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Vocabulary Builder Reference from...

Susan David: The gift and power of emotional courage | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

intention

n. something you want to do and are going to do

synonym: purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**

Our CEO's **intentions** are always transparent and straightforward.

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.

greet

v. to say hello to someone; to express welcome on meeting someone

synonym: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

emotion

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

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

thrive

v. to grow vigorously; to make steady progress

synonym : bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

increasingly

adv. more and more

synonym : more and more, progressively

(1) **increasingly** become common, (2) face **increasingly** complicated challenges

Our company found it **increasingly** difficult to keep up with the competition.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym : intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

fraught

adj. causing, accompanied by, or full of anxiety, tension, or stress

synonym : tense, anxious, stressed

(1) become increasingly **fraught**, (2) **fraught** with danger

The negotiations were **fraught** with challenges and setbacks.

crucial

adj. extremely vital or necessary

synonym : essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym : characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

conventional

adj. based on or following traditional rules, standards, customs, etc.

synonym : ancestral, customary, established

(1) a **conventional** style, (2) get a **conventional** loan

She is very **conventional** in her thoughts.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym : minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

rigid

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

synonym : strict, inflexible, stringent

(1) **rigid** rules, (2) **rigid** structure

He was unpopular because of his **rigid** adherence to the rules.

rigidity

n. the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding

synonym : stiffness, inflexibility, firmness

(1) mental **rigidity**, (2) legal **rigidity**

The **rigidity** of the school's dress code policy caused much controversy among the students and parents.

toxic

adj. of or relating to or caused by a poison; poisonous

synonym : poisonous, harmful, contaminated

(1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

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.

agility

n. the ability to move quickly and easily, often in a way that is graceful and controlled

synonym : nimbleness, quickness, dexterity

(1) ninja-like **agility**, (2) **agility** training

The coach had the team run through the **agility** ladder to improve their coordination.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

hallowed

adj. considered holy or sacred; deserving of reverence or respect

synonym : sanctified, sacred, revered

(1) **hallowed** tradition, (2) **hallowed** memory

The church was considered a **hallowed** ground for the community, where their ancestors had worshiped for generations.

messy

adj. disorganized and untidy

synonym : cluttered, disorganized, untidy

(1) **messy** data, (2) **messy** handling

His **messy** bedroom is always a source of frustration for his mother.

suburb

n. an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods

synonym : outskirts, district, quarter

(1) **suburb** development, (2) **suburb** life

He grew up in the **suburbs** but always dreamed of living in the city.

apartheid

n. a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors

synonym : segregation, discrimination, oppression

(1) **apartheid** system, (2) **apartheid** policies

The South African government enforced **apartheid** laws that segregated people based on race.

communal

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

synonym : collaborative, combined, collective

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

Communal elections were held in several European countries.

committed

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

synonym : devoted, faithful, attached

(1) in a **committed** relationship, (2) strong and **committed** sales staff

Our company is strongly **committed** to meeting customers' needs.

denial

n. a statement that something is not true or does not exist

synonym : refusal, rejection, veto

(1) state of **denial**, (2) an absolute **denial**

She gave us a categorical **denial** of the scandal.

racist

adj. characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

synonym : discriminatory, prejudiced, bigoted

(1) far-right **racist**, (2) **racist** attitudes

The **racist** comments made by the politician caused widespread condemnation.

legislation

n. a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws

synonym : act, regulation, decree

(1) anti-terrorist **legislation**, (2) introduce **legislation**

Similar **legislation** had already been rejected by the parliament four times.

convince

v. to persuade someone or make someone believe that something is true

synonym : persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent

I am considering what I should do to **convince** him.

destructive

adj. causing or able to cause tremendous and irreparable damage

synonym : destroying, harmful, disastrous

(1) lead to **destructive** behavior, (2) a habit **destructive** to health

It was the most **destructive** storm in decades.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym : murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

backpack

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

synonym: knapsack, rucksack, pack

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

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

cancer

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

synonym: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

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

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

drift

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

synonym: float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft

I **drifted** around for years in Europe before going to university.

mathematics

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

synonym: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

grade

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

synonym: score, rate, degree

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

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

shrug

v. to raise your shoulders and then drop them to say you do not know or are not interested

(1) **shrug** off the importance, (2) **shrug** his shoulders sadly

I respect her ability to **shrug** off harsh criticism.

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**.

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.

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.

- creditor** *n.* a person, company, etc. to whom a debtor owes money
(1) the **creditor's** claims, (2) bankrupt **creditor**
I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.
- fin** *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
synonym: flipper, appendage, stabilizer
(1) back **fin**, (2) a **fin** of a plane
The shark's powerful **fins** allowed it to swim at high speeds.
- ravage** *v.* to cause damage to something badly
synonym: devastate, ruin, destroy
(1) **ravage** a country, (2) **ravage** the brain
A large fire **ravaged** the forest.
- spiral** *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
synonym: coil, helix, twist
(1) **spiral** staircase, (2) **spiral** design
The leaves of the fern were arranged in a **spiral** pattern.
- 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.
- numb** *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
synonym: dazed, insensitive, emotionless
(1) **numb** with cold, (2) a **numb** mind
My left arm became **numb**.
- binge** *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym : spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

purge

v. to remove or get rid of something, especially that is unwanted or impure

synonym : cleanse, clear, eliminate

(1) **purge** the system, (2) **purge** his sins

The government tried to **purge** corrupt officials from the bureaucracy.

refuse

v. to show that one is not willing to do or accept something

synonym : turn down, deny, decline

(1) **refuse** a request, (2) **refuse** the company

My initial reaction was to **refuse**.

grief

n. a very great sadness, especially when somebody dies

synonym : anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym : unyielding, tireless, unremitting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym : assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

triumph

n. a great victory or achievement

synonym : victory, success, conquest

(1) **triumph** of democracy, (2) **triumph** of the spirit

The team's **triumph** in the championship resulted from their hard work and dedication.

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

writ

n. a written legal order or command

synonym : legal document, order, legal process

(1) a **writ** of summons, (2) issue a **writ**

He was served with a **writ** of eviction, giving him the notice to vacate the property.

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.

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**

revolution

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

synonym : coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

correspondence

n. the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status

synonym: letters, closeness, likeness

(1) a business **correspondence**, (2) one-to-one **correspondence**

The results of the two experiments were in **correspondence**.

gymnast

n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

synonym: acrobat, tumbler, contortionist

(1) talented **gymnast**, (2) female **gymnast**

The Olympic **gymnast** performed a flawless routine on the balance beam and received a perfect ten score.

inseparable

adj. incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked

synonym: attached, connected, united

(1) **inseparable** friends, (2) **inseparable** duo

The two friends were **inseparable** and did everything together.

fragility

n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable

synonym: delicacy, weakness, frailty

(1) **fragility** of life, (2) emotional **fragility**

The **fragility** of the glass required careful handling during shipping.

unseen

adj. not seen or noticed; not perceived

synonym: invisible, hidden, undercover

(1) **unseen** danger, (2) an **unseen** force

The consequences of the pandemic remain **unseen** as scientists continue to research the virus.

nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym: hassle, bother, badger

(1) **nag** about the minor thing, (2) **nag** political leaders

She couldn't stop **nagging** her husband to take out the trash.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

certainty

n. the state of being certain

synonym: inevitability, confidence, assurance

(1) scientific **certainty**, (2) reach **certainty** about the theory

Through investigation, his suspicions hardened into **certainty**.

uncertain

adj. not being sure of something; not being able to choose

synonym: doubtful, skeptical, pending

(1) numerous **uncertain** factors, (2) take an **uncertain** attitude

She was **uncertain** about her friend's intentions.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym : guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

frailty

n. the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

synonym : weakness, fragility, delicacy

(1) cognitive **frailty**, (2) **frailty** syndrome

The doctor warned us about the human body's **frailty** and the dangers of neglecting our health.

sustainable

adj. able to continue or be continued for a long time

synonym : continuable, enduring, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

organization

n. a group of people who work together for a shared purpose

synonym : association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

disability

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

synonym : impairment, disadvantage, restriction

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

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

outstrip

v. to exceed or surpass a particular, measurable quality or attribute, such as speed, efficiency, or quality

synonym : outdo, surpass, exceed

(1) **outstrip** competitors, (2) **outstrip** population growth

The company's sales have **outstripped** expectations for the quarter.

disease

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

synonym : illness, ailment, affliction

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

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

unprecedented

adj. never having been seen, done, or known before

synonym : novel, outstanding, unparalleled

(1) **unprecedented** boom, (2) **unprecedented** business opportunity

Unprecedented amounts of heckling and slogan-shouting took place throughout the event.

technological

adj. based on scientific and industrial progress

synonym : specialized, technical

(1) **technological** advancement, (2) **technological** policy

Technological advances have disrupted many industries.

economy

n. the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

obsessive

adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

synonym : compulsive, fixated, besetting

(1) **obsessive-compulsive** disorder, (2) **obsessive** thoughts

Her **obsessive** behavior towards perfectionism often led to burnout.

brood

v. to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth

synonym : offspring, hatch, family

(1) **brood** about the defeat, (2) a **brood** of chickens

The terrible result **brooded** over her all day long.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym : pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

hooked

adj. being caught or caught up in something; curved down like an eagle's beak

synonym : caught, captivated, addicted

(1) **hooked** hair, (2) **hooked** on drugs

My son was **hooked** on the Internet.

victim

n. a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

synonym : prey, target, sufferer

(1) **victim** support, (2) **victim** compensation

The **victim** of the crime deserves justice and support to recover from the trauma.

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.

deem

v. to consider or decide something in a particular way

synonym : believe, consider, suppose

(1) **deem** socially responsible, (2) **deem** wrong or inappropriate

Regarding earthquakes, some commercial buildings were **deemed** unsafe.

legitimate

adj. accordant with or allowed by law; lawful

synonym : lawful, honest, fair

(1) a **legitimate** child, (2) **legitimate** question

Public political demonstrations are considered **legitimate** rights for citizens.

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.

conduct

v. to organize and carry out a particular activity

synonym : behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research
Police will **conduct** random breath testing for drunk driving.

judge

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym : arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**
The strict **judge** ruled in favor of the plaintiff in the case.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym : unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted
I **inadvertently** left my phone at home this morning and felt lost.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**
The data he prepared was completely **sham**.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym : intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike
Honesty is an **inherent** quality that everyone should strive to possess.

moral

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

synonym : honest, ethical, conscientious

(1) **moral** hazard, (2) **moral** burden

Ethics deals with **moral** conduct.

automatically

adv. without needing a direct human control

synonym : mechanically, unconsciously, spontaneously

(1) record driving **automatically**, (2) **automatically** adjusted

Our subscription plan is **automatically** renewed.

tyranny

n. a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

synonym : despotism, oppression, dictatorship

(1) brutal **tyranny**, (2) **tyranny** of the majority

The country was ruled by a **tyranny** that oppressed its citizens.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym : heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke

The dictator was known for his **cruel** and oppressive regime.

ineffective

adj. not producing any significant or intended effect or result

synonym : useless, feeble, fruitless

(1) an **ineffective** speech, (2) pull an **ineffective** player

These treatments were **ineffective** against a virus.

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.

inevitable

adj. certain to happen and unavoidable

synonym : inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result
In times of recession, an increase in unemployment is **inevitable**.

individual

n. a single person or thing, as distinct from a group
synonym: person, being, self

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

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

melt

v. to turn from something solid into something soft or liquid as a result of heating

synonym: disintegrate, soften, disappear

(1) **melt** the ice, (2) **melt** down gold

Her resistance **melted** under his persuasion.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

suppression

n. the act of stopping or preventing something from being expressed or revealed

synonym: repression, oppression, restriction

(1) the **suppression** of bandits, (2) **suppression** of estrogen

The government imposed a **suppression** of freedom of speech.

ignore

v. to intentionally not listen or pay attention to

synonym: neglect, disregard, shun

(1) **ignore** her advice, (2) **ignore** a ban

Since independence, the area has been completely **ignored**.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

amplification

n. the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea

synonym: enlargement, expansion, intensification

(1) **amplification** system, (2) sound **amplification**

The political debate was an **amplification** of the candidates' views on key issues.

delicious

adj. exceptionally pleasing to taste or smell

synonym: appetizing, mouthwatering, delectable

(1) **delicious** breeze, (2) variety of **delicious** foods

We could grill the meat in a **delicious** way.

refrigerator

n. an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment

synonym: fridge, cooler, icebox

(1) **refrigerator** magnet, (2) empty **refrigerator**

Don't forget to put the eggs in the **refrigerator** after you've used them.

unwanted

adj. not wanted or desired

synonym: undesired, unneeded

(1) **unwanted** attention, (2) **unwanted** guests

He threw away the **unwanted** items in his closet.

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.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym : coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

norm

n. something that is regarded as usual, typical, or standard

synonym : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

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.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym : evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

disappoint

v. to fail to meet someone or their hopes or expectations; to make someone feel sad

synonym : sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

inconvenient

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

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

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

disappointment

n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes

synonym : letdown, frustration, discouragement

(1) **disappointment** in the result, (2) **disappointment** with the service

The cancellation of the concert was a huge **disappointment** for the fans.

contract

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

synonym : agreement, deal, arrangement

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

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

discomfort

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

synonym : affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

dismantle

v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment

synonym : take apart, demolish, take down

(1) **dismantle** a machine, (2) **dismantle** a system

The old building had to be **dismantled** because it was structurally unsound.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

synonym: skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

Lean operational improvements often lead to better environmental performance.

regret

v. 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.

radical

adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

synonym: extreme, revolutionary

(1) a **radical** flaw in the plan, (2) a **radical** cure

The government established by the coup was more **radical** than before.

cornerstone

n. a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed

synonym: foundation, basis, keystone

(1) **cornerstone** of democracy, (2) lay the **cornerstone**

Effective communication is often considered the **cornerstone** of a successful team.

accuracy

n. the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake

synonym: precision, exactness, truthfulness

(1) degree of **accuracy**, (2) the **accuracy** of his compass
To assure **accuracy**, I recommend investing in high-quality test kits.

essential

adj. indispensable; fundamental

synonym: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life
Trial and error is an **essential** part of education.

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.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old
We all **dread** to think about what will happen if the company goes bankrupt.

accurate

adj. correct and exact in all details

synonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements
The official transcript contains **accurate** academic records.

discern

v. to see, perceive, or understand something that is not obvious

synonym: determine, distinguish, sense

(1) **discern** the big picture, (2) **discern** friend from foe
Parents need to help their children **discern** right and wrong.

precise

adj. sharply exact or accurate or delimited

synonym : accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs

The content is **precise** and informative for me.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

concrete

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

synonym : actual, factual, hardened

(1) a **concrete** noun, (2) **concrete** examples

The president asked for a more **concrete** plan.

flash

n. a sudden intense burst of radiant energy; a momentary brightness

synonym : sparkle, gleam, glimmer

(1) a **flash** of lightning, (2) brilliant **flash**

These heavy rains caused **flash** floods on several islands.

rage

n. a strong feeling of anger or violence

synonym : fury, anger, outrage

(1) uncontrollable **rage**, (2) fall into a **rage**

She was filled with a burning **rage** at the injustice she had witnessed.

signpost

n. a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress

synonym : marker, guidepost, indicator

(1) follow **signposts** on roads, (2) clear **signpost**

The **signpost** on the hiking trail helped guide hikers toward

the correct path.

equity

n. the value of the shares issued by a company
synonym : fairness

(1) private **equity** firm, (2) **equity** capital market
That company is cautious when it comes to **equity** investment.

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.

align

v. to put or arrange two or more things in a straight line or to form a straight line
synonym : coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with a historical trend
Both parties are now entirely ideologically **aligned**.

caveat

n. a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing
synonym : warning, caution, admonition

(1) a **caveat** against unfair practices, (2) general **caveat**
We often ignore important **caveats** from nature.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something
synonym : disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**
He felt a deep **frustration** as he realized the project would not be completed on time.

endorse

v. to officially approve, support, or recommend someone or something

synonym : approve, support, advocate

(1) **endorse** candidate, (2) **endorse** a check

The celebrity **endorsed** the new product on social media.

intern

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

synonym : apprentice, trainee, student

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

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

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym : sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

pathway

n. a track that constitutes or serves as a path; an approach or a way of doing something

synonym : route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling **pathways**

When the first molecule in the **pathway** receives a signal, it activates other molecules.

contour

n. the outline of its shape or form; a line drawn on a map connecting points of equal height

synonym : outline, silhouette, shape

(1) the **contour** of the earth's surface, (2) **contour** lines

The **contour** of the Atlantic coast of America is very complicated.

journal

n. a newspaper or magazine specialized in a specific topic or profession

synonym : periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

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**.

contributor

n. a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor

synonym : donor, giver, subscriber

(1) **contributor** of funds, (2) regular **contributor**

She is a major **contributor** to the local food bank, volunteering every week.

individualize

v. to make something personal or more personal to suit the needs of a particular person, place, etc.

synonym : personalize, differentiate

(1) **individualize** each patient, (2) **individualize** dosages

Our schools offer **individualized** education by excellent teachers.

engagement

n. a mutual promise to marry someone; an agreement to do something, especially at a particular time

synonym : betrothal, promise, commitment

(1) a prior **engagement**, (2) break off an **engagement**

They selected a gorgeous diamond **engagement** ring.

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**.

innovation

n. the creation of a new device or process resulting from study and experimentation

synonym: invention, initiation, creation

(1) **innovation** leader, (2) cutting-edge **innovation**

The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

flourish

v. to grow or develop vigorously or successfully

synonym: boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

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.

agile

adj. able to move quickly and easily, often in a way that is graceful and controlled

synonym: nimble, quick, flexible

(1) an **agile** mind, (2) **agile** in his movements

The **agile** development process allowed the team to make changes quickly.

curiosity

n. a strong desire to know or learn about something

synonym: interest, inquisitiveness, novelty

(1) boundless **curiosity**, (2) satisfy my intellectual **curiosity**

We are motivated by **curiosity** rather than necessity.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

courage

n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

synonym: bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**

It takes a lot of **courage** to stand up for what you believe is right.

terrify

v. to frighten someone very much

synonym: unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym: ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

pat

v. to touch or tap something lightly and usually in a friendly or encouraging manner; to apply or rub lightly and repetitively

synonym: tap, stroke, caress

(1) **pat** on the back, (2) **pat** a dog

She **patted** the puppy on the head and gave it a treat.

scared

adj. afraid or frightened

synonym: frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

invention

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

synonym: creation, design, innovation

(1) the **invention** of new techniques, (2) common **invention**

Necessity is the mother of **invention**.

buffer

n. a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

synonym: cushion, shield, insulation

(1) a **buffer** between the quarreling parents, (2) use a **buffer** to reduce noise

Using a password manager can act as a **buffer** against hackers who try to steal your personal information.

absence

n. 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**.

precious

adj. uncommon and extremely valuable

synonym: adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

reserve

v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

synonym: keep, hold, preserve

(1) **reserve** the right, (2) **reserve** a concert ticket

You can easily **reserve** seats over the telephone.

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.

fragile

adj. delicate or easily broken or damaged

synonym : delicate, brittle, breakable

(1) politically **fragile** nation, (2) **fragile** ecosystem

The vase was made of **fragile** ceramic and easily broke when it was dropped.

Session 2: Spelling

1. de____p a skill
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
2. ina_____tly omitted
adv. unintentionally; accidentally; without purpose or deliberate intent
3. ha____ed memory
adj. considered holy or sacred; deserving of reverence or respect
4. psy_____gy of crowd
n. the scientific study of mind and behavior
5. variety of de_____us foods
adj. exceptionally pleasing to taste or smell
6. alcohol bi__e
n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
7. the ac____cy of his compass
n. the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
8. cognitive fr____y
n. the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality
9. rel_____ss attack
adj. persistent and determined; continuing despite difficulties or setbacks
10. employment co_____ct
n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

ANSWERS: 1. develop, 2. inadvertently, 3. hallowed, 4. psychology, 5. delicious, 6. binge, 7. accuracy, 8. frailty, 9. relentless, 10. contract

- | | |
|---------------------------------|--|
| 11. an un___n force | <i>adj.</i> not seen or noticed; not perceived |
| 12. po__t the premise | <i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration |
| 13. re_____e the right | <i>v.</i> to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance |
| 14. co_____ce her to go with us | <i>v.</i> to persuade someone or make someone believe that something is true |
| 15. cognitive com_____ty | <i>n.</i> the state or quality of being complicated or intricate and difficult to understand |
| 16. a political rev_____on | <i>n.</i> a large-scale attempt to overthrow the government of a country, often using violence or war; |
| 17. an ag__e mind | <i>adj.</i> able to move quickly and easily, often in a way that is graceful and controlled |
| 18. st_____le to get the job | <i>v.</i> 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. brilliant fl__h | <i>n.</i> a sudden intense burst of radiant energy; a momentary brightness |
| 20. pu__e his sins | <i>v.</i> to remove or get rid of something, especially that is unwanted or impure |
| 21. boundless cu_____ty | <i>n.</i> a strong desire to know or learn about something |
| 22. express fru_____on | <i>n.</i> the feeling of being upset or annoyed as a result of being unable to change or achieve something |

ANSWERS: 11. unseen, 12. posit, 13. reserve, 14. convince, 15. complexity, 16. revolution, 17. agile, 18. struggle, 19. flash, 20. purge, 21. curiosity, 22. frustration

23. ins_____le friends *adj.* incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked
24. clear si_____st *n.* a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress
25. di_____le a machine *v.* to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
26. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
27. unp_____ted boom *adj.* never having been seen, done, or known before
28. ind_____al freedom *n.* a single person or thing, as distinct from a group
29. me__y data *adj.* disorganized and untidy
30. inc_____ent for shopping *adj.* causing trouble or difficulty; not convenient or suitable
31. pu__e the system *v.* to remove or get rid of something, especially that is unwanted or impure
32. em_____al distress *adj.* relating to people's feelings
33. mental co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
34. in___n civilians *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 23. inseparable, 24. signpost, 25. dismantle, 26. presence, 27. unprecedented, 28. individual, 29. messy, 30. inconvenient, 31. purge, 32. emotional, 33. courage, 34. intern

35. principles of sus_____le
development *adj.* able to continue or be continued for a long time
36. un_____ed attention *adj.* not wanted or desired
37. fall into a r___e *n.* a strong feeling of anger or violence
38. ig___e a ban *v.* to intentionally not listen or pay attention to
39. the wh_____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
40. ap_____id system *n.* a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
41. 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
42. em_____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
43. si___t reading *adj.* without any or little sound
44. recent su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

ANSWERS: 35. sustainable, 36. unwanted, 37. rage, 38. ignore, 39. whisper, 40. apartheid, 41. label, 42. embrace, 43. silent, 44. survey

45. reach ce_____ty about the theory *n.* the state of being certain
46. fr_____ty of life *n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
47. dis_____ent with the service *n.* the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
48. a bu___r between the quarreling parents *n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
49. li_____ng commitment *adj.* lasting for the whole of someone's life
50. 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
51. cr_____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
52. face rel_____ss pressure *adj.* persistent and determined; continuing despite difficulties or setbacks
53. the ul_____te luxury *adj.* furthest or highest in degree or order
54. ine_____le changes of the seasons *adj.* certain to happen and unavoidable
55. get a con_____nal loan *adj.* based on or following traditional rules, standards, customs, etc.
56. cr___l joke *adj.* feeling or showing pleasure in causing pain or suffering to others

ANSWERS: 45. certainty, 46. fragility, 47. disappointment, 48. buffer, 49. lifelong, 50. label, 51. creative, 52. relentless, 53. ultimate, 54. inevitable, 55. conventional, 56. cruel

57. the in_____on of new techniques *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
58. tec_____cal advancement *adj.* based on scientific and industrial progress
59. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
60. face inc_____gly complicated challenges *adv.* more and more
61. a leave of ab_____e *n.* the fact or condition of being away from a place where they are typically anticipated to be
62. estimate pr_____e costs *adj.* sharply exact or accurate or delimited
63. ba_____cking trip *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
64. take an un_____in attitude *adj.* not being sure of something; not being able to choose
65. th___e on pressure *v.* to grow vigorously; to make steady progress
66. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
67. ob_____ve-compulsive disorder *adj.* relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

ANSWERS: 57. invention, 58. technological, 59. numb, 60. increasingly, 61. absence, 62. precise, 63. backpack, 64. uncertain, 65. thrive, 66. depression, 67. obsessive

68. a ne____ve number *adj.* having the quality of something bad or harmful; expressing refusal
69. vi____m support *n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
70. wi____m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
71. ra____e the brain *v.* to cause damage to something badly
72. dis_____rt in the abdomen *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
73. lay the cor_____ne *n.* a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed
74. empty ref_____tor *n.* an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment
75. jo_____l articles *n.* a newspaper or magazine specialized in a specific topic or profession
76. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
77. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

ANSWERS: 68. negative, 69. victim, 70. wisdom, 71. ravage, 72. discomfort, 73. cornerstone, 74. refrigerator, 75. journal, 76. complexity, 77. whisper

78. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
79. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
80. art cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
81. ine_____le result *adj.* certain to happen and unavoidable
82. face an inc_____ent truth *adj.* causing trouble or difficulty; not convenient or suitable
83. a business cor_____nce *n.* the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status
84. regular con_____or *n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
85. p_t on the back *v.* to touch or tap something lightly and usually in a friendly or encouraging manner; to apply or rub lightly and repetitively
86. a comprehensive su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
87. un_____ed guests *adj.* not wanted or desired

ANSWERS: 78. brain, 79. mathematics, 80. critic, 81. inevitable, 82. inconvenient, 83. correspondence, 84. contributor, 85. pat, 86. survey, 87. unwanted

88. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
89. clear in_____on *n.* something you want to do and are going to do
90. co_____r lines *n.* the outline of its shape or form; a line drawn on a map connecting points of equal height
91. as____ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
92. di_____le a system *v.* to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
93. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
94. a learning dis_____ty *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
95. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent
96. fr_____e ecosystem *adj.* delicate or easily broken or damaged
97. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
98. introduce leg_____on *n.* a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws

ANSWERS: 88. comfort, 89. intention, 90. contour, 91. aspect, 92. dismantle, 93. mathematics, 94. disability, 95. inadvertently, 96. fragile, 97. develop, 98. legislation

99. co____ce an opponent *v.* to persuade someone or make someone believe that something is true
100. di____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
101. ref____tor magnet *n.* an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment
102. cellular signaling pa____ys *n.* a track that constitutes or serves as a path; an approach or a way of doing something
103. follow si____sts on roads *n.* a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress
104. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
105. ec____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
106. a private ind____al *n.* a single person or thing, as distinct from a group

ANSWERS: 99. convince, 100. disease, 101. refrigerator, 102. pathway, 103. signpost, 104. brain, 105. economy, 106. individual

107. in_____on behind his decision *n.* something you want to do and are going to do
108. re_____e a concert ticket *v.* to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
109. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
110. dr__t away on a raft *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
111. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
112. an absolute de____l *n.* a statement that something is not true or does not exist
113. en_____e a check *v.* to officially approve, support, or recommend someone or something
114. sc____d all the time *adj.* afraid or frightened
115. become increasingly fr____t *adj.* causing, accompanied by, or full of anxiety, tension, or stress
116. de_____us breeze *adj.* exceptionally pleasing to taste or smell
117. al__n the economic interest of each other *v.* to put or arrange two or more things in a straight line or to form a straight line
118. gr____e for loss *v.* to feel or show great sadness or sorrow, especially for someone who has died

ANSWERS: 107. intention, 108. reserve, 109. disease, 110. drift, 111. resilient, 112. denial, 113. endorse, 114. scared, 115. fraught, 116. delicious, 117. align, 118. grieve

119. pe___t application *v.* to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
120. common in _____on *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
121. dis_____ent in the result *n.* the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes
122. ba_____cker's hostel *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
123. gr__t an idea *v.* to say hello to someone; to express welcome on meeting someone
124. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
125. break off an eng_____nt *n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time
126. sh__g his shoulders sadly *v.* to raise your shoulders and then drop them to say you do not know or are not interested
127. ag_____y training *n.* the ability to move quickly and easily, often in a way that is graceful and controlled
128. ab_____e from work *n.* the fact or condition of being away from a place where they are typically anticipated to be

ANSWERS: 119. permit, 120. invention, 121. disappointment, 122. backpack, 123. greet, 124. grade, 125. engagement, 126. shrug, 127. agility, 128. absence

129. a warm em_____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasp­ing another person in the arms as in greeting or affection
130. back f__n *n.* a thin flat part on the body of a fish or other aquatic animal used for propul­sion or balance
131. ag__e in his movements *adj.* able to move quickly and easily, often in a way that is graceful and controlled
132. price of pr_____us metals *adj.* uncommon and extremely valuable
133. th___e in a society *v.* to grow vigorously; to make steady progress
134. the sup_____on of bandits *n.* the act of stopping or preventing something from being expressed or revealed
135. mo__l hazard *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
136. have gr__f and sorrow *n.* a very great sadness, especially when somebody dies
137. tec_____cal policy *adj.* based on scientific and industrial progress
138. degree of ac_____cy *n.* the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake
139. li_____ng career *adj.* lasting for the whole of someone's life
140. n__m of action *n.* something that is regarded as usual, typical, or standard
141. record driving aut_____lly *adv.* without needing a direct human control

ANSWERS: 129. embrace, 130. fin, 131. agile, 132. precious, 133. thrive, 134. suppression, 135. moral, 136. grief, 137. technological, 138. accuracy, 139. lifelong, 140. norm, 141. automatically

142. feel com_____on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
143. general ca____t *n.* a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing
144. 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
145. ob_____ve thoughts *adj.* relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
146. the ul_____te goal in life *adj.* furthest or highest in degree or order
147. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
148. a br__d of chickens *v.* to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
149. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
150. ou_____ip population growth *v.* to exceed or surpass a particular, measurable quality or attribute, such as speed, efficiency, or quality

ANSWERS: 142. compassion, 143. caveat, 144. diversity, 145. obsessive, 146. ultimate, 147. disappoint, 148. brood, 149. emotion, 150. outstrip

151. in____al organs *adj.* of or relating to the inside of something
152. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
153. re___e the company *v.* to show that one is not willing to do or accept something
154. sup_____on of estrogen *n.* the act of stopping or preventing something from being expressed or revealed
155. mental ri____ty *n.* the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding
156. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
157. the cr____or's claims *n.* a person, company, etc. to whom a debtor owes money
158. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
159. attain critical pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
160. di____n friend from foe *v.* to see, perceive, or understand something that is not obvious
161. universal pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something

ANSWERS: 151. internal, 152. dread, 153. refuse, 154. suppression, 155. rigidity, 156. wisdom, 157. creditor, 158. communal, 159. praise, 160. discern, 161. praise

162. issue a w__t	<i>n.</i> a written legal order or command
163. medical in___n	<i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
164. ri__d structure	<i>adj.</i> extremely strict and difficult to change or adapt; incapable of or resistant to bending
165. re_____nt population	<i>adj.</i> able to withstand or recover quickly from difficult conditions
166. es_____al commodities of life	<i>adj.</i> indispensable; fundamental
167. have com_____on toward the accident	<i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck
168. legal ri_____ty	<i>n.</i> the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding
169. fl_____sh economically	<i>v.</i> to grow or develop vigorously or successfully
170. have an in_____nt dislike	<i>adj.</i> existing in something as a permanent, essential, or characteristic attribute
171. amp_____ion system	<i>n.</i> the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea
172. cell and molecular bi_____y	<i>n.</i> the scientific study of life and the natural processes of living things

ANSWERS: 162. writ, 163. intern, 164. rigid, 165. resilient, 166. essential, 167. compassion, 168. rigidity, 169. flourish, 170. inherent, 171. amplification, 172. biology

173. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
174. di____n the big picture *v.* to see, perceive, or understand something that is not obvious
175. numerous un_____in factors *adj.* not being sure of something; not being able to choose
176. a ra_____l cure *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
177. ca____r 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
178. nontechnical as____ts of the job *n.* one part or feature of a situation, problem, subject, etc.
179. a ca____t against unfair practices *n.* a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing
180. bi__e on social media *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
181. bankrupt cr_____or *n.* a person, company, etc. to whom a debtor owes money
182. satisfy my intellectual cu_____ty *n.* a strong desire to know or learn about something

ANSWERS: 173. numb, 174. discern, 175. uncertain, 176. radical, 177. cancer, 178. aspect, 179. caveat, 180. binge, 181. creditor, 182. curiosity

183. afraid to show em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
184. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
185. ins____le duo *adj.* incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked
186. di____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
187. inc____gly become common *adv.* more and more
188. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
189. tr____h of democracy *n.* a great victory or achievement
190. have a ne____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
191. ri__d rules *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
192. don't dis____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
193. collaborate with co____ues *n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 183. emotion, 184. planet, 185. inseparable, 186. diagnose, 187. increasingly, 188. feat, 189. triumph, 190. negative, 191. rigid, 192. disappoint, 193. colleague

194. work pe___t	v.	to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
195. es_____al amino acid	adj.	indispensable; fundamental
196. the co_____r of the earth's surface	n.	the outline of its shape or form; a line drawn on a map connecting points of equal height
197. dr__d failure	v.	to be very afraid of or worried about something that is going to happen or that might happen
198. di_____se with CT scans	v.	to determine or distinguish the nature of a problem or an illness through a careful analysis
199. co_____t research	v.	to organize and carry out a particular activity
200. tr_____te a document into English	v.	to convert or change words into another language
201. far-right ra___t	adj.	characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others
202. eq___y capital market	n.	the value of the shares issued by a company
203. ig___e her advice	v.	to intentionally not listen or pay attention to
204. su___b life	n.	an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods

ANSWERS: 194. permit, 195. essential, 196. contour, 197. dread, 198. diagnose, 199. conduct, 200. translate, 201. racist, 202. equity, 203. ignore, 204. suburb

205. pa____y to understanding *n.* a track that constitutes or serves as a path; an approach or a way of doing something
206. a co____te noun *adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
207. cor____ne of democracy *n.* a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed
208. na____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
209. al__n with a historical trend *v.* to put or arrange two or more things in a straight line or to form a straight line
210. co____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
211. org____ion chart *n.* a group of people who work together for a shared purpose
212. aut____lly adjusted *adv.* without needing a direct human control
213. mo__l burden *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
214. female gy____t *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
215. l__n athletic figure *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

ANSWERS: 205. pathway, 206. concrete, 207. cornerstone, 208. navigate, 209. align, 210. communal, 211. organization, 212. automatically, 213. moral, 214. gymnast, 215. lean

216. give si___t consent	<i>adj.</i> without any or little sound
217. lead to des_____ve behavior	<i>adj.</i> causing or able to cause tremendous and irreparable damage
218. strong and co_____ed sales staff	<i>adj.</i> willing to put in a lot of effort, time, and energy into something; firmly believing in something
219. a cr___l and unusual punishment	<i>adj.</i> feeling or showing pleasure in causing pain or suffering to others
220. na_____te through a document	<i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map
221. co_____te examples	<i>adj.</i> existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
222. scientific jo_____l	<i>n.</i> a newspaper or magazine specialized in a specific topic or profession
223. pull an ine_____ve player	<i>adj.</i> not producing any significant or intended effect or result
224. con_____or of funds	<i>n.</i> a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
225. a prior eng_____nt	<i>n.</i> a mutual promise to marry someone; an agreement to do something, especially at a particular time
226. pr_____us information	<i>adj.</i> uncommon and extremely valuable

ANSWERS: 216. silent, 217. destructive, 218. committed, 219. cruel, 220. navigate, 221. concrete, 222. journal, 223. ineffective, 224. contributor, 225. engagement, 226. precious

227. sound amp_____ion *n.* the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea
228. fru_____on level *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
229. ind_____ize dosages *v.* to make something personal or more personal to suit the needs of a particular person, place, etc.
230. unp_____ted business opportunity *adj.* never having been seen, done, or known before
231. po__t the existence of life after death *v.* to suggest or accept something as fact or as a basis for argument or consideration
232. in_____nt risk *adj.* existing in something as a permanent, essential, or characteristic attribute
233. a habit des_____ve to health *adj.* causing or able to cause tremendous and irreparable damage
234. ju__e a competition *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
235. exposure to to__c chemicals *adj.* of or relating to or caused by a poison; poisonous
236. ha_____ed tradition *adj.* considered holy or sacred; deserving of reverence or respect
237. co_____t level *n.* a state of physical ease and freedom from pain or constraint

ANSWERS: 227. amplification, 228. frustration, 229. individualize, 230. unprecedented, 231. posit, 232. inherent, 233. destructive, 234. judge, 235. toxic, 236. hallowed, 237. comfort

238. ec____y of scale *n.* the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
239. the sets were meticulously au____ic *adj.* known to be real and what people say it is; not a fake or copy
240. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
241. cultural n__m *n.* something that is regarded as usual, typical, or standard
242. ap____id policies *n.* a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
243. ty____y of the majority *n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others
244. me__y handling *adj.* disorganized and untidy
245. tr____te the emotion to a movement *v.* to convert or change words into another language

ANSWERS: 238. economy, 239. authentic, 240. stick, 241. norm, 242. apartheid, 243. tyranny, 244. messy, 245. translate

246. the threats te_____y him *v.* to frighten someone very much
247. talented gy_____t *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
248. re____e a request *v.* to show that one is not willing to do or accept something
249. a con_____nal style *adj.* based on or following traditional rules, standards, customs, etc.
250. in a co_____ed relationship *adj.* willing to put in a lot of effort, time, and energy into something; firmly believing in something
251. fl_____sh worldwide *v.* to grow or develop vigorously or successfully
252. ou_____ip competitors *v.* to exceed or surpass a particular, measurable quality or attribute, such as speed, efficiency, or quality
253. fr_____t with danger *adj.* causing, accompanied by, or full of anxiety, tension, or stress
254. pr_____e analyses *adj.* sharply exact or accurate or delimited
255. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
256. brutal ty_____y *n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

ANSWERS: 246. terrify, 247. gymnast, 248. refuse, 249. conventional, 250. committed, 251. flourish, 252. outstrip, 253. fraught, 254. precise, 255. depression, 256. tyranny

257. a leg_____te child	<i>adj.</i> accordant with or allowed by law; lawful
258. endure dis_____rt and pain	<i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
259. sh__g off the importance	<i>v.</i> to raise your shoulders and then drop them to say you do not know or are not interested
260. p_t a dog	<i>v.</i> to touch or tap something lightly and usually in a friendly or encouraging manner; to apply or rub lightly and repetitively
261. leg_____te question	<i>adj.</i> accordant with or allowed by law; lawful
262. tr_____h of the spirit	<i>n.</i> a great victory or achievement
263. br__d about the defeat	<i>v.</i> to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
264. inn_____on leader	<i>n.</i> the creation of a new device or process resulting from study and experimentation
265. cutting-edge inn_____on	<i>n.</i> the creation of a new device or process resulting from study and experimentation
266. a lot of gr__f	<i>n.</i> a very great sadness, especially when somebody dies
267. en_____e candidate	<i>v.</i> to officially approve, support, or recommend someone or something

ANSWERS: 257. legitimate, 258. discomfort, 259. shrug, 260. pat, 261. legitimate, 262. triumph, 263. brood, 264. innovation, 265. innovation, 266. grief, 267. endorse

268. bl__k expression *adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
269. use a bu___r to reduce noise *n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
270. sp___l staircase *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
271. severe cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
272. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
273. the evidence of the pr____ce *n.* the fact or state that someone or something exists, occurs, or is present
274. ind_____ize each patient *v.* to make something personal or more personal to suit the needs of a particular person, place, etc.
275. ac____te measurements *adj.* correct and exact in all details
276. vi___m compensation *n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
277. evolutionary bi____y *n.* the scientific study of life and the natural processes of living things

ANSWERS: 268. blank, 269. buffer, 270. spiral, 271. critic, 272. stick, 273. presence, 274. individualize, 275. accurate, 276. victim, 277. biology

278. to__c molecule *adj.* of or relating to or caused by a poison; poisonous
279. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
280. barren of cr____ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
281. ho___d on drugs *adj.* being caught or caught up in something; curved down like an eagle's beak
282. ra___t attitudes *adj.* characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others
283. the in____al economy *adj.* of or relating to the inside of something
284. scientific ce____ty *n.* the state of being certain
285. un___n danger *adj.* not seen or noticed; not perceived
286. a ra____l flaw in the plan *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
287. 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
288. save the pl___t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

ANSWERS: 278. toxic, 279. judge, 280. creative, 281. hooked, 282. racist, 283. internal, 284. certainty, 285. unseen, 286. radical, 287. diversity, 288. planet

289. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
290. m__t down gold *v.* to turn from something solid into something soft or liquid as a result of heating
291. a w__t of summons *n.* a written legal order or command
292. politically fr____e nation *adj.* delicate or easily broken or damaged
293. in____e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
294. a fl__h of lightning *n.* a sudden intense burst of radiant energy; a momentary brightness
295. d__m wrong or inappropriate *v.* to consider or decide something in a particular way
296. cr____l information *adj.* extremely vital or necessary
297. one-to-one cor_____nce *n.* the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status
298. state of de___l *n.* a statement that something is not true or does not exist
299. ca___r research *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

ANSWERS: 289. sham, 290. melt, 291. writ, 292. fragile, 293. invite, 294. flash, 295. deem, 296. crucial, 297. correspondence, 298. denial, 299. cancer

300. dr__t down the stream *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
301. bl__k paper *adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
302. private eq___y firm *n.* the value of the shares issued by a company
303. inspire co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
304. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
305. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
306. re___t being so careless *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
307. a dis_____ty pension *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
308. sp___l design *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
309. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 300. drift, 301. blank, 302. equity, 303. courage, 304. sustainable, 305. colleague, 306. regret, 307. disability, 308. spiral, 309. opportune

310. su___b development *n.* an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods
311. fr_____y syndrome *n.* the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality
312. ninja-like ag_____y *n.* the ability to move quickly and easily, often in a way that is graceful and controlled
313. agricultural org_____ion *n.* a group of people who work together for a shared purpose
314. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
315. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
316. gr___e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
317. an au_____ic signature *adj.* known to be real and what people say it is; not a fake or copy
318. sc___d dog *adj.* afraid or frightened
319. beginning of the industrial
rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
320. n_g political leaders *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

ANSWERS: 310. suburb, 311. frailty, 312. agility, 313. organization, 314. sham, 315. isolate, 316. grieve, 317. authentic, 318. scared, 319. revolution, 320. nag

321. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
322. a cr____l issue for women *adj.* extremely vital or necessary
323. 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
324. a l__n horse *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
325. gr__t a customer *v.* to say hello to someone; to express welcome on meeting someone
326. co____ct law *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
327. m__t the ice *v.* to turn from something solid into something soft or liquid as a result of heating
328. op____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
329. an ine____ve speech *adj.* not producing any significant or intended effect or result
330. uncontrollable r__e *n.* a strong feeling of anger or violence
331. ra____e a country *v.* to cause damage to something badly
332. te____y people *v.* to frighten someone very much

ANSWERS: 321. grade, 322. crucial, 323. struggle, 324. lean, 325. greet, 326. contract, 327. melt, 328. opportune, 329. ineffective, 330. rage, 331. ravage, 332. terrify

333. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
334. n_g about the minor thing *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
335. co_____t a background check *v.* to organize and carry out a particular activity
336. ho____d hair *adj.* being caught or caught up in something; curved down like an eagle's beak
337. em_____al health *adj.* relating to people's feelings
338. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
339. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
340. anti-terrorist leg_____on *n.* a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
341. re____t a decision *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
342. provide ac_____te information *adj.* correct and exact in all details
343. in____e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

ANSWERS: 333. feat, 334. nag, 335. conduct, 336. hooked, 337. emotional, 338. isolate, 339. fin, 340. legislation, 341. regret, 342. accurate, 343. invite

344. emotional fr_____ty *n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
345. psy_____gy experiment *n.* the scientific study of mind and behavior
346. d__m socially responsible *v.* to consider or decide something in a particular way

ANSWERS: 344. fragility, 345. psychology, 346. deem

Session 3: Fill in the Blanks

1. The _____ of the school's dress code policy caused much controversy among the students and parents.
 - n.* the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding

2. Human _____ responses vary widely depending on the society to which they belong.
 - adj.* relating to people's feelings

3. We often ignore important _____ from nature.
 - n.* a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing

4. The country was ruled by a _____ that oppressed its citizens.
 - n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

5. It would be best not to _____ your associates into doing complex tasks.
 - v.* to frighten someone very much

6. We must _____ a new system to streamline our workflow and increase efficiency.
 - v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

7. The prime minister canceled visits to other countries to resolve _____ disputes.
 - adj.* of or relating to the inside of something

ANSWERS: 1. rigidity, 2. emotional, 3. caveats, 4. tyranny, 5. terrify, 6. develop, 7. internal

8. She is the president of a large international _____.
- n.* a group of people who work together for a shared purpose
9. The shark's powerful _____ allowed it to swim at high speeds.
- n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
10. It was _____ for her to go out of her way to pick up the package.
- adj.* causing trouble or difficulty; not convenient or suitable
11. The strict _____ ruled in favor of the plaintiff in the case.
- n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
12. His professional experience includes all _____ of media production.
- n.* one part or feature of a situation, problem, subject, etc.
13. You _____ a bill in the change machine, and the coins pop out.
- v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
14. The Ottoman Empire _____ for over five centuries.
- v.* to grow or develop vigorously or successfully
15. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
16. A large fire _____ the forest.
- v.* to cause damage to something badly

ANSWERS: 8. organization, 9. fins, 10. inconvenient, 11. judge, 12. aspects, 13. stick, 14. flourished, 15. norms, 16. ravaged

17. Her _____ behavior towards perfectionism often led to burnout.
adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
18. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
19. _____ amounts of heckling and slogan-shouting took place throughout the event.
adj. never having been seen, done, or known before
20. All the supervisor has to do is assign tasks that make his subordinates more _____.
adj. relating to or involving the use of skill and original and unusual ideas to create something
21. 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
22. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
23. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
n. a person, company, etc. to whom a debtor owes money
24. Effective communication is often considered the _____ of a successful team.
n. a fundamental or essential element or component of something; a basis or foundation upon which something is built or developed

ANSWERS: 17. obsessive, 18. grade, 19. Unprecedented, 20. creative, 21. struggle, 22. disease, 23. creditor, 24. cornerstone

25. He _____ his friends with a warm smile and a hug.

v. to say hello to someone; to express welcome on meeting someone

26. She is a _____ person and has always bounced back from setbacks.

adj. able to withstand or recover quickly from difficult conditions

27. We all _____ to think about what will happen if the company goes bankrupt.

v. to be very afraid of or worried about something that is going to happen or that might happen

28. The _____ by the citizen resulted in a redistribution of wealth.

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

29. I packed my _____ with all the necessary camping gear for our trip.

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

30. The consequences of the pandemic remain _____ as scientists continue to research the virus.

adj. not seen or noticed; not perceived

31. The stages of the play were meticulously _____

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

32. Breast _____ is the most common type of cancer in women.

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

ANSWERS: 25. greeted, 26. resilient, 27. dread, 28. revolution, 29. backpack, 30. unseen, 31. authentic, 32. cancer

33. The navy _____ ships of defeated nations.

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

34. 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

35. The _____ comments made by the politician caused widespread condemnation.

- adj.* characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

36. 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

37. It was the most _____ storm in decades.

- adj.* causing or able to cause tremendous and irreparable damage

38. In junior high school, we had to dissect a frog in _____ class.

- n.* the scientific study of life and the natural processes of living things

39. Each person has a unique _____ experience.

- n.* a very great sadness, especially when somebody dies

40. Mercury is the closest _____ to the sun.

- n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

ANSWERS: 33. interned, 34. blank, 35. racist, 36. label, 37. destructive, 38. biology, 39. grief, 40. planet

41. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
42. Police will _____ random breath testing for drunk driving.
- v.* to organize and carry out a particular activity
43. Both parties are now entirely ideologically _____.
- v.* to put or arrange two or more things in a straight line or to form a straight line
44. I am considering what I should do to _____ him.
- v.* to persuade someone or make someone believe that something is true
45. In times of recession, an increase in unemployment is _____.
- adj.* certain to happen and unavoidable
46. The dictator was known for his _____ and oppressive regime.
- adj.* feeling or showing pleasure in causing pain or suffering to others
47. Our company found it _____ difficult to keep up with the competition.
- adv.* more and more
48. The government should do more to support environmentally _____ agriculture.
- adj.* able to continue or be continued for a long time
49. The woods _____ the house.
- v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

ANSWERS: 41. brain, 42. conduct, 43. aligned, 44. convince, 45. inevitable, 46. cruel, 47. increasingly, 48. sustainable, 49. embrace

50. It takes a lot of _____ to stand up for what you believe is right.
n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
51. She was filled with a burning _____ at the injustice she had witnessed.
n. a strong feeling of anger or violence
52. _____ operational improvements often lead to better environmental performance.
adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
53. These treatments were _____ against a virus.
adj. not producing any significant or intended effect or result
54. Similar _____ had already been rejected by the parliament four times.
n. a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
55. The leaves of the fern were arranged in a _____ pattern.
n. a curve that coils around a central point and gets progressively farther away from it as it goes around
56. Her resistance _____ under his persuasion.
v. to turn from something solid into something soft or liquid as a result of heating
57. This device is used to _____ brain cancer and other tumors.
v. to determine or distinguish the nature of a problem or an illness through a careful analysis

ANSWERS: 50. courage, 51. rage, 52. Lean, 53. ineffective, 54. legislation, 55. spiral, 56. melted, 57. diagnose

58. His infinite love and _____ for everyone never weary.
n. a strong feeling of sympathy and sadness for another's suffering or bad luck
59. The vase was made of _____ ceramic and easily broke when it was dropped.
adj. delicate or easily broken or damaged
60. The Olympic _____ performed a flawless routine on the balance beam and received a perfect ten score.
n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
61. The _____ of the crime deserves justice and support to recover from the trauma.
n. a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
62. She gave us a categorical _____ of the scandal.
n. a statement that something is not true or does not exist
63. He felt a deep _____ as he realized the project would not be completed on time.
n. the feeling of being upset or annoyed as a result of being unable to change or achieve something
64. The _____ development process allowed the team to make changes quickly.
adj. able to move quickly and easily, often in a way that is graceful and controlled
65. Honesty is an _____ quality that everyone should strive to possess.
adj. existing in something as a permanent, essential, or characteristic attribute

ANSWERS: 58. compassion, 59. fragile, 60. gymnast, 61. victim, 62. denial, 63. frustration, 64. agile, 65. inherent

66. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

67. You can easily _____ seats over the telephone.

v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

68. The _____ of the glass required careful handling during shipping.

n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable

69. The _____ of the Atlantic coast of America is very complicated.

n. the outline of its shape or form; a line drawn on a map connecting points of equal height

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

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

71. These heavy rains caused _____ floods on several islands.

n. a sudden intense burst of radiant energy; a momentary brightness

72. They selected a gorgeous diamond _____ ring.

n. a mutual promise to marry someone; an agreement to do something, especially at a particular time

73. She couldn't stop _____ her husband to take out the trash.

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

ANSWERS: 66. ultimate, 67. reserve, 68. fragility, 69. contour, 70. disability, 71. flash, 72. engagement, 73. nagging

74. The teacher will not _____ any students to leave the classroom early.
- v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
75. The _____ of the country is struggling due to the recent political instability.
- n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
76. You should not _____ them from the community.
- v. to physically or socially separate someone or something from other people or things
77. Some _____ are common across cultures and backgrounds.
- n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
78. The project's _____ made it difficult for the team to complete it on time.
- n. the state or quality of being complicated or intricate and difficult to understand
79. Regarding earthquakes, some commercial buildings were _____ unsafe.
- v. to consider or decide something in a particular way
80. Don't forget to put the eggs in the _____ after you've used them.
- n. an appliance or device used for preserving and cooling food and beverages by maintaining a low temperature within a closed compartment
81. The company signed a _____ with the supplier for the delivery of goods.
- n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

ANSWERS: 74. permit, 75. economy, 76. isolate, 77. emotions, 78. complexity, 79. deemed, 80. refrigerator, 81. contract

82. The old building had to be _____ because it was structurally unsound.
v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
83. The celebrity _____ the new product on social media.
v. to officially approve, support, or recommend someone or something
84. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
85. She _____ the loss of her parents.
v. to feel or show great sadness or sorrow, especially for someone who has died
86. We could grill the meat in a _____ way.
adj. exceptionally pleasing to taste or smell
87. The company's sales have _____ expectations for the quarter.
v. to exceed or surpass a particular, measurable quality or attribute, such as speed, efficiency, or quality
88. The physician is reading the _____ related to medicine
n. a newspaper or magazine specialized in a specific topic or profession
89. That company is cautious when it comes to _____ investment.
n. the value of the shares issued by a company
90. We cannot afford to squander _____ time.
adj. uncommon and extremely valuable

ANSWERS: 82. dismantled, 83. endorsed, 84. disappoint, 85. grieved, 86. delicious, 87. outstripped, 88. journals, 89. equity, 90. precious

91. The church was considered a _____ ground for the community, where their ancestors had worshiped for generations.
adj. considered holy or sacred; deserving of reverence or respect
92. The South African government enforced _____ laws that segregated people based on race.
n. a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
93. Parents need to help their children _____ right and wrong.
v. to see, perceive, or understand something that is not obvious
94. The government established by the coup was more _____ than before.
adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
95. The government imposed a _____ of freedom of speech.
n. the act of stopping or preventing something from being expressed or revealed
96. I decided to seek counseling on the advice of my _____.
n. one of a group of a coworker, especially in a profession or a business
97. _____ the text from Italian into English.
v. to convert or change words into another language
98. 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

ANSWERS: 91. hallowed, 92. apartheid, 93. discern, 94. radical, 95. suppression, 96. colleague, 97. Translate, 98. invite

99. Through investigation, his suspicions hardened into _____.
- n.* the state of being certain
100. Using a password manager can act as a _____ against hackers who try to steal your personal information.
- n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
101. My initial reaction was to _____.
- v.* to show that one is not willing to do or accept something
102. The data he prepared was completely _____.
- n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
103. The terrible result _____ over her all day long.
- v.* to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
104. Necessity is the mother of _____.
- n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
105. _____ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use
106. My left arm became _____.
- adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 99. certainty, 100. buffer, 101. refuse, 102. sham, 103. brooded, 104. invention, 105. Communal, 106. numb

107. The team's _____ in the championship resulted from their hard work and dedication.

n. a great victory or achievement

108. This chemical compound is a thousand-fold more _____.

adj. of or relating to or caused by a poison; poisonous

109. The path to a solid online _____ necessitates a high technical ability.

n. the fact or state that someone or something exists, occurs, or is present

110. The president asked for a more _____ plan.

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

111. When the first molecule in the _____ receives a signal, it activates other molecules.

n. a track that constitutes or serves as a path; an approach or a way of doing something

112. The _____ on the hiking trail helped guide hikers toward the correct path.

n. a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress

113. Public political demonstrations are considered _____ rights for citizens.

adj. accordant with or allowed by law; lawful

114. He was unpopular because of his _____ adherence to the rules.

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

ANSWERS: 107. triumph, 108. toxic, 109. presence, 110. concrete, 111. pathway, 112. signpost, 113. legitimate, 114. rigid

115. He was served with a _____ of eviction, giving him the notice to vacate the property.

n. a written legal order or command

116. _____ advances have disrupted many industries.

adj. based on scientific and industrial progress

117. Our CEO's _____ are always transparent and straightforward.

n. something you want to do and are going to do

118. The phone rang at the most _____ time.

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

119. His _____ bedroom is always a source of frustration for his mother.

adj. disorganized and untidy

120. 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

121. We are motivated by _____ rather than necessity.

n. a strong desire to know or learn about something

122. The political debate was an _____ of the candidates' views on key issues.

n. the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea

ANSWERS: 115. writ, 116. Technological, 117. intentions, 118. opportune, 119. messy, 120. diversity, 121. curiosity, 122. amplification

123. Without investment, a business cannot _____.
- v.* to grow vigorously; to make steady progress
124. 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
125. The negotiations were _____ with challenges and setbacks.
- adj.* causing, accompanied by, or full of anxiety, tension, or stress
126. I respect her ability to _____ off harsh criticism.
- v.* to raise your shoulders and then drop them to say you do not know or are not interested
127. She is a major _____ to the local food bank, volunteering every week.
- n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
128. He grew up in the _____ but always dreamed of living in the city.
- n.* an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods
129. Our schools offer _____ education by excellent teachers.
- v.* to make something personal or more personal to suit the needs of a particular person, place, etc.
130. As an _____ he had the right to make his own decisions and live his life as he saw fit.
- n.* a single person or thing, as distinct from a group

ANSWERS: 123. thrive, 124. feat, 125. fraught, 126. shrug, 127. contributor, 128. suburbs, 129. individualized, 130. individual,

131. She had a master's degree in _____.

n. the scientific study of mind and behavior

132. The content is _____ and informative for me.

adj. sharply exact or accurate or delimited

133. Trial and error is an _____ part of education.

adj. indispensable; fundamental

134. The government tried to _____ corrupt officials from the bureaucracy.

v. to remove or get rid of something, especially that is unwanted or impure

135. We should _____ several hypotheses to discuss the matter.

v. to suggest or accept something as fact or as a basis for argument or consideration

136. The official transcript contains _____ academic records.

adj. correct and exact in all details

137. Our knowledge helps _____ our clients successfully.

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

138. Another critical factor of child poverty is the father's _____.

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

139. I _____ left my phone at home this morning and felt lost.

adv. unintentionally; accidentally; without purpose or deliberate intent

ANSWERS: 131. psychology, 132. precise, 133. essential, 134. purge, 135. posit, 136. accurate, 137. navigate, 138. absence, 139. inadvertently

140. The coach had the team run through the _____ ladder to improve their coordination.

n. the ability to move quickly and easily, often in a way that is graceful and controlled

141. The vegetarian burger was an _____ that quickly spread to the United Kingdom.

n. the creation of a new device or process resulting from study and experimentation

142. The results of the two experiments were in _____.

n. the letters, emails, etc., especially official or business ones; the quality or state of being the same in amount, number, status

143. Our company is strongly _____ to meeting customers' needs.

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

144. I _____ 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

145. The drama series mainly received _____.

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

146. Ethics deals with _____ conduct.

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

147. The athlete's _____ training paid off in the end.

adj. persistent and determined; continuing despite difficulties or setbacks

ANSWERS: 140. agility, 141. innovation, 142. correspondence, 143. committed, 144. regret, 145. praise, 146. moral, 147. relentless

148. She stayed up all night _____ her favorite TV show.

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

149. He took me aside and _____ in my ear.

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

150. The community greatly respected and sought after the older adult's _____.

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

151. Advocates for legal reform hear less harsh words from their _____.

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

152. She _____ the puppy on the head and gave it a treat.

v. to touch or tap something lightly and usually in a friendly or encouraging manner; to apply or rub lightly and repetitively

153. My son was _____ on the Internet.

adj. being caught or caught up in something; curved down like an eagle's beak

154. Our subscription plan is _____ renewed.

adv. without needing a direct human control

155. The movie has received almost universally _____ criticism.

adj. having the quality of something bad or harmful; expressing refusal

156. He threw away the _____ items in his closet.

adj. not wanted or desired

ANSWERS: 148. binge-watching, 149. whispered, 150. wisdom, 151. critics, 152. patted, 153. hooked, 154. automatically, 155. negative, 156. unwanted

157. Since independence, the area has been completely _____.

v. to intentionally not listen or pay attention to

158. I _____ around for years in Europe before going to university.

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

159. He had a _____ love of reading and spent hours daily with a book.

adj. lasting for the whole of someone's life

160. To assure _____ I recommend investing in high-quality test kits.

n. the state or degree of being exact or correct; the ability to perform something with proficiency and without mistake

161. The two friends were _____ and did everything together.

adj. incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked

162. The doctor warned us about the human body's _____ and the dangers of neglecting our health.

n. the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

163. _____ symptoms might include a decrease in appetite and weight loss.

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

164. The cancellation of the concert was a huge _____ for the fans.

n. the feeling of sadness, frustration, or dissatisfaction that arises when something does not live up to one's expectations or hopes

ANSWERS: 157. ignored, 158. drifted, 159. lifelong, 160. accuracy, 161. inseparable, 162. frailty, 163. Depression, 164. disappointment

165. The revitalization of technology companies is _____ to the country's growth.

adj. extremely vital or necessary

166. She was _____ about her friend's intentions.

adj. not being sure of something; not being able to choose

167. I'm _____ of insects.

adj. afraid or frightened

168. He has a flair for _____.

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

169. 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

170. He felt no _____ as the dentist drilled his deadened tooth.

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

171. He found _____ in the warm embrace of his loved ones.

n. a state of physical ease and freedom from pain or constraint

172. The politician remained _____ despite intense media scrutiny.

adj. without any or little sound

173. She is very _____ in her thoughts.

adj. based on or following traditional rules, standards, customs, etc.

ANSWERS: 165. crucial, 166. uncertain, 167. scared, 168. mathematics, 169. survey, 170. discomfort, 171. comfort, 172. silent, 173. conventional

ANSWERS: