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Vocabulary Builder Reference from...

Howard C. Stevenson: How to resolve racially stressful situations | TED Talk https://www.ted.com/talks/howard_c_stevenson_how_to_resolve_racially_stressful_situations



Advanced Words Only

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Session 1: Word List

proverb

 a short saying that expresses a truth or gives advice based on practical experience

synonym: adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

decode

 to convert something, such as a message or piece of information, from a specific form into one that you can understand

synonym: decipher, translate, interpret

(1) **decode** a message, (2) ability to **decode** the differences. The software could **decode** the encrypted data and reveal the hidden information.

humanize

v. to make something or someone more humane or compassionate; to make something more relatable or understandable to humans

synonym: civilize, personalize

(1) humanize my pet, (2) humanize a room

The charity event aims to **humanize** the homeless rather than treat them as mere statistics.

segregation

n. the act or process of separating or isolating people, things, or groups based on race, gender, religion, social class, or other characteristics; a political or social system that enforces such separation or isolation

synonym: isolation, separation, discrimination

(1) racial segregation, (2) segregation of powerSegregation based on race or ethnicity is illegal and unjust.

deferential

adj. showing or expressing respect or obedience; yielding to someone else's opinions or judgment

synonym: respectful, submissive, obedient

(1) **deferential** attitude, (2) **deferential** language The new employee was **deferential** and respectful towards his superiors.

misbehave

v. to behave badly

synonym: act up, fool around, trespass

(1) **misbehave** with language, (2) the student who had **misbehaved**

It was unbelievable that they should misbehave.

salesperson

 a person whose job is to sell goods in a shop or directly to customers

synonym: dealer, seller, vendor

(1) a **salesperson** in a store, (2) a drapery **salesperson** He received the title of the best **salesperson** in all our branches worldwide.

writhe

v. to twist and turn the body or a part of it, as from pain or struggle

synonym: contort, twist, convulse

(1) writhe in agony, (2) writhe with pleasure

The snake **writhed** and twisted as it tried to escape the trap.

whimper

v. to make a low, weak, or sobbing sound, often because of fear, sadness, or weakness; to speak or say something in a feeble or unassertive manner

synonym: weep, sob, whine

(1) whimper softly, (2) whimper in pain

Hearing the sad news, he couldn't help but **whimper** in sorrow.

sham

 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**.

Christ

 the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity

synonym: Savior, Jesus Christ, Jesus

(1) teaching of **Christ**, (2) before **Christ**

Christmas is the day to celebrate the birth of Christ.

conciliation

 the act of resolving or reconciling differences, disputes, or conflicts between two or more parties through mediation, negotiation, or compromise

synonym: mediation, arbitration, peacemaking

(1) industrial **conciliation**, (2) **conciliation** hearing
The labor union and management reached a **conciliation**agreement after months of negotiation.

confrontation

 the act of facing or dealing with something directly and openly; a direct and often hostile encounter or disagreement

synonym: face-off, conflict, competition

violent confrontation, (2) verbal confrontation
 The confrontation between the two nations escalated into a full-blown war.

headlight

 a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead synonym: headlamp, beam, lamp

(1) headlight adjustment, (2) headlight switch

My car's **headlight** must be replaced before I drive again at night.

lash

v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

synonym: whip, beat, strike

(1) lash the oxen, (2) lash a rope

The mother **lashed** out at her child for misbehaving in public.

heedless

 adj. showing a lack of attention, care, or concern; negligent or reckless; characterized by a disregard for potential dangers or consequences

synonym: careless, inattentive, thoughtless

(1) heedless disregard, (2) heedless actions

He was **heedless** of the warnings and crossed the busy street without looking.

thoughtless

 adj. lacking consideration for others; inconsiderate; not reflecting on one's actions or words; showing a lack of thought or intelligence

synonym: unthinking, careless, insensitive

(1) **thoughtless** comment, (2) **thoughtless** mistake
The **thoughtless** actions of the students caused damage to the school property.

neuroscience

- the scientific study of the function, structure, and disorder of the brain and the nervous system
- (1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

lockdown

 an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

(1) go on lockdown, (2) lockdown area

The country's prime minister has decided to implement a nationwide **lockdown** measure.

empower

- v. to give someone the power or authority to do something synonym: authorize, endow, entitle
- (1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

unprepared

adj. not properly or adequately prepared; lacking preparation; not ready

synonym: inexperienced, caught off-guard, ill-equipped

(1) **unprepared** speech, (2) **unprepared** for the exam The **unprepared** student struggled on the test and received a low grade.

overreact

v. to react more strongly or excessively than is necessary or appropriate

synonym: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism She **overreacted** to the situation and caused unnecessary stress.

intensify

 to increase or make something increase in extent or strength

synonym: amplify, boost, strengthen

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

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

expel

 to officially force someone to leave a school, organization, or country synonym: deport, oust, dislodge

(1) **expel** him from his native country, (2) **expel** air from the lungs

He took a big drag of his cigarette and slowly **expelled** the smoke.

recast

- v. to change the form of something, such as a metal object, by melting it down and reshaping it; to change the actors or the role of a particular actor in a play or film synonym: modify, remake, remodel
- (1) **recast** the Republican party, (2) **recast** the story

 He had to **recast** his image to convince the electorate in his home state.

doable

- adj. possible to do; capable of existing, taking place, or proving true
- synonym: realizable, accomplishable, achievable
- (1) make a **doable** plan, (2) **doable** in daily life This project is **doable** despite the tight schedule.

pretension

- the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
- synonym: presumption, pretense, affectation
- (1) **pretension** to authority, (2) baseless **pretension**His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

exaggerate

- v. to describe or represent something as better or worse than it is
- *synonym*: overstate, overestimate, amplify
- (1) **exaggerate** in degree, (2) **exaggerate** story

 She **exaggerated** the extent of her injuries to get more money from the settlement.

exhale

 to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently synonym: breathe out, expel, emit

(1) **exhale** a big sigh, (2) **exhale** cigarette smoke He took a deep breath and slowly began to **exhale**.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply The baby started to **choke** on a piece of apple.

eruption

 an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something

synonym: explosion, outburst, burst

(1) **eruption** alert level, (2) emotional **eruption**The volcanic **eruption** caused widespread destruction and left the area covered in ash.

barber

 a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered

synonym: hairdresser, stylist, shaver

(1) favorite barber, (2) barber pole

The **barber** shop was closed on Monday, much to the disappointment of many customers.

retaliation

 n. the act of seeking vengeance or revenge in response to a perceived wrong or harm suffered, usually to cause harm to the person or group responsible for the initial act
 synonym: retribution, revenge, vengeance

(1) **retaliation** tactics, (2) **retaliation** against discrimination The company faced heavy **retaliation** from its competitors after releasing a controversial product.

microaggression

n. a subtle or indirect form of discrimination or bias, often unintentional, that reinforces stereotypes or perpetuates prejudice; a seemingly minor comment or action that can

harm someone's mental health or emotional well-being

- (1) microaggression towards minorities,
- (2) microaggression in the workplace

The expectation that women should do all the housework is a form of **microaggression**.

acquittal

 a judgment of not guilty in a criminal trial or a release from a charge or obligation due to a lack of evidence or proof

synonym: exculpation, vindication, exoneration

(1) acquittal verdict, (2) speedy acquittal

The jury's **acquittal** of the defendant shocked many people who believed he was guilty.

stalk

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

synonym: follow, creep up on, (noun) stem

(1) **stalk** of celery, (2) **stalk** from the room

The hunter quietly **stalked** the deer for hours before taking the shot

unarmed

adj. without weapons or arms; not carrying any form of weapon or ammunition, or engaging in physical conflict with weapons

synonym: defenseless, vulnerable, helpless

(1) unarmed combat, (2) unarmed robbery

The **unarmed** protesters marched peacefully through the streets.

disrespect

an expression of lack of regard or contempt for someone or something

synonym: impoliteness, rudeness, insult

(1) mean no disrespect, (2) disrespect for a customer

His **disrespectful** behavior towards his elders earned him a stern warning from his parents.

stereotype

- n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
- avoid stereotype,
 negative stereotypes
 changing stereotypes about LGBTQ requires considerable effort.

condone

v. to overlook, forgive, or show approval for an action or behavior that is wrong or disapproved of

synonym: excuse, overlook, tolerate

(1) **condone** the behavior, (2) **condone** the action

The parents refused to **condone** their daughter's behavior, which they considered unacceptable.

priceless

adj. extremely valuable or importantsynonym: invaluable, incalculable, precious

(1) **priceless** work of art, (2) **priceless** opportunity Investigators discovered **priceless** documents throughout the house.

controllable

adj. able to be controlled or directedsynonym: manageable, governable, submissive

(1) computer- **controllable**, (2) **controllable** aircraft The new software is much more **controllable** and user-friendly.

wan

adj. looking pale or sickly; lacking vitality or energy synonym: pale, pallid, ashen

wan light, (2) a wan smile
 His wan complexion showed that he was feeling very ill.

Session 2: Spelling

1.	I_h the oxen	v.	to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
2.	prss opportunity	adj.	extremely valuable or important
3.	doe in daily life	adj.	possible to do; capable of existing, taking place, or proving true
4.	defal attitude	adj.	showing or expressing respect or obedience; yielding to someone else's opinions or judgment
5.	ancient prb	n.	a short saying that expresses a truth or gives advice based on practical experience
6.	conble aircraft	adj.	able to be controlled or directed
7.	emotional eron	n.	an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something
8.	before Cht	n.	the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
9.	ovct to the criticism	v.	to react more strongly or excessively than is necessary or appropriate
10.	computer-con ble	adj.	able to be controlled or directed

ANSWERS: 1. lash, 2. priceless, 3. doable, 4. deferential, 5. proverb, 6. controllable, 7. eruption, 8. Christ, 9. overreact, 10. controllable

11.	w_n light	adj.	looking pale or sickly; lacking vitality or energy
12.	emr the secretary to do the same	v.	to give someone the power or authority to do something
13.	a w_n smile	adj.	looking pale or sickly; lacking vitality or energy
14.	exate in degree	v.	to describe or represent something as better or worse than it is
15.	coe the action	v.	to overlook, forgive, or show approval for an action or behavior that is wrong or disapproved of
16.	whr in pain	ν.	to make a low, weak, or sobbing sound, often because of fear, sadness, or weakness; to speak or say something in a feeble or unassertive manner
17.	the student who had mived	ν.	to behave badly
18.	hess disregard	adj.	showing a lack of attention, care, or concern; negligent or reckless; characterized by a disregard for potential dangers or consequences
19.	exe a big sigh	v.	to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
20.	verbal conion	n.	the act of facing or dealing with something directly and openly; a direct and often hostile encounter or disagreement
21.	disct for a customer	n.	an expression of lack of regard or contempt for someone or something

ANSWERS: 11. wan, 12. empower, 13. wan, 14. exaggerate, 15. condone, 16. whimper, 17. misbehave, 18. heedless, 19. exhale, 20. confrontation, 21. disrespect

22.	prss work of art	adj.	extremely valuable or important
23.	ovct with anger	<i>v</i> .	to react more strongly or excessively than is necessary or appropriate
24.	emr my life	<i>v</i> .	to give someone the power or authority to do something
25.	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
26.	a theoretical concept in neunce	n.	the scientific study of the function, structure, and disorder of the brain and the nervous system
27.	exI him from his native country	<i>v</i> .	to officially force someone to leave a school, organization, or country
28.	micion in the workplace	n.	a subtle or indirect form of discrimination or bias, often unintentional, that reinforces stereotypes or perpetuates prejudice; a seemingly minor comment or action that can harm someone's mental health or emotional well-being
29.	exe cigarette smoke	ν.	to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
30.	go on lown	n.	an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
31.	mean no disct	n.	an expression of lack of regard or contempt for someone or something

ANSWERS: 22. priceless, 23. overreact, 24. empower, 25. sham, 26. neuroscience, 27. expel, 28. microaggression, 29. exhale, 30. lockdown, 31. disrespect

32.	bar pole	n.	a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
33.	a drapery salon	n.	a person whose job is to sell goods in a shop or directly to customers
34.	exate story	<i>v</i> .	to describe or represent something as better or worse than it is
35.	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
36.	make a doe plan	adj.	possible to do; capable of existing, taking place, or proving true
37.	eron alert level	n.	an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something
38.	infy diplomatic efforts	<i>v</i> .	to increase or make something increase in extent or strength
39.	und combat	adj.	without weapons or arms; not carrying any form of weapon or ammunition, or engaging in physical conflict with weapons
40.	favorite bar	n.	a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
41.	violent conion	n.	the act of facing or dealing with something directly and openly; a direct and often hostile encounter or disagreement

ANSWERS: 32. barber, 33. salesperson, 34. exaggerate, 35. sham, 36. doable, 37. eruption, 38. intensify, 39. unarmed, 40. barber, 41. confrontation

42.	ret	on against discrimination	n.	the act of seeking vengeance or revenge in response to a perceived wrong or harm suffered, usually to cause harm to the person or group responsible for the initial act
43.	teaching o	of Cht	n.	the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
44.	dee a	message	ν.	to convert something, such as a message or piece of information, from a specific form into one that you can understand
45.	speedy ac	cal	n.	a judgment of not guilty in a criminal trial or a release from a charge or obligation due to a lack of evidence or proof
46.	the branch	n of neunce	n.	the scientific study of the function, structure, and disorder of the brain and the nervous system
47.	huze	my pet	<i>v</i> .	to make something or someone more humane or compassionate; to make something more relatable or understandable to humans
48.	und ı	robbery	adj.	without weapons or arms; not carrying any form of weapon or ammunition, or engaging in physical conflict with weapons
49.	def	_al language	adj.	showing or expressing respect or obedience; yielding to someone else's opinions or judgment

ANSWERS: 42. retaliation, 43. Christ, 44. decode, 45. acquittal, 46. neuroscience, 47. humanize, 48. unarmed, 49. deferential

50.	wre in agony	<i>v</i> .	to twist and turn the body or a part of it, as from pain or struggle
51.	a salon in a store	n.	a person whose job is to sell goods in a shop or directly to customers
52.	heht switch	n.	a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead
53.	industrial conion	n.	the act of resolving or reconciling differences, disputes, or conflicts between two or more parties through mediation, negotiation, or compromise
54.	unped speech	adj.	not properly or adequately prepared; lacking preparation; not ready
55.	exl air from the lungs	<i>v</i> .	to officially force someone to leave a school, organization, or country
56.	avoid stepe	n.	a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
57.	preon to authority	n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
58.	infy a good relationship	<i>v</i> .	to increase or make something increase in extent or strength
59.	coe the behavior	<i>v</i> .	to overlook, forgive, or show approval for an action or behavior that is wrong or disapproved of

ANSWERS: 50. writhe, 51. salesperson, 52. headlight, 53. conciliation, 54. unprepared, 55. expel, 56. stereotype, 57. pretension, 58. intensify, 59. condone

ANSWERS: 60. writhe, 61. lash, 62. pretension, 63. segregation, 64. stalk, 65. conciliation, 66. thoughtless

67.	che off the blood supply	v.	to prevent or obstruct the normal breathing or swallowing of someone or something
68.	huze a room	ν.	to make something or someone more humane or compassionate; to make something more relatable or understandable to humans
69.	mive with language	v.	to behave badly
70.	acal verdict	n.	a judgment of not guilty in a criminal trial or a release from a charge or obligation due to a lack of evidence or proof
71.	ability to dee the differences	v.	to convert something, such as a message or piece of information, from a specific form into one that you can understand
72.	negative stepes	n.	a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
73.	unped for the exam	adj.	not properly or adequately prepared; lacking preparation; not ready
74.	micion towards minorities	n.	a subtle or indirect form of discrimination or bias, often unintentional, that reinforces stereotypes or perpetuates prejudice; a seemingly minor comment or action that can harm someone's mental health or emotional well-being

ANSWERS: 67. choke, 68. humanize, 69. misbehave, 70. acquittal, 71. decode, 72. stereotype, 73. unprepared, 74. microaggression

75. whr softly	ν.	to make a low, weak, or sobbing sound, often because of fear, sadness, or weakness; to speak or say something in a feeble or unassertive manner
76. ret the story	v.	to change the form of something, such as a metal object, by melting it down and reshaping it; to change the actors or the role of a particular actor in a play or film
77. a hackneyed prb	n.	a short saying that expresses a truth or gives advice based on practical experience
78. reton tactics	n.	the act of seeking vengeance or revenge in response to a perceived wrong or harm suffered, usually to cause harm to the person or group responsible for the initial act
79. lown area	n.	an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
80. heht adjustment	n.	a bright forward-facing light on a vehicle, typically used at night to illuminate the road ahead
81. stk of celery	v.	to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or

ANSWERS: 75. whimper, 76. recast, 77. proverb, 78. retaliation, 79. lockdown, 80. headlight, 81. stalk

framework

v.	to prevent or obstruct the normal breathing or swallowing of someone or something
adj.	showing a lack of attention, care, or concern; negligent or reckless; characterized by a disregard for potential dangers or consequences
ν.	to change the form of something, such as a metal object, by melting it down and reshaping it; to change the actors or the role of a particular actor in a play or film
adj.	lacking consideration for others; inconsiderate; not reflecting on one's actions or words; showing a lack of thought or intelligence
n.	the act or process of separating or isolating people, things, or groups based on race, gender, religion, social class, or other characteristics; a political or social system that enforces such separation or isolation
	adj. v.

ANSWERS: 82. choke, 83. heedless, 84. recast, 85. thoughtless, 86. segregation

Session 3: Fill in the Blanks

1.	The expectation that women should do all the housework is a form of
n.	a subtle or indirect form of discrimination or bias, often unintentional, that reinforces stereotypes or perpetuates prejudice; a seemingly minor comment or action that can harm someone's mental health or emotional well-being
2.	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
3.	The student struggled on the test and received a low grade.
adj	not properly or adequately prepared; lacking preparation; not ready
4.	He had to his image to convince the electorate in his home state.
ν.	to change the form of something, such as a metal object, by melting it down and reshaping it; to change the actors or the role of a particular actor in a play or film
5.	The labor union and management reached a agreement after months of negotiation.
n.	the act of resolving or reconciling differences, disputes, or conflicts between two or more parties through mediation, negotiation, or compromise
6.	He took a big drag of his cigarette and slowly the smoke.
v.	to officially force someone to leave a school, organization, or country
7.	The volcanic caused widespread destruction and left the area covered in ash.
n.	an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something
	SWERS: 1. microaggression, 2. sham, 3. unprepared, 4. recast, 5. conciliation, 6. pelled, 7. eruption

8.	This project is despite the tight schedule.
adj	possible to do; capable of existing, taking place, or proving true
9.	The new employee was and respectful towards his superiors.
adj	showing or expressing respect or obedience; yielding to someone else's opinions or judgment
10.	He received the title of the best in all our branches worldwide.
n.	a person whose job is to sell goods in a shop or directly to customers
11.	The mother out at her child for misbehaving in public.
v.	to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
12.	The actions of the students caused damage to the school property.
adj	lacking consideration for others; inconsiderate; not reflecting on one's actions or words; showing a lack of thought or intelligence
13.	based on race or ethnicity is illegal and unjust.
n.	the act or process of separating or isolating people, things, or groups based on race, gender, religion, social class, or other characteristics; a political or social system that enforces such separation or isolation
14.	The shop was closed on Monday, much to the disappointment of many customers.
n.	a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
15.	She the extent of her injuries to get more money from the settlement.
ν.	to describe or represent something as better or worse than it is
	SWERS: 8. doable, 9. deferential, 10. salesperson, 11. lashed, 12. thoughtless, Segregation, 14. barber, 15. exaggerated

ANSWERS: 16. controllable, 17. confrontation, 18. lockdown, 19. condone, 20. decode, 21. acquittal, 22. exhale

ANSWERS: 23. retaliation, 24. whimper, 25. choke, 26. unarmed, 27. stereotypes, 28. writhed, 29. neuroscience

ANSWERS: 30. heedless, 31. disrespectful, 32. overreacted, 33. proverb, 34. misbehave, 35. wan, 36. priceless, 37. Christmas

ANSWERS: 38. humanize, 39. pretensions, 40. headlight, 41. stalked, 42. intensify, 43. empowered