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Vocabulary Builder Reference from...

Amishi Jha: How to tame your wandering mind | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

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**.

neuroscience

n. the scientific study of the function, structure, and disorder of the brain and the nervous system

(1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

freeman

n. a person who is not a serf or enslaved person and has the right to hold property and vote

synonym: citizen, individual, person

(1) **freeman** rights, (2) **freeman** status

In the colonial period, only **freeman** was allowed to vote.

gravitas

n. the quality of seriousness and importance

synonym: dignity, lordliness, sobriety

(1) the statesmanlike **gravitas**, (2) demonstrate **gravitas**

One source suggests that this politician was a lack of **gravitas**.

entirely

adv. completely

synonym : completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

efficient

adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

synonym : productive, effective, competent

(1) **efficient** operation, (2) energy- **efficient** appliances

The new washing machine is much more **efficient** than the old one.

utilize

v. to use something for a practical purpose in an effective way

synonym : employ, use, operate

(1) **utilize** a different approach, (2) **utilize** a catheter

The cook **utilized** the leftover oxtail to make soup.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

overload

v. to put too much a load in or on something

synonym : overfill, excess, weigh down

(1) **overload** the circulatory system, (2) **overload** a muscle

Be careful not to **overload** the laundry machine.

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**.

process

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

synonym: procedure, method, system

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

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

evolution

n. a gradual process of transformation of living things

synonym: elaboration, expansion, transition

(1) human **evolution**, (2) **evolution** theory

They study the **evolution** of the universe.

devise

v. to come up with an idea, plan, theory, etc., using your intelligence or imagination

synonym: create, concoct, invent

(1) **devise** a plan, (2) **devise** a literary plot

They had to **devise** a system that did not depend on fossil fuels.

computation

n. the act or process of calculating something, especially an answer or amount, by using a machine or calculator

synonym: calculation, estimation, arithmetic

(1) parallel **computation**, (2) theory of **computation**

The researcher demonstrated the superiority of quantum **computation** in several mathematical tasks.

subset

n. a set of things that are contained within another larger set; a portion or division of a group or category

synonym : subcategory, subdivision

(1) proper **subset**, (2) **subset** selection

A **subset** of the employees will be trained in the new software program.

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.

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym : understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus

He is a man admired for the depth of his **perception**.

foggy

adj. characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

synonym : misty, hazy, murky

(1) **foggy** morning, (2) **foggy** memory

The **foggy** weather made it difficult to see the road ahead.

distracted

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

synonym : preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

stable

adj. firm and steady; not easily moved, disturbed, or changed

synonym : sturdy, unmovable, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

glimpse

n. a brief or partial view; the act of seeing something or someone for a very short time or only partly

synonym : glance, peek, sighting

(1) a momentary **glimpse**, (2) passing **glimpse**

Our team caught a **glimpse** of the world-class technique in this game.

poignant

adj. evoking a keen sense of sadness or regret; emotionally moving; deeply affecting or touching

synonym : touching, moving, emotional

(1) **poignant** moment, (2) **poignant** memories

The movie's **poignant** ending left most of the audience in tears.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

firefighter

n. a person whose job is to extinguish fires

(1) forest **firefighter**, (2) decided to be a **firefighter**

The **firefighter** broke into the house bravely to rescue the children.

marine

adj. relating to the sea and the creatures and plants that live there

synonym : sea-dwelling, maritime, aquatic

(1) **marine** insurance, (2) variety of **marine** life

Seals and whales are **marine** animals beloved by the people.

captain

n. the leader of a group of people, especially who is in charge of a ship or aircraft

synonym : boss, director, leader

(1) the **captain** of an opposing team, (2) **captain** of industry

The **captain** ordered the troops to fire.

battlefield

n. a place where a battle or conflict is fought

synonym : warzone, front line, combat area

(1) **battlefield** casualties, (2) tactics on the **battlefield**

The general reviewed the plans for the upcoming battle on the **battlefield**.

scenery

n. the natural features of a landscape or environment, viewed particularly in terms of their aesthetic appeal; the visual elements that constitute a play's backdrop or setting

synonym : landscape, view, panorama

(1) **scenery** painting, (2) mountain **scenery**

The beautiful **scenery** along the coast took our breath away.

vista

n. a pleasing or expansive view, most often of a landscape or a cityscape; a broad and extensive view or outlook

synonym : panorama, view, prospect

(1) **vista** point, (2) unobstructed **vista**

The hike to the top of the mountain offered a breathtaking **vista** of the surrounding valley.

breeze

n. a gentle wind that is not very strong or forceful, typically cool and refreshing

synonym : wind, gust, puff

(1) a **breeze** from an open window, (2) fresh ocean **breeze**

The summer **breeze** was refreshing after the hot day.

contemplate

v. to think about a possible future action or to think about something for a long time thoughtfully

synonym : think over, ponder, consider

(1) **contemplate** a marriage, (2) **contemplated** leaving

school

I recently **contemplated** dropping out of school and getting a full-time job.

grip

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

synonym: grasp, clasp, (verb) hold

(1) **grip** of fear, (2) lose my **grip**

He had a firm **grip** on the rope as he climbed the mountain.

preoccupied

adj. having one's thoughts or attention absorbed by something; busy

synonym: absorbed, engrossed, occupied

(1) **preoccupied** idea, (2) **preoccupied** with other things

He was **preoccupied** with work and didn't notice me.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

fellow

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

synonym: buddy, mate, affiliate

(1) junior **fellow**, (2) nice **fellow**

He is the kind of **fellow** who only works for his success.

active-duty

adj. referring to military personnel who are currently serving in full-time, active roles, as opposed to reserve or part-time roles

synonym: working, on duty, in service

(1) **active-duty** soldier, (2) **active-duty** obligations

Many military personnel choose to stay on **active-duty** to continue serving their country.

military

adj. relating to or characteristic of members of the armed forces; of or relating to war or warfare

synonym : armed, martial, warlike

(1) a **military** operation, (2) a **military** leader

The **military** academy was known for its strict discipline and training.

personnel

n. a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees

synonym : workforce, staff, labor force

(1) competent **personnel**, (2) **personnel** evaluation

Please forward the resumes to the **personnel** department.

laboratory

n. a workplace for doing scientific research or teaching science; a lab

synonym : lab, workshop, testing room

(1) **laboratory** accident, (2) anthropology **laboratory**

Animal protection groups call for an end to animal testing in a **laboratory**.

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.

brainwave

n. a sudden idea or inspiration; a moment of great insight or creativity

synonym : inspiration, brainstorm, revelation

(1) **brainwave** idea, (2) sudden **brainwave**

The engineer had a **brainwave** and redesigned the product to be more efficient.

electrode

n. either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region

(1) platinum **electrodes**, (2) **electrode** corrosion

It is important to place the **electrodes** in the correct position for accurate electro-cardiogram recording.

embedded

adj. fixed firmly into the surface of something

synonym: ingrained, implanted, inserted

(1) **embedded** systems, (2) LED- **embedded** glass

The **embedded** chip in my credit card allows me to make contactless payments.

ongoing

adj. continuing to exist or develop, or currently happening

synonym: continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

temporal

adj. of or relating to time as opposed to eternity

synonym: transient, fleeting, temporary

(1) a **temporal** restriction, (2) **temporal** history

The **temporal** nature of the universe is a subject of much debate among scientists.

precision

n. the quality or condition of being exact and accurate

synonym: accuracy, exactness, rigor

(1) a **precision** instrument, (2) speak with **precision**

This operation requires both patience and **precision**.

detectable

adj. capable of being discovered or identified

synonym: perceptible, noticeable, observable

(1) a barely **detectable** change, (2) **detectable** by the human ear

The object is **detectable** at ultraviolet wavelengths.

voltage

n. the difference in the force of an electric current between two points

(1) the **voltage** spiked, (2) low **voltage**

Connecting batteries in series increase the **voltage** of the circuit.

fluctuation

n. a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes

synonym: change, instability, flux

(1) price **fluctuations**, (2) **fluctuation** of water level

Temperature **fluctuations** are often milder in oceanfront areas.

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.

plot

n. a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal

synonym: scheme, plan, design

(1) **plot** twist, (2) **plot** a revolution

The **plot** of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's

intramural sports program.

reliable

adj. worthy of being relied on; trustworthy

synonym: dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery

Trains are **reliable**, inexpensive, and ideal for long-distance travel.

scalp

n. the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

synonym: hair cover, pelt, epidermis

(1) **scalp** massage, (2) **scalp** condition

I have an itchy **scalp** and need to switch to a different shampoo.

cue

n. a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

synonym: signal, sign, hint

(1) **cue** card, (2) visual **cue**

The director gave the actor a **cue** to begin the scene.

detect

v. to find or recognize something, especially something difficult to see, hear, etc.

synonym: catch, observe, notice

(1) **detect** a bad event, (2) **detect** smuggling across borders

The security camera has **detected** four intruders.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

lab

n. a workplace for the conduct of scientific research; a laboratory

synonym: workshop, laboratory, research chamber

(1) **lab** instrument, (2) medical **lab**

The Prime Minister will pay a courtesy visit to the Nobel laureate's **lab**.

overlay

v. to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it

synonym: cover, superimpose, layer

(1) **overlay** multiple graphs, (2) **overlay** image

They tried to **overlay** the old map with the new one to compare the changes.

indoor

adj. located, happened, or used inside a building

(1) an **indoor** pool, (2) designed for **indoor** use

Table tennis is an **indoor** sport.

outdo

v. to do better than someone; to surpass

synonym: excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition

He tried to **outdo** his rival by breaking the world record.

manipulate

v. to influence or control something or someone to your advantage, often in an unfair or dishonest way

synonym: control, exploit, abuse

(1) **manipulate** figures, (2) vulnerable to **manipulate**

Please tell me how to **manipulate** this computer.

confirm

v. to support or establish the truth or certainty of something previously believed or suspected to be the case

synonym : affirm, verify, assure

(1) **confirm** the diagnosis, (2) **confirm** a transaction

Please write to **confirm** your reservation.

hypothesis

n. a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate

synonym : assumption, conjecture, theory

(1) test my **hypothesis**, (2) a bold **hypothesis**

This evidence supports the big-bang **hypothesis**.

amplify

v. to enhance something, particularly sound or brightness

synonym : intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

salient

adj. most noticeable or important; striking

synonym : striking, noticeable, important

(1) the **salient** part of the speech, (2) **salient** feature

The most **salient** point made during the presentation was the potential profit increase.

perceptible

adj. able to be noticed; able to be detected by the senses or through observation

synonym : noticeable, discernible, detectable

(1) **perceptible** change, (2) a **perceptible** shift in the mood

The faint smell of roses was barely **perceptible** in the garden.

detection

n. the act of discovering or identifying the presence of something

synonym : discovery, identification, recognition

(1) **detection** by the security software, (2) importance of early **detection**

This smartphone has a collision **detection** function.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

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**.

identical

adj. being the exact same one

synonym : duplicate, exact, analogous

(1) pair of **identical** twins, (2) an **identical** equation

Infant formulas are nutritionally almost **identical** to a mother's breast milk.

perturb

v. to disturb or agitate someone or something, causing feelings of anxiety or unease; to throw something into a state of chaos or disorder

synonym : disturb, agitate, unsettle

(1) **perturb** emotions, (2) **perturb** the peace

The loud music from the party next door is starting to **perturb** me.

diminish

v. to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.

synonym : decline, dwindle, lessen

(1) **diminish** a reputation, (2) **diminish** swelling
As people get old, their energies may **diminish**.

hunch

v. to lean forward or arch one's back in a way that suggests a feeling of suspicion or uncertainty; to have a feeling or presentiment that something is true or likely to happen, without evidence or explicit proof

synonym: crouch, guess, speculate

(1) **hunch** against the rain, (2) **hunch** up the shoulders
I **hunch** over my computer all day, and my back aches after a while.

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.

disturb

v. to interrupt someone who is trying to work, sleep, etc.

synonym: agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

violent

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

synonym: aggressive, intense, turbulent

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

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

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.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

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.

external

adj. belonging to or situated outside of someone or something

synonym : outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

wander

v. to walk around slowly or to a place, often without any clear purpose or direction

synonym : ramble, roam, stroll

(1) **wander** alone in a strange country, (2) **wander** far from home

I often **wander** around the park for half an hour.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

essentially

adv. relating to the essential features or concepts of anything

synonym: fundamentally, basically, virtually

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

Essentially, a society is an organism.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

occupy

v. to consume all of someone's space, attention, or time

synonym: inhabit, settle, populate

(1) **occupy** his time, (2) **occupy** a position

The young prince will soon **occupy** the throne.

upside

n. the positive aspect or potential of something; the upper side of something

synonym: advantage, benefit, top

(1) have no **upside**, (2) market **upside**

Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

infrequent

adj. occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

synonym: rare, sporadic, uncommon

(1) **infrequent** showers, (2) **infrequent** meetings

Traveling to remote villages can be difficult due to **infrequent**

transportation.

withhold

v. to not give or grant something due, expected, or requested

synonym : retain, hold back, keep back

(1) **withhold** my laughter, (2) **withhold** payment

The government decided to **withhold** the release of sensitive information.

plain

adj. without being decorated in any way; (Noun) a vast expanse of flat land with few trees

synonym : basic, straight, bare

(1) **plain** answer, (2) delta **plain**

The lowest lowland region is mostly flat **plain**.

fragile

adj. delicate or easily broken or damaged

synonym : delicate, brittle, breakable

(1) politically **fragile** nation, (2) **fragile** ecosystem

The vase was made of **fragile** ceramic and easily broke when it was dropped.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym : susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body

Infants and pregnant women are particularly **vulnerable**.

context

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

synonym : background, setting, environment

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

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

prediction

n. the act of predicting the future by reasoning; a statement made about the future

synonym : forecast, anticipation, foretelling

(1) make my **predictions**, (2) gloomy **predictions**

These results muddied the **prediction**.

remainder

n. the part of something that is left over when the rest has been used or taken

synonym : balance, leftover, residue

(1) division with **remainder**, (2) the **remainder** of my life

The **remainder** of the cake was put in the fridge for tomorrow.

unaware

adj. not understanding something or having knowledge or idea of something

synonym : incognizant, clueless, ignorant

(1) entirely **unaware** of the danger, (2) **unaware** of the reality

He was **unaware** of the scrutiny.

assume

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

synonym : guess, presume, suppose

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

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

gracious

adj. behaving in a kind, polite and generous way

synonym : cordial, affable, courteous

(1) in a **gracious** manner, (2) **gracious** hospitality

The staff is always helpful and **gracious**.

problematic

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

synonym : inappropriate, inconvenient, worrisome

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

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

dire *adj.* extremely serious or urgent; critical, grave, or disastrous
synonym : serious, critical, desperate
(1) suffer **dire** poverty, (2) **dire** situation
The **dire** economic straits called for immediate action.

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**.

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.

testimony *n.* a formal written or spoken statement that something is true, especially one given in court; something that serves as evidence
synonym : affirmant, evidence, proof
(1) **testimony** before Congress, (2) give his **testimony**
Witness **testimony** backed up the defendant's claims.

surgeon *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
synonym : sawbones, doctor
(1) an excellent brain **surgeon**, (2) army **surgeon**
He is a skilled **surgeon** that has many years of training and experience.

exquisite

adj. extremely beautiful and delicate

synonym : magnificent, glorious, gorgeous

(1) **exquisite** crafts, (2) a man of **exquisite** sensitivity

We can hear an **exquisite** piano melody from his room.

metaphor

n. a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity

synonym : conceit, analogy, symbol

(1) **metaphor** for death, (2) visual **metaphor**

She expressed her thought in an artful choice of **metaphors**.

rewind

v. to make something, such as a film or tape, go back to the beginning

synonym : wind back, back up, reverse

(1) **rewind** a film, (2) manually **rewind** the tape

Please **rewind** the thread onto the reel.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

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**.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym : pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

difficulty

n. a condition or state that causes problems

synonym : hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

decision

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

synonym : choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

ruminate

v. to think deeply about something; to ponder

synonym : ponder, meditate, contemplate

(1) **ruminate** about the past, (2) **ruminate** over a problem

After a long work day, she likes to **ruminate** on her accomplishments and plan for the next day.

relive

v. to experience again or bring back the memory of a past event or time

synonym : revisit, recall, remember

(1) **relive** my youth, (2) **relive** moments

I like to watch old movies to **relive** memories of my childhood.

regret

v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

synonym : apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless
I **regret** to say that you did not gain admission to the university.

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.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym : disaster, calamity, cataclysm

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

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

frank

adj. honest and sincere; open and candid in expression

synonym : candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

mindful

adj. being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment

synonym :

aware, attentive, conscious

(1) **mindful** of my responsibilities, (2) **mindful** eating
Practicing **mindful** meditation can help reduce stress and improve overall well-being.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

concept

n. an idea or principle associated with something abstract

synonym: idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

embody

v. to represent or exemplify something; to give tangible form to an abstract idea

synonym: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of innovation and sustainability.

suite

n. a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person

synonym: set, series, collection

(1) **suite** room, (2) **suite** of products

The presidential **suite** is the most luxurious room in the hotel.

cultivate

v. to prepare and foster land for growing crops or plants

synonym: boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

constraint

n. a limit or restriction on something, such as an action, behavior, or thought

synonym: limitation, restriction, bound

(1) **constraint** on business activity, (2) strict time **constraints**

The budget **constraint** forced them to make difficult decisions.

optimize

v. to make the best or most effective use of something

synonym: advance, amend, improve

(1) **optimize** a process, (2) **optimize** control for cooling

The essence of economics is to **optimize** the allocation of limited resources.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

deploy

v. to move troops or weapons into a position or military action; to bring into something in an effective way

synonym : set up, expand, launch

(1) **deploy** troops for battle, (2) **deploy** safety measures

This country **deployed** its weapons in the east region.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym : summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

interval

n. a period between two events or times; a short break or pause

synonym : break, gap, intermission

(1) after an **interval** of pause, (2) at regular **intervals**

For the analysis **interval**, the system remains at a standstill state.

lapse

n. a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended

synonym : break, failure, blunder

(1) **lapse** back into recession, (2) **lapse** in payment

I missed the deadline due to a **lapse** in my memory.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym : descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

impressive

adj. arousing admiration due to size, quality, or skill

synonym : impactful, remarkable, exceptional

(1) **impressive** performances, (2) an **impressive** array of facts

The budget reduction was an **impressive** feat for our nation.

commit

v. to do something illegal or wrong

synonym: engage, carry out, execute

(1) **commit** suicide, (2) **commit** mistakes

The military has **committed** an abuse of human rights.

mention

v. to speak or write about something or someone briefly

synonym: reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

discerning

adj. able to make good judgments about what is true or right

synonym: discriminating, perceptive, insightful

(1) **discerning** reader, (2) have a **discerning** palate

She has a **discerning** eye for art and can spot a fake a mile away.

compassionate

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

synonym: empathetic, sympathetic, merciful

(1) a **compassionate** heart, (2) **compassionate** leave

My father has a serious and **compassionate** personality.

engaging

adj. attracting, pleasant, or charming

synonym: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

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.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym : distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym : chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

compelling

adj. arousing strong and irresistible interest, attention, or admiration

synonym : tempting, captivating, influential

(1) tell a **compelling** story, (2) new and **compelling** evidence

His **compelling** presentation deeply moved everyone.

promote

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

synonym : boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

retiring

adj. withdrawing from a position or activity, or becoming more secluded or reserved

synonym : shy, leaving, quitting

(1) near **retiring** age, (2) a **retiring** pension

The **retiring** CEO passed on the reins to his successor.

corps

n. a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe

synonym : body, group, organization

(1) airborne **corps**, (2) **corps** artillery

The **corps** arrived at the front lines just in time to reinforce the exhausted soldiers.

divorce

n. the legal dissolution of a marriage

synonym : separation, dissolution, breakup

(1) **divorce** settlement, (2) a consensual **divorce**

The couple decided to get a **divorce** after many years of marriage.

transition

n. the process or period of changing from one state or circumstance to another

synonym : change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

massive

adj. enormous amount; very heavy and solid

synonym : enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym : existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**
The path to a solid online **presence** necessitates a high technical ability.

ambulance

n. a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities

(1) dispatch an **ambulance**, (2) **ambulance** service
The **ambulance** crew quickly stabilized the patient before transporting them to the hospital.

clarity

n. the quality of being coherent and understandable; the quality of transparency or purity

synonym: clearness, translucence, brightness

(1) lack of **clarity**, (2) sake of **clarity**

The publisher will proofread most of this manuscript for **clarity**.

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**.

relieve

v. to make something burdensome, unpleasant, or painful less severe

synonym: alleviate, ease, assuage

(1) **relieve** his thirst, (2) **relieve** stress

The medicine **relieved** his headache, and he felt much better.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

incorporate

v. to include something as a part of a larger entity
synonym: contain, integrate, amalgamate

(1) **incorporate** the current trends, (2) **incorporate** technology into daily life

We will attempt to **incorporate** some of your suggestions into our future strategy.

toolkit

n. a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

synonym: tool set, equipment, utility kit

(1) handy **toolkit**, (2) digital **toolkit**

The DIY **toolkit** includes a variety of power and hand tools for home repair.

tame

v. to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training

synonym: domesticate, soften, (adjective) harmless

(1) **tame** a wild beast, (2) a **tame** animal

We have to **tame** substantial financial deficits at first.

Session 2: Spelling

- | | |
|------------------------------|--|
| 1. ru____te about the past | <i>v.</i> to think deeply about something; to ponder |
| 2. a re____ng pension | <i>adj.</i> withdrawing from a position or activity, or becoming more secluded or reserved |
| 3. at regular in____als | <i>n.</i> a period between two events or times; a short break or pause |
| 4. avoid climate cat_____he | <i>n.</i> a sudden event that causes extreme ruin and misfortune |
| 5. pr____e bad behavior | <i>v.</i> to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank |
| 6. victim of a vi____t crime | <i>adj.</i> involving or caused by physical force or aggression against someone or something |
| 7. 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 |
| 8. su__e room | <i>n.</i> a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person |

ANSWERS: 1. ruminates, 2. retiring, 3. interval, 4. catastrophe, 5. promote, 6. violent, 7. judge, 8. suite

9. 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
10. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
11. key co_____nt *n.* one of several parts that combines with others to form something bigger
12. sudden br_____ve *n.* a sudden idea or inspiration; a moment of great insight or creativity
13. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
14. oc___y his time *v.* to consume all of someone's space, attention, or time
15. nice fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
16. dif_____ty in breathing *n.* a condition or state that causes problems
17. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
18. em___y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
19. division with re_____er *n.* the part of something that is left over when the rest has been used or taken

ANSWERS: 9. fast-forward, 10. environment, 11. component, 12. brainwave, 13. disorder, 14. occupy, 15. fellow, 16. difficulty, 17. peak, 18. embody, 19. remainder

20. the g_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
21. em_____al distress *adj.* relating to people's feelings
22. gloomy pre_____ons *n.* the act of predicting the future by reasoning; a statement made about the future
23. pr_____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
24. have a dis_____ng palate *adj.* able to make good judgments about what is true or right
25. near re_____ng age *adj.* withdrawing from a position or activity, or becoming more secluded or reserved
26. un____d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
27. tr_____ic brain injury *adj.* relating to or caused by injury, especially emotional injury
28. ca_____n of industry *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
29. 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
30. digital to_____t *n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

ANSWERS: 20. gap, 21. emotional, 22. prediction, 23. promote, 24. discerning, 25. retiring, 26. unfold, 27. traumatic, 28. captain, 29. fast-forward, 30. toolkit

31. have no up___e *n.* the positive aspect or potential of something; the upper side of something
32. ov____y multiple graphs *v.* to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it
33. wa___r far from home *v.* to walk around slowly or to a place, often without any clear purpose or direction
34. junior fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
35. re___e my youth *v.* to experience again or bring back the memory of a past event or time
36. an excellent brain su____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
37. cu____te relationships *v.* to prepare and foster land for growing crops or plants
38. det____le by the human ear *adj.* capable of being discovered or identified
39. a selfish de____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
40. dis____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

ANSWERS: 31. upside, 32. overlay, 33. wander, 34. fellow, 35. relive, 36. surgeon, 37. cultivate, 38. detectable, 39. decision, 40. distracted

41. un___d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
42. an id_____al equation *adj.* being the exact same one
43. ex_____al factors *adj.* belonging to or situated outside of someone or something
44. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
45. give his te_____ny *n.* a formal written or spoken statement that something is true, especially one given in court; something that serves as evidence
46. new and com_____ng evidence *adj.* arousing strong and irresistible interest, attention, or admiration
47. em___y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
48. a vul_____le bridge *adj.* capable of being hurt or influenced physically or mentally
49. suffer d__e poverty *adj.* extremely serious or urgent; critical, grave, or disastrous
50. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
51. seems to be highly pro_____ic *adj.* full of difficulties; difficult to deal with or solve
52. parallel com_____on *n.* the act or process of calculating something, especially an answer or amount, by using a machine or calculator

ANSWERS: 41. unfold, 42. identical, 43. external, 44. experiment, 45. testimony, 46. compelling, 47. embody, 48. vulnerable, 49. dire, 50. dread, 51. problematic, 52. computation

53. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
54. have a st___e job *adj.* firm and steady; not easily moved, disturbed, or changed
55. fr_____e ecosystem *adj.* delicate or easily broken or damaged
56. wi_____ld my laughter *v.* to not give or grant something due, expected, or requested
57. re_____le access *adj.* worthy of being relied on; trustworthy
58. di_____sh swelling *v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
59. proper su____t *n.* a set of things that are contained within another larger set; a portion or division of a group or category
60. re__t at a high temperature *v.* to take action in response to something
61. par_____te in the program *v.* to take part in something
62. in a gr_____us manner *adj.* behaving in a kind, polite and generous way
63. designed for in____r use *adj.* located, happened, or used inside a building
64. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
65. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
66. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual

ANSWERS: 53. compassionate, 54. stable, 55. fragile, 56. withhold, 57. reliable, 58. diminish, 59. subset, 60. react, 61. participate, 62. gracious, 63. indoor, 64. component, 65. brain, 66. consequence

67. energy-ef_____nt appliances *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
68. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
69. cu_____te a field *v.* to prepare and foster land for growing crops or plants
70. fr_____n rights *n.* a person who is not a serf or enslaved person and has the right to hold property and vote
71. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
72. en_____ly satisfied with the meal *adv.* completely
73. dispatch an am_____ce *n.* a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
74. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
75. learn new co_____ts *n.* an idea or principle associated with something abstract
76. pre_____ed idea *adj.* having one's thoughts or attention absorbed by something; busy

ANSWERS: 67. efficient, 68. anxiety, 69. cultivate, 70. freeman, 71. influence, 72. entirely, 73. ambulance, 74. context, 75. concept, 76. preoccupied

77. ma___e insurance	<i>adj.</i> relating to the sea and the creatures and plants that live there
78. t__e a wild beast	<i>v.</i> to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
79. di_____b the peace	<i>v.</i> to interrupt someone who is trying to work, sleep, etc.
80. a br___e from an open window	<i>n.</i> a gentle wind that is not very strong or forceful, typically cool and refreshing
81. temporary me_____l treatment	<i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine
82. me_____n in a report	<i>v.</i> to speak or write about something or someone briefly
83. have a ne_____ve effect	<i>adj.</i> having the quality of something bad or harmful; expressing refusal
84. a per_____le shift in the mood	<i>adj.</i> able to be noticed; able to be detected by the senses or through observation
85. l_b instrument	<i>n.</i> a workplace for the conduct of scientific research; a laboratory
86. me_____or for death	<i>n.</i> a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity
87. manually re___d the tape	<i>v.</i> to make something, such as a film or tape, go back to the beginning
88. the sa_____t part of the speech	<i>adj.</i> most noticeable or important; striking

ANSWERS: 77. marine, 78. tame, 79. disturb, 80. breeze, 81. medical, 82. mention, 83. negative, 84. perceptible, 85. lab, 86. metaphor, 87. rewind, 88. salient

89. the evidence of the pr____ce *n.* the fact or state that someone or something exists, occurs, or is present
90. art cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
91. variety of ma____e life *adj.* relating to the sea and the creatures and plants that live there
92. the degree of dif____ty *n.* a condition or state that causes problems
93. decision-making pr____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
94. sc__p massage *n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack
95. de____on by the security software *n.* the act of discovering or identifying the presence of something
96. me____n name *v.* to speak or write about something or someone briefly
97. de____t a bad event *v.* to find or recognize something, especially something difficult to see, hear, etc.
98. inc____te technology into daily life *v.* to include something as a part of a larger entity

ANSWERS: 89. presence, 90. critic, 91. marine, 92. difficulty, 93. process, 94. scalp, 95. detection, 96. mention, 97. detect, 98. incorporate

109. pe_____el evaluation	<i>n.</i>	a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees
110. ov_____lm opponents by numbers	<i>v.</i>	to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
111. cir_____nce of birth	<i>n.</i>	the specific conditions or events that surround a particular situation or occurrence
112. a mi_____ry leader	<i>adj.</i>	relating to or characteristic of members of the armed forces; of or relating to war or warfare
113. low vo_____e	<i>n.</i>	the difference in the force of an electric current between two points
114. fresh ocean br____e	<i>n.</i>	a gentle wind that is not very strong or forceful, typically cool and refreshing
115. a te_____al restriction	<i>adj.</i>	of or relating to time as opposed to eternity
116. re_____e his thirst	<i>v.</i>	to make something burdensome, unpleasant, or painful less severe
117. army su_____n	<i>n.</i>	a doctor who is trained to perform medical operations that involve cutting open a person's body
118. severe cr____c	<i>n.</i>	someone who expresses opinions about the quality of books, music, etc.
119. LED-em_____ed glass	<i>adj.</i>	fixed firmly into the surface of something
120. tr_____rm an education system	<i>v.</i>	to change in outward structure or looks;

ANSWERS: 109. personnel, 110. overwhelm, 111. circumstance, 112. military, 113. voltage, 114. breeze, 115. temporal, 116. relieve, 117. surgeon, 118. critic, 119. embedded, 120. transform

121. de___t smuggling across borders *v.* to find or recognize something, especially something difficult to see, hear, etc.
122. strict time con_____nts *n.* a limit or restriction on something, such as an action, behavior, or thought
123. sc_____y painting *n.* the natural features of a landscape or environment, viewed particularly in terms of their aesthetic appeal; the visual elements that constitute a play's backdrop or setting
124. op_____ze control for cooling *v.* to make the best or most effective use of something
125. fr__k and open discussion *adj.* honest and sincere; open and candid in expression
126. inc_____te the current trends *v.* to include something as a part of a larger entity
127. oc___y a position *v.* to consume all of someone's space, attention, or time
128. hu__h against the rain *v.* to lean forward or arch one's back in a way that suggests a feeling of suspicion or uncertainty; to have a feeling or presentiment that something is true or likely to happen, without evidence or explicit proof
129. pe_____b the peace *v.* to disturb or agitate someone or something, causing feelings of anxiety or unease; to throw something into a state of chaos or disorder
130. de___y safety measures *v.* to move troops or weapons into a position or military action; to bring into something in an effective way

ANSWERS: 121. detect, 122. constraint, 123. scenery, 124. optimize, 125. frank, 126. incorporate, 127. occupy, 128. hunch, 129. perturb, 130. deploy

131. ou__o him in trickery *v.* to do better than someone; to surpass
132. unf_____ely caught in a shower *adv.* by bad luck; unluckily
133. handy to_____t *n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal
134. man_____te figures *v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way
135. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
136. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
137. an ele_____al storm *adj.* relating to electricity
138. br_____ve idea *n.* a sudden idea or inspiration; a moment of great insight or creativity
139. fo__y morning *adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
140. inf_____nt meetings *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
141. bat_____ld casualties *n.* a place where a battle or conflict is fought
142. g__p of fear *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

ANSWERS: 131. outdo, 132. unfortunately, 133. toolkit, 134. manipulate, 135. distract, 136. violent, 137. electrical, 138. brainwave, 139. foggy, 140. infrequent, 141. battlefield, 142. grip

143. visual me____or *n.* a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity
144. tr_____rm heat into power *v.* to change in outward structure or looks;
145. d__e situation *adj.* extremely serious or urgent; critical, grave, or disastrous
146. sc__p condition *n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack
147. 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
148. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
149. op_____ze a process *v.* to make the best or most effective use of something
150. still on_____g *adj.* continuing to exist or develop, or currently happening
151. com_____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
152. fo__y memory *adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

ANSWERS: 143. metaphor, 144. transform, 145. dire, 146. scalp, 147. develop, 148. disorder, 149. optimize, 150. ongoing, 151. compassionate, 152. foggy

153. delta pl__n *adj.* without being decorated in any way;
(Noun) a vast expanse of flat land with few trees
154. a momentary gl____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
155. competent pe____el *n.* a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees
156. unobstructed vi__a *n.* a pleasing or expansive view, most often of a landscape or a cityscape; a broad and extensive view or outlook
157. a ne____ve number *adj.* having the quality of something bad or harmful; expressing refusal
158. em____ed systems *adj.* fixed firmly into the surface of something
159. an____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
160. vulnerable to man____te *v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way
161. he was ov____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
162. pr____e analyses *adj.* sharply exact or accurate or delimited
163. re____t a decision *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

ANSWERS: 153. plain, 154. glimpse, 155. personnel, 156. vista, 157. negative, 158. embedded, 159. anxiety, 160. manipulate, 161. overwhelm, 162. precise, 163. regret

164. hu__h up the shoulders *v.* to lean forward or arch one's back in a way that suggests a feeling of suspicion or uncertainty; to have a feeling or presentiment that something is true or likely to happen, without evidence or explicit proof
165. theory of com_____on *n.* the act or process of calculating something, especially an answer or amount, by using a machine or calculator
166. par_____te fully in conversation *v.* to take part in something
167. make a fr__k apology *adj.* honest and sincere; open and candid in expression
168. the vo_____e spiked *n.* the difference in the force of an electric current between two points
169. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
170. 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
171. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
172. the re_____er of my life *n.* the part of something that is left over when the rest has been used or taken
173. ut_____e a different approach *v.* to use something for a practical purpose in an effective way

ANSWERS: 164. hunch, 165. computation, 166. participate, 167. frank, 168. voltage, 169. catastrophe, 170. develop, 171. influence, 172. remainder, 173. utilize

174. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
175. imp_____ve performances *adj.* arousing admiration due to size, quality, or skill
176. decided to be a fir_____er *n.* a person whose job is to extinguish fires
177. am_____ce service *n.* a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
178. passing gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
179. de____y troops for battle *v.* to move troops or weapons into a position or military action; to bring into something in an effective way
180. mi_____l of my responsibilities *adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment
181. sa_____t feature *adj.* most noticeable or important; striking
182. on_____g support *adj.* continuing to exist or develop, or currently happening
183. visual c_e *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

ANSWERS: 174. decision, 175. impressive, 176. firefighter, 177. ambulance, 178. glimpse, 179. deploy, 180. mindful, 181. salient, 182. ongoing, 183. cue

184. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
185. an in____r pool *adj.* located, happened, or used inside a building
186. act_____ty obligations *adj.* referring to military personnel who are currently serving in full-time, active roles, as opposed to reserve or part-time roles
187. ex_____te crafts *adj.* extremely beautiful and delicate
188. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
189. su__e of products *n.* a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person
190. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
191. the ca_____n of an opposing team *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
192. forest fir_____er *n.* a person whose job is to extinguish fires
193. politically fr_____e nation *adj.* delicate or easily broken or damaged
194. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 184. presence, 185. indoor, 186. active-duty, 187. exquisite, 188. distract, 189. suite, 190. engage, 191. captain, 192. firefighter, 193. fragile, 194. process

195. lab_____ry accident	<i>n.</i> a workplace for doing scientific research or teaching science; a lab
196. pe_____b emotions	<i>v.</i> to disturb or agitate someone or something, causing feelings of anxiety or unease; to throw something into a state of chaos or disorder
197. a me_____l opinion	<i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine
198. series of exp_____nts	<i>n.</i> the scientific test conducted to observe what happens and gain new knowledge
199. a pro_____ic situation	<i>adj.</i> full of difficulties; difficult to deal with or solve
200. c_e card	<i>n.</i> a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
201. a bold hyp_____is	<i>n.</i> a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate
202. dis_____ng reader	<i>adj.</i> able to make good judgments about what is true or right
203. opp_____on campaign	<i>n.</i> the act of disagreeing or resisting; the state of strong disagreement
204. re___d a film	<i>v.</i> to make something, such as a film or tape, go back to the beginning
205. market up___e	<i>n.</i> the positive aspect or potential of something; the upper side of something
206. become ess_____ly same	<i>adv.</i> relating to the essential features or concepts of anything

ANSWERS: 195. laboratory, 196. perturb, 197. medical, 198. experiment, 199. problematic, 200. cue, 201. hypothesis, 202. discerning, 203. opposition, 204. rewind, 205. upside, 206. essentially

207. test my hyp_____is *n.* a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate
208. po_____nt moment *adj.* evoking a keen sense of sadness or regret; emotionally moving; deeply affecting or touching
209. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
210. importance of early de_____on *n.* the act of discovering or identifying the presence of something
211. a theoretical concept in neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
212. con_____te a marriage *v.* to think about a possible future action or to think about something for a long time thoughtfully
213. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
214. a pr_____on instrument *n.* the quality or condition of being exact and accurate
215. po_____nt memories *adj.* evoking a keen sense of sadness or regret; emotionally moving; deeply affecting or touching

ANSWERS: 207. hypothesis, 208. poignant, 209. function, 210. detection, 211. neuroscience, 212. contemplate, 213. context, 214. precision, 215. poignant

216. platinum el_____des *n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region
217. p__t twist *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
218. demonstrate gr_____as *n.* the quality of seriousness and importance
219. p__t a revolution *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
220. ou__o the competition *v.* to do better than someone; to surpass
221. pair of id_____al twins *adj.* being the exact same one
222. pre_____ed with other things *adj.* having one's thoughts or attention absorbed by something; busy
223. price flu_____ons *n.* a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
224. di_____sh a reputation *v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
225. 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
226. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 216. electrode, 217. plot, 218. gravitas, 219. plot, 220. outdo, 221. identical, 222. preoccupied, 223. fluctuation, 224. diminish, 225. doe, 226. involve

227. re___e moments *v.* to experience again or bring back the memory of a past event or time
228. tra_____on phase *n.* the process or period of changing from one state or circumstance to another
229. tell a com_____ng story *adj.* arousing strong and irresistible interest, attention, or admiration
230. sake of cl_____y *n.* the quality of being coherent and understandable; the quality of transparency or purity
231. inf_____nt showers *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
232. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
233. the in_____al economy *adj.* of or relating to the inside of something
234. airborne co___s *n.* a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe
235. per_____le change *adj.* able to be noticed; able to be detected by the senses or through observation
236. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
237. la__e back into recession *n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended

ANSWERS: 227. relive, 228. transition, 229. compelling, 230. clarity, 231. infrequent, 232. environment, 233. internal, 234. corps, 235. perceptible, 236. suffer, 237. lapse

238. degree in ele_____al engineering	<i>adj.</i> relating to electricity
239. after an in_____al of pause	<i>n.</i> a period between two events or times; a short break or pause
240. ess_____ly correct	<i>adv.</i> relating to the essential features or concepts of anything
241. raise public aw_____ss	<i>n.</i> the fact or state of knowing something exists and is important
242. as___e an important role	<i>v.</i> to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
243. lack of cl_____y	<i>n.</i> the quality of being coherent and understandable; the quality of transparency or purity
244. mi_____l eating	<i>adj.</i> being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment
245. co_____m the diagnosis	<i>v.</i> to support or establish the truth or certainty of something previously believed or suspected to be the case
246. dr___d failure	<i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen
247. cir_____nce of injury	<i>n.</i> the specific conditions or events that surround a particular situation or occurrence
248. unintended con_____ces	<i>n.</i> the outcome of a particular action or event, especially relative to an individual

ANSWERS: 238. electrical, 239. interval, 240. essentially, 241. awareness, 242. assume, 243. clarity, 244. mindful, 245. confirm, 246. dread, 247. circumstance, 248. consequence

249. te_____ny before Congress *n.* a formal written or spoken statement that something is true, especially one given in court; something that serves as evidence
250. act_____ty soldier *adj.* referring to military personnel who are currently serving in full-time, active roles, as opposed to reserve or part-time roles
251. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
252. re___t being so careless *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
253. ma_____e stars *adj.* enormous amount; very heavy and solid
254. the branch of neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
255. am_____y a signal *v.* to enhance something, particularly sound or brightness
256. ef_____nt operation *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
257. co___t suicide *v.* to do something illegal or wrong
258. he was en_____ly to blame *adv.* completely
259. te_____al history *adj.* of or relating to time as opposed to eternity

ANSWERS: 249. testimony, 250. active-duty, 251. shrink, 252. regret, 253. massive, 254. neuroscience, 255. amplify, 256. efficient, 257. commit, 258. entirely, 259. temporal

260. a consensual di_____e	<i>n.</i> the legal dissolution of a marriage
261. su___r bad grades	<i>v.</i> to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
262. in_____al organs	<i>adj.</i> of or relating to the inside of something
263. vul_____le parts of the body	<i>adj.</i> capable of being hurt or influenced physically or mentally
264. lose my g__p	<i>n.</i> the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
265. con_____ted leaving school	<i>v.</i> to think about a possible future action or to think about something for a long time thoughtfully
266. wi_____ld payment	<i>v.</i> to not give or grant something due, expected, or requested
267. de_____e a job offer	<i>v.</i> to become gradually smaller, fewer, worse, etc.; to refuse to accept
268. su___t selection	<i>n.</i> a set of things that are contained within another larger set; a portion or division of a group or category
269. de___e a plan	<i>v.</i> to come up with an idea, plan, theory, etc., using your intelligence or imagination
270. ensure a smooth tra_____on	<i>n.</i> the process or period of changing from one state or circumstance to another
271. di_____b his sleep	<i>v.</i> to interrupt someone who is trying to work, sleep, etc.
272. guarantee re_____le delivery	<i>adj.</i> worthy of being relied on; trustworthy

ANSWERS: 260. divorce, 261. suffer, 262. internal, 263. vulnerable, 264. grip, 265. contemplate, 266. withhold, 267. decline, 268. subset, 269. devise, 270. transition, 271. disturb, 272. reliable

273. a mi_____ry operation *adj.* relating to or characteristic of members of the armed forces; of or relating to war or warfare
274. per_____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
275. gr_____us hospitality *adj.* behaving in a kind, polite and generous way
276. co_____t car *n.* an idea or principle associated with something abstract
277. re_____e stress *v.* to make something burdensome, unpleasant, or painful less severe
278. pl__n answer *adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
279. la__e in payment *n.* a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended
280. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
281. fr_____nt use *adj.* happening constantly
282. human ev_____on *n.* a gradual process of transformation of living things

ANSWERS: 273. military, 274. perception, 275. gracious, 276. concept, 277. relieve, 278. plain, 279. lapse, 280. engage, 281. frequent, 282. evolution

283. un_____e of the reality *adj.* not understanding something or having knowledge or idea of something
284. an imp_____ve array of facts *adj.* arousing admiration due to size, quality, or skill
285. keen per_____on *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
286. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
287. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
288. the statesmanlike gr_____as *n.* the quality of seriousness and importance
289. a barely det_____le change *adj.* capable of being discovered or identified
290. re__t against his way of thinking *v.* to take action in response to something
291. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
292. ov_____ad the circulatory system *v.* to put too much a load in or on something
293. ut_____e a catheter *v.* to use something for a practical purpose in an effective way
294. el_____de corrosion *n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region

ANSWERS: 283. unaware, 284. impressive, 285. perception, 286. gap, 287. traumatic, 288. gravitas, 289. detectable, 290. react, 291. doe, 292. overload, 293. utilize, 294. electrode

295. tactics on the bat_____ld *n.* a place where a battle or conflict is fought
296. di_____e settlement *n.* the legal dissolution of a marriage
297. an en_____ng smile *adj.* attracting, pleasant, or charming
298. a man of ex_____te sensitivity *adj.* extremely beautiful and delicate
299. mountain sc_____y *n.* the natural features of a landscape or environment, viewed particularly in terms of their aesthetic appeal; the visual elements that constitute a play's backdrop or setting
300. immune fu_____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
301. ru_____te over a problem *v.* to think deeply about something; to ponder
302. de_____e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
303. medical l_b *n.* a workplace for the conduct of scientific research; a laboratory
304. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 295. battlefield, 296. divorce, 297. engaging, 298. exquisite, 299. scenery, 300. function, 301. ruminates, 302. decline, 303. lab, 304. brain

305. wa___r alone in a strange country *v.* to walk around slowly or to a place, often without any clear purpose or direction
306. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
307. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
308. de___e a literary plot *v.* to come up with an idea, plan, theory, etc., using your intelligence or imagination
309. in st___e condition *adj.* firm and steady; not easily moved, disturbed, or changed
310. em_____al health *adj.* relating to people's feelings
311. speak with pr_____on *n.* the quality or condition of being exact and accurate
312. ex_____al commerce *adj.* belonging to or situated outside of someone or something
313. 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
314. a t__e animal *v.* to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
315. entirely un_____e of the danger *adj.* not understanding something or having knowledge or idea of something

ANSWERS: 305. wander, 306. opposition, 307. shrink, 308. devise, 309. stable, 310. emotional, 311. precision, 312. external, 313. judge, 314. tame, 315. unaware

316. ma_____e amounts	<i>adj.</i> enormous amount; very heavy and solid
317. ev_____on theory	<i>n.</i> a gradual process of transformation of living things
318. even more unf_____ely	<i>adv.</i> by bad luck; unluckily
319. at p__k hour	<i>n.</i> the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
320. co_____m a transaction	<i>v.</i> to support or establish the truth or certainty of something previously believed or suspected to be the case
321. vi__a point	<i>n.</i> a pleasing or expansive view, most often of a landscape or a cityscape; a broad and extensive view or outlook
322. estimate pr_____e costs	<i>adj.</i> sharply exact or accurate or delimited
323. en_____ng story	<i>adj.</i> attracting, pleasant, or charming
324. flu_____on of water level	<i>n.</i> a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
325. in_____e a lot of paperwork	<i>v.</i> to include or affect someone or something as a necessary part of something else
326. anthropology lab_____ry	<i>n.</i> a workplace for doing scientific research or teaching science; a lab
327. con_____nt on business activity	<i>n.</i> a limit or restriction on something, such as an action, behavior, or thought

ANSWERS: 316. massive, 317. evolution, 318. unfortunately, 319. peak, 320. confirm, 321. vista, 322. precise, 323. engaging, 324. fluctuation, 325. involve, 326. laboratory, 327. constraint

328. get dis_____ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

ANSWERS: 328. distracted

Session 3: Fill in the Blanks

1. He is the kind of _____ who only works for his success.
adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you
2. Table tennis is an _____ sport.
adj. located, happened, or used inside a building
3. Please tell me how to _____ this computer.
v. to influence or control something or someone to your advantage, often in an unfair or dishonest way
4. The medicine _____ his headache, and he felt much better.
v. to make something burdensome, unpleasant, or painful less severe
5. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
6. The _____ of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.
n. a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
7. _____ a society is an organism.
adv. relating to the essential features or concepts of anything
8. I have an itchy _____ and need to switch to a different shampoo.
n. the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

ANSWERS: 1. fellow, 2. indoor, 3. manipulate, 4. relieved, 5. distract, 6. plot, 7. Essentially, 8. scalp

9. She was struggling to make a _____ between two job offers.
n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options
10. The _____ arrived at the front lines just in time to reinforce the exhausted soldiers.
n. a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe
11. The _____ academy was known for its strict discipline and training.
adj. relating to or characteristic of members of the armed forces; of or relating to war or warfare
12. The _____ chip in my credit card allows me to make contactless payments.
adj. fixed firmly into the surface of something
13. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
14. I was so _____ by my phone that I nearly walked into a lamppost.
adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
15. Trains are _____ inexpensive, and ideal for long-distance travel.
adj. worthy of being relied on; trustworthy
16. The vase was made of _____ ceramic and easily broke when it was dropped.
adj. delicate or easily broken or damaged

ANSWERS: 9. decision, 10. corps, 11. military, 12. embedded, 13. emotional, 14. distracted, 15. reliable, 16. fragile

17. The beautiful _____ along the coast took our breath away.
n. the natural features of a landscape or environment, viewed particularly in terms of their aesthetic appeal; the visual elements that constitute a play's backdrop or setting
18. He had a firm _____ on the rope as he climbed the mountain.
n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
19. 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
20. The couple decided to get a _____ after many years of marriage.
n. the legal dissolution of a marriage
21. The protesters became _____ when the police tried to disperse them.
adj. involving or caused by physical force or aggression against someone or something
22. Tourists frequently _____ the island's delicate natural balance.
v. to interrupt someone who is trying to work, sleep, etc.
23. The staff is always helpful and _____.
adj. behaving in a kind, polite and generous way
24. This operation requires both patience and _____.
n. the quality or condition of being exact and accurate

ANSWERS: 17. scenery, 18. grip, 19. influence, 20. divorce, 21. violent, 22. disturb, 23. gracious, 24. precision

25. As people get old, their energies may _____.
- v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
26. My father has a serious and _____ personality.
- adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
27. I often _____ around the park for half an hour.
- v.* to walk around slowly or to a place, often without any clear purpose or direction
28. The DIY _____ includes a variety of power and hand tools for home repair.
- n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal
29. Animal protection groups call for an end to animal testing in a _____.
- n.* a workplace for doing scientific research or teaching science; a lab
30. After a long work day, she likes to _____ on her accomplishments and plan for the next day.
- v.* to think deeply about something; to ponder
31. The _____ crew quickly stabilized the patient before transporting them to the hospital.
- n.* a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
32. The _____ broke into the house bravely to rescue the children.
- n.* a person whose job is to extinguish fires

ANSWERS: 25. diminish, 26. compassionate, 27. wander, 28. toolkit, 29. laboratory, 30. ruminate, 31. ambulance, 32. firefighter

33. Please _____ the thread onto the reel.

v. to make something, such as a film or tape, go back to the beginning

34. The presidential _____ is the most luxurious room in the hotel.

n. a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person

35. The nation's healthcare system is in _____ at the moment.

n. the process or period of changing from one state or circumstance to another

36. She expressed her thought in an artful choice of _____.

n. a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity

37. One such rapidly growing _____ is quantum cryptography.

n. an idea or principle associated with something abstract

38. The _____ party strongly disagreed with the government's proposed legislation.

n. the act of disagreeing or resisting; the state of strong disagreement

39. His _____ presentation deeply moved everyone.

adj. arousing strong and irresistible interest, attention, or admiration

40. The following example _____ that the capacity of each battery is the same.

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

ANSWERS: 33. rewind, 34. suite, 35. transition, 36. metaphors, 37. concept, 38. opposition, 39. compelling, 40. assumes

41. 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
42. The treatments were done but, _____ were unsuccessful.
- adv.* by bad luck; unluckily
43. The budget _____ forced them to make difficult decisions.
- n.* a limit or restriction on something, such as an action, behavior, or thought
44. 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
45. Relations between the two countries have been relatively _____ due to the summit meeting.
- adj.* firm and steady; not easily moved, disturbed, or changed
46. His heartaches are less _____ now.
- adj.* happening constantly
47. Many military personnel choose to stay on _____ to continue serving their country.
- adj.* referring to military personnel who are currently serving in full-time, active roles, as opposed to reserve or part-time roles
48. University is a great place to _____ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants

ANSWERS: 41. anxiety, 42. unfortunately, 43. constraint, 44. environment, 45. stable, 46. frequent, 47. active-duty, 48. cultivate

49. The _____ ordered the troops to fire.
n. the leader of a group of people, especially who is in charge of a ship or aircraft
50. The engineer had a _____ and redesigned the product to be more efficient.
n. a sudden idea or inspiration; a moment of great insight or creativity
51. These results muddied the _____.
n. the act of predicting the future by reasoning; a statement made about the future
52. He was _____ with work and didn't notice me.
adj. having one's thoughts or attention absorbed by something; busy
53. The _____ CEO passed on the reins to his successor.
adj. withdrawing from a position or activity, or becoming more secluded or reserved
54. The lowest lowland region is mostly flat _____.
adj. without being decorated in any way; (Noun) a vast expanse of flat land with few trees
55. The security camera has _____ four intruders.
v. to find or recognize something, especially something difficult to see, hear, etc.
56. The path to a solid online _____ necessitates a high technical ability.
n. the fact or state that someone or something exists, occurs, or is present
57. Please write to _____ your reservation.
v. to support or establish the truth or certainty of something previously believed or suspected to be the case

ANSWERS: 49. captain, 50. brainwave, 51. prediction, 52. preoccupied, 53. retiring, 54. plain, 55. detected, 56. presence, 57. confirm

58. It's important to understand the _____ of a situation before making a decision.
- n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
59. Our team caught a _____ of the world-class technique in this game.
- n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
60. Many multinational companies are _____ in the reconstruction of that country.
- v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
61. My father's death _____ my life completely.
- v.* to change in outward structure or looks;
62. The mystery _____ as the detectives gathered more clues.
- v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
63. The young prince will soon _____ the throne.
- v.* to consume all of someone's space, attention, or time
64. The general reviewed the plans for the upcoming battle on the _____.
- n.* a place where a battle or conflict is fought
65. The loud music from the party next door is starting to _____ me.
- v.* to disturb or agitate someone or something, causing feelings of anxiety or unease; to throw something into a state of chaos or disorder

ANSWERS: 58. context, 59. glimpse, 60. engaged, 61. transformed, 62. unfolded, 63. occupy, 64. battlefield, 65. perturb

66. He has _____ exercising because of a back injury sustained in an accident.

n. a condition or state that causes problems

67. I missed the deadline due to a _____ in my memory.

n. a temporary or brief failure in judgment, action, or behavior; a gradual or slow decline, often referring to a loss of performance, quality, or attention; a period of time that has passed; (verb) to fall or slip into a particular state, often one that is undesirable or unintended

68. She was disbarred for her _____ in fraud.

adj. attracting, pleasant, or charming

69. I _____ to him that I had seen his sister at the grocery store earlier that day.

v. to speak or write about something or someone briefly

70. 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.

71. His _____ showed highly positive results.

n. the scientific test conducted to observe what happens and gain new knowledge

72. The essence of economics is to _____ the allocation of limited resources.

v. to make the best or most effective use of something

73. The object is _____ at ultraviolet wavelengths.

adj. capable of being discovered or identified

ANSWERS: 66. difficulty, 67. lapse, 68. engaging, 69. mentioned, 70. gap, 71. experiments, 72. optimize, 73. detectable

74. The _____ of the cake was put in the fridge for tomorrow.
n. the part of something that is left over when the rest has been used or taken
75. You might need to _____ this point.
v. to enhance something, particularly sound or brightness
76. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine
77. The budget reduction was an _____ feat for our nation.
adj. arousing admiration due to size, quality, or skill
78. This measurement aims to reduce traffic at _____ periods.
n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
79. The movie's _____ ending left most of the audience in tears.
adj. evoking a keen sense of sadness or regret; emotionally moving; deeply affecting or touching
80. He tried to _____ his rival by breaking the world record.
v. to do better than someone; to surpass
81. They study the _____ of the universe.
n. a gradual process of transformation of living things
82. We have to _____ substantial financial deficits at first.
v. to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training

ANSWERS: 74. remainder, 75. amplify, 76. medical, 77. impressive, 78. peak, 79. poignant, 80. outdo, 81. evolution, 82. tame

83. Full involvement means _____ and prompt responses.

adj. honest and sincere; open and candid in expression

84. Traveling to remote villages can be difficult due to _____ transportation.

adj. occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

85. The movie has received almost universally _____ criticism.

adj. having the quality of something bad or harmful; expressing refusal

86. The military has _____ an abuse of human rights.

v. to do something illegal or wrong

87. This evidence supports the big-bang _____.

n. a proposed idea or explanation that is based on a few known facts but has not yet been proven to be true or accurate

88. A _____ of the employees will be trained in the new software program.

n. a set of things that are contained within another larger set; a portion or division of a group or category

89. 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

90. They tried to _____ the old map with the new one to compare the changes.

v. to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it

ANSWERS: 83. frank, 84. infrequent, 85. negative, 86. committed, 87. hypothesis, 88. subset, 89. doe, 90. overlay

91. He is a skilled _____ that has many years of training and experience.
- n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
92. I recently _____ dropping out of school and getting a full-time job.
- v.* to think about a possible future action or to think about something for a long time thoughtfully
93. I _____ to say that you did not gain admission to the university.
- v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
94. 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
95. This shirt will _____ in the wash.
- v.* to become smaller, or to make something smaller in size or amount
96. We all _____ to think about what will happen if the company goes bankrupt.
- v.* to be very afraid of or worried about something that is going to happen or that might happen
97. The director gave the actor a _____ to begin the scene.
- n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
98. The cook _____ the leftover oxtail to make soup.
- v.* to use something for a practical purpose in an effective way

ANSWERS: 91. surgeon, 92. contemplated, 93. regret, 94. involves, 95. shrink, 96. dread, 97. cue, 98. utilized

99. We can hear an _____ piano melody from his room.

adj. extremely beautiful and delicate

100. The researchers try to discover a common _____ in all types of successful organizations.

n. one of several parts that combines with others to form something bigger

101. The government decided to _____ the release of sensitive information.

v. to not give or grant something due, expected, or requested

102. The majority of students actively _____ in the college's intramural sports program.

v. to take part in something

103. The researcher demonstrated the superiority of quantum _____ in several mathematical tasks.

n. the act or process of calculating something, especially an answer or amount, by using a machine or calculator

104. The doctor prescribed some medicine for the mental _____.

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

105. The brain is an incredibly complex organ that controls the body's _____.

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 99. exquisite, 100. component, 101. withhold, 102. participated, 103. computation, 104. disorder, 105. function

106. Actuators convert _____ pulses into motion.

adj. relating to electricity

107. In the colonial period, only _____ was allowed to vote.

n. a person who is not a serf or enslaved person and has the right to hold property and vote

108. The faint smell of roses was barely _____ in the garden.

adj. able to be noticed; able to be detected by the senses or through observation

109. Infants and pregnant women are particularly _____.

adj. capable of being hurt or influenced physically or mentally

110. She explained the _____ surrounding the accident.

n. the specific conditions or events that surround a particular situation or occurrence

111. The older man _____ from arthritis and finds it difficult to move around.

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

112. I _____ over my computer all day, and my back aches after a while.

v. to lean forward or arch one's back in a way that suggests a feeling of suspicion or uncertainty; to have a feeling or presentiment that something is true or likely to happen, without evidence or explicit proof

113. The summer _____ was refreshing after the hot day.

n. a gentle wind that is not very strong or forceful, typically cool and refreshing

ANSWERS: 106. electrical, 107. freeman, 108. perceptible, 109. vulnerable, 110. circumstances, 111. suffers, 112. hunch, 113. breeze

114. Please forward the resumes to the _____ department.

n. a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees

115. How did he _____ to your idea?

v. to take action in response to something

116. They had to _____ a system that did not depend on fossil fuels.

v. to come up with an idea, plan, theory, etc., using your intelligence or imagination

117. The recent economic downturn has resulted in _____ layoffs.

adj. enormous amount; very heavy and solid

118. The _____ for applying for a visa can be lengthy and complicated.

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

119. The _____ economic straits called for immediate action.

adj. extremely serious or urgent; critical, grave, or disastrous

120. 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

121. Advocates for legal reform hear less harsh words from their _____.

n. someone who expresses opinions about the quality of books, music, etc.

ANSWERS: 114. personnel, 115. react, 116. devise, 117. massive, 118. process, 119. dire, 120. judge, 121. critics

122. It is important to place the _____ in the correct position for accurate electro-cardiogram recording.
- n.* either of two points or ends of a conductor at which electricity enters or leaves an object, substance, or region
123. As people age, their digestive capacity also gradually _____.
- v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
124. When a company discloses information to the market, an _____ auditor verifies them.
- adj.* belonging to or situated outside of someone or something
125. Be careful not to _____ the laundry machine.
- v.* to put too much a load in or on something
126. The new washing machine is much more _____ than the old one.
- adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
127. Later, his claim was found to be _____ false.
- adv.* completely
128. The _____ nature of the universe is a subject of much debate among scientists.
- adj.* of or relating to time as opposed to eternity
129. There has been a gradual but steady rise in environmental _____.
- n.* the fact or state of knowing something exists and is important

ANSWERS: 122. electrodes, 123. declines, 124. external, 125. overload, 126. efficient, 127. entirely, 128. temporal, 129. awareness

130. The hike to the top of the mountain offered a breathtaking _____ of the surrounding valley.
- n.* a pleasing or expansive view, most often of a landscape or a cityscape; a broad and extensive view or outlook
131. One source suggests that this politician was a lack of _____.
- n.* the quality of seriousness and importance
132. We will attempt to _____ some of your suggestions into our future strategy.
- v.* to include something as a part of a larger entity
133. Witness _____ backed up the defendant's claims.
- n.* a formal written or spoken statement that something is true, especially one given in court; something that serves as evidence
134. He was _____ of the scrutiny.
- adj.* not understanding something or having knowledge or idea of something
135. Many people see the _____ of traveling as an opportunity to experience new cultures and broaden their horizons.
- n.* the positive aspect or potential of something; the upper side of something
136. Direct democracy is effective in quickly resolving _____ situations within a community.
- adj.* full of difficulties; difficult to deal with or solve
137. He is a man admired for the depth of his _____.
- n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

ANSWERS: 130. vista, 131. gravitas, 132. incorporate, 133. testimony, 134. unaware, 135. upside, 136. problematic, 137. perception

138. The Prime Minister will pay a courtesy visit to the Nobel laureate's ____.
- n.* a workplace for the conduct of scientific research; a laboratory
139. I like to watch old movies to _____ memories of my childhood.
- v.* to experience again or bring back the memory of a past event or time
140. This smartphone has a collision _____ function.
- n.* the act of discovering or identifying the presence of something
141. 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
142. The publisher will proofread most of this manuscript for _____.
- n.* the quality of being coherent and understandable; the quality of transparency or purity
143. The new prime minister has vowed to take measures against the _____ economic crisis.
- adj.* continuing to exist or develop, or currently happening
144. The most _____ point made during the presentation was the potential profit increase.
- adj.* most noticeable or important; striking
145. Connecting batteries in series increase the _____ of the circuit.
- n.* the difference in the force of an electric current between two points
146. This country _____ its weapons in the east region.
- v.* to move troops or weapons into a position or military action; to bring into something in an effective way

ANSWERS: 138. lab, 139. relive, 140. detection, 141. fast-forward, 142. clarity, 143. ongoing, 144. salient, 145. voltage, 146. deployed

147. For the analysis _____ the system remains at a standstill state.
n. a period between two events or times; a short break or pause
148. The prime minister canceled visits to other countries to resolve _____ disputes.
adj. of or relating to the inside of something
149. The content is _____ and informative for me.
adj. sharply exact or accurate or delimited
150. These economic activities had disastrous environmental _____.
n. the outcome of a particular action or event, especially relative to an individual
151. 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
152. Practicing _____ meditation can help reduce stress and improve overall well-being.
adj. being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment
153. The _____ weather made it difficult to see the road ahead.
adj. characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
154. Too much variety may _____ and confuse viewers.
v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

ANSWERS: 147. interval, 148. internal, 149. precise, 150. consequences, 151. brain, 152. mindful, 153. foggy, 154. overwhelm

155. She has a _____ eye for art and can spot a fake a mile away.
adj. able to make good judgments about what is true or right
156. Infant formulas are nutritionally almost _____ to a mother's breast milk.
adj. being the exact same one
157. The company's new products _____ the values of innovation and sustainability.
v. to represent or exemplify something; to give tangible form to an abstract idea
158. The lack of funds has resulted in a _____ for our university system.
n. a sudden event that causes extreme ruin and misfortune
159. The experience was so _____ that it left a lasting impact on the survivor's mental health.
adj. relating to or caused by injury, especially emotional injury
160. Temperature _____ are often milder in oceanfront areas.
n. a change, or the process of changing, that frequently happens, especially from one extreme to another; the quality of being unsteady and subject to changes
161. 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
162. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

ANSWERS: 155. discerning, 156. identical, 157. embody, 158. catastrophe, 159. traumatic, 160. fluctuations, 161. develop, 162. promote

163. Our university is famous for its professors, who are well-versed in behavioral _____.

n. the scientific study of the function, structure, and disorder of the brain and the nervous system

164. Seals and whales are _____ animals beloved by the people.

adj. relating to the sea and the creatures and plants that live there

ANSWERS: 163. neuroscience, 164. marine