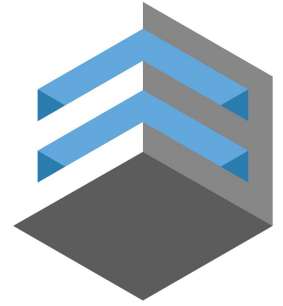


Englist.me



Vocabulary Builder Reference from...

Cal Newport: Why you should quit social media | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

millennial

adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

synonym: thousand, (noun) Generation Y

(1) **millennial** record, (2) the **millennial** reign

Earth's ecosystems are greatly affected by **millennial-scale** changes in climate.

dotcom

n. a company or business that primarily operates on the Internet or has a web-based presence, particularly during the late 1990s and early 2000s when the Internet was a new and rapidly growing industry

synonym: website, online business, e-commerce

(1) successful **dotcom**, (2) **dotcom** millionaire

The **dotcom** boom of the late 1990s changed the landscape of the tech industry forever.

dorm

n. a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus

synonym: residence hall, hostel, boarding house

(1) **dorm** room, (2) university **dorm**

Living in a **dorm** can be a great way to meet new people

when you're in college.

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.

jealousy

n. a feeling of resentment or bitterness towards someone because they have something that you desire

synonym : envy, covetousness, resentment

(1) **jealousy** feeling towards another person, (2) burn with **jealousy**

His **jealousy** of his brother's success caused a rift in their relationship.

serendipity

n. the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery

synonym : luck, chance, fortune

(1) **serendipity** moment, (2) **serendipity** discovery

The discovery of penicillin was a result of **serendipity**.

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.

defuse

v. to reduce or eliminate the tension, anger, or hostility in a situation, especially a potentially explosive one, by calming, soothing, or pacifying those involved

synonym : calm, reduce, deactivate

(1) **defuse** a crisis, (2) **defuse** a bomb

The negotiator skillfully **defused** the tense situation with calm words and gestures.

hermit

n. a person who lives alone or in seclusion from society, typically for religious or spiritual reasons; a person who avoids social interactions or seeks solitude

synonym : recluse, solitary, anchorite

(1) **hermit** lifestyle, (2) mountain **hermit**

The **hermit-monk** spent his entire life in solitary contemplation, far from the world's hustle.

hipster

n. a person who follows a trend or style characterized by a particular subculture, particularly one that is associated with alternative music, fashion, and lifestyle practices

synonym : trendsetter, nonconformist, bohemian

(1) **hipster** fashion, (2) **hipster** lifestyle

She is always wearing vintage clothing and listening to vinyl records, a true **hipster** at heart.

rotary

adj. relating to, revolving around, or characterized by rotation or a revolving motion

synonym : circular, revolving, spinning

(1) **rotary** motion, (2) **rotary** tool

The **rotary** engine is known for its smooth and efficient operation.

savory

adj. pleasing to the taste, especially by being salty, sour, or spicy rather than sweet

synonym : delicious, tasty, appetizing

(1) **savory** dish, (2) a **savory** omelet

The **savory** aroma of roasted chicken filled the kitchen.

gamble

v. to take risky action in the hope of being successful; to play or game for money or other stakes

synonym : bet, venture, wager

(1) **gamble** \$100 on the race, (2) **gamble** away my fortune

Will you **gamble** on the result of the fight?

cultivate

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

synonym : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships
University is a great place to **cultivate** our minds and expertise.

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.

epitome

n. a person or thing that is a typical or perfect example of a particular quality or type

synonym: embodiment, apotheosis

(1) an **epitome** of history, (2) world's **epitome**
He was the **epitome** of courage, always standing up for his beliefs.

smartphone

n. a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict
Internet traffic volumes have increased significantly with the advent of **smartphones**.

craftsman

n. a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials

synonym: artisan, mechanic, workman

(1) **craftsman** skill, (2) a subtle **craftsman**
The adept **craftsman** carefully carved the wooden figurine with precision and skill.

twit

n. a silly or foolish person; someone regarded as annoying or irritating

synonym: fool, idiot, imbecile

(1) celebrity **twit**, (2) neighborhood **twit**
Please ignore that **twit** on social media; their opinions are

irrelevant.

curate

n. a clergyman who is in charge of a parish; a person in charge of a museum, gallery, or church, responsible for the care and display of its collections and exhibitions; (verb) to carefully select, organize, and maintain items in a collection, exhibition, or presentation

synonym: minister, caretaker, (verb) arrange

(1) perpetual **curate**, (2) **curate** an art website

The art museum has hired a **curate** to select and display pieces from its collection.

portrayal

n. a representation or depiction of someone or something, especially in art, literature, or drama

synonym: depiction, representation, characterization

(1) **portrayal** representation, (2) accurate **portrayal**

Critics praised her **portrayal** of the character.

mismatch

v. to put together or match items that are not compatible or do not fit well together; to be different from or not correspond to something else

synonym: mismatch, discord, clash

(1) **mismatch** expectations, (2) **mismatch** socks

The colors of the shirt and pants totally **mismatch**, making the outfit look ridiculous.

intermittent

adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

synonym: sporadic, irregular, periodic

(1) **intermittent** fever, (2) **intermittent** Wi-Fi

The **intermittent** rain made it difficult to plan a picnic.

pervasive

adj. spreading or existing throughout every part of a thing or place

synonym: extensive, ubiquitous, prevalent

(1) **pervasive** language, (2) the **pervasive** odor of garlic

Suspicion and worry were **pervasive** in our minds.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

ubiquitous

adj. being or existing everywhere at once

synonym: universal, omnipresent, everywhere

(1) **ubiquitous** computing, (2) **ubiquitous** across ecosystems

Sugar is **ubiquitous** in food.

outweigh

v. to be heavier, more significant, or more critical than something

synonym: dominate, outrank, overpower

(1) **outweigh** the benefit, (2) **outweigh** our wishes

The advantages would undoubtedly **outweigh** the disadvantages.

detoxification

n. (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something

synonym: cleansing, purification, detox

(1) **detoxification** process, (2) natural **detoxification**

Detoxification programs can help eliminate harmful substances and improve overall health.

institutionalize

v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

synonym: formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable energy sources.

intensify

v. to increase or make something increase in extent or strength

synonym: amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

hardcover

n. a book with a rigid and durable cover made of thick material, such as cardboard, typically providing better protection for the pages than a softcover or paperback

synonym: hardback, hardbound

(1) **hardcover** novel, (2) **hardcover** edition

I prefer reading **hardcover** books because they are more durable than paperbacks.

trade-off

n. a balance achieved between two desirable but incompatible features; an exchange that occurs as a compromise

synonym: compromise, balance, exchange

(1) **trade-off** problem, (2) environmental **trade-off**

There was a **trade-off** between speed and accuracy in the task.

scathe

v. to harm or injure someone or something, often by using words or criticism; to cut or wound deeply

synonym: damage, harm, hurt

(1) **scathe** the coastal town, (2) **scathe** the politician's credibility

The harsh words from her boss were enough to **scathe** her confidence for the rest of the day.

Session 2: Spelling

1. ser_____ty moment *n.* the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery
2. po_____al representation *n.* a representation or depiction of someone or something, especially in art, literature, or drama
3. hu_____g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
4. university d__m *n.* a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus
5. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
6. cu___e an art website *n.* a clergyman who is in charge of a parish; a person in charge of a museum, gallery, or church, responsible for the care and display of its collections and exhibitions; (verb) to carefully select, organize, and maintain items in a collection, exhibition, or presentation
7. sc___e the politician's credibility *v.* to harm or injure someone or something, often by using words or criticism; to cut or wound deeply
8. burn with je_____sy *n.* a feeling of resentment or bitterness towards someone because they have something that you desire

ANSWERS: 1. serendipity, 2. portrayal, 3. humming, 4. dorm, 5. quitter, 6. curate, 7. scathe, 8. jealousy

9. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
10. ha_____er edition *n.* a book with a rigid and durable cover made of thick material, such as cardboard, typically providing better protection for the pages than a softcover or paperback
11. ga___e away my fortune *v.* to take risky action in the hope of being successful; to play or game for money or other stakes
12. de___e a crisis *v.* to reduce or eliminate the tension, anger, or hostility in a situation, especially a potentially explosive one, by calming, soothing, or pacifying those involved
13. ou_____gh our wishes *v.* to be heavier, more significant, or more critical than something
14. natural det_____ion *n.* (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
15. tr_____ff problem *n.* a balance achieved between two desirable but incompatible features; an exchange that occurs as a compromise
16. an ep_____e of history *n.* a person or thing that is a typical or perfect example of a particular quality or type
17. a subtle cr_____an *n.* a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials

ANSWERS: 9. smartphone, 10. hardcover, 11. gamble, 12. defuse, 13. outweigh, 14. detoxification, 15. trade-off, 16. epitome, 17. craftsman

18. perpetual cu___e *n.* a clergyman who is in charge of a parish; a person in charge of a museum, gallery, or church, responsible for the care and display of its collections and exhibitions; (verb) to carefully select, organize, and maintain items in a collection, exhibition, or presentation
19. successful do___m *n.* a company or business that primarily operates on the Internet or has a web-based presence, particularly during the late 1990s and early 2000s when the Internet was a new and rapidly growing industry
20. cu_____te a field *v.* to prepare and foster land for growing crops or plants
21. je___sy feeling towards another person *n.* a feeling of resentment or bitterness towards someone because they have something that you desire
22. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
23. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
24. ser_____ty discovery *n.* the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery
25. de___e a bomb *v.* to reduce or eliminate the tension, anger, or hostility in a situation, especially a potentially explosive one, by calming, soothing, or pacifying those involved

ANSWERS: 18. curate, 19. dotcom, 20. cultivate, 21. jealousy, 22. opportune, 23. excite, 24. serendipity, 25. defuse

26. ubi_____us across ecosystems *adj.* being or existing everywhere at once
27. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
28. det_____ion process *n.* (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
29. hi_____r fashion *n.* a person who follows a trend or style characterized by a particular subculture, particularly one that is associated with alternative music, fashion, and lifestyle practices
30. ro___y motion *adj.* relating to, revolving around, or characterized by rotation or a revolving motion
31. mountain he___t *n.* a person who lives alone or in seclusion from society, typically for religious or spiritual reasons; a person who avoids social interactions or seeks solitude
32. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
33. accurate po_____al *n.* a representation or depiction of someone or something, especially in art, literature, or drama
34. sc___e the coastal town *v.* to harm or injure someone or something, often by using words or criticism; to cut or wound deeply

ANSWERS: 26. ubiquitous, 27. opportune, 28. detoxification, 29. hipster, 30. rotary, 31. hermit, 32. quitter, 33. portrayal, 34. scathe

35. pe_____ve language *adj.* spreading or existing throughout every part of a thing or place
36. do___m millionaire *n.* a company or business that primarily operates on the Internet or has a web-based presence, particularly during the late 1990s and early 2000s when the Internet was a new and rapidly growing industry
37. ga___e \$100 on the race *v.* to take risky action in the hope of being successful; to play or game for money or other stakes
38. ins_____ize customary laws *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
39. neighborhood t__t *n.* a silly or foolish person; someone regarded as annoying or irritating
40. he___t lifestyle *n.* a person who lives alone or in seclusion from society, typically for religious or spiritual reasons; a person who avoids social interactions or seeks solitude
41. a sa___y omelet *adj.* pleasing to the taste, especially by being salty, sour, or spicy rather than sweet
42. the mil_____al reign *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
43. ou_____gh the benefit *v.* to be heavier, more significant, or more critical than something

ANSWERS: 35. pervasive, 36. dotcom, 37. gamble, 38. institutionalize, 39. twit, 40. hermit, 41. savory, 42. millennial, 43. outweigh

44. the pe_____ve odor of garlic *adj.* spreading or existing throughout every part of a thing or place
45. mil_____al record *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
46. environmental tr_____ff *n.* a balance achieved between two desirable but incompatible features; an exchange that occurs as a compromise
47. d__m room *n.* a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus
48. world's ep_____e *n.* a person or thing that is a typical or perfect example of a particular quality or type
49. ubi_____us computing *adj.* being or existing everywhere at once
50. sa___y dish *adj.* pleasing to the taste, especially by being salty, sour, or spicy rather than sweet
51. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
52. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
53. ins_____ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
54. hi_____r lifestyle *n.* a person who follows a trend or style characterized by a particular subculture, particularly one that is associated with alternative music, fashion, and lifestyle practices

ANSWERS: 44. pervasive, 45. millennial, 46. trade-off, 47. dorm, 48. epitome, 49. ubiquitous, 50. savory, 51. excite, 52. cultivate, 53. institutionalize, 54. hipster

55. cr_____an skill *n.* a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials
56. ha_____er novel *n.* a book with a rigid and durable cover made of thick material, such as cardboard, typically providing better protection for the pages than a softcover or paperback
57. celebrity t__t *n.* a silly or foolish person; someone regarded as annoying or irritating
58. int_____ent Wi-Fi *adj.* occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic
59. sma_____ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
60. ro___y tool *adj.* relating to, revolving around, or characterized by rotation or a revolving motion
61. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
62. hu_____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
63. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
64. mi_____ch expectations *v.* to put together or match items that are not compatible or do not fit well together; to be different from or not correspond to something else
65. mi_____ch socks *v.* to put together or match items that are not compatible or do not fit well together; to be different from or not correspond to something else

ANSWERS: 55. craftsman, 56. hardcover, 57. twit, 58. intermittent, 59. smartphone, 60. rotary, 61. intensify, 62. humming, 63. intensify, 64. mismatch, 65. mismatch

66. int_____ent fever

adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

ANSWERS: 66. intermittent

Session 3: Fill in the Blanks

1. The negotiator skillfully _____ the tense situation with calm words and gestures.
 - v. to reduce or eliminate the tension, anger, or hostility in a situation, especially a potentially explosive one, by calming, soothing, or pacifying those involved

2. The _____ rain made it difficult to plan a picnic.
 - adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

3. Will you _____ on the result of the fight?
 - v. to take risky action in the hope of being successful; to play or game for money or other stakes

4. The _____ aroma of roasted chicken filled the kitchen.
 - adj. pleasing to the taste, especially by being salty, sour, or spicy rather than sweet

5. The harsh words from her boss were enough to _____ her confidence for the rest of the day.
 - v. to harm or injure someone or something, often by using words or criticism; to cut or wound deeply

6. The discovery of penicillin was a result of _____.
 - n. the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery

7. Please ignore that _____ on social media; their opinions are irrelevant.
 - n. a silly or foolish person; someone regarded as annoying or irritating

ANSWERS: 1. defused, 2. intermittent, 3. gamble, 4. savory, 5. scathe, 6. serendipity, 7. twit

8. She is always wearing vintage clothing and listening to vinyl records, a true _____ at heart.
- n.* a person who follows a trend or style characterized by a particular subculture, particularly one that is associated with alternative music, fashion, and lifestyle practices
9. Critics praised her _____ of the character.
- n.* a representation or depiction of someone or something, especially in art, literature, or drama
10. The _____ engine is known for its smooth and efficient operation.
- adj.* relating to, revolving around, or characterized by rotation or a revolving motion
11. The _____ of the bees filled the air as she walked through the garden.
- adj.* producing a continuous, low, vibrating sound like that of the bee
12. Suspicion and worry were _____ in our minds.
- adj.* spreading or existing throughout every part of a thing or place
13. University is a great place to _____ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants
14. The news of her promotion _____ her.
- v.* to make someone feel suddenly enthusiastic or eager
15. _____ programs can help eliminate harmful substances and improve overall health.
- n.* (also detox) the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something

ANSWERS: 8. hipster, 9. portrayal, 10. rotary, 11. humming, 12. pervasive, 13. cultivate, 14. excited, 15. Detoxification

16. Living in a _____ can be a great way to meet new people when you're in college.
- n.* a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus
17. His _____ of his brother's success caused a rift in their relationship.
- n.* a feeling of resentment or bitterness towards someone because they have something that you desire
18. The colors of the shirt and pants totally _____ making the outfit look ridiculous.
- v.* to put together or match items that are not compatible or do not fit well together; to be different from or not correspond to something else
19. Internet traffic volumes have increased significantly with the advent of _____.
- n.* a mobile phone that functions as a computer and connects to the Internet
20. The adept _____ carefully carved the wooden figurine with precision and skill.
- n.* a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials
21. The _____ spent his entire life in solitary contemplation, far from the world's hustle.
- n.* a person who lives alone or in seclusion from society, typically for religious or spiritual reasons; a person who avoids social interactions or seeks solitude
22. The art museum has hired a _____ to select and display pieces from its collection.
- n.* a clergyman who is in charge of a parish; a person in charge of a museum, gallery, or church, responsible for the care and display of its collections and exhibitions; (verb) to carefully select, organize, and maintain items in a collection, exhibition, or presentation

ANSWERS: 16. dorm, 17. jealousy, 18. mismatch, 19. smartphones, 20. craftsman, 21. hermit-monk, 22. curate

23. There was a _____ between speed and accuracy in the task.
n. a balance achieved between two desirable but incompatible features; an exchange that occurs as a compromise
24. Sugar is _____ in food.
adj. being or existing everywhere at once
25. The advantages would undoubtedly _____ the disadvantages.
v. to be heavier, more significant, or more critical than something
26. I prefer reading _____ books because they are more durable than paperbacks.
n. a book with a rigid and durable cover made of thick material, such as cardboard, typically providing better protection for the pages than a softcover or paperback
27. The _____ boom of the late 1990s changed the landscape of the tech industry forever.
n. a company or business that primarily operates on the Internet or has a web-based presence, particularly during the late 1990s and early 2000s when the Internet was a new and rapidly growing industry
28. The new policy aims to _____ the use of renewable energy sources.
v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
29. Earth's ecosystems are greatly affected by _____ changes in climate.
adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

ANSWERS: 23. trade-off, 24. ubiquitous, 25. outweigh, 26. hardcover, 27. dotcom, 28. institutionalize, 29. millennial-scale

30. Rebels have pledged to _____ the armed struggle against the dictatorship.
v. to increase or make something increase in extent or strength
31. 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
32. He was the _____ of courage, always standing up for his beliefs.
n. a person or thing that is a typical or perfect example of a particular quality or type
33. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 30. intensify, 31. quitter, 32. epitome, 33. opportune