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Sophie Andrews: The best way to help is often just to

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Advanced Words Only

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Session 1: Word List

deserted

adj. empty or abandoned; lacking inhabitants or visitors; left alone or left behind

synonym: abandoned, empty, vacated

(1) deserted city, (2) deserted island

The **deserted** street was quiet and eerie, with no signs of life.

wreck

- a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
- synonym: collapse, destruction, devastation
- (1) the house was a **wreck**, (2) a worthless **wreck**The divers accidentally discovered a **wreck** on the ocean floor.

helpline

 a phone service that provides information, advice, or assistance on a particular subject, often related to health, social services, or counseling

synonym: hotline, support line

(1) domestic violence **helpline**, (2) national **helpline** You can call the **helpline** if you're feeling depressed or anxious.

lifeline

 a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help synonym: savior, support, safety net

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

My best friend has been my **lifeline** throughout all of my hardships.

disturb

- v. to interrupt someone who is trying to work, sleep, etc. synonym: agitate, bother, intrude
- (1) **disturb** the peace, (2) **disturb** his sleep Tourists frequently **disturb** the island's delicate natural balance.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients **Empathy** is also necessary to understand history.

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**.

stigma

 a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

loneliness

 a state or feeling of being unhappy because you have no connection with other people

synonym: isolation, alienation, desolation

(1) a strong sense of loneliness, (2) remedy loneliness

I realize the **loneliness** of a single life.

well-being

- n. the state of being happy and healthy and prosperoussynonym: health, welfare, happiness
- (1) the **well-being** of a nation, (2) a sense of **well-being** We are responsible for the care and **well-being** of all our employees.

dementia

- n. a severe decline in cognitive function, especially memory, as a result of disease or injurysynonym: cognitive decline, memory loss, Alzheimer's disease
- (1) **dementia** patients, (2) probably have **dementia**The study found that regular exercise can help to prevent the onset of **dementia** in older age.

Alzheimer

 a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

caregiving

n. the act of providing care and support for someone who is ill, disabled, or elderly

synonym: nurturing, caring, assisting

(1) **caregiving** process, (2) **caregiving** responsibilities She devoted her life to **caregiving**, looking after her aging parents.

unwelcome

adj. not wanted, not invited, or not appreciated; causing annoyance or displeasure

synonym: uninvited, disliked, undesired

(1) **unwelcome** interruption, (2) **unwelcome** surprise

The **unwelcome** visitor quickly made their presence known.

mismatch

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

synonym: mismatch, discord, clash

(1) mismatch expectations, (2) mismatch socks

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

lofty

adj. elevated in position, rank, or status; grand; elevated in style or language

synonym: high, elevated, grand

(1) a **lofty** peak, (2) **lofty** ambitions

His **lofty** goals were admirable but unrealistic.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

cherish

v. to hold someone or something dear; to feel or show affection for someone or something

synonym: treasure, value, hold dear

(1) **cherish** a stuffed animal, (2) **cherish** relationships She **cherished** the memories of her childhood.

snippet

n. a small piece or brief extract of something

synonym: fragment, excerpt, brief

(1) snippet of wisdom, (2) code snippet

The journalist saved a **snippet** of the interview for later reference.

donkey

 a domesticated mammal related to the horse, similar in appearance but with longer ears and a shorter mane; a foolish or stupid person

synonym: horse, burro, mule

(1) male donkey, (2) donkey ride

The little boy rode the **donkey** at the county fair.

confine

- v. to restrict the movement of someone or something synonym: restrict, limit, contain
- (1) **confine** themselves solely, (2) **confine** the scope of use The animal was **confined** in a small cage.

wicket

 n. (of cricket) the set of three vertical stumps and two horizontal bails at either end of the cricket pitch; a small gate or door, particularly one built into or next to a larger one

synonym: stump, bat, crease

(1) wicket-keeper, (2) cricket wicket

The batsman hit the ball directly into the **wicket**, scoring a run.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

Session 2: Spelling

1.	car	_ng process	n.	the act of providing care and support for
				someone who is ill, disabled, or elderly

- 2. mi ch expectations to put together or match items that are ν. not compatible or do not fit well together; to be different from or not correspond to something else
 - a domesticated mammal related to the n. horse, similar in appearance but with longer ears and a shorter mane; a foolish or stupid person
 - to have a meeting or discussion to ν. come to a decision or agreement or exchange ideas; to bestow something
 - to hold someone or something dear; to feel or show affection for someone or something
 - a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
 - to think or suppose that a quantity, ν. price, or size is smaller than it is
 - to restrict the movement of someone or ν. something
 - to interrupt someone who is trying to ν. work, sleep, etc.

3. do y ride

4. co___r honor

ch____h relationships 5.

6. li ne support

und ate the probability 7.

co____e themselves solely 8.

di b his sleep 9.

ANSWERS: 1. caregiving, 2. mismatch, 3. donkey, 4. confer, 5. cherish, 6. lifeline, 7. underestimate, 8. confine, 9. disturb

10. (deed city	adj.	empty or abandoned; lacking inhabitants or visitors; left alone or left behind
11. f	full of emy	n.	the ability to share another person's feelings or experiences by imagining that person's situation
12. ı	male doy	n.	a domesticated mammal related to the horse, similar in appearance but with longer ears and a shorter mane; a foolish or stupid person
13. ı	remedy lonss	n.	a state or feeling of being unhappy because you have no connection with other people
14. :	sta against obesity	n.	a mark of shame or disgrace associated with a particular circumstance, quality, or person
1 5. †	the welng of a nation	n.	the state of being happy and healthy and prosperous
16. (deia patients	n.	a severe decline in cognitive function, especially memory, as a result of disease or injury
17. ı	mich socks	ν.	to put together or match items that are not compatible or do not fit well together; to be different from or not correspond to something else
18. (carng responsibilities	n.	the act of providing care and support fo someone who is ill, disabled, or elderly
19. _l	probably have deia	n.	a severe decline in cognitive function, especially memory, as a result of disease or injury

ANSWERS: 10. deserted, 11. empathy, 12. donkey, 13. loneliness, 14. stigma, 15. well-being, 16. dementia, 17. mismatch, 18. caregiving, 19. dementia

20. a sm 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
21. Aler's risk factors	n.	a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
22. deed island	adj.	empty or abandoned; lacking inhabitants or visitors; left alone or left behind
23. cricket wit	n.	(of cricket) the set of three vertical stumps and two horizontal bails at either end of the cricket pitch; a small gate or door, particularly one built into or next to a larger one
24. wit-keeper	n.	(of cricket) the set of three vertical stumps and two horizontal bails at either end of the cricket pitch; a small gate or door, particularly one built into or next to a larger one
25. a sense of welng	n.	the state of being happy and healthy and prosperous
26. snt of wisdom	n.	a small piece or brief extract of something
27. turn out to be all sm	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

ANSWERS: 20. sham, 21. Alzheimer, 22. deserted, 23. wicket, 24. wicket, 25. well-being, 26. snippet, 27. sham

28.	emy for patients	n.	the ability to share another person's feelings or experiences by imagining that person's situation
29.	the house was a wrk	n.	a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
30.	undate an enemy	<i>v</i> .	to think or suppose that a quantity, price, or size is smaller than it is
31.	a strong sense of lonss	n.	a state or feeling of being unhappy because you have no connection with other people
32.	a worthless wrk	n.	a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
33.	dib the peace	<i>v</i> .	to interrupt someone who is trying to work, sleep, etc.
34.	emotional line	n.	a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
35.	national hene	n.	a phone service that provides information, advice, or assistance on a particular subject, often related to health, social services, or counseling
36.	code snt	n.	a small piece or brief extract of something
37.	chh a stuffed animal	v.	to hold someone or something dear; to feel or show affection for someone or something

ANSWERS: 28. empathy, 29. wreck, 30. underestimate, 31. loneliness, 32. wreck, 33. disturb, 34. lifeline, 35. helpline, 36. snippet, 37. cherish

38.	cor degree	<i>v</i> .	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
39.	coe the scope of use	<i>v</i> .	to restrict the movement of someone or something
40.	Aler's brain	n.	a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
41.	a loy peak	adj.	elevated in position, rank, or status; grand; elevated in style or language
42.	domestic violence hene	n.	a phone service that provides information, advice, or assistance on a particular subject, often related to health, social services, or counseling
43.	loy ambitions	adj.	elevated in position, rank, or status; grand; elevated in style or language
44.	unme surprise	adj.	not wanted, not invited, or not appreciated; causing annoyance or displeasure
45.	social sta	n.	a mark of shame or disgrace associated with a particular circumstance, quality, or person
46.	unme interruption	adj.	not wanted, not invited, or not appreciated; causing annoyance or displeasure

ANSWERS: 38. confer, 39. confine, 40. Alzheimer, 41. lofty, 42. helpline, 43. lofty, 44. unwelcome, 45. stigma, 46. unwelcome

Session 3: Fill in the Blanks

1.	The little boy rode the at the county fair.
n.	a domesticated mammal related to the horse, similar in appearance but with longer ears and a shorter mane; a foolish or stupid person
2.	The animal was in a small cage.
v.	to restrict the movement of someone or something
3.	The street was quiet and eerie, with no signs of life.
adj	empty or abandoned; lacking inhabitants or visitors; left alone or left behind
4.	The journalist saved a of the interview for later reference.
n.	a small piece or brief extract of something
5.	They frequently their abilities and felt inferior.
v.	to think or suppose that a quantity, price, or size is smaller than it is
6.	is also necessary to understand history.
n.	the ability to share another person's feelings or experiences by imagining tha person's situation
7.	We are responsible for the care and of all our employees.
n.	the state of being happy and healthy and prosperous
8.	The colors of the shirt and pants totally making the outfit look ridiculous.
ν.	to put together or match items that are not compatible or do not fit well together; to be different from or not correspond to something else
	SWERS: 1. donkey, 2. confined, 3. deserted, 4. snippet, 5. underestimated, 6. pathy, 7. well-being, 8. mismatch,

9.	His goals were admirable but unrealistic.
adj	elevated in position, rank, or status; grand; elevated in style or language
10.	Tourists frequently the island's delicate natural balance.
v.	to interrupt someone who is trying to work, sleep, etc.
11.	The leaders of the two countries met to on the issue.
<i>v</i> .	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
12.	The mental health often prevents people from seeking treatment.
n.	a mark of shame or disgrace associated with a particular circumstance, quality, or person
13.	I realize the of a single life.
n.	a state or feeling of being unhappy because you have no connection with other people
14.	The batsman hit the ball directly into the scoring a run.
n.	(of cricket) the set of three vertical stumps and two horizontal bails at either end of the cricket pitch; a small gate or door, particularly one built into or next to a larger one
15.	You can call the if you're feeling depressed or anxious.
n.	a phone service that provides information, advice, or assistance on a particular subject, often related to health, social services, or counseling
16.	The divers accidentally discovered a on the ocean floor.
n.	a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
	SWERS: 9. lofty, 10. disturb, 11. confer, 12. stigma, 13. loneliness, 14. wicket, 15. pline, 16. wreck