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Vocabulary Builder Reference from...

Ashley Graham: Plus-size? More like my size | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

bold

adj. brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

synonym: brave, courageous, fearless

(1) a **bold** design, (2) big, **bold** piano sounds

The effort to alleviate climate change needs **bold** action.

brilliant

adj. extremely clever, skilled, or impressive

synonym: luminous, intelligent, clever

(1) **brilliant** idea, (2) **brilliant** performance

The more **brilliant** you are, the more people around you look at you with envy and jealousy.

bra

n. a woman's undergarment designed to support the breasts

synonym: brassiere, undergarment, bustier

(1) push-up **bra**, (2) sports **bra**

She bought a new **bra** that was comfortable and supportive for all-day wear.

thigh

n. the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg

synonym: thigh-bone, femur, upper leg

(1) **thigh** muscle, (2) chicken **thigh**

The marathon runner felt a cramp in her **thigh** at the 20th mile.

rub

v. to move one's hand or an object over the surface of something with pressure

synonym: scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

cellulite

n. a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin

(1) **cellulite** treatment, (2) **cellulite** removal

Regular exercise and a healthy diet can help prevent the formation of **cellulite**.

mold

n. a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

synonym: cavity, cast, mildew

(1) a casting **mold**, (2) **mold** allergy

Mushrooms and **mold** are fungi.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success"

rigorously.

curve

n. a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

synonym : bend, arc, turn

(1) learning **curve**, (2) yield **curve**

The **curve** in the road was so sharp that I had to slow down to navigate it safely.

conclude

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

synonym : complete, finish, decide

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

We **concluded** a cease-fire.

possess

v. to have or own something or to have as an attribute, knowledge, skill, etc.

synonym : keep, maintain, own

(1) **possess** a basic knowledge, (2) **possess** divine powers

He **possesses** a good sense of humor.

diverse

adj. including numerous categories of individuals or entities; various

synonym : manifold, various, myriad

(1) **diverse** backgrounds, (2) a person of **diverse** talents

New York is a city with a **diverse** ethnic population.

physique

n. the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations

synonym : build, shape, anatomy

(1) well-built **physique**, (2) build up my **physique**

He has a muscular **physique** from his years of weightlifting.

fashion

n. a style that is popular at a particular time or place; the state of being popular

synonym : style, manner, fad

(1) go out of **fashion**, (2) new **fashion** trends

That style is no longer in **fashion**.

persist

v. to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable

synonym : endure, continue, carry on

(1) **persist** over time, (2) **persist** in success

Consult your doctor if the symptoms **persist**.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym : tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name

The **label** on the food package lists the ingredients and nutritional information.

paradigm

n. a standard or typical example of something; a pattern or model

synonym : example, standard, epitome

(1) major **paradigm** shift, (2) cultural **paradigm**

He postulated a completely different **paradigm** to explain all these phenomena.

scout

n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

synonym : scoutmaster, explorer, surveyor

(1) boy **scout**, (2) **scout** troop

The company sent a **scout** to explore new business opportunities in the overseas market.

graduated

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

synonym : completed, finished, earned

(1) **graduated** taxation, (2) **graduated** flask
She was a **graduated** student of a prestigious university.

discovery

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

synonym: finding, uncovering, detection

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

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

midst

n. the middle part of people or things

synonym: middle, core, bosom

(1) in the **midst** of the crowd, (2) in the **midst** of a scandal

He remained serene in the **midst** of turbulence.

catwalk

n. a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations

synonym: runway, platform, ramp

(1) **catwalk** rehearsal, (2) fashion **catwalk**

The model strutted confidently down the **catwalk**, showcasing the designer's latest collection.

catalog

n. a complete list of items, often including technical details and prices

synonym: directory, list, register

(1) a classified **catalog**, (2) **catalog** card

She used the online **catalog** to find the perfect pair of earrings for her sister's birthday.

cast

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

synonym: throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye

This accident **cast** a dark shadow over their lives.

eyebrow

n. the hair arc over each eye in humans

synonym : brow, supercilium

(1) raise her **eyebrows**, (2) **eyebrow** cosmetics

She raised an inquiring **eyebrow** towards me.

qualify

v. to reach the standard or fulfill the requirement of ability or knowledge needed to do a particular job or receive a particular benefit or privilege

synonym : permit, authorize, allow

(1) **qualify** as a candidate, (2) **qualify** for membership

The top three teams in this tournament **qualify** for the Olympics.

editorial

adj. relating to the expression of opinions or interpretations in the media

synonym : comment, opinion, critique

(1) gain **editorial** help, (2) an **editorial** article

The newspaper published an **editorial** on the current state of the economy.

cantaloupe

n. a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations

synonym : melon, muskmelon

(1) sliced **cantaloupe**, (2) sweet **cantaloupe**

I bought a ripe and juicy **cantaloupe** from the grocery store for a refreshing snack.

breast

n. either of the two round soft parts of a woman's chest which secrete milk after childbirth

synonym : bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

obvious

adj. easy to see, discover or understand

synonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

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.

tug

v. to pull something quickly and hard, often several times

synonym: draw, jerk, pull

(1) **tug** a rope, (2) **tug** at his hand

This movie **tugs** at everyone's heartstrings.

struggle

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

synonym: toil, strive, compete

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

He could not **struggle** against temptation.

achieve

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

synonym: accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

void

n. an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force

synonym: emptiness, vacuity, (adjective) null

(1) **void** of expression, (2) **void** contract

The **void** in her heart was filled with the love of her family.

cave

n. a large hole in the side of a hill, cliff, mountain, or under the ground

synonym: cavern, grotto, burrow

(1) domiciliary **caves**, (2) the mouth of the **cave**

Bats reside in sheltered **caves**.

vice

n. wrongdoing or wicked behavior; (in the form of vice versa) with the order reversed; (as a prefix) someone with a job immediately below a particular person

synonym: corruption, depravity, evil

(1) virtue and **vice**, (2) **vice-chair** of the committee

Cats hate dogs and **vice** versa.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

affirmation

n. a statement declaring something to be true strongly

synonym: confirmation, validation, endorsement

(1) self- **affirmation**, (2) statement of **affirmation**

The **affirmation** from her boss gave her the confidence she needed to move forward with her project.

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.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct
We must manage to **regulate** our expenditure.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

temporary

adj. not lasting or be used for a very long

synonym : provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing

He managed to get **temporary** jobs during the recession.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym : dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

attitude

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

synonym : mindset, perspective, philosophy

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

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

survey

n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

synonym : study, examination, poll

(1) a comprehensive **survey**, (2) recent **survey**

That **survey** shows that people are accepting the tax increase to some extent.

striking

adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

synonym : arresting, astonishing, exceptional

(1) **striking** innovation, (2) **striking** evidence
The two plays have many **striking** parallels.

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym: reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role
The video telephony application has **redefined** the way we work.

vision

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

synonym: sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**
Driving is difficult for me because of my poor **vision**.

assume

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

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role
The following example **assumes** that the capacity of each battery is the same.

praise

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

synonym: acclaim, honor, commendation

(1) attain critical **praise**, (2) universal **praise**
The drama series mainly received **praise**.

devalue

v. to reduce the value or worth of something

synonym: diminish, depreciate, reduce

(1) **devalue** the pound, (2) **devalue** a brand

Her negative comments about the project only **devalued** the team's efforts.

validate

v. to check or prove that something is true; to make something officially or legally acceptable or approved

synonym: approve, certify, verify

(1) **validate** a hypothesis, (2) **validate** a passport

To **validate** your purchase, please visit the following link.

reclaim

v. to take back something previously lost, given, or paid, or ask to have it back

synonym: recoup, regain, retake

(1) **reclaim** a competitive position, (2) **reclaim** land from the sea

You may be entitled to **reclaim** some tax.

manipulate

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

synonym: control, exploit, abuse

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

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

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

feminine

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

synonym: womanly, womanlike, femalelike

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

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

isolate

v. to physically or socially separate someone or something from other people or things

synonym : separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

emphasis

n. particular importance or significance that is given to something

synonym : priority, stress, focus

(1) **emphasis** on color, (2) lay great **emphasis** on policy

The spotlight gave the central figure increased **emphasis**.

external

adj. belonging to or situated outside of someone or something

synonym : outside, exterior, foreign

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

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

suffer

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

synonym : endure, undergo, tolerate

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

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

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

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

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

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym : achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

swimsuit

n. a piece of clothing worn for swimming

synonym: bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer

She wore a bright red **swimsuit** for the beach trip.

edition

n. a particular form or version in which a text, especially a printed book, magazine, or newspaper, is published;

synonym: version, release, volume

(1) a paper **edition**, (2) **edition** deluxe

They issued a limited **edition** of the artist's recordings.

uncomfortable

adj. providing or feeling physical discomfort or slight pain

synonym: comfortless, discomforting, painful

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

His abusive words made me **uncomfortable**.

relinquish

v. to give up power, control, or possession

synonym: surrender, give up, abandon

(1) **relinquish** control, (2) **relinquish** all hope

She decided to **relinquish** her role as the leader of the group.

critic

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

synonym: pundit, analyst, attacker

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

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

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**.

uplift

n. the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

synonym: upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

authentic

adj. known to be real and what people say it is; not a fake or copy

synonym: genuine, bona fide, original

(1) an **authentic** signature, (2) the sets were meticulously **authentic**

The stages of the play were meticulously **authentic**

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

affirm

v. to assert that something is true or real; to state positively

synonym: declare, avow, assert

(1) **affirm** old traditions, (2) **affirm** strong identity

I **affirm** that I will always stand by my beliefs.

Session 2: Spelling

- | | |
|---------------------------------|---|
| 1. statement of aff_____on | <i>n.</i> a statement declaring something to be true strongly |
| 2. recent su___y | <i>n.</i> an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions |
| 3. learning cu___e | <i>n.</i> a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape |
| 4. yield cu___e | <i>n.</i> a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape |
| 5. a person of di_____e talents | <i>adj.</i> including numerous categories of individuals or entities; various |
| 6. diluted al_____l | <i>n.</i> a clear liquid that can make people drunk and is used in medicines, cleaning products, etc. |
| 7. va_____te a hypothesis | <i>v.</i> to check or prove that something is true; to make something officially or legally acceptable or approved |
| 8. the in_____al economy | <i>adj.</i> of or relating to the inside of something |
| 9. well-built ph_____ue | <i>n.</i> the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations |

ANSWERS: 1. affirmation, 2. survey, 3. curve, 4. curve, 5. diverse, 6. alcohol, 7. validate, 8. internal, 9. physique

10. de____e the pound *v.* to reduce the value or worth of something
11. ca____g card *n.* a complete list of items, often including technical details and prices
12. st____ng innovation *adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner
13. co____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
14. in____e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
15. an in____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
16. v__d contract *n.* an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force
17. v__e-chair of the committee *n.* wrongdoing or wicked behavior; (in the form of vice versa) with the order reversed; (as a prefix) someone with a job immediately below a particular person
18. st____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
19. a casting m__d *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 10. devalue, 11. catalog, 12. striking, 13. conclude, 14. invite, 15. insecure, 16. void, 17. vice, 18. struggle, 19. mold

20. re____te blood sugar levels *v.* to control something, especially by means of rules or laws
21. a mailing la__l *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
22. an unc_____ble silence *adj.* providing or feeling physical discomfort or slight pain
23. not nec_____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
24. a classified ca_____g *n.* a complete list of items, often including technical details and prices
25. fashion ca_____k *n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
26. la__l a bag with my name *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
27. boy sc__t *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
28. r_b shoulders *v.* to move one's hand or an object over the surface of something with pressure

ANSWERS: 20. regulate, 21. label, 22. uncomfortable, 23. necessarily, 24. catalog, 25. catwalk, 26. label, 27. scout, 28. rub

29. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
30. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
31. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
32. the sets were meticulously au_____ic *adj.* known to be real and what people say it is; not a fake or copy
33. an au_____ic signature *adj.* known to be real and what people say it is; not a fake or copy
34. a paper ed_____n *n.* a particular form or version in which a text, especially a printed book, magazine, or newspaper, is published;
35. re_____ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
36. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
37. in_____al organs *adj.* of or relating to the inside of something
38. t_g a rope *v.* to pull something quickly and hard, often several times
39. po_____s divine powers *v.* to have or own something or to have as an attribute, knowledge, skill, etc.
40. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 29. environment, 30. define, 31. dive, 32. authentic, 33. authentic, 34. edition, 35. redefine, 36. feat, 37. internal, 38. tug, 39. possess, 40. discovery

41. af___m strong identity *v.* to assert that something is true or real; to state positively
42. qu____y for membership *v.* to reach the standard or fulfill the requirement of ability or knowledge needed to do a particular job or receive a particular benefit or privilege
43. re____m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back
44. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
45. major pa____gm shift *n.* a standard or typical example of something; a pattern or model
46. lay great em____is on policy *n.* particular importance or significance that is given to something
47. va____te a passport *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
48. add a fe____ne touch *adj.* relating to women; having the features or appearance often associated with women
49. a b__d design *adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks
50. at____de control *n.* the way you think and feel about someone or something
51. re____ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way

ANSWERS: 41. affirm, 42. qualify, 43. reclaim, 44. invite, 45. paradigm, 46. emphasis, 47. validate, 48. feminine, 49. bold, 50. attitude, 51. redefine

52. ce_____te removal *n.* a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin
53. po_____s a basic knowledge *v.* to have or own something or to have as an attribute, knowledge, skill, etc.
54. gr_____ed taxation *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
55. his conclusion was ob_____s *adj.* easy to see, discover or understand
56. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
57. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
58. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
59. sw_____it model *n.* a piece of clothing worn for swimming
60. man_____te figures *v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way
61. em_____is on color *n.* particular importance or significance that is given to something
62. qu_____y as a candidate *v.* to reach the standard or fulfill the requirement of ability or knowledge needed to do a particular job or receive a particular benefit or privilege

ANSWERS: 52. cellulite, 53. possess, 54. graduated, 55. obvious, 56. struggle, 57. confidence, 58. suffer, 59. swimsuit, 60. manipulate, 61. emphasis, 62. qualify

63. domiciliary c__es *n.* a large hole in the side of a hill, cliff, mountain, or under the ground
64. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
65. r_b a glass window *v.* to move one's hand or an object over the surface of something with pressure
66. chicken th__h *n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
67. ex_____al commerce *adj.* belonging to or situated outside of someone or something
68. ey_____w cosmetics *n.* the hair arc over each eye in humans
69. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
70. an ed_____al article *adj.* relating to the expression of opinions or interpretations in the media
71. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
72. br_____nt performance *adj.* extremely clever, skilled, or impressive
73. the sacred fe_____ne *adj.* relating to women; having the features or appearance often associated with women
74. sliced can_____pe *n.* a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations

ANSWERS: 63. cave, 64. discovery, 65. rub, 66. thigh, 67. external, 68. eyebrow, 69. define, 70. editorial, 71. achieve, 72. brilliant, 73. feminine, 74. cantaloupe

75. the mountain's br___t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
76. ob____s reasons *adj.* easy to see, discover or understand
77. the di_____ty policy of the university *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
78. lingual di_____ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
79. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
80. gr_____ed flask *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
81. raise her ey_____ws *n.* the hair arc over each eye in humans
82. ha___ed the incident *v.* to deal with a situation, problem, or strong emotion
83. up___t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
84. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
85. new fa_____n trends *n.* a style that is popular at a particular time or place; the state of being popular

ANSWERS: 75. breast, 76. obvious, 77. diversity, 78. diversity, 79. isolate, 80. graduated, 81. eyebrow, 82. handle, 83. uplift, 84. environment, 85. fashion

86. build up my ph____ue *n.* the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations
87. ind_____us student *adj.* hardworking, diligent, and persistent in effort
88. re_____m a competitive position *v.* to take back something previously lost, given, or paid, or ask to have it back
89. te_____ry housing *adj.* not lasting or be used for a very long
90. sports b_a *n.* a woman's undergarment designed to support the breasts
91. rel_____sh control *v.* to give up power, control, or possession
92. t_g at his hand *v.* to pull something quickly and hard, often several times
93. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
94. ha___e a precious object *v.* to deal with a situation, problem, or strong emotion
95. a te_____ry permit *adj.* not lasting or be used for a very long
96. in the mi__t of the crowd *n.* the middle part of people or things
97. art cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
98. ed_____n deluxe *n.* a particular form or version in which a text, especially a printed book, magazine, or newspaper, is published;

ANSWERS: 86. physique, 87. industrious, 88. reclaim, 89. temporary, 90. bra, 91. relinquish, 92. tug, 93. achieve, 94. handle, 95. temporary, 96. midst, 97. critic, 98. edition

99. c__t a charming eye *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
100. attain critical pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
101. rel_____sh all hope *v.* to give up power, control, or possession
102. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
103. th__h muscle *n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
104. as___e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
105. br___t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
106. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
107. stop drinking al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
108. ce_____te treatment *n.* a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin

ANSWERS: 99. cast, 100. praise, 101. relinquish, 102. isolate, 103. thigh, 104. assume, 105. breast, 106. dive, 107. alcohol, 108. cellulite

109. sc__t troop *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
110. in____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
111. di____e backgrounds *adj.* including numerous categories of individuals or entities; various
112. co____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
113. ex____al factors *adj.* belonging to or situated outside of someone or something
114. br____nt idea *adj.* extremely clever, skilled, or impressive
115. pe____t in success *v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
116. in the mi__t of a scandal *n.* the middle part of people or things
117. nec____ly true *adv.* in an essential manner; in such a way as could not be otherwise
118. the mouth of the c__e *n.* a large hole in the side of a hill, cliff, mountain, or under the ground
119. sw____it designer *n.* a piece of clothing worn for swimming
120. go out of fa____n *n.* a style that is popular at a particular time or place; the state of being popular

ANSWERS: 109. scout, 110. insecure, 111. diverse, 112. conclude, 113. external, 114. brilliant, 115. persist, 116. midst, 117. necessarily, 118. cave, 119. swimsuit, 120. fashion

121. cultural pa____gm *n.* a standard or typical example of something; a pattern or model
122. a prodigious vi____n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
123. severe cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
124. up____t my spirit *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
125. push-up b_a *n.* a woman's undergarment designed to support the breasts
126. pe____t over time *v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
127. intellectual f____t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
128. vulnerable to man____te *v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way
129. c__t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
130. virtue and v__e *n.* wrongdoing or wicked behavior; (in the form of vice versa) with the order reversed; (as a prefix) someone with a job immediately below a particular person

ANSWERS: 121. paradigm, 122. vision, 123. critic, 124. uplift, 125. bra, 126. persist, 127. feat, 128. manipulate, 129. cast, 130. vice

131. sweet can_____pe *n.* a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations
132. gain ed_____al help *adj.* relating to the expression of opinions or interpretations in the media
133. v__d of expression *n.* an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force
134. af___m old traditions *v.* to assert that something is true or real; to state positively
135. with an unc_____ble face *adj.* providing or feeling physical discomfort or slight pain
136. a comprehensive su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
137. re_____te our conduct *v.* to control something, especially by means of rules or laws
138. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
139. telescopic vi___n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
140. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
141. m__d allergy *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 131. cantaloupe, 132. editorial, 133. void, 134. affirm, 135. uncomfortable, 136. survey, 137. regulate, 138. industrious, 139. vision, 140. suffer, 141. mold

142. universal pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
143. self-aff_____on *n.* a statement declaring something to be true strongly
144. ca_____k rehearsal *n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
145. at_____de toward mistakes *n.* the way you think and feel about someone or something
146. de_____e a brand *v.* to reduce the value or worth of something
147. big, b__d piano sounds *adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks
148. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
149. as___e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
150. st_____ng evidence *adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

ANSWERS: 142. praise, 143. affirmation, 144. catwalk, 145. attitude, 146. devalue, 147. bold, 148. confidence, 149. assume, 150. striking

ANSWERS:

Session 3: Fill in the Blanks

1. They issued a limited _____ of the artist's recordings.
n. a particular form or version in which a text, especially a printed book, magazine, or newspaper, is published;
2. New York is a city with a _____ ethnic population.
adj. including numerous categories of individuals or entities; various
3. The spotlight gave the central figure increased _____.
n. particular importance or significance that is given to something
4. He grilled the _____ meat of a chicken.
n. either of the two round soft parts of a woman's chest which secrete milk after childbirth
5. We _____ a cease-fire.
v. to come to an end or close; to reach a judgment or opinion by reasoning
6. Children in an unstructured environment often feel _____.
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety
7. The stages of the play were meticulously _____.
adj. known to be real and what people say it is; not a fake or copy
8. She used the online _____ to find the perfect pair of earrings for her sister's birthday.
n. a complete list of items, often including technical details and prices

ANSWERS: 1. edition, 2. diverse, 3. emphasis, 4. breast, 5. concluded, 6. insecure, 7. authentic, 8. catalog

9. The older man _____ from arthritis and finds it difficult to move around.
- v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
10. That _____ shows that people are accepting the tax increase to some extent.
- n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
11. This accident _____ a dark shadow over their lives.
- v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
12. The company sent a _____ to explore new business opportunities in the overseas market.
- n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
13. Mushrooms and _____ are fungi.
- n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
14. This accident was something that happened _____.
- adv.* in an essential manner; in such a way as could not be otherwise
15. The model strutted confidently down the _____ showcasing the designer's latest collection.
- n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations

ANSWERS: 9. suffers, 10. survey, 11. cast, 12. scout, 13. mold, 14. necessarily, 15. catwalk,

16. The _____ from her boss gave her the confidence she needed to move forward with her project.
n. a statement declaring something to be true strongly
17. I bought a ripe and juicy _____ from the grocery store for a refreshing snack.
n. a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations
18. She raised an inquiring _____ towards me.
n. the hair arc over each eye in humans
19. The newspaper published an _____ on the current state of the economy.
adj. relating to the expression of opinions or interpretations in the media
20. The following example _____ that the capacity of each battery is the same.
v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
21. Skill and _____ are an unconquered army.
n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
22. To _____ your purchase, please visit the following link.
v. to check or prove that something is true; to make something officially or legally acceptable or approved
23. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand

ANSWERS: 16. affirmation, 17. cantaloupe, 18. eyebrow, 19. editorial, 20. assumes, 21. confidence, 22. validate, 23. obvious

24. You may be entitled to _____ some tax.

- v.* to take back something previously lost, given, or paid, or ask to have it back

25. The effort to alleviate climate change needs _____ action.

- adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

26. The _____ in the road was so sharp that I had to slow down to navigate it safely.

- n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

27. He remained serene in the _____ of turbulence.

- n.* the middle part of people or things

28. You should not _____ them from the community.

- v.* to physically or socially separate someone or something from other people or things

29. Her negative comments about the project only _____ the team's efforts.

- v.* to reduce the value or worth of something

30. The more _____ you are, the more people around you look at you with envy and jealousy.

- adj.* extremely clever, skilled, or impressive

31. He could not _____ against temptation.

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

ANSWERS: 24. reclaim, 25. bold, 26. curve, 27. midst, 28. isolate, 29. devalued, 30. brilliant, 31. struggle

32. He was impressed by the range and _____ of the collection.
- n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
33. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
- n.* a notable or impressive achievement, especially one that requires great skill or bravery
34. Her research team made an important _____.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
35. We want to _____ you to our annual charity event.
- v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
36. Driving is difficult for me because of my poor _____.
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
37. His abusive words made me _____.
- adj.* providing or feeling physical discomfort or slight pain
38. The top three teams in this tournament _____ for the Olympics.
- v.* to reach the standard or fulfill the requirement of ability or knowledge needed to do a particular job or receive a particular benefit or privilege
39. He has a muscular _____ from his years of weightlifting.
- n.* the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations

ANSWERS: 32. diversity, 33. feat, 34. discovery, 35. invite, 36. vision, 37. uncomfortable, 38. qualify, 39. physique

40. We all should learn how to _____ stress.

v. to deal with a situation, problem, or strong emotion

41. He _____ a good sense of humor.

v. to have or own something or to have as an attribute, knowledge, skill, etc.

42. The video telephony application has _____ the way we work.

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

43. The prime minister canceled visits to other countries to resolve _____ disputes.

adj. of or relating to the inside of something

44. Please tell me how to _____ this computer.

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

45. Every human is responsible for taking care of the Earth's _____.

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

46. I will work hard to _____ my goals and realize my dreams.

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

47. He postulated a completely different _____ to explain all these phenomena.

n. a standard or typical example of something; a pattern or model

ANSWERS: 40. handle, 41. possesses, 42. redefined, 43. internal, 44. manipulate, 45. environment, 46. achieve, 47. paradigm

48. When a company discloses information to the market, an _____ auditor verifies them.

adj. belonging to or situated outside of someone or something

49. Cats hate dogs and _____ versa.

n. wrongdoing or wicked behavior; (in the form of vice versa) with the order reversed; (as a prefix) someone with a job immediately below a particular person

50. I _____ that I will always stand by my beliefs.

v. to assert that something is true or real; to state positively

51. The sperm whale can _____ to 1,000 meters.

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

52. She bought a new _____ that was comfortable and supportive for all-day wear.

n. a woman's undergarment designed to support the breasts

53. This movie _____ at everyone's heartstrings.

v. to pull something quickly and hard, often several times

54. She _____ the sore spot on her leg to ease the pain.

v. to move one's hand or an object over the surface of something with pressure

55. The drama series mainly received _____.

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

ANSWERS: 48. external, 49. vice, 50. affirm, 51. dive, 52. bra, 53. tugs, 54. rubbed, 55. praise

56. To advance this discussion, we must _____ "success" rigorously.
- v.* to state or explain precisely the nature, scope, or meaning of something
57. Regular exercise and a healthy diet can help prevent the formation of _____.
- n.* a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin
58. He was known to be very _____ and would often work late into the night.
- adj.* hardworking, diligent, and persistent in effort
59. She had the _____ that work was fun.
- n.* the way you think and feel about someone or something
60. The _____ on the food package lists the ingredients and nutritional information.
- n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
61. Consult your doctor if the symptoms _____.
- v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
62. We must manage to _____ our expenditure.
- v.* to control something, especially by means of rules or laws
63. Advocates for legal reform hear less harsh words from their _____.
- n.* someone who expresses opinions about the quality of books, music, etc.

ANSWERS: 56. define, 57. cellulite, 58. industrious, 59. attitude, 60. label, 61. persist, 62. regulate, 63. critics

64. The _____ in her heart was filled with the love of her family.
n. an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force
65. He managed to get _____ jobs during the recession.
adj. not lasting or be used for a very long
66. There is a clear association between _____ consumption and cognitive decline.
n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
67. Bats reside in sheltered _____.
n. a large hole in the side of a hill, cliff, mountain, or under the ground
68. She wore a bright red _____ for the beach trip.
n. a piece of clothing worn for swimming
69. She decided to _____ her role as the leader of the group.
v. to give up power, control, or possession
70. The dress mixes sophisticated lines with an appealing floral design for a classically _____ style.
adj. relating to women; having the features or appearance often associated with women
71. That style is no longer in _____.
n. a style that is popular at a particular time or place; the state of being popular

ANSWERS: 64. void, 65. temporary, 66. alcohol, 67. caves, 68. swimsuit, 69. relinquish, 70. feminine, 71. fashion

72. The two plays have many _____ parallels.

adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

73. She was a _____ student of a prestigious university.

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

74. The _____ in the stock market has been a relief to investors.

n. the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

75. The marathon runner felt a cramp in her _____ at the 20th mile.

n. the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg

ANSWERS: 72. striking, 73. graduated, 74. uplift, 75. thigh