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Vocabulary Builder Reference from...

Jason B. Rosenthal: The journey through loss and grief | TED Talk https://www.ted.com/talks/jason_b_rosenthal_the_journey_through_loss_and_grief



All Words

IMPORTANT

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Session 1: Word List

hype

 advertisements and media discussions informing the public about a product and how nice or vital it is

synonym: hoopla, ballyhoo, advertising

(1) media hype, (2) emotional hype

The audience was not duped by the media's **hype** around the event.

morphine

 a powerful narcotic drug used to relieve pain and induce sleep

synonym: narcotic, painkiller, sedative

(1) **morphine** addiction, (2) synthetic **morphine**Long-term use of **morphine** can lead to tolerance, physical dependence, and addiction.

hospice

a specialized care facility or service for terminally ill
patients intended to provide comfort and support in the
final stages of life; any program, organization, or
approach focused on end-of-life care and support

synonym: palliative care, nursing home, care center

(1) hospice care, (2) home hospice

The **hospice** team includes nurses, social workers, chaplains, and volunteers who work together to provide comprehensive care.

modern

adj. of or belonging to the present time or recent timessynonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society Their headquarters are in a **modern** skyscraper.

column

n. one of the vertical blocks that split content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument

synonym: line, pillar, cue

the spinal column, (2) a column of water
 The newspaper devoted several columns to the affair.

unbearable

adj. not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable

synonym: intolerable, insufferable, unendurable

(1) unbearable heat, (2) unbearable pain

The loss of his wife was an **unbearable** sorrow that he found hard to overcome.

brutal

adj. harsh or cruel

synonym: harsh, cruel, barbarous

(1) brutal bully, (2) brutal honesty

The **brutal** attack left the victim with serious injuries.

creative

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

synonym: imaginative, innovative, inventive

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

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

documentary

 a film or a radio or television program that gives facts and information about a subject; of or derived from official documents

synonym: film, broadcast, doco

(1) a **documentary** film, (2) **documentary** proof He won an award for that short **documentary**.

prolific

adj. producing many works, results, or offspring synonym: productive, fertile, abundant

(1) **prolific** apple tree, (2) **prolific** period

The **prolific** author had written over 20 books in just five years.

addition

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

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors In **addition**, private corporations provide healthcare services.

groundbreaking

adj. producing fresh findings; using novel techniques synonym: innovative, revolutionary

(1) **groundbreaking** concept, (2) **groundbreaking** settlement

He has produced groundbreaking research on the subject.

memoir

 a historical account or biography written from the writer's knowledge of famous people, places, or events

synonym: bio, biography

(1) family **memoir**, (2) publish a **memoir** He wrote his **memoirs** while awaiting trial.

posthumous

adj. occurring or appearing after one's death, especially about the publication or release of works, awards, or honors

synonym: postmortem, post-obituary

(1) **posthumous** award, (2) **posthumous** work

The author's **posthumous** novel was finally released after his death.

filmmaker

- n. a person who makes films, typically as a professionsynonym: director, producer, cinematographer
- (1) non-fiction **filmmaker**, (2) a successful **filmmaker**The renowned **filmmaker** won several awards for his latest film.

exemplify

- v. to serve as a typical example of something synonym: illustrate, show, demonstrate
- (1) **exemplify** the importance, (2) **exemplify** the solution The example of a successful startup serves to **exemplify** the potential of the industry.

terrific

adj. causing terror or fear; extremely great or intense; very good or excellent

synonym: fantastic, great, excellent

(1) absolutely **terrific**, (2) at a **terrific** speed The view from the top of the mountain was **terrific**, with sweeping vistas of the valley below.

grief

- n. a very great sadness, especially when somebody diessynonym: anguish, desperation, dismay
- (1) have **grief** and sorrow, (2) a lot of **grief** Each person has a unique **grief** experience.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news She **grieved** the loss of her parents.

process

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

synonym: procedure, method, system

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

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

permit

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

synonym: allow, authorize, concede

(1) permit application, (2) work permit

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

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

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

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

taboo

adj. prohibited or restricted by social custom

synonym: forbidden, prohibited, proscribed

(1) a taboo word, (2) academic taboo

In this society, discussing politics in public is a **taboo** subject.

solid

adj. hard or firm; characterized by good substantial quality

synonym: stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

shrink

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

synonym: decrease, diminish, shy away

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

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

upstairs

adv. on or to an upper or highest floor of a building

synonym: above, upper

(1) live **upstairs**, (2) go **upstairs** to rest

I heard a noise upstairs.

marathon

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.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) environment affairs, (2) chaotic environment

Every human is responsible for taking care of the Earth's **environment**.

beep

v. to make a short, high-pitched sound, typically as a signal or warning

synonym: bleep, honk, buzz

(1) **beep** out a warning, (2) **beep** the horn

The timer **beeped**, reminding me that the cake was ready to come out of the oven.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep I'm so sorry to **disrupt** you when you're pretty busy.

mandatory

adj. required by a rule or law, compulsory *synonym*: compulsory, obligatory, required

(1) a mandatory clause, (2) mandatory training

Attendance at the meeting is **mandatory** for all employees.

administer

v. to oversee and control the operation or arrangement of something

synonym: allocate, distribute, dispense

(1) administer justice, (2) administer the funds

After the accident, three governmental bodies **administer** the company.

liberate

to set free; to release or rescue from captivity or oppression

synonym: emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential The prisoners were **liberated** after the war ended.

absence

 the fact or condition of being away from a place where they are typically anticipated to be

synonym: dearth, scarcity, lack

(1) absence from work, (2) a leave of absence

Another critical factor of child poverty is the father's **absence**.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation** Your **conversation** reflects your thoughts.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence** Skill and **confidence** are an unconquered army.

relation

 the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

decision

 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.

synchronize

- v. to happen or cause to happen at the same time or rate synonym: coordinate, accompany, harmonize
- (1) **synchronize** movements, (2) **synchronize** our watches The ball speed will increase when the lower body movements are perfectly **synchronized**.

audacious

 adj. showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

synonym: bold, daring, fearless

(1) audacious stunt, (2) audacious decision

The young entrepreneur had an **audacious** plan to start his own company.

brave

adj. showing courage or fearlessness in the face of danger, difficulty, or adversity

synonym: courageous, valiant, heroic

(1) brave soldier, (2) brave decision

The **brave** firefighter rescued the family from the burning building.

decline

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

synonym: descend, drop, deny

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

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

sibling

 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**.

immense

adj. extremely large or great

synonym: enormous, giant, huge

(1) **immense** amount, (2) **immense** pressure He left his wife an **immense** fortune.

loyal

adj. giving or remaining firm and constant support to a person, institution, product, etc.;

synonym: dedicated, devoted, faithful

(1) a **loyal** friend, (2) become a **loyal** customer Enemy armies are **loyal** to their monarch.

survive

- v. to live or exist despite a dangerous event or period synonym: endure, persist, stay
- (1) **survive** a blizzard, (2) **survive** a plane crash These birds can only **survive** in temperate climates.

haunt

v. to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

synonym: stalk, spook, obsess

(1) haunt memories, (2) haunt my conscience

The crowd's boos and jeers continued to **haunt** the performer long after the show ended.

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.

assist

to help someone in doing anything

synonym: help, support, aid

(1) assist a patient, (2) assist his goal

Please **assist** her with the furniture relocation.

frail

adj. weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength

synonym: weak, delicate, fragile

(1) frail body, (2) frail condition

My grandfather's health has declined, and he is now quite frail.

ovary

- n. either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
- (1) **ovary** atrophy, (2) salted **ovary** of walleye pollack They found **ovary** cancer in an early stage.

cancer

 abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym: tumor, carcinoma, malignancy

(1) cancer diagnosis, (2) cancer research

Breast **cancer** is the most common type of cancer in women.

lifeless

adj. without life; dead

synonym: inanimate, inert, motionless

(1) fall **lifeless**, (2) a **lifeless** corpse

The plant had a **lifeless** appearance, indicating that it was not getting enough water.

din

n. a loud, confused noise; a loud, persistent racket

synonym: noise, racket, clamor

(1) **din** of traffic, (2) mighty **din**

The **din** of the city was overwhelming.

gurney

a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings

synonym: stretcher, litter, bed

(1) transport **gurney**, (2) **gurney** pushing

The paramedics lifted the injured man onto the gurney and rushed him to the hospital.

cremate

to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual

synonym: burn, incinerate, immolate

(1) **cremate** a body, (2) **cremate** the remains

They plan to **cremate** their loved ones according to their cultural traditions.

acknowledge

to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym: accept, agree, declare

(1) acknowledge the deed, (2) acknowledge his help He never **acknowledged** his fault.

unbelievable

adj. beyond belief or understanding and extremely surprising synonym: unimaginable, incredible, fantastical

(1) **unbelievable** beauty, (2) cause **unbelievable** damage He drinks an **unbelievable** amount of beer.

essay

a short piece of writing on a particular topic, usually written by a student as a port of a course of study

synonym: paper, commentary, report

(1) score the SAT **essays**, (2) thoughtful **essay** The Chief editor checks all **essays** for plagiarism with

software.

scope

 the range of one's perceptions, thoughts, or actions, or a subject that

synonym: content, coverage, extent

(1) **scope** of a project, (2) have broad **scope**

The **scope** of human thought is diverse.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

humor

 the quality of being amusing or funny; the liquid parts of the body

synonym: comedy, funniness, liquid substance

(1) sardonic humor, (2) vitreous humor

My wife seems to be in ill humor.

declare

v. to say, state, or announce something clearly, officially, or publicly

synonym: announce, state, affirm

(1) declare independence, (2) declare my love

Foreign goods from abroad must be **declared** to customs when entering a country.

permanent

adj. lasting for a long time without essential change

synonym: lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

outlive

v. to live longer than another person

synonym: continue, outlast, survive

(1) **outlive** its usefulness, (2) **outlive** our child She **outlived** her husband for many years.

tequila

 a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot

synonym: liquor, spirit

(1) **tequila** cocktail, (2) bottle of **tequila**

We ordered a round of **tequila** shots at the bar.

proposal

- n. a formal suggestion or offer, sometimes a written one synonym: offer, suggestion, proposition
- an innovative proposal,
 details of his proposal
 met with much opposition.

complication

 something that makes a situation or condition that is complex or confused

synonym: confusion, complexity, difficulty

(1) **complication** of structure, (2) resolve without **complication**

He also continued to struggle with serious long-term **complications**.

relate

 v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message He tried to **relate** his experience to the group, but they couldn't understand.

disease

 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.

handle

- v. to deal with a situation, problem, or strong emotion synonym: control, manage, deal with
- (1) **handle** a precious object, (2) **handled** the incident We all should learn how to **handle** stress.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

- (1) **amazing** advances, (2) the most **amazing** feeling The golfer recorded an **amazing** distance.
- ν . to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

synonym: apologize, deplore, lament

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

lifelong

adj. lasting for the whole of someone's life synonym: enduring, eternal, permanent

(1) **lifelong** career, (2) **lifelong** commitment

He had a **lifelong** love of reading and spent hours daily with a book.

persevere

 v. to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement

synonym: persist, endure, continue

(1) **persevere** through hardships, (2) **persevere** in my goals Even when faced with challenges, it's important to **persevere**

regret

and never give up.

edict

 an official order or command issued by a ruler or government; a formal or authoritative proclamation

synonym: decree, order, command

(1) religious edict, (2) royal edict

The **edict** issued by the king had to be obeyed by all his subjects.

attempt

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.

attend

- v. to be present at an event, to go to a place
- synonym: go, be present, accompany
- (1) **attend** a meeting, (2) **attend** service We must **attend** to this matter.

grace

n. a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal

synonym: charm, poise, elegance

- say a grace, (2) end of the grace period
 old oak tree stood with grace and majesty in the park's
- center.

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.

spouse

- n. a person's husband, wife, or partner in marriagesynonym: partner, mate, wife
- (1) **spouse** tax deduction, (2) **spouse** visa

The **spouse** of the politician was a constant presence at campaign events.

zen

n. a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

synonym: meditative, peaceful, tranquil

(1) **zen** garden, (2) **zen** meditation

Daily yoga helped her achieve a **zen** state of mind and calmness.

translate

- v. to convert or change words into another language synonym: convert, transcribe, render
- (1) **translate** a document into English, (2) **translate** the emotion to a movement

Translate the text from Italian into English.

separate

- v. to force, take, or pull apart; mark as different synonym: disunite, isolate, ramify
- (1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society Perseverance and optimism are **vital** to success.

rid

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

synonym: do away with, free, clear

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

embrace

v. to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace** The woods **embrace** the house.

concept

- n. an idea or principle associated with something abstractsynonym: idea, notion, vision
- (1) learn new concepts,(2) concept carOne such rapidly growing concept is quantum cryptography.

despair

 the feeling that there is no hope and you cannot do anything to improve a difficult situation

synonym: dismay, anguish, misery

despair at the future, (2) untold despair
 His friend's death drove him to despair.

ever-present

adj. always existing or noticeable; constant, ubiquitous, or pervasive

synonym: omnipresent, ubiquitous, pervasive

ever-present danger, (2) ever-present need
 The problem of pollution is ever-present in our daily lives.

all-consuming

 adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

synonym: engrossing, immersive

(1) **all-consuming** flame, (2) **all-consuming** passion His **all-consuming** love for her made him forget about everything else in his life.

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.

concert

 a musical performance given in public by one or more players or singers

synonym: gig, musical, show

(1) have a concert again, (2) a benefit concert

This artist always packs the **concert** halls.

buddy

- n. a close friend; a partner, especially one of a pair or teamsynonym: mate, peer, associate
- (1) my golf **buddy**, (2) **buddy** movie

He was the first **buddy** in the military training camp.

observe

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

synonym: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

deck

 a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure

synonym: platform, veranda, patio

(1) deck chairs, (2) hands on deck

She sat on the ship's **deck**, watching the sunset over the ocean.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) consume a large of alcohol, (2) consume electricity

A smaller car will **consume** less fuel.

stunning

adj. causing a strong emotional reaction of admiration,surprise, or shock due to its beauty, rarity, or excellencesynonym: beautiful, breathtaking, magnificent

(1) **stunning** beauty, (2) **stunning** disclosure
The **stunning** sunset took everyone's breath away.

massive

adj. enormous amount; very heavy and solidsynonym: enormous, giant, immense

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

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

forearm

- the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
- (1) **forearm** bone, (2) several veins of the **forearm**. The accident left him with numbness in his left **forearm**.

caption

 a title or brief explanation accompanying a photograph, illustration, or other images; a heading or inscription for a chapter, section, or document

synonym: heading, subheading, title

(1) caption text, (2) social media caption

The **caption** on the photograph helped to explain the image's content.

grin

v. to smile broadly

synonym: smile, smirk, chuckle

(1) **grin** from ear to ear, (2) **grin** with pleasure

He couldn't help but **grin** as he remembered the good times.

graduate

 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.

pile

a collection of objects positioned one on top of another;
 a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand pile, (2) the height of a pile

After the party, they had to clean up **piles** of dirty dishes.

glisten

v. to shine or sparkle with reflected light; to appear bright and shiny

synonym: glitter, shimmer, sparkle

(1) glisten with dew, (2) glisten in the sunlight

The morning sun made the ocean **glisten** like diamonds.

yoga

 a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial yoga, (2) yoga teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

discovery

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

synonym: finding, uncovering, detection

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

Her research team made an important discovery.

nonetheless

adv. in spite of what has just been said or done; nevertheless synonym: nevertheless, regardless, still

(1) we are **nonetheless** confident, (2) love him **nonetheless**

They each choose **nonetheless** to battle.

entirely

adv. completely

synonym: completely, fully, totally

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

Later, his claim was found to be entirely false.

orchestra

 a large group of musicians who play classical music together, usually with instruments such as strings, woodwinds, brass, and percussion

synonym: ensemble, symphony, band

(1) full orchestra, (2) orchestra conductor

The accomplished **orchestra** will give two more performances this week.

alien

 a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere

synonym: foreigner, unfamiliar, unknown

(1) alien fungi, (2) resident aliens

Alien species have drastically altered the ecosystem in this area.

seamless

adj. without spaces or breaks between one part and the next *synonym*: smooth, continuous, unseamed

(1) enable **seamless** access, (2) **seamless** device connectivity

The service was **seamless**, and the food was quite delicious.

transition

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

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**The nation's healthcare system is in **transition** at the moment.

sunshine

n. the direct light and heat that comes from the sun synonym: sunlight, daylight, rays

(1) warm sunshine, (2) morning sunshine

The **sunshine** was so bright that I had to wear sunglasses to protect my eyes.

haunting

adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off

synonym: lingering, disturbing, unsettling

- (1) **haunting** memory, (2) a **haunting** sense of fear The song's **haunting** melody stayed with me long after I heard it.
- the act of causing death; a sudden and intense force or effect that causes significant damage or destruction; a situation where someone is making a substantial

amount of money or experiencing significant financial

success
synonym: slaughter, homicide, assassination

(1) killing spree, (2) profit- killing

The killing of unarmed civilians is considered a war crime.

chorus

killing

 a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers

synonym: ensemble, choir, group of singers

(1) a mixed chorus, (2) a quintet chorus

The **chorus** of the song was catchy and easily memorized.

guilty

adj. feeling responsible for or having done something wrong or criminal

synonym: culpable, blameworthy, at fault

(1) feel a bit guilty, (2) guilty verdict

After much contemplation, the suspect decided to plead **guilty** to the theft charge.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular

journey of some distance to and from your place of work *synonym*: travel, journey, trip

(1) commute to work, (2) daily commute

He had to **commute** two hours each way to get to work.

buildup

- n. the accumulation or increase of something over time synonym: accumulation, increase, growth
- (1) lactic acid **buildup**, (2) huge military **buildup**

The **buildup** of stress over time can lead to health problems.

peek

 a quick or furtive look; (verb) to take a quick and secret look at something

synonym: glimpse, look, glance

- (1) sneak **peek**, (2) **peek** at others' misfortune
- She took a quick **peek** inside the box before closing it again.

bass

 the lowest part in polyphonic music; a type of fish belonging to the large order Perciformes, or perch-like fishes

synonym: low-pitch, resonance

(1) bass guitar, (2) bass fisherman

The **bass** in the music was so deep that it vibrated the floor.

divorce

n. the legal dissolution of a marriage

synonym: separation, dissolution, breakup

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

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

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

moving

adj. causing strong emotions or feelings, especially sadness or sympathy

synonym: emotional, poignant, touching

(1) **moving** experience, (2) **moving** ceremony His **moving** speech about his struggles with addiction brought tears to the audience's eyes.

blank

adj. without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information

synonym: empty, void, barren

(1) blank expression, (2) blank paper

The computer screen displayed nothing but a **blank** white screen

intentional

adj. done, made or performed with purpose and intent *synonym*: deliberate, intended, preplanned

(1) **intentional** destruction of evidence, (2) an **intentional** walk

The law distinguishes between accidental and **intentional** killing.

Session 2: Spelling

1. re___e a message

2. cr___e the remains

3. co e to work

4. have gr__f and sorrow

5. pe____nt life insurance

6. chemical ad___on

7. doc ry proof

8. an innovative pr___al

9. re t being so careless

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

v. to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual

 to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

a very great sadness, especially when somebody dies

adj. lasting for a long time without essential change

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

 a film or a radio or television program that gives facts and information about a subject; of or derived from official documents

n. a formal suggestion or offer, sometimes a written one

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

ANSWERS: 1. relate, 2. cremate, 3. commute, 4. grief, 5. permanent, 6. addition, 7. documentary, 8. proposal, 9. regret

10.	atd service	ν.	to be present at an event, to go to a place
11.	fote situation	adj.	having good luck or lucky
12.	abe from work	n.	the fact or condition of being away from a place where they are typically anticipated to be
13.	die control	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
14.	ree a story	v.	to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
15.	untold der	n.	the feeling that there is no hope and you cannot do anything to improve a difficult situation
16.	adon of vectors	n.	the act or process of adding something to something else; the process of adding numbers
17.	exfy the solution	<i>v</i> .	to serve as a typical example of something
18.	decision-making prs	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 10. attend, 11. fortunate, 12. absence, 13. disease, 14. relate, 15. despair, 16. addition, 17. exemplify, 18. process

19.	ime pressure	adj.	extremely large or great
20.	pre-mon agricultural society	adj.	of or belonging to the present time or recent times
21.	the height of a pe	n.	a collection of objects positioned one on top of another; a large sum of something, such as money
22.	a quintet chs	n.	a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers
23.	pric period	adj.	producing many works, results, or offspring
24.	der at the future	n.	the feeling that there is no hope and you cannot do anything to improve a difficult situation
25.	ensure a smooth traon	n.	the process or period of changing from one state or circumstance to another
26.	a successful fier	n.	a person who makes films, typically as a profession
27.	fom bone	n.	the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
28.	mae amounts	adj.	enormous amount; very heavy and solid
29.	resolve without comion	n.	something that makes a situation or condition that is complex or confused
30.	g_n from ear to ear	<i>v</i> .	to smile broadly

ANSWERS: 19. immense, 20. modern, 21. pile, 22. chorus, 23. prolific, 24. despair, 25. transition, 26. filmmaker, 27. forearm, 28. massive, 29. complication, 30. grin

31. mo g ceremony adj. causing strong emotions or feelings, especially sadness or sympathy a close friend; a partner, especially one 32. bu y movie n. of a pair or team a state of confusion, dirtiness, or 33. have a whole m s n. untidiness; (verb) to fail to do something or to make something dirty or untidy abnormal growth of cells that can 34. ca___r research n. invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells the quality of being amusing or funny; 35. sardonic hu r n. the liquid parts of the body a person who comes from a different 36. al n fungi n. country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere the lowest part in polyphonic music; a 37. b s fisherman n. type of fish belonging to the large order Perciformes, or perch-like fishes 38. br e soldier adj. showing courage or fearlessness in the face of danger, difficulty, or adversity 39. re on between cause and effect the way two persons or groups of n. people feel and act toward one another 40. ex____fy the importance to serve as a typical example of ν. something

ANSWERS: 31. moving, 32. buddy, 33. mess, 34. cancer, 35. humor, 36. alien, 37. bass, 38. brave, 39. relation, 40. exemplify, 41. complication

n.

something that makes a situation or

condition that is complex or confused

41. com ion of structure

42. r d the body of waste products to make someone or something free of ν. unwanted or unpleasant tasks, objects, or person 43. sneak p k a quick or furtive look; (verb) to take a n. quick and secret look at something 44. a ha____ng sense of fear adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off 45. the spinal co n one of the vertical blocks that split content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument a person who has a first degree from 46. gr____te degree program university or college; (verb) to complete the first course of university or college and get a degree a wheeled stretcher used for 47. transport gu y n. transporting patients, particularly in hospitals and emergency settings 48. re___t a decision to feel sad, repentant, or disappointed ν. over something you have done or something you have not been able to do adj. feeling responsible for or having done 49. gu y verdict something wrong or criminal a brother or sister; member of a family 50. play with my si gs born to the same parents adj. extremely large or great 51. im e amount

ANSWERS: 42. rid, 43. peek, 44. haunting, 45. column, 46. graduate, 47. gurney, 48. regret, 49. guilty, 50. sibling, 51. immense

52.	feel a bit guy	adj.	feeling responsible for or having done something wrong or criminal
53.	hoe care	n.	a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support
54.	obe wildlife	v.	to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
55.	gn with pleasure	<i>v</i> .	to smile broadly
56.	lactic acid bup	n.	the accumulation or increase of something over time
57.	a reckless att	n.	an act or effort of trying to do something, especially something difficult
58.	shk the tumor	<i>v</i> .	to become smaller, or to make something smaller in size or amount
59.	ling commitment	adj.	lasting for the whole of someone's life
60.	car diagnosis	n.	abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
61.	groing settlement	adj.	producing fresh findings; using novel techniques

ANSWERS: 52. guilty, 53. hospice, 54. observe, 55. grin, 56. buildup, 57. attempt, 58. shrink, 59. lifelong, 60. cancer, 61. groundbreaking

62. adm____er the funds to oversee and control the operation or ν. arrangement of something to deal with a situation, problem, or 63. ha___e a precious object strong emotion 64. all____ing flame adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence to regularly travel a particular journey, 65. daily co____e ν. especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work to happen or cause to happen at the 66. syn____ze movements same time or rate the range of one's perceptions, 67. have broad sc e n. thoughts, or actions, or a subject that 68. mo n poetry adj. of or belonging to the present time or recent times adj. feeling or showing an appreciation of 69. a gr___ul breeze kindness: thankful 70. go up____rs to rest adv. on or to an upper or highest floor of a building adj. hard or firm; characterized by good 71. so dally substantial quality a title or brief explanation 72. social media ca____n accompanying a photograph, illustration, or other images; a heading or inscription for a chapter, section, or document

ANSWERS: 62. administer, 63. handle, 64. all-consuming, 65. commute, 66. synchronize, 67. scope, 68. modern, 69. grateful, 70. upstairs, 71. solid, 72. caption

a person's husband, wife, or partner in 73. sp e visa n. marriage a musical performance given in public 74. have a co___t again n. by one or more players or singers 75. love him non____ss adv. in spite of what has just been said or done: nevertheless a school of Mahayana Buddhism that 76. z_n garden n. originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements a state of confusion, dirtiness, or 77. get into a m s n. untidiness; (verb) to fail to do something or to make something dirty or untidy 78. a ma____ry clause adj. required by a rule or law, compulsory 79. sp e tax deduction a person's husband, wife, or partner in n. marriage 80. a co___n of water one of the vertical blocks that split n. content on a page or screen from top to bottom; an upright pillar that often supports an arch, entablature, or other structure or stands alone as a monument

ANSWERS: 73. spouse, 74. concert, 75. nonetheless, 76. zen, 77. mess, 78. mandatory, 79. spouse, 80. column, 81. edict

81. religious ed t

an official order or command issued by

a ruler or government; a formal or

authoritative proclamation

82.	tea cocktail	n.	a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot
83.	ackge his help	ν.	to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
84.	orra conductor	n.	a large group of musicians who play classical music together, usually with instruments such as strings, woodwinds, brass, and percussion
85.	thoughtful esy	n.	a short piece of writing on a particular topic, usually written by a student as a port of a course of study
86.	bl_k paper	adj.	without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
87.	a mixed chs	n.	a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers
88.	sue a plane crash	<i>v</i> .	to live or exist despite a dangerous event or period
89.	sete cream from milk	ν.	to force, take, or pull apart; mark as different

ANSWERS: 82. tequila, 83. acknowledge, 84. orchestra, 85. essay, 86. blank, 87. chorus, 88. survive, 89. separate

90. dit sleep	v.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
91. eveent need	adj.	always existing or noticeable; constant, ubiquitous, or pervasive
92. amg advances	adj.	extremely surprising, especially in a way that you like or admire
93. posus work	adj.	occurring or appearing after one's death, especially about the publication or release of works, awards, or honors
94. atd a meeting	<i>v</i> .	to be present at an event, to go to a place
95. reon of inclusion	n.	the way two persons or groups of people feel and act toward one another
96. frl condition	adj.	weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength
97. hat my conscience	ν.	to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
98. ling career	adj.	lasting for the whole of someone's life
99. ast a patient	v.	to help someone in doing anything
100. a consensual die	n.	the legal dissolution of a marriage
101. gre for loss	v.	to feel or show great sadness or sorrow, especially for someone who has died

ANSWERS: 90. disrupt, 91. ever-present, 92. amazing, 93. posthumous, 94. attend, 95. relation, 96. frail, 97. haunt, 98. lifelong, 99. assist, 100. divorce, 101. grieve

102. posus award	adj.	occurring or appearing after one's death, especially about the publication or release of works, awards, or honors
103. die prevention	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
104. deon authority	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
105. groing concept	adj.	producing fresh findings; using novel techniques
106. guy pushing	n.	a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings
107. cause unbble damage	adj.	beyond belief or understanding and extremely surprising
108. bs guitar	n.	the lowest part in polyphonic music; a type of fish belonging to the large order Perciformes, or perch-like fishes
109. the great diry of the century	n.	the act or process of finding information a place, or an object, or learning about something that was previously not known
110. lite people from oppression	<i>v</i> .	to set free; to release or rescue from captivity or oppression
111. emotional he	n.	advertisements and media discussions informing the public about a product and how nice or vital it is

ANSWERS: 102. posthumous, 103. disease, 104. decision, 105. groundbreaking, 106. gurney, 107. unbelievable, 108. bass, 109. discovery, 110. liberate, 111. hype

112. warm sune	n.	the direct light and heat that comes from the sun
113. a selfish deon	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
114. several veins of the fom	n.	the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
115. d_n of traffic	n.	a loud, confused noise; a loud, persistent racket
116. bp the horn	<i>v</i> .	to make a short, high-pitched sound, typically as a signal or warning
117. fall liss	adj.	without life; dead
118. walk bard	adv.	at, to, or toward the direction or place that is behind or rear
119. bottle of tea	n.	a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot
120. salted ovy of walleye pollack	n.	either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
121. eme an opportunity	v.	to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

ANSWERS: 112. sunshine, 113. decision, 114. forearm, 115. din, 116. beep, 117. lifeless, 118. backward, 119. tequila, 120. ovary, 121. embrace

122. family mer	n.	a historical account or biography written from the writer's knowledge of famous people, places, or events
123. dk chairs	n.	a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure
124. barren of crve spirit	adj.	relating to or involving the use of skill and original and unusual ideas to create something
125. develop ine itching	adj.	(especially of a feeling) very strong; extremely sharp or severe
126. full orra	n.	a large group of musicians who play classical music together, usually with instruments such as strings, woodwinds, brass, and percussion
127. viI for a healthy society	adj.	necessary for the success or continued existence of something
128. chaotic envnt	n.	the natural world such as air, water, and land in which humans, animals, and plants live
129. end of the gr_e period	n.	a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal
130. pere in my goals	v.	to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement

ANSWERS: 122. memoir, 123. deck, 124. creative, 125. intense, 126. orchestra, 127. vital, 128. environment, 129. grace, 130. persevere

131. de e my love to say, state, or announce something ν. clearly, officially, or publicly a collection of objects positioned one on 132. a sand p__e n. top of another; a large sum of something, such as money 133. enable se____ss access adj. without spaces or breaks between one part and the next the act or process of finding information, 134. a scientific di____ry n. a place, or an object, or learning about something that was previously not known 135. an int____al walk adj. done, made or performed with purpose and intent 136. unb____le pain adj. not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable adj. lingering in the mind or memory, often 137. ha____ng memory in a disturbing or unsettling way; (noun) something difficult to forget or shake off adj. prohibited or restricted by social custom 138. academic ta o the fact or condition of being away from 139. a leave of ab e n. a place where they are typically anticipated to be 140. put a gr___ul expression adj. feeling or showing an appreciation of kindness: thankful 141. gr e at the sad news to feel or show great sadness or sorrow, ν. especially for someone who has died

ANSWERS: 131. declare, 132. pile, 133. seamless, 134. discovery, 135. intentional, 136. unbearable, 137. haunting, 138. taboo, 139. absence, 140. grateful, 141. grieve

142. royal edt	n.	an official order or command issued by a ruler or government; a formal or authoritative proclamation
143. oue our child	v.	to live longer than another person
144. intal destruction of evidence	adj.	done, made or performed with purpose and intent
145. admer justice	<i>v</i> .	to oversee and control the operation or arrangement of something
146. ine heat	adj.	(especially of a feeling) very strong; extremely sharp or severe
147. have a sig quarrel	n.	a brother or sister; member of a family born to the same parents
148. bard angle	adv.	at, to, or toward the direction or place that is behind or rear
149. prs improvement	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
150. blk expression	adj.	without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
151. suly attacked by an enemy	adv.	quickly and unexpectedly
152. get r_d of the rats	<i>v</i> .	to make someone or something free of unwanted or unpleasant tasks, objects, or person

ANSWERS: 142. edict, 143. outlive, 144. intentional, 145. administer, 146. intense, 147. sibling, 148. backward, 149. process, 150. blank, 151. suddenly, 152. rid

153. conce as a teacher	n.	the feeling or attitude that one can true or rely on the abilities or good qualities of someone or something	
154. boost my conce	n.	the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something	
155. a lot of grf	n.	a very great sadness, especially when somebody dies	
156. mae stars	adj.	enormous amount; very heavy and solid	
157. score the SAT esys	n.	a short piece of writing on a particular topic, usually written by a student as a port of a course of study	
158. can text	n.	a title or brief explanation accompanying a photograph, illustration, or other images; a heading or inscription for a chapter, section, or document	
159. a liss corpse	adj.	without life; dead	
160. brI honesty	adj.	harsh or cruel	
161. a tao word	adj.	prohibited or restricted by social custom	
162. less fote person	adj.	having good luck or lucky	
163. stng disclosure	adj.	causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence	
164. unble heat	adj.	not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable	

ANSWERS: 153. confidence, 154. confidence, 155. grief, 156. massive, 157. essay, 158. caption, 159. lifeless, 160. brutal, 161. taboo, 162. fortunate, 163. stunning, 164. unbearable

165. run a maon	n.	a long-distance race of 42.195 kilometers
166. synthetic mone	n.	a powerful narcotic drug used to relieve pain and induce sleep
167. haed the incident	<i>v</i> .	to deal with a situation, problem, or strong emotion
168. brI bully	adj.	harsh or cruel
169. literature of pent value	adj.	lasting for a long time without essential change
170. mary training	adj.	required by a rule or law, compulsory
171. home hoe	n.	a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support
172. a warm eme	v.	to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
173. trte a document into English	<i>v</i> .	to convert or change words into another language
174. frl body	adj.	weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength
175. coe electricity	<i>v</i> .	to spend something, especially fuel, energy, or time, in a large amount
176. bp out a warning	<i>v</i> .	to make a short, high-pitched sound, typically as a signal or warning
ANSWERS: 165. marathon, 166. morphine	, 16	7. handle, 168. brutal, 169. permanent,

ANSWERS: 165. marathon, 166. morphine, 167. handle, 168. brutal, 169. permanent, 170. mandatory, 171. hospice, 172. embrace, 173. translate, 174. frail, 175. consume, 176. beep

177. sete video into chapter	ν.	to force, take, or pull apart; mark as different
178. stng beauty	adj.	causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence
179. a friendly conion	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
180. synze our watches	<i>v</i> .	to happen or cause to happen at the same time or rate
181. sce of a project	n.	the range of one's perceptions, thoughts, or actions, or a subject that
182. absolutely teic	adj.	causing terror or fear; extremely great or intense; very good or excellent
183. mog experience	adj.	causing strong emotions or feelings, especially sadness or sympathy
184. my golf buy	n.	a close friend; a partner, especially one of a pair or team
185. we are nonss confident	adv.	in spite of what has just been said or done; nevertheless
186. conion in English	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
187. lite potential	<i>v</i> .	to set free; to release or rescue from captivity or oppression
188. honor grte	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

ANSWERS: 177. separate, 178. stunning, 179. conversation, 180. synchronize, 181. scope, 182. terrific, 183. moving, 184. buddy, 185. nonetheless, 186. conversation, 187. liberate, 188. graduate

189. obe a tradition	v.	to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
190. dit a well-ordered condition	ν.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
191. vitreous hur	n.	the quality of being amusing or funny; the liquid parts of the body
192. a benefit cot	n.	a musical performance given in public by one or more players or singers
193. shk with fear	<i>v</i> .	to become smaller, or to make something smaller in size or amount
194. a docry film	n.	a film or a radio or television program that gives facts and information about a subject; of or derived from official documents
195. envnt affairs	n.	the natural world such as air, water, and land in which humans, animals, and plants live
196. huge military bup	n.	the accumulation or increase of something over time
197. live uprs	adv.	on or to an upper or highest floor of a building
198. dee a job offer	v.	to become gradually smaller, fewer, worse, etc.; to refuse to accept
199. dee independence	v.	to say, state, or announce something clearly, officially, or publicly

ANSWERS: 189. observe, 190. disrupt, 191. humor, 192. concert, 193. shrink, 194. documentary, 195. environment, 196. buildup, 197. upstairs, 198. decline, 199. declare

200. non-fiction fier	n.	a person who makes films, typically as a profession
201. a loI friend	adj.	giving or remaining firm and constant support to a person, institution, product, etc.;
202. pric apple tree	adj.	producing many works, results, or offspring
203. ovy atrophy	n.	either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
204. coe a large of alcohol	<i>v</i> .	to spend something, especially fuel, energy, or time, in a large amount
205. bre decision	adj.	showing courage or fearlessness in the face of danger, difficulty, or adversity
206. become a loI customer	adj.	giving or remaining firm and constant support to a person, institution, product, etc.;
207. learn new cots	n.	an idea or principle associated with something abstract
208. play a vil role	adj.	necessary for the success or continued existence of something
209. oue its usefulness	<i>v</i> .	to live longer than another person
210. eveent danger	adj.	always existing or noticeable; constant, ubiquitous, or pervasive
211. auus decision	adj.	showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

ANSWERS: 200. filmmaker, 201. loyal, 202. prolific, 203. ovary, 204. consume, 205. brave, 206. loyal, 207. concept, 208. vital, 209. outlive, 210. ever-present, 211. audacious

212. enly satisfied with the meal	adv.	completely
213. work pet	v.	to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
214. mighty d_n	n.	a loud, confused noise; a loud, persistent racket
215. mone addiction	n.	a powerful narcotic drug used to relieve pain and induce sleep
216. details of his pral	n.	a formal suggestion or offer, sometimes a written one
217. auus stunt	adj.	showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness
218. ast his goal	<i>v</i> .	to help someone in doing anything
219. die settlement	n.	the legal dissolution of a marriage
220. sod employment measures	adj.	hard or firm; characterized by good substantial quality
221. hat memories	ν.	to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
222. profit-kig	n.	the act of causing death; a sudden and intense force or effect that causes significant damage or destruction; a situation where someone is making a substantial amount of money or experiencing significant financial success

ANSWERS: 212. entirely, 213. permit, 214. din, 215. morphine, 216. proposal, 217. audacious, 218. assist, 219. divorce, 220. solid, 221. haunt, 222. killing

223. pere through hardships	v.	despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement
224. crve writing	adj.	relating to or involving the use of skill and original and unusual ideas to create something
225. trte the emotion to a movement	<i>v</i> .	to convert or change words into another language
226. hands on dk	n.	a flat surface that is usually made of wood or other material and is attached to a building, vehicle, or other structure
227. emal health	adj.	relating to people's feelings
228. say a gre	n.	a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal
229. unbble beauty	adj.	beyond belief or understanding and extremely surprising
230. cre a body	ν.	to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual
231. kig spree	n.	the act of causing death; a sudden and intense force or effect that causes significant damage or destruction; a situation where someone is making a substantial amount of money or experiencing significant financial success

ANSWERS: 223. persevere, 224. creative, 225. translate, 226. deck, 227. emotional, 228. grace, 229. unbelievable, 230. cremate, 231. killing

232. gln in the sunlight	<i>v</i> .	to shine or sparkle with reflected light; to appear bright and shiny
233. ackge the deed	v.	to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
234. dee in quality	<i>v</i> .	to become gradually smaller, fewer, worse, etc.; to refuse to accept
235. sue a blizzard	ν.	to live or exist despite a dangerous event or period
236. emal distress	adj.	relating to people's feelings
237. gln with dew	<i>v</i> .	to shine or sparkle with reflected light; to appear bright and shiny
238. he was enly to blame	adv.	completely
239. pet application	<i>v</i> .	to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
240. the att to rescue the hostages	n.	an act or effort of trying to do something, especially something difficult
241. ya teacher	n.	a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
242. resident alns	n.	a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere

ANSWERS: 232. glisten, 233. acknowledge, 234. decline, 235. survive, 236. emotional, 237. glisten, 238. entirely, 239. permit, 240. attempt, 241. yoga, 242. alien

2	43. publish a mer	n.	a historical account or biography written from the writer's knowledge of famous people, places, or events
2	44. morning sune	n.	the direct light and heat that comes from the sun
2	45. media he	n.	advertisements and media discussions informing the public about a product and how nice or vital it is
2	46. z_n meditation	n.	a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements
2	47. die suly	adv.	quickly and unexpectedly
2	48. cot car	n.	an idea or principle associated with something abstract
2	49. alling passion	adj.	taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence
2	50. at a teic speed	adj.	causing terror or fear; extremely great or intense; very good or excellent
2	51. sess device connectivity	adj.	without spaces or breaks between one part and the next
2	52. the most amg feeling	adj.	extremely surprising, especially in a

ANSWERS: 243. memoir, 244. sunshine, 245. hype, 246. zen, 247. suddenly, 248. concept, 249. all-consuming, 250. terrific, 251. seamless, 252. amazing

way that you like or admire

- 253. watch a ma____on
- 254. p_k at others' misfortune
- 255. tra____on phase
- 256. aerial y__a

- n. a long-distance race of 42.195 kilometers
- a quick or furtive look; (verb) to take a quick and secret look at something
- *n*. the process or period of changing from one state or circumstance to another
- a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

ANSWERS: 253. marathon, 254. peek, 255. transition, 256. yoga

Session 3: Fill in the Blanks

1.	They plan to	_ their loved ones according to thei	r cultural traditions.
<i>v</i> .	to burn a dead body death-related ritual	to reduce it to ash, often as part o	of a funeral or other
2.	His friend's death dro	ve him to	
n.	the feeling that there difficult situation	e is no hope and you cannot do an	ything to improve a
3.	The example of a sucindustry.	ccessful startup serves to	the potential of the
ν.	to serve as a typical	I example of something	
4.	Breast is the	most common type of cancer in wo	omen.
n.	•	cells that can invade and destroy s haracterized by the uncontrolled gr	•
5.	His speech a audience's eyes.	bout his struggles with addiction br	ought tears to the
adj	causing strong emo	tions or feelings, especially sadnes	ss or sympathy
6.	Please her w	ith the furniture relocation.	
<i>v</i> .	to help someone in	doing anything	
7.	He couldn't help but _	as he remembered the good t	times.
ν.	to smile broadly		
AN grir		2. despair, 3. exemplify, 4. cancer,	5. moving, 6. assist, 7.

8.	The loss of his wife was an	sorrow that he found hard to overcome.
adj	not able to be tolerated or endure with or suffered through; intolerab	d; too difficult, severe, or intense to be dealt le or insufferable
9.	The third was far more su	ccessful.
n.	an act or effort of trying to do som	ething, especially something difficult
10.	I'm so sorry to you when y	ou're pretty busy.
v.	to prevent or stop something, esp continuing in the usual way by car	ecially an event, activity, or process, from using a problem or disturbance
11.	Daily yoga helped her achieve a	_ state of mind and calmness.
n.	developed in Japan, emphasizing achieve enlightenment or awaken	that originated in China and was later the practice of meditation as the way to ing; (adjective) characterized by a sense of the practice of meditation or the use of
12.	Your reflects your th	noughts.
n.	an informal talk between two or minformation, etc.	ore people to exchange their views, ideas,
13.	He also continued to struggle with s	serious long-term
n.	something that makes a situation	or condition that is complex or confused
14.	Many people find that regular	practice can help reduce stress and anxiety.
n.	•	pline including breath control, simple pecific bodily postures, which is widely
	SWERS: 8. unbearable, 9. attempt, nplications, 14. yoga	10. disrupt, 11. zen, 12. conversation, 13.

- 17. She successfully completed her first _____ with a personal best time.
 n. a long-distance race of 42.195 kilometers
 18. The author's _____ novel was finally released after his death.
 adj. occurring or appearing after one's death, especially about the publication or
- release of works, awards, or honors
- 19. The _____ issued by the king had to be obeyed by all his subjects.
- *n*. an official order or command issued by a ruler or government; a formal or authoritative proclamation
- 20. Foreign goods from abroad must be ______ to customs when entering a country.
 - v. to say, state, or announce something clearly, officially, or publicly
- 21. Enemy armies are _____ to their monarch.
 - adj. giving or remaining firm and constant support to a person, institution, product, etc.;
- 22. Their headquarters are in a _____ skyscraper.
- adj. of or belonging to the present time or recent times

ANSWERS: 15. consume, 16. ovary, 17. marathon, 18. posthumous, 19. edict, 20. declared, 21. loyal, 22. modern

ANSWERS: 30. columns, 31. discovery, 32. filmmaker, 33. intentional, 34. acknowledged, 35. grieved, 36. humor, 37. disease

specific symptoms or abnormal functioning of organs or systems

ANSWERS: 38. survive, 39. hype, 40. terrific, 41. forearm, 42. massive, 43. killing, 44. groundbreaking, 45. buddy

46.	After much contemplation, the suspect decided to plead to the theft harge.				
adj	feeling responsible for or having done something wrong or criminal				
47.	n private corporations provide healthcare services.				
n.	the act or process of adding something to something else; the process of adding numbers				
48.	to say that you did not gain admission to the university.				
v.	to feel sad, repentant, or disappointed over something you have done or something you have not been able to do				
49.	She falls over when she sees her mother-in-law.				
adv	at, to, or toward the direction or place that is behind or rear				
50.	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 of judgment reached after considering options	or			
51.	le won an award for that short				
n.	a film or a radio or television program that gives facts and information about a subject; of or derived from official documents	а			
52.	he of stress over time can lead to health problems.				
n.	the accumulation or increase of something over time				
53.	he ball speed will increase when the lower body movements are perfectly				
v.	to happen or cause to happen at the same time or rate				
	ANSWERS: 46. guilty, 47. addition, 48. regret, 49. backward, 50. decision, 51. documentary, 52. buildup, 53. synchronized				

54. Perseverance and optimism are to success.
adj. necessary for the success or continued existence of something
55. The old oak tree stood with and majesty in the park's center. n. a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal
56. We must ourselves of pollution.
ν . to make someone or something free of unwanted or unpleasant tasks, objects or person
57. The sunset took everyone's breath away.
adj. causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence
58. Our skeleton outline of the met with much opposition.
n. a formal suggestion or offer, sometimes a written one
59. Children often copy their parents or elder
n. a brother or sister; member of a family born to the same parents
60. The of the politician was a constant presence at campaign events. n. a person's husband, wife, or partner in marriage
61. The song's melody stayed with me long after I heard it. adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
ANSWERS: 54. vital, 55. grace, 56. rid, 57. stunning, 58. proposal, 59. siblings, 60. spouse, 61. haunting

adj. beyond belief or understanding and extremely surprising65. The _____ author had written over 20 books in just five years.adj. producing many works, results, or offspring

66. 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

67. The _____ was so bright that I had to wear sunglasses to protect my eyes.

n. the direct light and heat that comes from the sun

68. This shirt will _____ in the wash.

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

69. She _____ her husband for many years.

v. to live longer than another person

70. The crowd's boos and jeers continued to _____ the performer long after the show ended.

v. to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

ANSWERS: 62. brutal, 63. deck, 64. unbelievable, 65. prolific, 66. graduate, 67. sunshine, 68. shrink, 69. outlived, 70. haunt

71. Later, his claim was found to be false.
adv. completely
72. That statement by the prime minister drew international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe
73. The accomplished will give two more performances this week.
 a large group of musicians who play classical music together, usually with instruments such as strings, woodwinds, brass, and percussion
74. One such rapidly growing is quantum cryptography.
n. an idea or principle associated with something abstract
75 the text from Italian into English.
v. to convert or change words into another language
76. The computer screen displayed nothing but a white screen
adj. without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
77 species have drastically altered the ecosystem in this area.
 a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere
78. The problem of pollution is in our daily lives.
adj. always existing or noticeable; constant, ubiquitous, or pervasive
79. The of the song was catchy and easily memorized.
a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers
ANSWERS: 71. entirely, 72. intense, 73. orchestra, 74. concept, 75. Translate, 76. blank, 77. Alien, 78. ever-present, 79. chorus

ANSWERS: 80. seamless, 81. memoirs, 82. bass, 83. embrace, 84. separate, 85. grateful, 86. brave, 87. upstairs, 88. morphine

ANSWERS: 89. lifelong, 90. absence, 91. essays, 92. creative, 93. process, 94. nonetheless, 95. administer, 96. commute

е

105. A	As people age, their digestive capacity also gradually
v. 1	to become gradually smaller, fewer, worse, etc.; to refuse to accept
106. V	Ve all should learn how to stress.
v. 1	to deal with a situation, problem, or strong emotion
107. T	he of water is called ice.
adj.	hard or firm; characterized by good substantial quality
	The paramedics lifted the injured man onto the and rushed him to the nospital.
	a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings
109. T	his artist always packs the halls.
n.	a musical performance given in public by one or more players or singers
110. T	he couple decided to get a after many years of marriage.
<i>n</i> . 1	the legal dissolution of a marriage
	The plant had a appearance, indicating that it was not getting enough vater.
adj. \	without life; dead
112. T	he industrial laws were passed with little to no alteration.
<i>n</i> . 1	the way two persons or groups of people feel and act toward one another
113. T	he young entrepreneur had an plan to start his own company.
-	showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness
	VERS: 105. declines, 106. handle, 107. solid-state, 108. gurney, 109. concert, divorce, 111. lifeless, 112. relations, 113. audacious

ANSWERS: 114. beeped, 115. permit, 116. mess, 117. suddenly, 118. liberated, 119.

scope, 120. glisten, 121. peek, 122. persevere

	e left his wife an xtremely large or great	fortune.			
	ttendance at the meeting it equired by a rule or law, c		for all employe	es.	
	e was pretty to aving good luck or lucky	o pass the ex	am.		
	ne nation's healthcare sys				her
adj. W	127. My grandfather's health has declined, and he is now quite adj. weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength				
	this society, discussing prohibited or restricted by s	_		ubject.	
ANSW 128. ta	ERS: 123. immense, 124 Iboo	. mandatory,	125. fortunate,	126. transition, 12	7. frail,