

# Englist.me



## Vocabulary Builder Reference from...

*Minda Dentler: What I learned when I conquered the world's toughest triathlon | TED Talk*

[https://www.ted.com/talks/minda\\_dentler\\_what\\_i\\_learned\\_when\\_i\\_conquered\\_the\\_world\\_s\\_toughest\\_triathlon](https://www.ted.com/talks/minda_dentler_what_i_learned_when_i_conquered_the_world_s_toughest_triathlon)

### All Words

#### IMPORTANT

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## Session 1: Word List

### championship

*n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

*synonym* : crown, title, contest

(1) a world **championship**, (2) **championship** flag

His team won the **championship** for three years running.

### 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.

### dehydrated

*adj.* to remove the water or moisture from something by a natural or artificial process

*synonym* : dried, desiccated, parched

(1) **dehydrated** skin, (2) **dehydrated** skimmed milk

I need to drink more water because I'm feeling **dehydrated**.

## emanate

*v.* to emit, send out something; to express a quality or feeling

*synonym*: radiate, exude, give off

(1) **emanate** light, (2) **emanate** happiness

The fragrance of flowers **emanated** from the garden.

## asphalt

*n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen

*synonym*: tar, road surface, blacktop

(1) **asphalt** pavement, (2) **asphalt** driveway

The road crew was laying fresh **asphalt** on the highway.

## degree

*n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

*synonym*: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

## halfway

*adj.* in or at a point midway or an equal distance between two points

*synonym*: middle, median, center

(1) **halfway** through my journey, (2) **halfway** decent job

The famous restaurant stands **halfway** up the hill.

## prestigious

*adj.* having a high reputation or status; respected or honored; widely recognized as being of high quality or importance

*synonym*: esteemed, renowned, eminent

(1) **prestigious** award, (2) **prestigious** event

The academy is known for its **prestigious** faculty and rigorous curriculum.

## utter

*adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or

articulate words, sounds, or a voice

*synonym*: absolute, complete, total

(1) **utter** nonsense, (2) **utter** a big sigh

The **utter** chaos of the concert crowd made it seem like a wild animal was in the room.

## awe

*n.* a feeling of respect and wonder inspired by someone or something greatly admired

*synonym*: wonder, amazement, reverence

(1) a feeling of **awe**, (2) in **awe** of the situation

The **awe-inspiring** mountains dominate the landscape.

## athlete

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

*synonym*: player, contestant, jock

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

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

## grueling

*adj.* extremely tiring or demanding great effort, especially with long duration or intensity

*synonym*: exhausting, draining, demanding

(1) **grueling** process, (2) a **grueling** campaign

The marathon was a **grueling** test of endurance.

## spectator

*n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it

*synonym*: onlooker, observer, viewer

(1) mass **spectator** sport, (2) **spectator** seat

She enjoyed watching the game as a **spectator**.

## incredibly

*adv.* in a way that is very difficult to believe; exceedingly or extremely

*synonym*: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high

unemployment rates.

## athletics

*n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

*synonym*: sports, physical activity, exercise

(1) high school **athletics**, (2) professional **athletics**

She excelled in **athletics** during high school and went on to compete at the collegiate level.

## 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.

## sideline

*n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure

*synonym*: sidestep, periphery, (verb) ignore

(1) **sideline** reporter, (2) lucrative **sideline**

The coach benched the star player after he broke a team rule, leaving him on the **sideline** for the entire game.

## cheer

*v.* to give a loud shout to show support, praise, or approval

*synonym*: comfort, encourage, hearten

(1) **cheer** for the home team, (2) **cheer** me up

Supporters in the stands **cheered** at every goal.

## 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**.

## compete

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

*synonym*: contend, contest, vie

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

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

## decide

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

*synonym*: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

## 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.

## volunteer

*n.* a person who performs or offers to perform a job or service without being paid for or forced to do

*synonym*: unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

## intern

*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

*synonym*: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

## backpack

*n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

*synonym* : knapsack, rucksack, pack

(1) **backpacker's** hostel, (2) **backpacking** trip

I packed my **backpack** with all the necessary camping gear for our trip.

## brace

*n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

*synonym* : support, clamp, (verb) strengthen

(1) **brace** for impact, (2) **brace** my energies

She wore a **brace** on her leg to support her injured ankle.

## crutch

*n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility

*synonym* : brace, support, prop

(1) **crutch** support, (2) emotional **crutch**

He walked with the aid of a **crutch** after breaking his leg in a skiing accident.

## graduate

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

*synonym* : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

## consult

*v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

*synonym* : confer, consider, see

(1) regularly **consult** with a doctor, (2) **consult** my wallet

Always **consult** a lawyer before launching a business.

## introduction

*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

*synonym*: initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

## handcycle

*n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities

*synonym*: handbike, arm-powered bike

(1) **handcycle** race, (2) **handcycle** marathon

The coach guided proper **handcycle** technique to improve riders' speed and stamina.

## triathlon

*n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race

(1) **triathlon** race, (2) **triathlon** training

The **triathlon** course included challenging hills on the cycling segment.

## fowl

*n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys

*synonym*: poultry, bird, chicken

(1) chicken **fowl**, (2) **fowl** farm

We had roasted **fowl** for dinner, and it was delicious.

## champion

*n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief

*synonym*: victor, winner, fighter

(1) a **champion** of peace, (2) the grand **champion**

The **champion** bicyclist outrode all his competitors.

## disability

*n.* a physical or mental condition that makes it difficult for someone to do some things that other people do

*synonym*: impairment, disadvantage, restriction

(1) a **disability** pension, (2) a learning **disability**

Listening to music at a high volume may lead to a hearing **disability**.

## wheelchair

*n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk

(1) electric-powered **wheelchair**, (2) **wheelchair**

accessibility

This library rents out various types of folding **wheelchairs** for visitors.

## encourage

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

*synonym*: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

## consist

*v.* to be composed or made up of

*synonym*: lie in, comprise, exist

(1) **consist** mainly of cells, (2) **consist** only in knowing facts

This examination **consists** of five problems to solve.

## pacific

*adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions

*synonym*: calm, peaceful, tranquil

(1) **pacific-natured** disposition, (2) the **Pacific** Ocean



They adopted a **pacific** approach to resolving their differences, emphasizing dialogue and understanding.

## cycle

*n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

*synonym* : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

## lava

*n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material

*synonym* : molten rock, magma, volcanic rock

(1) **lava** flow, (2) molten **lava**

The volcano's eruption caused a **lava** river to flow down the mountainside.

## exotic

*adj.* originating from or characteristic of a foreign country or culture; strikingly unusual, uncommon, or intriguing

*synonym* : foreign, alien, unfamiliar

(1) **exotic** species, (2) **exotic** vacation

I love trying **exotic** foods from different cultures.

## scenic

*adj.* relating to or providing views of natural beauty, such as mountains, forests, or oceans; having pleasing or picturesque natural features

*synonym* : picturesque, panoramic, beautiful

(1) **scenic** overlook, (2) **scenic** beauty

The Alps offer some of the most **scenic** views in the world, with their snow-capped peaks and lush valleys.

## desolate

*adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness

*synonym* : barren, stark, uninhabited

(1) a **desolate** scene, (2) **desolate** moon

The deserted island was **desolate** and uninhabited.

## marathon

*n.* a long-distance race of 42.195 kilometers

*synonym*: endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a personal best time.

## distance

*n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

*synonym*: space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

## strict

*adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

*synonym*: rigorous, inflexible, relentless

(1) **strict** compliance regime, (2) in **strict** secrecy

Too **strict** a regulation for the private sector will stifle innovation.

## cutoff

*n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something

*synonym*: limit, threshold, boundary

(1) **cutoff** frequency, (2) a **cutoff** point

The **cutoff** date for submitting applications was fast approaching.

## discotheque

*n.* a nightclub or restaurant where recorded music is played, and people dance

*synonym*: nightclub, dance club, disco

(1) **discotheque** party, (2) **discotheque** scene

He couldn't wait to hit the **discotheque** and dance the night away.

## pace

*n.* the speed at which someone or something moves, or the rate at which something happens or changes

*synonym*: gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**

The economy is growing at a supercharged **pace**.

## agon

*n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

*synonym*: struggle, conflict, fight

(1) emotional **agon**, (2) an **agon** of creativity

The weightlifting competition brought together athletes from different countries for an international **agon**.

## 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.

## quitter

*n.* a person who gives up easily or does not have the determination to finish what they have started

*synonym*: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

## chip

*n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

*synonym*: flake, fragment, chunk

(1) a **chip** of wood, (2) I don't care a **chip**

We can use this campaign as a bargaining **chip** in the negotiations.

## crush

*v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

*synonym*: destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

## embarrass

*v.* to cause someone to feel awkward, worried, or ashamed

*synonym*: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

## mess

*n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

*synonym*: disarray, confusion, predicament

(1) have a whole **mess**, (2) get into a **mess**

He made a frightful **mess** in his room.

## 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.

## disaster

*n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life

*synonym*: catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

## insurmountable

*adj.* impossible to overcome or conquer; too difficult or daunting to overcome

*synonym*: invincible, hopeless, overwhelming

(1) **insurmountable** odds, (2) **insurmountable** disadvantage

The challenge seemed **insurmountable**, but they overcame it with hard work and determination.

## odds

*n.* the degree or probability that a particular thing will or will not happen

*synonym*: chances, likelihoods, probabilities

(1) **odds** in favor, (2) **odds** of business

What are the **odds** that he will survive?

## contract

*n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

*synonym*: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

## polio

*n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

*synonym*: poliomyelitis, infantile paralysis

(1) **polio** epidemic, (2) **polio** eradication

The **polio** vaccine development is regarded as one of the greatest medical achievements of the 20th century.

## paralyze

*v.* to cause a person or part of the body to become unable to move or feel

*synonym*: immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

## orphanage

*n.* an institution for the care of orphans (= a child whose parents are dead)

*synonym*: home for orphans, children's home, foster home

(1) build an **orphanage**, (2) **orphanage** director  
He grew up in a Christian **orphanage** and never knew his biological parents.

### fortunate

*adj.* having good luck or lucky  
*synonym*: fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person  
He was pretty **fortunate** to pass the exam.

### adopt

*v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

*synonym*: accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill  
The national assembly has **adopted** the budget.

### undergo

*v.* to go through something unpleasant or that involves a change

*synonym*: experience, suffer, endure

(1) **undergo** surgery, (2) **undergo** a decrease  
The train has to **undergo** rigorous safety checks.

### surgery

*n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

*synonym*: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**  
He had undergone heart **surgery** years before.

### pants

*n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

*synonym*: trousers, breeches, slacks

(1) woolly **pants**, (2) pajama **pants**  
I always wear **pants** when I go outside, even in the summer.

## feminine

*adj.* relating to women; having the features or appearance often associated with women

*synonym*: womanly, womanlike, femalelike

(1) add a **feminine** touch, (2) the sacred **feminine**

The dress mixes sophisticated lines with an appealing floral design for a classically **feminine** style.

## individual

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

*synonym*: person, being, self

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

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

## paralysis

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

*synonym*: immobility, stiffness, palsy

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

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

## 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.

## 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.

## opportune

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

*synonym*: suitable, timely, practical

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

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

## humble

*adj.* having or showing a modest or low estimate of one's quality or importance

*synonym*: modest, unpretentious, abject

(1) a **humble** cottage, (2) **humble** opinion

The nobler, the more **humble**.

## attempt

*n.* an act or effort of trying to do something, especially something difficult

*synonym*: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

## dump

*v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly

*synonym*: throw away, dispose

(1) **dump** the gravel on the road, (2) **dump** hazardous waste

The company **dumped** him after several years of service.

## pier

*n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area

*synonym*: jetty, wharf, dock

(1) **pier** fishing, (2) a landing **pier**

Families gathered on the head of a **pier** to watch the sunset and catch a glimpse of the dolphins swimming in the bay.

## competitor

*n.* a person who participates in a sporting contest; a person or organization that competes with others, particularly in business



*synonym* : opponent, contender, contestant

(1) beat **competitor** offer, (2) domestic **competitor**

The gap between the company and its **competitors** has widened.

## cannon

*n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting

*synonym* : artillery, gun, ordnance

(1) **cannon** salute, (2) **cannon** ball

The heavy **cannon** fired a loud shot that echoed across the battlefield.

## prompt

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

*synonym* : actuate, inspire, incite

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

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

## stroke

*n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

*synonym* : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

## lift

*v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position

*synonym* : raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.

## sight

*n.* the ability to see; anything that is seen

*synonym* : vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**  
Many famous **sights** are within walking distance.

## shoreline

*n.* a line that separates land and sea  
(1) **shoreline** erosion, (2) coral-reef **shoreline**  
Flooding occurs along the city's **shoreline** due to the storm surge.

## stun

*v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly  
*synonym*: shock, amaze, astound  
(1) **stun** fish, (2) **stun** an audience  
This sprinter **stunned** the world with his speed.

## thrill

*n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion  
*synonym*: exhilaration, delight, rush  
(1) the **thrill** of speed, (2) incredible **thrill**  
Skydiving is an overwhelming **thrill** for many people.

## segment

*n.* a part or section of something; a distinct group within a larger whole  
*synonym*: section, part, division  
(1) **segment** analysis, (2) market **segment**  
The report divided the data into **segments** based on age, gender, and income level.

## enormity

*n.* the quality of being extremely evil or wicked; the vastness of size or extent  
*synonym*: horribleness, seriousness, immensity  
(1) grasp the **enormity**, (2) the **enormity** of the task  
The **enormity** of the financial fraud was uncovered after years of investigation.

- clip** *n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip  
*synonym* : buckle, hook, pin  
(1) tie **clip**, (2) short video **clip**  
He fastens some sheets of paper with a **clip**.
- mathematics** *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement  
*synonym* : arithmetic, calculation, calculus  
(1) a good grounding in **mathematics**, (2) **mathematics** competition  
He has a flair for **mathematics**.
- jeopardy** *n.* the state of being in danger or at risk of harm or loss  
*synonym* : danger, risk, peril  
(1) put his life in **jeopardy**, (2) tax in **jeopardy**  
The project is in **jeopardy** of being canceled due to a lack of funding.
- sizable** *adj.* large in size or amount  
*synonym* : large, significant, considerable  
(1) **sizable** portion, (2) **sizable** audience  
He has a **sizable** fortune and is one of the wealthiest people in the city.
- scared** *adj.* afraid or frightened  
*synonym* : frightened, fearful, dreading  
(1) **scared** all the time, (2) **scared** dog  
I'm **scared** of insects.
- 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.

## attitude

*n.* the way you think and feel about someone or something  
*synonym*: mindset, perspective, philosophy

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

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

## 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.

## uncomfortable

*adj.* providing or feeling physical discomfort or slight pain  
*synonym*: comfortless, discomfoting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

## laser

*n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification

*synonym*: beam, bar, ray

(1) **laser** printer, (2) pulse **laser**

The company holds patents on core components of **laser** jet printers.

## crank

*n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person

*synonym*: eccentric, oddball, kook

(1) **crank** handle, (2) **crank** caller

The fishing reel had a **crank** that made it easy to reel in the catch.

## roll

*v.* to move in a particular direction by turning over and over or from side to side

*synonym*: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

## **loudspeaker**

*n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas

*synonym* : speaker, loudhailer, megaphone

(1) wireless **loudspeaker**, (2) **loudspeaker** system

The teacher spoke through the **loudspeaker** so that every student could hear the announcement.

## **excite**

*v.* to make someone feel suddenly enthusiastic or eager

*synonym* : thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

## **straight**

*adj.* extending or moving in one direction without bending or curving; having no deviations

*synonym* : linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

## **desperately**

*adv.* in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency

*synonym* : urgently, perilously, seriously

(1) **desperately** anxious, (2) **desperately** ill patient

The baby clung **desperately** to her mother.

## **gripping**

*adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions

*synonym* : captivating, enthralling, engrossing

(1) **gripping** documentary, (2) **gripping** tale

The **gripping** movie had me on the edge of my seat the entire time.

- rim** *n.* the edge of something in the shape of a more or less circular object  
*synonym*: boundary, lip, edge  
(1) **rim** of the ear, (2) crater **rim**  
The water level was even with the basin's **rim**.
- tip** *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services  
*synonym*: edge, advice, gratuity  
(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .  
I will introduce some **tips** on learning English in this class.
- backward** *adv.* at, to, or toward the direction or place that is behind or rear  
*synonym*: back, rearward, in reverse  
(1) walk **backward**, (2) **backward** angle  
She falls over **backward** when she sees her mother-in-law.
- stretch** *v.* to make or be capable of making anything longer or broader without hurting or breaking  
*synonym*: lengthen, prolong, extend  
(1) **stretch** along the coast, (2) **stretch** a story  
Some herds have been observed to **stretch** hundreds of kilometers.
- highway** *n.* a main road, especially one connecting major towns or cities  
*synonym*: road, expressway, freeway  
(1) **highway** system, (2) an interstate **highway**  
I'm going to take the **highway** to get to my destination faster.
- exhausted** *adj.* extremely tired  
*synonym*: drowsy, depleted, fatigued  
(1) the **exhausted** food sources, (2) **exhausted** parents  
The **exhausted** runner fell to the ground and gasped.

- roar** v. to make a loud, deep sound, like a lion or a car engine  
*synonym*: bellow, yell, shout  
(1) **roar** with laughter, (2) **roar** for more  
The lion **roared** loudly, signaling its dominance over the other animals.
- overcome** v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone  
*synonym*: beat, confound, overwhelm  
(1) **overcome** opponents, (2) **overcome** all difficulties  
He tried to **overcome** a bad reputation and win the election.
- emotion** n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others  
*synonym*: feeling, sentiment, passion  
(1) control my **emotion**, (2) afraid to show **emotion**  
Some **emotions** are common across cultures and backgrounds.
- orphan** n. a child whose parents are dead or have abandoned them  
*synonym*: waif, stray, fatherless child  
(1) **orphan** care, (2) asylum for **orphan** children  
The little girl was a war **orphan** and lived in a group home.
- achieve** v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do  
*synonym*: accomplish, attain, reach  
(1) **achieve** success, (2) **achieve** milestones  
I will work hard to **achieve** my goals and realize my dreams.
- commitment** n. a promise or firm decision to do something or to behave in a certain way  
*synonym*: burden, obligation, promise  
(1) a **commitment** to an alliance, (2) meet his

## commitments

His business **commitments** took him to the United States.

## conquer

v. to bring under control by force or authority

*synonym*: defeat, overpower, subdue

(1) **conquer** fatal disease, (2) **conquer** the world

You must **conquer** your anxiety about driving.

## disable

v. to cause someone or something to become unable to function properly or as intended; to incapacitate or immobilize

*synonym*: cripple, impair, incapacitate

(1) **disable** a setting, (2) **disable** a device

I had to **disable** the pop-up blocker in my browser to access the website.

## disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

*synonym*: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

## afflict

v. to cause pain, suffering, or distress to someone or something

*synonym*: trouble, distress, bother

(1) **afflict** with the plague, (2) **afflict** the economy

The disease can **afflict** both humans and animals.

## vaccine

n. a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

*synonym*: vaccinum

(1) development of **vaccines**, (2) an oral **vaccine**

The mRNA **vaccine** was approved in less than a year



because it did not contain the fragments of the target virus.

## eliminate

*v.* to remove or get rid of someone or something

*synonym*: wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

## contrast

*v.* to put in opposition to show or emphasize differences

*synonym*: differ, vary, counterpoint

(1) **contrast** with a decade ago, (2) **contrast** two things

It's intriguing to compare and **contrast** the two authors.

## endemic

*adj.* (of a disease or other problem) regularly found among particular people or in a certain area

*synonym*: prevalent, widespread, native

(1) **endemic** disease, (2) cholera- **endemic** area

Malaria is **endemic** in many tropical countries.

## immunization

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

*synonym*: vaccination, shot, inoculation

(1) **immunization** program, (2) childhood **immunization**

Due to the success of **immunization** programs, certain diseases, such as smallpox, have been eradicated.

## estimate

*v.* to guess or calculate the cost, size, value, etc. of something

*synonym*: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

## incredible

*adj.* unbelievable; enormous

*synonym*: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

## progression

*n.* the act or process of changing to the next stage or phase or moving forward

*synonym*: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

## eradicate

*v.* to get rid of or destroy something completely, especially something bad

*synonym*: destroy, eliminate, exterminate

(1) **eradicate** the deficit, (2) **eradicate** racial discrimination

We are trying to **eradicate** this disease from the world.

## threat

*n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

*synonym*: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

## poorest

*adj.* having the least wealth or resources

*synonym*: impecunious, penniless, least

(1) **poorest** of the poor, (2) **poorest** area

The **poorest** countries in the world often have the highest rates of malnutrition.

## emerge

*v.* to move out of or away from something and become visible

*synonym*: arise, occur, appear

(1) **emerge** as a butterfly, (2) **emerge** from poverty

During colonial eras, new migratory patterns **emerged**.

## scoot

v. to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device

*synonym*: glide, slide, scurry

(1) **scoot** out of my room, (2) **scoot** over

I have to **scoot** over to the next desk because there's not enough room for me to sit comfortably.

## crippling

*adj.* causing someone to become unable to walk or move; causing severe damage or harm

*synonym*: harmful, damaging, catastrophic

(1) **crippling** debt, (2) a **crippling** strike

He is still struggling with a **crippling** disease.

## Session 2: Spelling

1. em\_\_\_\_\_ss political enemy      *v.* to cause someone to feel awkward, worried, or ashamed
2. co\_\_\_\_\_t only in knowing facts      *v.* to be composed or made up of
3. sc\_\_\_\_d all the time      *adj.* afraid or frightened
4. en\_\_\_\_\_ge antisocial behavior      *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
5. as\_\_\_\_\_t pavement      *n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen
6. l\_\_t sagging skin      *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
7. ind\_\_\_\_\_al freedom      *n.* a single person or thing, as distinct from a group
8. des\_\_\_\_\_ly ill patient      *adv.* in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency
9. em\_\_\_\_\_ss my project      *v.* to cause someone to feel awkward, worried, or ashamed

ANSWERS: 1. embarrass, 2. consist, 3. scared, 4. encourage, 5. asphalt, 6. lift, 7. individual, 8. desperately, 9. embarrass

10. a de\_\_\_\_te scene *adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness
11. s\_\_n fish *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
12. sc\_\_t out of my room *v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
13. walk ba\_\_\_\_rd *adv.* at, to, or toward the direction or place that is behind or rear
14. lucrative si\_\_\_\_ne *n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure
15. di\_\_\_\_e a setting *v.* to cause someone or something to become unable to function properly or as intended; to incapacitate or immobilize
16. the professor of su\_\_\_\_y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
17. sc\_\_\_\_d dog *adj.* afraid or frightened

ANSWERS: 10. desolate, 11. stun, 12. scoot, 13. backward, 14. sideline, 15. disable, 16. surgery, 17. scared

18. afraid to show em\_\_\_\_n                    *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
19. po\_\_o epidemic                            *n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
20. in st\_\_\_t secrecy                         *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
21. chicken f\_\_l                                *n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys
22. gr\_\_\_\_\_ng tale                         *adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions
23. market se\_\_\_\_\_t                        *n.* a part or section of something; a distinct group within a larger whole
24. si\_\_\_\_\_ne reporter                     *n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure
25. re\_\_\_\_\_e a dispute                    *v.* to find a suitable answer to the problems or difficulty
26. beat com\_\_\_\_\_or offer                *n.* a person who participates in a sporting contest; a person or organization that competes with others, particularly in business

ANSWERS: 18. emotion, 19. polio, 20. strict, 21. fowl, 22. gripping, 23. segment, 24. sideline, 25. resolve, 26. competitor

27. imm\_\_\_\_\_ion program *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
28. co\_\_\_\_\_t mainly of cells *v.* to be composed or made up of
29. di\_\_\_\_\_e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
30. r\_\_l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
31. co\_\_\_\_\_r the world *v.* to bring under control by force or authority
32. give the waiter a t\_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
33. br\_\_e my energies *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
34. po\_\_\_\_\_t area *adj.* having the least wealth or resources
35. seek vo\_\_\_\_\_ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
36. sh\_\_\_\_\_ne erosion *n.* a line that separates land and sea

ANSWERS: 27. immunization, 28. consist, 29. disease, 30. roll, 31. conquer, 32. tip, 33. brace, 34. poorest, 35. volunteer, 36. shoreline

37. cholera-en\_\_\_\_c area *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
38. d\_\_p hazardous waste *v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
39. ex\_\_\_\_c species *adj.* originating from or characteristic of a foreign country or culture; strikingly unusual, uncommon, or intriguing
40. en\_\_\_\_\_ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
41. el\_\_\_\_\_te sexual barriers *v.* to remove or get rid of someone or something
42. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
43. temporary me\_\_\_\_\_l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
44. dull si\_\_t *n.* the ability to see; anything that is seen
45. inc\_\_\_\_\_le amount *adj.* unbelievable; enormous
46. tr\_\_\_\_\_on training *n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race

ANSWERS: 37. endemic, 38. dump, 39. exotic, 40. encourage, 41. eliminate, 42. individual, 43. medical, 44. sight, 45. incredible, 46. triathlon



47. incredible th\_\_\_l *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
48. par\_\_\_\_\_te in the program *v.* to take part in something
49. fo\_\_\_\_\_te situation *adj.* having good luck or lucky
50. em\_\_\_\_\_e happiness *v.* to emit, send out something; to express a quality or feeling
51. cu\_\_\_f frequency *n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something
52. un\_\_\_\_\_o surgery *v.* to go through something unpleasant or that involves a change
53. d\_\_p the gravel on the road *v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
54. pre\_\_\_\_\_us award *adj.* having a high reputation or status; respected or honored; widely recognized as being of high quality or importance
55. asylum for or\_\_\_n children *n.* a child whose parents are dead or have abandoned them
56. tie c\_\_p *n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip
57. the cy\_\_e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 47. thrill, 48. participate, 49. fortunate, 50. emanate, 51. cutoff, 52. undergo, 53. dump, 54. prestigious, 55. orphan, 56. clip, 57. cycle

58. ca\_\_\_n salute *n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
59. di\_\_\_\_\_e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
60. an a\_\_n of creativity *n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
61. a com\_\_\_\_\_nt to an alliance *n.* a promise or firm decision to do something or to behave in a certain way
62. cr\_\_\_h support *n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility
63. a st\_\_\_\_\_ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
64. pa\_\_\_\_\_is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
65. p\_\_r fishing *n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area
66. the th\_\_\_l of speed *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

ANSWERS: 58. cannon, 59. disease, 60. agon, 61. commitment, 62. crutch, 63. straight, 64. paralysis, 65. pier, 66. thrill

67. 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
68. serial qu\_\_\_\_r      *n.* a person who gives up easily or does not have the determination to finish what they have started
69. se\_\_\_\_t analysis      *n.* a part or section of something; a distinct group within a larger whole
70. di\_\_\_\_e a device      *v.* to cause someone or something to become unable to function properly or as intended; to incapacitate or immobilize
71. have a whole m\_\_s      *n.* a state of confusion, dirtiness, or untidiness; (*v.*) to fail to do something or to make something dirty or untidy
72. co\_\_\_\_al swimming pool      *adj.* belonging to or used by a group rather than individuals; for common use
73. cr\_\_h coffee beans      *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
74. ins\_\_\_\_\_ble disadvantage      *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
75. watch a ma\_\_\_\_on      *n.* a long-distance race of 42.195 kilometers
76. co\_\_\_\_ct law      *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

ANSWERS: 67. develop, 68. quitter, 69. segment, 70. disable, 71. mess, 72. communal, 73. crush, 74. insurmountable, 75. marathon, 76. contract

77. an op\_\_\_\_\_ne remark      *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
78. de\_\_\_e a question      *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
79. af\_\_\_\_t the economy      *v.* to cause pain, suffering, or distress to someone or something
80. professional at\_\_\_\_\_cs      *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
81. ad\_\_t a child      *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
82. at\_\_\_\_de toward mistakes      *n.* the way you think and feel about someone or something
83. ha\_\_\_\_y through my journey      *adj.* in or at a point midway or an equal distance between two points
84. the grand ch\_\_\_\_on      *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief
85. a me\_\_\_\_l opinion      *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
86. play with my si\_\_\_\_gs      *n.* a brother or sister; member of a family born to the same parents
87. a c\_\_p of wood      *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

ANSWERS: 77. opportune, 78. decide, 79. afflict, 80. athletics, 81. adopt, 82. attitude, 83. halfway, 84. champion, 85. medical, 86. sibling, 87. chip

88. pa\_\_\_\_\_ze a person *v.* to cause a person or part of the body to become unable to move or feel
89. de\_\_\_\_\_on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
90. coral-reef sh\_\_\_\_\_ne *n.* a line that separates land and sea
91. co\_\_\_\_\_st two things *v.* to put in opposition to show or emphasize differences
92. the ex\_\_\_\_\_ed food sources *adj.* extremely tired
93. development of va\_\_\_\_\_es *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
94. in\_\_\_\_\_al organs *adj.* of or relating to the inside of something
95. a good grounding in mat\_\_\_\_\_cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
96. r\_\_r for more *v.* to make a loud, deep sound, like a lion or a car engine
97. ex\_\_\_e the crowd *v.* to make someone feel suddenly enthusiastic or eager
98. en\_\_\_\_\_c disease *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
99. a hu\_\_\_e cottage *adj.* having or showing a modest or low estimate of one's quality or importance

ANSWERS: 88. paralyze, 89. decision, 90. shoreline, 91. contrast, 92. exhausted, 93. vaccine, 94. internal, 95. mathematics, 96. roar, 97. excite, 98. endemic, 99. humble

100. de\_\_\_e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
101. di\_\_\_\_\_er recovery *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
102. an unexpected si\_\_t *n.* the ability to see; anything that is seen
103. ba\_\_\_\_\_cker's hostel *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
104. bachelor's de\_\_\_e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
105. driving di\_\_\_\_\_ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
106. sc\_\_t over *v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
107. or\_\_\_\_\_n care *n.* a child whose parents are dead or have abandoned them
108. co\_\_\_\_\_t my wallet *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

ANSWERS: 100. degree, 101. disaster, 102. sight, 103. backpack, 104. degree, 105. distance, 106. scoot, 107. orphan, 108. consult

109. regularly co\_\_\_\_\_t with a doctor      *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
110. pa\_\_\_\_\_ze a city      *v.* to cause a person or part of the body to become unable to move or feel
111. un\_\_\_\_\_o a decrease      *v.* to go through something unpleasant or that involves a change
112. add a fe\_\_\_\_\_ne touch      *adj.* relating to women; having the features or appearance often associated with women
113. sp\_\_\_\_\_or seat      *n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
114. in\_\_\_\_\_n civilians      *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
115. lou\_\_\_\_\_er system      *n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas
116. af\_\_\_\_\_t with the plague      *v.* to cause pain, suffering, or distress to someone or something
117. l\_\_a flow      *n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material

ANSWERS: 109. consult, 110. paralyze, 111. undergo, 112. feminine, 113. spectator, 114. intern, 115. loudspeaker, 116. afflict, 117. lava

118. ex\_\_\_c vacation *adj.* originating from or characteristic of a foreign country or culture; strikingly unusual, uncommon, or intriguing
119. high school at\_\_\_\_\_es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
120. re\_\_\_\_\_e the computer error *v.* to find a suitable answer to the problems or difficulty
121. cr\_\_\_\_\_ng debt *adj.* causing someone to become unable to walk or move; causing severe damage or harm
122. tr\_\_\_\_\_on race *n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
123. pro\_\_\_\_\_on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
124. or\_\_\_\_\_ge director *n.* an institution for the care of orphans (= a child whose parents are dead)
125. domestic com\_\_\_\_\_or *n.* a person who participates in a sporting contest; a person or organization that competes with others, particularly in business
126. at your own p\_\_e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
127. par\_\_\_\_\_te fully in conversation *v.* to take part in something
128. go to the workplace by cy\_\_e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 118. exotic, 119. athlete, 120. resolve, 121. crippling, 122. triathlon, 123. progression, 124. orphanage, 125. competitor, 126. pace, 127. participate, 128. cycle



129. si\_\_\_\_e portion *adj.* large in size or amount
130. deh\_\_\_\_ed skin *adj.* to remove the water or moisture from something by a natural or artificial process
131. become a professional at\_\_\_\_e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
132. r\_m of the ear *n.* the edge of something in the shape of a more or less circular object
133. as\_\_\_\_e an important role *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
134. molten l\_\_a *n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material
135. 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
136. op\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
137. economic th\_\_\_\_t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

ANSWERS: 129. sizable, 130. dehydrated, 131. athlete, 132. rim, 133. assume, 134. lava, 135. struggle, 136. opportune, 137. threat

138. an oral va\_\_\_\_\_e      *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
139. a dis\_\_\_\_\_ty pension      *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
140. a cu\_\_\_f point      *n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something
141. er\_\_\_\_\_te racial discrimination      *v.* to get rid of or destroy something completely, especially something bad
142. gr\_\_\_\_\_ng process      *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
143. ov\_\_\_\_\_me opponents      *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
144. gr\_\_\_\_\_ng documentary      *adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions
145. have a si\_\_\_\_\_g quarrel      *n.* a brother or sister; member of a family born to the same parents
146. at\_\_\_\_\_de control      *n.* the way you think and feel about someone or something

ANSWERS: 138. vaccine, 139. disability, 140. cutoff, 141. eradicate, 142. grueling, 143. overcome, 144. gripping, 145. sibling, 146. attitude

147. a reckless at\_\_\_\_\_t      *n.* an act or effort of trying to do something, especially something difficult
148. short video c\_\_p      *n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip
149. pre\_\_\_\_\_us event      *adj.* having a high reputation or status; respected or honored; widely recognized as being of high quality or importance
150. cha\_\_\_\_\_hip flag      *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
151. ac\_\_\_\_\_e milestones      *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
152. st\_\_\_\_\_ht for two months      *adj.* extending or moving in one direction without bending or curving; having no deviations
153. des\_\_\_\_\_ly anxious      *adv.* in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency
154. a world cha\_\_\_\_\_hip      *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
155. the Pa\_\_\_\_\_c Ocean      *adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions

ANSWERS: 147. attempt, 148. clip, 149. prestigious, 150. championship, 151. achieve, 152. straight, 153. desperately, 154. championship, 155. pacific

156. int\_\_\_\_\_ion education      *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
157. st\_\_\_t compliance regime      *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
158. de\_\_\_e on a course of action      *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
159. emotional cr\_\_\_h      *n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility
160. f\_\_\_l farm      *n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys
161. run a ma\_\_\_\_\_on      *n.* a long-distance race of 42.195 kilometers
162. high school at\_\_\_\_\_cs      *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
163. pr\_\_\_t a feeling of hunger      *v.* to make someone decide to or try to do something, or to make something happen

ANSWERS: 156. introduction, 157. strict, 158. decide, 159. crutch, 160. fowl, 161. marathon, 162. athletics, 163. prompt

164. de\_\_\_\_te moon *adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness
165. as\_\_\_\_t driveway *n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen
166. an interstate hi\_\_\_\_y *n.* a main road, especially one connecting major towns or cities
167. er\_\_\_\_te the deficit *v.* to get rid of or destroy something completely, especially something bad
168. 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
169. put his life in je\_\_\_\_dy *n.* the state of being in danger or at risk of harm or loss
170. whe\_\_\_\_ir accessibility *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
171. employment co\_\_\_\_ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
172. ut\_\_r nonsense *adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

ANSWERS: 164. desolate, 165. asphalt, 166. highway, 167. eradicate, 168. develop, 169. jeopardy, 170. wheelchair, 171. contract, 172. utter

173. 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
174. es\_\_\_\_te a fair value                    *v.* to guess or calculate the cost, size, value, etc. of something
175. less fo\_\_\_\_te person                    *adj.* having good luck or lucky
176. social di\_\_\_\_ce                    *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
177. environmental th\_\_\_\_t                    *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
178. st\_\_\_\_h a story                    *v.* to make or be capable of making anything longer or broader without hurting or breaking
179. pa\_\_\_\_c-natured disposition                    *adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions
180. r\_\_r with laughter                    *v.* to make a loud, deep sound, like a lion or a car engine
181. grasp the en\_\_\_\_ty                    *n.* the quality of being extremely evil or wicked; the vastness of size or extent

ANSWERS: 173. struggle, 174. estimate, 175. fortunate, 176. distance, 177. threat, 178. stretch, 179. pacific, 180. roar, 181. enormity

182. br\_\_e for impact *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
183. pulse la\_\_r *n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
184. easy qu\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
185. get inc\_\_\_\_\_ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
186. a landing p\_\_r *n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area
187. ha\_\_\_\_\_le marathon *n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities
188. ut\_\_r a big sigh *adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice
189. pr\_\_\_t a debate *v.* to make someone decide to or try to do something, or to make something happen

ANSWERS: 182. brace, 183. laser, 184. quitter, 185. incredibly, 186. pier, 187. handcycle, 188. utter, 189. prompt

190. hi\_\_\_\_y system *n.* a main road, especially one connecting major towns or cities
191. cr\_\_k handle *n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
192. ha\_\_\_\_\_le race *n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities
193. po\_\_o eradication *n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
194. o\_\_s of business *n.* the degree or probability that a particular thing will or will not happen
195. ch\_\_r for the home team *v.* to give a loud shout to show support, praise, or approval
196. meet his com\_\_\_\_\_nts *n.* a promise or firm decision to do something or to behave in a certain way
197. ov\_\_\_\_\_me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
198. crater r\_m *n.* the edge of something in the shape of a more or less circular object
199. as\_\_\_e a lousy attitude to his boss *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: 190. highway, 191. crank, 192. handcycle, 193. polio, 194. odds, 195. cheer, 196. commitment, 197. overcome, 198. rim, 199. assume



200. co\_\_\_\_\_e against a friend *v.* to strive to achieve more success than someone or something
201. pro\_\_\_\_\_on of disease *n.* the act or process of changing to the next stage or phase or moving forward
202. the in\_\_\_\_\_al economy *adj.* of or relating to the inside of something
203. a feeling of a\_e *n.* a feeling of respect and wonder inspired by someone or something greatly admired
204. si\_\_\_\_\_e audience *adj.* large in size or amount
205. electric-powered whe\_\_\_\_\_ir *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
206. suffer st\_\_\_\_\_e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
207. ch\_\_r me up *v.* to give a loud shout to show support, praise, or approval
208. I don't care a c\_\_p *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
209. dis\_\_\_\_\_ue party *n.* a nightclub or restaurant where recorded music is played, and people dance
210. global di\_\_\_\_\_er *n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life
211. woolly pa\_\_s *n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

ANSWERS: 200. compete, 201. progression, 202. internal, 203. awe, 204. sizable, 205. wheelchair, 206. stroke, 207. cheer, 208. chip, 209. discotheque, 210. disaster, 211. pants

212. es\_\_\_\_te this chicken to weigh three pounds      *v.* to guess or calculate the cost, size, value, etc. of something
213. el\_\_\_\_\_te contestants      *v.* to remove or get rid of someone or something
214. a ch\_\_\_\_\_on of peace      *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief
215. hu\_\_\_\_e opinion      *adj.* having or showing a modest or low estimate of one's quality or importance
216. co\_\_\_\_\_al combination of funds      *adj.* belonging to or used by a group rather than individuals; for common use
217. self-int\_\_\_\_\_ion      *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
218. st\_\_\_\_\_h along the coast      *v.* to make or be capable of making anything longer or broader without hurting or breaking
219. deh\_\_\_\_\_ed skimmed milk      *adj.* to remove the water or moisture from something by a natural or artificial process
220. gr\_\_\_\_\_te degree program      *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
221. at inc\_\_\_\_\_le speed      *adj.* unbelievable; enormous

ANSWERS: 212. estimate, 213. eliminate, 214. champion, 215. humble, 216. communal, 217. introduction, 218. stretch, 219. dehydrated, 220. graduate, 221. incredible

222. a st\_\_\_e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
223. moral pa\_\_\_\_\_is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
224. get into a m\_\_s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
225. the at\_\_\_\_\_t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
226. mat\_\_\_\_\_cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
227. ex\_\_\_e rebellion *v.* to make someone feel suddenly enthusiastic or eager
228. co\_\_\_\_\_r fatal disease *v.* to bring under control by force or authority
229. the sacred fe\_\_\_\_\_ne *adj.* relating to women; having the features or appearance often associated with women
230. emotional a\_\_n *n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
231. a learning dis\_\_\_\_\_ty *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do

ANSWERS: 222. stroke, 223. paralysis, 224. mess, 225. attempt, 226. mathematics, 227. excite, 228. conquer, 229. feminine, 230. agon, 231. disability

232. em\_\_\_\_e light                    *v.* to emit, send out something; to express a quality or feeling
233. s\_\_n an audience                *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
234. em\_\_\_\_e as a butterfly        *v.* to move out of or away from something and become visible
235. cr\_\_k caller                      *n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
236. ca\_\_\_\_n ball                      *n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
237. dis\_\_\_\_\_ue scene            *n.* a nightclub or restaurant where recorded music is played, and people dance
238. control my em\_\_\_\_n              *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
239. the t\_p of a paintbrush        *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
240. with an unc\_\_\_\_\_ble face    *adj.* providing or feeling physical discomfort or slight pain
241. a cr\_\_\_\_\_ng strike            *adj.* causing someone to become unable to walk or move; causing severe damage or harm

ANSWERS: 232. emanate, 233. stun, 234. emerge, 235. crank, 236. cannon, 237. discotheque, 238. emotion, 239. tip, 240. uncomfortable, 241. crippling

242. ad\_\_t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
243. co\_\_\_\_\_st with a decade ago *v.* to put in opposition to show or emphasize differences
244. co\_\_\_\_\_e fiercely *v.* to strive to achieve more success than someone or something
245. inc\_\_\_\_\_ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
246. r\_\_l a ball *v.* to move in a particular direction by turning over and over or from side to side
247. the runner's p\_\_e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
248. pajama pa\_\_s *n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
249. 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
250. childhood imm\_\_\_\_\_ion *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
251. in a\_e of the situation *n.* a feeling of respect and wonder inspired by someone or something greatly admired

ANSWERS: 242. adopt, 243. contrast, 244. compete, 245. incredibly, 246. roll, 247. pace, 248. pants, 249. decision, 250. immunization, 251. awe

252. I\_\_t a ban on alcohol      *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
253. a gr\_\_\_\_ng campaign      *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
254. sc\_\_\_c overlook      *adj.* relating to or providing views of natural beauty, such as mountains, forests, or oceans; having pleasing or picturesque natural features
255. ex\_\_\_\_\_ed parents      *adj.* extremely tired
256. sc\_\_\_c beauty      *adj.* relating to or providing views of natural beauty, such as mountains, forests, or oceans; having pleasing or picturesque natural features
257. ac\_\_\_\_\_e success      *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
258. honor gr\_\_\_\_te      *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
259. build an or\_\_\_\_\_ge      *n.* an institution for the care of orphans (= a child whose parents are dead)
260. cr\_\_h a revolt      *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

ANSWERS: 252. lift, 253. grueling, 254. scenic, 255. exhausted, 256. scenic, 257. achieve, 258. graduate, 259. orphanage, 260. crush

261. o\_\_s in favor *n.* the degree or probability that a particular thing will or will not happen
262. my vo\_\_\_\_\_er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
263. tax in je\_\_\_\_\_dy *n.* the state of being in danger or at risk of harm or loss
264. ba\_\_\_\_\_rd angle *adv.* at, to, or toward the direction or place that is behind or rear
265. the en\_\_\_\_\_ty of the task *n.* the quality of being extremely evil or wicked; the vastness of size or extent
266. ba\_\_\_\_\_cking trip *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
267. an unc\_\_\_\_\_ble silence *adj.* providing or feeling physical discomfort or slight pain
268. wireless lou\_\_\_\_\_er *n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas
269. cardiac su\_\_\_\_\_y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
270. ha\_\_\_\_\_y decent job *adj.* in or at a point midway or an equal distance between two points

ANSWERS: 261. odds, 262. volunteer, 263. jeopardy, 264. backward, 265. enormity, 266. backpack, 267. uncomfortable, 268. loudspeaker, 269. surgery, 270. halfway

271. mass sp\_\_\_\_\_or sport *n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
272. po\_\_\_\_\_t of the poor *adj.* having the least wealth or resources
273. la\_\_r printer *n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification
274. ins\_\_\_\_\_ble odds *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
275. medical in\_\_\_\_n *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
276. em\_\_\_\_e from poverty *v.* to move out of or away from something and become visible

ANSWERS: 271. spectator, 272. poorest, 273. laser, 274. insurmountable, 275. intern, 276. emerge



## Session 3: Fill in the Blanks

1. His abusive words made me \_\_\_\_\_.  
*adj.* providing or feeling physical discomfort or slight pain
2. The mRNA \_\_\_\_\_ was approved in less than a year because it did not contain the fragments of the target virus.  
*n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
3. The \_\_\_\_\_ of the financial fraud was uncovered after years of investigation.  
*n.* the quality of being extremely evil or wicked; the vastness of size or extent
4. He is still struggling with a \_\_\_\_\_ disease.  
*adj.* causing someone to become unable to walk or move; causing severe damage or harm
5. I always wear \_\_\_\_\_ when I go outside, even in the summer.  
*n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
6. Massive demonstrations lead to total \_\_\_\_\_ of transportation.  
*n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
7. We can use this campaign as a bargaining \_\_\_\_\_ in the negotiations.  
*n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

ANSWERS: 1. uncomfortable, 2. vaccine, 3. enormity, 4. crippling, 5. pants, 6. paralysis, 7. chip

8. The third \_\_\_\_\_ was far more successful.

*n.* an act or effort of trying to do something, especially something difficult

9. The \_\_\_\_\_ chaos of the concert crowd made it seem like a wild animal was in the room.

*adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

10. Flooding occurs along the city's \_\_\_\_\_ due to the storm surge.

*n.* a line that separates land and sea

11. The project is in \_\_\_\_\_ of being canceled due to a lack of funding.

*n.* the state of being in danger or at risk of harm or loss

12. The navy \_\_\_\_\_ ships of defeated nations.

*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

13. The company \_\_\_\_\_ him after several years of service.

*v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly

14. The train has to \_\_\_\_\_ rigorous safety checks.

*v.* to go through something unpleasant or that involves a change

15. The car was completely \_\_\_\_\_ in the accident.

*v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

ANSWERS: 8. attempt, 9. utter, 10. shoreline, 11. jeopardy, 12. interned, 13. dumped, 14. undergo, 15. crushed

16. The baby clung \_\_\_\_\_ to her mother.

*adv.* in a way that shows a lack of hope and a willingness to do anything because of the problematic situation; with great urgency

17. Many famous \_\_\_\_\_ are within walking distance.

*n.* the ability to see; anything that is seen

18. He tried to \_\_\_\_\_ a bad reputation and win the election.

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

19. The little girl was a war \_\_\_\_\_ and lived in a group home.

*n.* a child whose parents are dead or have abandoned them

20. The academy is known for its \_\_\_\_\_ faculty and rigorous curriculum.

*adj.* having a high reputation or status; respected or honored; widely recognized as being of high quality or importance

21. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

22. He has a flair for \_\_\_\_\_.

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

23. The \_\_\_\_\_ response team worked around the clock to aid those affected by the earthquake.

*n.* an unexpected event or series of events that cause widespread damage, destruction, or loss of life

ANSWERS: 16. desperately, 17. sights, 18. overcome, 19. orphan, 20. prestigious, 21. disease, 22. mathematics, 23. disaster

24. His dream is to become an Olympic \_\_\_\_\_.

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

25. The gap between the company and its \_\_\_\_\_ has widened.

- n.* a person who participates in a sporting contest; a person or organization that competes with others, particularly in business

26. Always \_\_\_\_\_ a lawyer before launching a business.

- v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

27. I had to \_\_\_\_\_ the pop-up blocker in my browser to access the website.

- v.* to cause someone or something to become unable to function properly or as intended; to incapacitate or immobilize

28. His business \_\_\_\_\_ took him to the United States.

- n.* a promise or firm decision to do something or to behave in a certain way

29. I need to drink more water because I'm feeling \_\_\_\_\_.

- adj.* to remove the water or moisture from something by a natural or artificial process

30. The deserted island was \_\_\_\_\_ and uninhabited.

- adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness

31. They \_\_\_\_\_ customers with a premium for loyal patronage.

- v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 24. athlete, 25. competitors, 26. consult, 27. disable, 28. commitments, 29. dehydrated, 30. desolate, 31. encouraged

32. This year's extreme heat has resulted in many heat \_\_\_\_\_ cases.
- n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
33. He had undergone heart \_\_\_\_\_ years before.
- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
34. The road crew was laying fresh \_\_\_\_\_ on the highway.
- n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen
35. The heavy \_\_\_\_\_ fired a loud shot that echoed across the battlefield.
- n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
36. Supporters in the stands \_\_\_\_\_ at every goal.
- v.* to give a loud shout to show support, praise, or approval
37. Skydiving is an overwhelming \_\_\_\_\_ for many people.
- n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
38. He has a \_\_\_\_\_ fortune and is one of the wealthiest people in the city.
- adj.* large in size or amount
39. This sprinter \_\_\_\_\_ the world with his speed.
- v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

ANSWERS: 32. stroke, 33. surgery, 34. asphalt, 35. cannon, 36. cheered, 37. thrill, 38. sizable, 39. stunned

40. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.  
*n.* a single person or thing, as distinct from a group
41. The report divided the data into \_\_\_\_\_ based on age, gender, and income level.  
*n.* a part or section of something; a distinct group within a larger whole
42. The volcano's eruption caused a \_\_\_\_\_ river to flow down the mountainside.  
*n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material
43. The news of her promotion \_\_\_\_\_ her.  
*v.* to make someone feel suddenly enthusiastic or eager
44. The fragrance of flowers \_\_\_\_\_ from the garden.  
*v.* to emit, send out something; to express a quality or feeling
45. The venom from the snake bite \_\_\_\_\_ his arm.  
*v.* to cause a person or part of the body to become unable to move or feel
46. The company has made great strides in its \_\_\_\_\_ toward sustainability.  
*n.* the act or process of changing to the next stage or phase or moving forward
47. He couldn't wait to hit the \_\_\_\_\_ and dance the night away.  
*n.* a nightclub or restaurant where recorded music is played, and people dance
48. She wore a \_\_\_\_\_ on her leg to support her injured ankle.  
*n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

ANSWERS: 40. individual, 41. segments, 42. lava, 43. excited, 44. emanated, 45. paralyzed, 46. progression, 47. discotheque, 48. brace

49. He walked with the aid of a \_\_\_\_\_ after breaking his leg in a skiing accident.
- n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility
50. She excelled in \_\_\_\_\_ during high school and went on to compete at the collegiate level.
- n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
51. The \_\_\_\_\_ course included challenging hills on the cycling segment.
- n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
52. You must \_\_\_\_\_ your anxiety about driving.
- v.* to bring under control by force or authority
53. The \_\_\_\_\_ mountains dominate the landscape.
- n.* a feeling of respect and wonder inspired by someone or something greatly admired
54. I'm going to take the \_\_\_\_\_ to get to my destination faster.
- n.* a main road, especially one connecting major towns or cities
55. I have to \_\_\_\_\_ over to the next desk because there's not enough room for me to sit comfortably.
- v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device

ANSWERS: 49. crutch, 50. athletics, 51. triathlon, 52. conquer, 53. awe-inspiring, 54. highway, 55. scoot

56. The marathon was a \_\_\_\_\_ test of endurance.

*adj.* extremely tiring or demanding great effort, especially with long duration or intensity

57. He was sick for five \_\_\_\_\_ days.

*adj.* extending or moving in one direction without bending or curving; having no deviations

58. The nobler, the more \_\_\_\_\_.

*adj.* having or showing a modest or low estimate of one's quality or importance

59. The \_\_\_\_\_ of severe weather prompted the city to issue an evacuation warning.

*n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

60. The water level was even with the basin's \_\_\_\_\_.

*n.* the edge of something in the shape of a more or less circular object

61. He was labeled as a \_\_\_\_\_ after he abandoned the project halfway.

*n.* a person who gives up easily or does not have the determination to finish what they have started

62. The teacher spoke through the \_\_\_\_\_ so that every student could hear the announcement.

*n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas

63. 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

ANSWERS: 56. grueling, 57. straight, 58. humble, 59. threat, 60. rim, 61. quitter, 62. loudspeaker, 63. medical



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

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

65. We are trying to \_\_\_\_\_ this disease from the world.

- v.* to get rid of or destroy something completely, especially something bad

66. The prime minister canceled visits to other countries to resolve \_\_\_\_\_ disputes.

- adj.* of or relating to the inside of something

67. He made a frightful \_\_\_\_\_ in his room.

- n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

68. Some \_\_\_\_\_ are common across cultures and backgrounds.

- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

69. He fastens some sheets of paper with a \_\_\_\_\_.

- n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip

70. Listening to music at a high volume may lead to a hearing \_\_\_\_\_.

- n.* a physical or mental condition that makes it difficult for someone to do some things that other people do

71. 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

ANSWERS: 64. tips, 65. eradicate, 66. internal, 67. mess, 68. emotions, 69. clip, 70. disability, 71. develop

72. He looked for an opportunity to \_\_\_\_\_ that actor in public.

*v.* to cause someone to feel awkward, worried, or ashamed

73. The phone rang at the most \_\_\_\_\_ time.

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

74. Due to the success of \_\_\_\_\_ programs, certain diseases, such as smallpox, have been eradicated.

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

75. The \_\_\_\_\_ date for submitting applications was fast approaching.

*n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something

76. We can \_\_\_\_\_ this possibility from those consumptions.

*v.* to remove or get rid of someone or something

77. Some herds have been observed to \_\_\_\_\_ hundreds of kilometers.

*v.* to make or be capable of making anything longer or broader without hurting or breaking

78. 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

79. He was pretty \_\_\_\_\_ to pass the exam.

*adj.* having good luck or lucky

ANSWERS: 72. embarrass, 73. opportune, 74. immunization, 75. cutoff, 76. eliminate, 77. stretch, 78. assumes, 79. fortunate

80. The \_\_\_\_\_ runner fell to the ground and gasped.

*adj.* extremely tired

81. Her response revealed \_\_\_\_\_ idiocy.

*adj.* unbelievable; enormous

82. We had roasted \_\_\_\_\_ for dinner, and it was delicious.

*n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys

83. The drought \_\_\_\_\_ the prices of grain globally.

*v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position

84. This company \_\_\_\_\_ its battery problem completely.

*v.* to find a suitable answer to the problems or difficulty

85. The \_\_\_\_\_ countries in the world often have the highest rates of malnutrition.

*adj.* having the least wealth or resources

86. The fishing reel had a \_\_\_\_\_ that made it easy to reel in the catch.

*n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person

87. The lion \_\_\_\_\_ loudly, signaling its dominance over the other animals.

*v.* to make a loud, deep sound, like a lion or a car engine

88. The disease can \_\_\_\_\_ both humans and animals.

*v.* to cause pain, suffering, or distress to someone or something

ANSWERS: 80. exhausted, 81. incredible, 82. fowl, 83. lifted, 84. resolves, 85. poorest, 86. crank, 87. roared, 88. afflict

89. She falls over \_\_\_\_\_ when she sees her mother-in-law.

*adv.* at, to, or toward the direction or place that is behind or rear

90. The \_\_\_\_\_ to the new class was informative and engaging.

*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

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

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

92. The \_\_\_\_\_ vaccine development is regarded as one of the greatest medical achievements of the 20th century.

*n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

93. She couldn't \_\_\_\_\_ whether to order the pizza or the pasta for dinner.

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

94. Several cities are experiencing \_\_\_\_\_ high unemployment rates.

*adv.* in a way that is very difficult to believe; exceedingly or extremely

95. I packed my \_\_\_\_\_ with all the necessary camping gear for our trip.

*n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

ANSWERS: 89. backward, 90. introduction, 91. prompted, 92. polio, 93. decide, 94. incredibly, 95. backpack

96. The \_\_\_\_\_ movie had me on the edge of my seat the entire time.

*adj.* engaging or compelling; capable of holding one's attention or interest tightly; evocative of strong emotions or reactions

97. I'm \_\_\_\_\_ of insects.

*adj.* afraid or frightened

98. We \_\_\_\_\_ the season's total trade deficit at \$50 billion.

*v.* to guess or calculate the cost, size, value, etc. of something

99. They adopted a \_\_\_\_\_ approach to resolving their differences, emphasizing dialogue and understanding.

*adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions

100. The company signed a \_\_\_\_\_ with the supplier for the delivery of goods.

*n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

101. This library rents out various types of folding \_\_\_\_\_ for visitors.

*n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk

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

*v.* to take part in something

103. This examination \_\_\_\_\_ of five problems to solve.

*v.* to be composed or made up of

ANSWERS: 96. gripping, 97. scared, 98. estimated, 99. pacific, 100. contract, 101. wheelchairs, 102. participated, 103. consists

104. The coach benched the star player after he broke a team rule, leaving him on the \_\_\_\_\_ for the entire game.

*n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure

105. It's intriguing to compare and \_\_\_\_\_ the two authors.

*v.* to put in opposition to show or emphasize differences

106. The economy is growing at a supercharged \_\_\_\_\_.

*n.* the speed at which someone or something moves, or the rate at which something happens or changes

107. Too \_\_\_\_\_ a regulation for the private sector will stifle innovation.

*adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

108. The dress mixes sophisticated lines with an appealing floral design for a classically \_\_\_\_\_ style.

*adj.* relating to women; having the features or appearance often associated with women

109. Many employers hire \_\_\_\_\_ trainees to train as managers.

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

110. The marathon runner covered a long \_\_\_\_\_ in a short amount of time.

*n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

ANSWERS: 104. sideline, 105. contrast, 106. pace, 107. strict, 108. feminine, 109. graduate, 110. distance

111. 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

112. The coach guided proper \_\_\_\_\_ technique to improve riders' speed and stamina.

- n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities

113. The weightlifting competition brought together athletes from different countries for an international \_\_\_\_\_.

- n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

114. What are the \_\_\_\_\_ that he will survive?

- n.* the degree or probability that a particular thing will or will not happen

115. His team won the \_\_\_\_\_ for three years running.

- n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

116. During colonial eras, new migratory patterns \_\_\_\_\_.

- v.* to move out of or away from something and become visible

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

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

118. The Alps offer some of the most \_\_\_\_\_ views in the world, with their snow-capped peaks and lush valleys.

- adj.* relating to or providing views of natural beauty, such as mountains, forests, or oceans; having pleasing or picturesque natural features

ANSWERS: 111. struggle, 112. handcycle, 113. agon, 114. odds, 115. championship, 116. emerged, 117. compete, 118. scenic

119. \_\_\_\_\_ elections were held in several European countries.

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

120. The teachers make full use of \_\_\_\_\_ assistance.

*n.* a person who performs or offers to perform a job or service without being paid for or forced to do

121. She successfully completed her first \_\_\_\_\_ with a personal best time.

*n.* a long-distance race of 42.195 kilometers

122. The \_\_\_\_\_ bicyclist outrode all his competitors.

*n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief

123. She had the \_\_\_\_\_ that work was fun.

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

124. The challenge seemed \_\_\_\_\_ but they overcame it with hard work and determination.

*adj.* impossible to overcome or conquer; too difficult or daunting to overcome

125. 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

126. The company holds patents on core components of \_\_\_\_\_ jet printers.

*n.* a device that emits powerful and narrow light that can be used as a tool to cut metal through a process of optical amplification

ANSWERS: 119. Communal, 120. volunteer, 121. marathon, 122. champion, 123. attitude, 124. insurmountable, 125. decision, 126. laser



127. The national assembly has \_\_\_\_\_ the budget.

- v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

128. The food chain causes a material \_\_\_\_\_.

- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

129. He was exhausted and \_\_\_\_\_ into bed as soon as he got home.

- v.* to move in a particular direction by turning over and over or from side to side

130. Children often copy their parents or elder \_\_\_\_\_.

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

131. He grew up in a Christian \_\_\_\_\_ and never knew his biological parents.

- n.* an institution for the care of orphans (= a child whose parents are dead)

132. She received her \_\_\_\_\_ in psychology from the university.

- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

133. Families gathered on the head of a \_\_\_\_\_ to watch the sunset and catch a glimpse of the dolphins swimming in the bay.

- n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area

134. I love trying \_\_\_\_\_ foods from different cultures.

- adj.* originating from or characteristic of a foreign country or culture; strikingly unusual, uncommon, or intriguing

ANSWERS: 127. adopted, 128. cycle, 129. rolled, 130. siblings, 131. orphanage, 132. degree, 133. pier, 134. exotic

135. Malaria is \_\_\_\_\_ in many tropical countries.

*adj.* (of a disease or other problem) regularly found among particular people or in a certain area

136. I will work hard to \_\_\_\_\_ my goals and realize my dreams.

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

137. The famous restaurant stands \_\_\_\_\_ up the hill.

*adj.* in or at a point midway or an equal distance between two points

138. She enjoyed watching the game as a \_\_\_\_\_.

*n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it

ANSWERS: 135. endemic, 136. achieve, 137. halfway, 138. spectator