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Vocabulary Builder Reference from...

Malika Whitley: How the arts help homeless youth heal and build | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

- nap** *n.* a short sleep, especially during the day
synonym : rest, doze, drowse
(1) take a **nap**, (2) daytime **nap**
She woke the kids up from their **nap**.
- curl** *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
synonym : coil, curve, spiral
(1) **curl** around street corners, (2) a **curl** of smoke
The cat **curled** into a ball and went to sleep.
- couch** *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
synonym : sofa, settee, divan
(1) leather **couch**, (2) a **couch** potato
I love to relax on the **couch** and watch movies on the weekends.
- grant** *v.* to agree to give or allow somebody
synonym : allocate, authorize, give
(1) **grant** a new license, (2) **grant** a land
The chairperson **granted** him the right to speak.

homeless

adj. without a home, and therefore typically living on the streets

synonym : destitute, displaced, transient

(1) **homeless** shelter, (2) a **homeless** cat

He became **homeless** after losing his job.

stability

n. the quality or attribute of being firm and steadfast

synonym : resilience, solidity, steadiness

(1) **stability** pact, (2) fiscal **stability** pact

The policy should increase the country's monetary **stability**.

bounce

v. to cause to move up or away after hitting a surface; to spring back

synonym : bound, leap, spring

(1) **bounce** across the floor, (2) **bounce** back from failure

They will **bounce** between various emotional states.

knit

v. to make a garment or fabric by interlocking loops of yarn with needles or a machine

synonym : weave, crochet, knot

(1) **knit** my eyebrows, (2) **knit** a pair of socks

The grandmother **knit** a warm sweater for her grandchild.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym : toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

finance

n. the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

synonym : banking, investment, fund

(1) **finance** act, (2) manage my **finances**

Our company decided to hire an advisor who specializes in **finance**.

temporarily

adv. for a limited time only or not permanently

synonym : for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym : chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

scapegoat

v. to unfairly blame or punish someone for the misdeeds or mistakes of others, often to deflect attention or avoid accountability; (noun) a person or group that is unfairly blamed for the problems or misfortunes of others, typically to divert attention or responsibility from the actual cause

synonym : blame, accuse, fault

(1) **scapegoat** the new employee, (2) political **scapegoat**

Some politicians try to **scapegoat** specific groups of people to distract from their shortcomings.

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.

abuse

n. the use of something in an incorrect or harmful manner
synonym: misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**
Our company has an audit team that monitors directors for **abuse** of authority.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

invisible

adj. impossible or nearly impossible to see

synonym: hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars

The phenomenon is **invisible** at optical wavelengths.

induce

v. to persuade someone to do something; to cause to act in a specific manner

synonym: cause, encourage, persuade

(1) **induce** a crisis, (2) **induce** him to see a doctor

The lack of sleep **induces** both physical and psychological diseases.

squalor

n. a state of extreme dirtiness, poverty, and overall unclean living conditions; a condition of squalid or miserable living

synonym: poverty, destitution, filth

(1) living in **squalor**, (2) **squalor** conditions

The homeless encampment was known for its terrible

squalor, with garbage and filth littering the entire area.

inconvenient

adj. causing trouble or difficulty; not convenient or suitable
synonym : troublesome, difficult, awkward

(1) face an **inconvenient** truth, (2) **inconvenient** for shopping

It was **inconvenient** for her to go out of her way to pick up the package.

represent

v. to speak, act, or be present on behalf of another person or group; to form or constitute

synonym : depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

grade

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

synonym : score, rate, degree

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

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

bench

n. a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice

synonym : seat, terrace, judiciary

(1) **bench** conference, (2) **bench board**

I sat on the **bench** in the park and enjoyed the beautiful scenery.

downtown

adv. in or towards the central area of a town or city

synonym : central, city-center, urban

(1) **downtown** building, (2) **downtown** traffic

He decided to take a walk **downtown** area to explore the city.

sneak

v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily

synonym : creep, tiptoe, smuggle

(1) **sneak** a cigarette, (2) **sneak** out of danger

The children tried to **sneak** out and eat the candy.

storage

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

synonym : storehouse, depository, warehousing

(1) a **storage** battery, (2) **storage** at low temperature

We store customer data in cloud **storage**.

disappear

v. to cease to exist or be visible

synonym : fade, evaporate, vanish

(1) **disappear** without a trace, (2) **disappear** after a week

They watched the train **disappear** into the distance.

shadow

n. a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner

synonym : shade, silhouette, outline

(1) **shadow** cast, (2) **shadow** puppetry

The tree cast a **shadow** over the picnic area, providing relief from the sun.

spinning

n. the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn

synonym : whirling, rotating, spinning wheel

(1) **spinning** machine, (2) **spinning** wheel

She took a **spinning** class at the gym to improve her cardiovascular fitness.

terribly

adv. very badly; to a great extent or very much

synonym : awfully, abominably, badly

(1) suffer **terribly**, (2) I am **terribly** sorry

His arm was swollen and **terribly** red.

spirit

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

synonym : soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**

Despite their tragic loss, the family is showing great **spirit**.

wealth

n. a large amount of money, property, or other things that someone or an organization owns

synonym : affluence, assets, fortunate

(1) majority of his **wealth**, (2) material **wealth**

The **wealth** inequality was unavoidable.

exchange

v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

synonym : trade, swap, interchange

(1) **exchange** rate, (2) **exchange** a few friendly words

My sister and I frequently **exchange** books, as we love reading.

refuge

n. the state of being safe or protected from danger, trouble, or difficulty, or a place providing shelter or protection from them

synonym : shelter, fortress, hide-out

(1) **refuge** camp, (2) a harbor of **refuge**

Some of the emigres sought **refuge** in this country.

poetry

n. poems in general as a genre of literature

synonym: ode, poesy, verse

(1) modern **poetry**, (2) book of **poetry**

Different cultures have different comfortable word rhythms, so the composition of **poetry** varies greatly.

jolt

v. to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

synonym: shock, jar, bump

(1) **jolt** entire social systems, (2) **jolt** of excitement

The news of the unexpected announcement **jolted** the stock market.

church

n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

synonym: chapel, cathedral, synagogue

(1) **church** bell, (2) small **church**

The **church** on the corner is hosting a free community meal tonight.

desperate

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

synonym: anguish, frantic, hopeless

(1) her **desperate** screams, (2) **desperate** attempt

He was **desperate** when he lost all his money by gambling.

relief

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

synonym: remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

downstairs

adv. on or to a lower or ground floor of a building

synonym: below

(1) creep **downstairs**, (2) escort him **downstairs**

Please get the desk **downstairs**.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

permit

v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

synonym: allow, authorize, concede

(1) **permit** application, (2) work **permit**

The teacher will not **permit** any students to leave the classroom early.

multidisciplinary

adj. integrating or involving various academic fields or different skills in a topic or problem-solving approach

synonym: integrative, interdisciplinary

(1) **multidisciplinary** project, (2) **multidisciplinary** analysis

He adopted a **multidisciplinary** research approach to unravel complex phenomena.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym: agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

dignity

n. the quality of being worthy of esteem or respect; high office or rank or station

synonym : grace, elegance, nobility

(1) respect for human **dignity**, (2) retain everyone's **dignity**
The failure destroyed his trust and personal **dignity**.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

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.

headquarter

n. the central office or location from which a business or organization is managed

synonym : base, center, command

(1) administrative **headquarter**, (2) an emergency **headquarter**

The company decided to move its **headquarters** to New York City.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

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.

sibling

n. a brother or sister; member of a family born to the same parents

synonym: brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

wit

n. the ability to say or write things or ideas in a clever and humorous way

synonym: humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**

He has the **wit** to keep talking about this topic.

seize

v. to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something

synonym: grab, grasp, capture

(1) **seize** a person's property, (2) **seize** the day

He has the superpower to **seize** a business opportunity.

paramedic

n. a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles

synonym: emergency medical technician, ambulance attendant, medical responder

(1) **paramedic** ambulance, (2) emergency **paramedic**
The **paramedic** team worked together efficiently to stabilize the patient's vital signs.

revive

v. to bring back to life, consciousness, or strength; to restore

synonym: reanimate, rejuvenate, renew

(1) **revive** my energy, (2) **revive** an old friendship
They **revived** the tradition of holding a parade on the main street every year.

temporary

adj. not lasting or be used for a very long

synonym: provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing
He managed to get **temporary** jobs during the recession.

custody

n. the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time

synonym: guardianship, care, detention

(1) take a person into **custody**, (2) **custody** arrangement
After a lengthy court battle, the child's **custody** was granted to the father.

mentor

n. a person who helps and advises a younger or less experienced person over time, usually at work or school

synonym: adviser, coach, tutor

(1) **mentor** for life, (2) fashion **mentor**
As a **mentor**, he helped me realize my career.

faith

n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

synonym: belief, trust, confidence

(1) religious **faith**, (2) **faith** in government
He kept his robust **faith** in his company.

resolve

v. to find a suitable answer to the problems or difficulty
synonym: decide, determine, fix

(1) **resolve** a dispute, (2) **resolve** the computer error

This company **resolves** its battery problem completely.

proof

n. a fact or piece of information that shows something is true or exists

synonym: testimony, evidence, assurance

(1) documentary **proof**, (2) a geometric **proof**

Proof is better than argument.

heal

v. to make a wound or injury to become well again

synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

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.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

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.

Session 2: Spelling

- | | |
|---------------------------------|---|
| 1. take a person into cu_____y | <i>n.</i> the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time |
| 2. a ho_____ss cat | <i>adj.</i> without a home, and therefore typically living on the streets |
| 3. co_____de a meeting | <i>v.</i> to come to an end or close; to reach a judgment or opinion by reasoning |
| 4. sn__k out of danger | <i>v.</i> to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily |
| 5. f__e their homes | <i>v.</i> to leave by running away, especially out of fear or danger |
| 6. f__e abroad | <i>v.</i> to leave by running away, especially out of fear or danger |
| 7. students at all gr__e levels | <i>n.</i> a particular level of quality, size, importance, etc. |
| 8. sq_____r conditions | <i>n.</i> a state of extreme dirtiness, poverty, and overall unclean living conditions; a condition of squalid or miserable living |
| 9. di_____ar after a week | <i>v.</i> to cease to exist or be visible |
| 10. fashion me____r | <i>n.</i> a person who helps and advises a younger or less experienced person over time, usually at work or school |
| 11. re____e an old friendship | <i>v.</i> to bring back to life, consciousness, or strength; to restore |

ANSWERS: 1. custody, 2. homeless, 3. conclude, 4. sneak, 5. flee, 6. flee, 7. grade, 8. squalor, 9. disappear, 10. mentor, 11. revive

12. ho____ss shelter *adj.* without a home, and therefore typically living on the streets
13. an emergency hea____er *n.* the central office or location from which a business or organization is managed
14. temporary me____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
15. st____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
16. be__h board *n.* a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice
17. a st____e battery *n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information
18. re____r a loss *v.* to return to a former condition, health, mind, or strength
19. do____wn building *adv.* in or towards the central area of a town or city
20. tax re____f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
21. em____al distress *adj.* relating to people's feelings
22. sp____t and the letter of the law *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

ANSWERS: 12. homeless, 13. headquarter, 14. medical, 15. struggle, 16. bench, 17. storage, 18. recover, 19. downtown, 20. relief, 21. emotional, 22. spirit

23. 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
24. have a si____g quarrel *n.* a brother or sister; member of a family born to the same parents
25. 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
26. co____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
27. mul_____ary project *adj.* integrating or involving various academic fields or different skills in a topic or problem-solving approach
28. re____r approval ratings *v.* to return to a former condition, health, mind, or strength
29. sp____ng machine *n.* the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
30. retain everyone's di____y *n.* the quality of being worthy of esteem or respect; high office or rank or station
31. the characters that re____nt numbers *v.* to speak, act, or be present on behalf of another person or group; to form or constitute

ANSWERS: 23. process, 24. sibling, 25. judge, 26. communal, 27. multidisciplinary, 28. recover, 29. spinning, 30. dignity, 31. represent

32. bo___e across the floor *v.* to cause to move up or away after hitting a surface; to spring back
33. book of po___y *n.* poems in general as a genre of literature
34. administrative hea_____er *n.* the central office or location from which a business or organization is managed
35. h__l a broken bone *v.* to make a wound or injury to become well again
36. de_____te attempt *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
37. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
38. an in_____le asset *adj.* impossible or nearly impossible to see
39. a hut made tem_____ly *adv.* for a limited time only or not permanently
40. sn__k a cigarette *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
41. cr_____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
42. barren of cr_____ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
43. full of w_t *n.* the ability to say or write things or ideas in a clever and humorous way

ANSWERS: 32. bounce, 33. poetry, 34. headquarter, 35. heal, 36. desperate, 37. addition, 38. invisible, 39. temporarily, 40. sneak, 41. creative, 42. creative, 43. wit

44. fa__h in government *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
45. sh___w cast *n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
46. fi_____e act *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
47. k__t a pair of socks *v.* to make a garment or fabric by interlocking loops of yarn with needles or a machine
48. a geometric pr__f *n.* a fact or piece of information that shows something is true or exists
49. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
50. j__t entire social systems *v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

ANSWERS: 44. faith, 45. shadow, 46. finance, 47. knit, 48. proof, 49. discovery, 50. jolt

51. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
52. bo___e back from failure *v.* to cause to move up or away after hitting a surface; to spring back
53. h__l the hurt mind *v.* to make a wound or injury to become well again
54. 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
55. her de_____te screams *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
56. inc_____ent for shopping *adj.* causing trouble or difficulty; not convenient or suitable
57. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
58. cu_____y arrangement *n.* the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time
59. face an inc_____ent truth *adj.* causing trouble or difficulty; not convenient or suitable
60. em_____al health *adj.* relating to people's feelings

ANSWERS: 51. medical, 52. bounce, 53. heal, 54. process, 55. desperate, 56. inconvenient, 57. abuse, 58. custody, 59. inconvenient, 60. emotional

61. c__l around street corners *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
62. in_____le stars *adj.* impossible or nearly impossible to see
63. se__e the day *v.* to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something
64. j__t of excitement *v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock
65. I am te_____ly sorry *adv.* very badly; to a great extent or very much
66. mul_____ary analysis *adj.* integrating or involving various academic fields or different skills in a topic or problem-solving approach
67. tr_____rm an education system *v.* to change in outward structure or looks;
68. escort him dow_____rs *adv.* on or to a lower or ground floor of a building
69. living in sq_____r *n.* a state of extreme dirtiness, poverty, and overall unclean living conditions; a condition of squalid or miserable living
70. play with my si_____gs *n.* a brother or sister; member of a family born to the same parents
71. sc_____at the new employee *v.* to unfairly blame or punish someone for the misdeeds or mistakes of others, often to deflect attention or avoid accountability; (noun) a person or group that is unfairly blamed for the problems or misfortunes of others, typically to divert attention or responsibility from the actual cause

ANSWERS: 61. curl, 62. invisible, 63. seize, 64. jolt, 65. terribly, 66. multidisciplinary, 67. transform, 68. downstairs, 69. squalor, 70. sibling, 71. scapegoat

72. di_____ar without a trace *v.* to cease to exist or be visible
73. creep dow_____rs *adv.* on or to a lower or ground floor of a building
74. daytime n_p *n.* a short sleep, especially during the day
75. re_____e a dispute *v.* to find a suitable answer to the problems or difficulty
76. a co__h potato *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
77. the w_t of man *n.* the ability to say or write things or ideas in a clever and humorous way
78. a harbor of re___e *n.* the state of being safe or protected from danger, trouble, or difficulty, or a place providing shelter or protection from them
79. ex_____ge rate *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
80. sigh of re___f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
81. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

ANSWERS: 72. disappear, 73. downstairs, 74. nap, 75. resolve, 76. couch, 77. wit, 78. refuge, 79. exchange, 80. relief, 81. trauma

82. chemical ad_____on *n.* the act or process of adding something to something else; the process of adding numbers
83. pa_____ic ambulance *n.* a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles
84. st_____e at low temperature *n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information
85. in___e a crisis *v.* to persuade someone to do something; to cause to act in a specific manner
86. manage my fi_____es *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
87. me___r for life *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
88. in___e him to see a doctor *v.* to persuade someone to do something; to cause to act in a specific manner
89. re_____nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
90. do_____wn traffic *adv.* in or towards the central area of a town or city

ANSWERS: 82. addition, 83. paramedic, 84. storage, 85. induce, 86. finance, 87. mentor, 88. induce, 89. represent, 90. downtown

91. suffer te____ly *adv.* very badly; to a great extent or very much
92. st____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
93. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
94. an indomitable sp____t *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
95. religious fa__h *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
96. st____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
97. documentary pr__f *n.* a fact or piece of information that shows something is true or exists
98. k__t my eyebrows *v.* to make a garment or fabric by interlocking loops of yarn with needles or a machine
99. te____ry housing *adj.* not lasting or be used for a very long
100. sp____ng wheel *n.* the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn

ANSWERS: 91. terribly, 92. struggle, 93. grade, 94. spirit, 95. faith, 96. strength, 97. proof, 98. knit, 99. temporary, 100. spinning

101. tr_____rm heat into power *v.* to change in outward structure or looks;
102. gr__t a land *v.* to agree to give or allow somebody
103. re___e my energy *v.* to bring back to life, consciousness, or strength; to restore
104. pe___t application *v.* to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
105. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
106. pr_____y education *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
107. be__h conference *n.* a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice
108. pr_____y school *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
109. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
110. se__e a person's property *v.* to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something

ANSWERS: 101. transform, 102. grant, 103. revive, 104. permit, 105. conclude, 106. primary, 107. bench, 108. primary, 109. trauma, 110. seize

111. re___e camp *n.* the state of being safe or protected from danger, trouble, or difficulty, or a place providing shelter or protection from them
112. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
113. ex_____ge a few friendly words *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
114. take a n_p *n.* a short sleep, especially during the day
115. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
116. gr__t a new license *v.* to agree to give or allow somebody
117. modern po___y *n.* poems in general as a genre of literature
118. a c__l of smoke *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
119. emergency pa_____ic *n.* a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles

ANSWERS: 111. refuge, 112. abuse, 113. exchange, 114. nap, 115. communal, 116. grant, 117. poetry, 118. curl, 119. paramedic

120. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
121. tem____ly suspend the production *adv.* for a limited time only or not permanently
122. respect for human di____y *n.* the quality of being worthy of esteem or respect; high office or rank or station
123. a te____ry permit *adj.* not lasting or be used for a very long
124. a scientific di____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
125. political sc____at *v.* to unfairly blame or punish someone for the misdeeds or mistakes of others, often to deflect attention or avoid accountability; (noun) a person or group that is unfairly blamed for the problems or misfortunes of others, typically to divert attention or responsibility from the actual cause
126. fiscal st____ty pact *n.* the quality or attribute of being firm and steadfast
127. st____ty pact *n.* the quality or attribute of being firm and steadfast
128. material we____h *n.* a large amount of money, property, or other things that someone or an organization owns
129. ch____h bell *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

ANSWERS: 120. strength, 121. temporarily, 122. dignity, 123. temporary, 124. discovery, 125. scapegoat, 126. stability, 127. stability, 128. wealth, 129. church

130. sh___w puppetry *n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
131. work pe___t *v.* to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
132. small ch___h *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
133. majority of his we___h *n.* a large amount of money, property, or other things that someone or an organization owns
134. re____e the computer error *v.* to find a suitable answer to the problems or difficulty
135. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
136. leather co__h *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

ANSWERS: 130. shadow, 131. permit, 132. church, 133. wealth, 134. resolve, 135. judge, 136. couch

Session 3: Fill in the Blanks

1. The chairperson _____ him the right to speak.
v. to agree to give or allow somebody
2. The company decided to move its _____ to New York City.
n. the central office or location from which a business or organization is managed
3. After a lengthy court battle, the child's _____ was granted to the father.
n. the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time
4. His arm was swollen and _____ red.
adv. very badly; to a great extent or very much
5. _____ is better than argument.
n. a fact or piece of information that shows something is true or exists
6. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
7. The cat _____ into a ball and went to sleep.
v. to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
8. 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

ANSWERS: 1. granted, 2. headquarters, 3. custody, 4. terribly, 5. Proof, 6. strength, 7. curled, 8. judge

9. Her research team made an important _____.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
10. She woke the kids up from their ____.
- n.* a short sleep, especially during the day
11. Children often copy their parents or elder _____.
- n.* a brother or sister; member of a family born to the same parents
12. We elected him to _____ us at the international conference.
- v.* to speak, act, or be present on behalf of another person or group; to form or constitute
13. This company _____ its battery problem completely.
- v.* to find a suitable answer to the problems or difficulty
14. Our company has an audit team that monitors directors for _____ of authority.
- n.* the use of something in an incorrect or harmful manner
15. 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
16. He became _____ after losing his job.
- adj.* without a home, and therefore typically living on the streets
17. He could not _____ against temptation.
- v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 9. discovery, 10. nap, 11. siblings, 12. represent, 13. resolves, 14. abuse, 15. medical, 16. homeless, 17. struggle

18. My father's death _____ my life completely.

v. to change in outward structure or looks;

19. He was _____ when he lost all his money by gambling.

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

20. In _____ private corporations provide healthcare services.

n. the act or process of adding something to something else; the process of adding numbers

21. My sister and I frequently _____ books, as we love reading.

v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

22. The failure destroyed his trust and personal _____.

n. the quality of being worthy of esteem or respect; high office or rank or station

23. Our company decided to hire an advisor who specializes in _____.

n. the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

24. Despite their tragic loss, the family is showing great _____.

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

ANSWERS: 18. transformed, 19. desperate, 20. addition, 21. exchange, 22. dignity, 23. finance, 24. spirit

25. They will _____ between various emotional states.
v. to cause to move up or away after hitting a surface; to spring back
26. The lack of sleep _____ both physical and psychological diseases.
v. to persuade someone to do something; to cause to act in a specific manner
27. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
28. It is a basic instinct to _____ from a dangerous situation.
v. to leave by running away, especially out of fear or danger
29. The _____ cause of the accident was due to the icy road conditions.
adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
30. The homeless encampment was known for its terrible _____ with garbage and filth littering the entire area.
n. a state of extreme dirtiness, poverty, and overall unclean living conditions; a condition of squalid or miserable living
31. Different cultures have different comfortable word rhythms, so the composition of _____ varies greatly.
n. poems in general as a genre of literature
32. He managed to get _____ jobs during the recession.
adj. not lasting or be used for a very long

ANSWERS: 25. bounce, 26. induces, 27. grade, 28. flee, 29. primary, 30. squalor, 31. poetry, 32. temporary

33. We store customer data in cloud _____.

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

34. 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

35. I love to relax on the _____ and watch movies on the weekends.

- n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

36. _____ elections were held in several European countries.

- adj.* belonging to or used by a group rather than individuals; for common use

37. They _____ the tradition of holding a parade on the main street every year.

- v.* to bring back to life, consciousness, or strength; to restore

38. The _____ team worked together efficiently to stabilize the patient's vital signs.

- n.* a healthcare professional who is trained to provide emergency medical care to patients in the pre-hospital setting, often in ambulances or other emergency vehicles

39. He devoted his life to establishing a humanitarian _____ fund.

- n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

ANSWERS: 33. storage, 34. process, 35. couch, 36. Communal, 37. revived, 38. paramedic, 39. relief

40. They watched the train _____ into the distance.

v. to cease to exist or be visible

41. I sat on the _____ in the park and enjoyed the beautiful scenery.

n. a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice

42. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

43. Please get the desk _____.

adv. on or to a lower or ground floor of a building

44. Many civilians have suffered _____ as a result of the war.

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

45. The phenomenon is _____ at optical wavelengths.

adj. impossible or nearly impossible to see

46. He has the superpower to _____ a business opportunity.

v. to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something

47. He has the _____ to keep talking about this topic.

n. the ability to say or write things or ideas in a clever and humorous way

48. The news of the unexpected announcement _____ the stock market.

v. to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

ANSWERS: 40. disappear, 41. bench, 42. emotional, 43. downstairs, 44. trauma, 45. invisible, 46. seize, 47. wit, 48. jolted

49. The _____ on the corner is hosting a free community meal tonight.
n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
50. All the supervisor has to do is assign tasks that make his subordinates more _____.
adj. relating to or involving the use of skill and original and unusual ideas to create something
51. It was _____ for her to go out of her way to pick up the package.
adj. causing trouble or difficulty; not convenient or suitable
52. The tree cast a _____ over the picnic area, providing relief from the sun.
n. a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
53. He adopted a _____ research approach to unravel complex phenomena.
adj. integrating or involving various academic fields or different skills in a topic or problem-solving approach
54. She is still _____ from a shot to her shoulder.
v. to return to a former condition, health, mind, or strength
55. Some of the emigres sought _____ in this country.
n. the state of being safe or protected from danger, trouble, or difficulty, or a place providing shelter or protection from them

ANSWERS: 49. church, 50. creative, 51. inconvenient, 52. shadow, 53. multidisciplinary, 54. recovering, 55. refuge

56. It will take time for her mental scars to _____.

- v.* to make a wound or injury to become well again

57. The children tried to _____ out and eat the candy.

- v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily

58. As a _____ he helped me realize my career.

- n.* a person who helps and advises a younger or less experienced person over time, usually at work or school

59. The policy should increase the country's monetary _____.

- n.* the quality or attribute of being firm and steadfast

60. The _____ inequality was unavoidable.

- n.* a large amount of money, property, or other things that someone or an organization owns

61. We _____ a cease-fire.

- v.* to come to an end or close; to reach a judgment or opinion by reasoning

62. Some politicians try to _____ specific groups of people to distract from their shortcomings.

- v.* to unfairly blame or punish someone for the misdeeds or mistakes of others, often to deflect attention or avoid accountability; (noun) a person or group that is unfairly blamed for the problems or misfortunes of others, typically to divert attention or responsibility from the actual cause

63. He kept his robust _____ in his company.

- n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

ANSWERS: 56. heal, 57. sneak, 58. mentor, 59. stability, 60. wealth, 61. concluded, 62. scapegoat, 63. faith

64. The grandmother _____ a warm sweater for her grandchild.
v. to make a garment or fabric by interlocking loops of yarn with needles or a machine
65. The teacher will not _____ any students to leave the classroom early.
v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
66. She took a _____ class at the gym to improve her cardiovascular fitness.
n. the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
67. Some athletes take anabolic steroids to increase muscle size _____.
adv. for a limited time only or not permanently
68. He decided to take a walk _____ area to explore the city.
adv. in or towards the central area of a town or city

ANSWERS: 64. knit, 65. permit, 66. spinning, 67. temporarily, 68. downtown