes the \_\_\_\_ sound to lure stags.
- n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
12. I noticed a \_\_\_\_\_ in the company's annual report, stating the wrong profit margin.
- n.* a mistake made in typing or the reproduction of a text
13. The \_\_\_\_\_ dispenser in the women's restroom was empty.
- n.* a plug or wad of material, such as cotton or rayon that is inserted into the vagina during menstruation to absorb the menstrual flow
14. Using a \_\_\_\_\_ during sexual activity is one of the most effective ways to prevent unwanted pregnancies and sexually transmitted infections.
- n.* a thin rubber or plastic sheath worn over the penis during sexual intercourse to prevent pregnancy or the transmission of sexually transmitted infections (STIs) between partners
15. He had to \_\_\_\_\_ the heavy suitcase up the stairs.
- v.* to carry or drag something with effort; to pull something along with a sudden or jerky motion

ANSWERS: 8. scribbled, 9. downside, 10. grind, 11. doe, 12. typo, 13. tampon, 14. condom, 15. lug

16. We should \_\_\_\_\_ several hypotheses to discuss the matter.  
*v.* to suggest or accept something as fact or as a basis for argument or consideration
17. I asked the lawyer to initiate \_\_\_\_\_ negotiations for voluntary liquidation.  
*n.* a person, company, etc. to whom a debtor owes money
18. She is a hard worker but not very \_\_\_\_\_.  
*adj.* having or showing new and creative ideas
19. The CEO emphasized the importance of strategic \_\_\_\_\_ investments for long-term success.  
*n.* (short for "capital expenditure") the funds that a company or organization allocates for investment in property, plant, and equipment to expand or improve operations
20. He describes the story with \_\_\_\_\_ reality.  
*adj.* extremely surprising, astonishing, and sometimes worrying
21. The \_\_\_\_\_ pole symbolized the tribe's culture and history, depicting important figures and events.  
*n.* a sacred object or symbol that represents a person, family, clan, or community, often used in indigenous cultures as part of a belief system or religious practice
22. I always try to \_\_\_\_\_ my boss by achieving the sales target every month.  
*v.* to give pleasure or satisfaction to; to provide someone with what they want or need; to indulge or satisfy a desire or appetite
23. The \_\_\_\_\_ of the assembly line work made the days feel very long.  
*n.* a situation in which something unchanging and boring

ANSWERS: 16. posit, 17. creditor, 18. imaginative, 19. capex, 20. startling, 21. totem, 22. gratify, 23. monotony



24. We have to \_\_\_\_\_ our company's product lineup for further growth.  
*v.* to consider again a plan, idea, etc., especially to change it
25. The team's \_\_\_\_\_ improved after winning the championship.  
*n.* the emotional or mental state of a person or group, especially in relation to confidence, enthusiasm, and determination
26. She is a confident \_\_\_\_\_ who always looks on the bright side.  
*n.* a person who tends to expect the best in all things and to be hopeful and confident about the future
27. The manager tried to hear customers' voices \_\_\_\_\_.  
*adv.* from the source; directly; (adjective) received directly from a source
28. The \_\_\_\_\_ viewer offered a three-dimensional perspective of the historical photographs.  
*n.* an optical instrument that creates an illusion of depth and three-dimensionality by presenting two offset images separately to the left and right eye

ANSWERS: 24. rethink, 25. morale, 26. optimist, 27. firsthand, 28. stereoscope