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Vocabulary Builder Reference from...

Tiffany Watt Smith: The history of human emotions | TED Talk

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

Advanced Words Only

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Session 1: Word List

pinpoint

v. to locate or identify the exact position in space or time of something

synonym: name, direct, identify

(1) **pinpoint** the problem, (2) **pinpoint** signs of manipulation
This radar quickly **pinpoints** the position of the enemy.

exhilarate

v. to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria

synonym: excite, stimulate, invigorate

(1) **exhilarate** the crowd, (2) **exhilarate** the audience
The sense of accomplishment from completing a challenging hike can **exhilarate** those who love the great outdoors

welsh

v. to fail to honor a debt or commitment; to renege on a promise or agreement

synonym: default, renege, fail to pay

(1) **welsh** on a promise, (2) **welsh** on the deal
The shepherd had to **welsh** some of the animals due to illness.

skid

v. to slide or slip on a surface, especially in an uncontrolled or unsafe manner; to come to a sudden halt or stop with a scraping or sliding noise; (noun) a sliding or slipping

motion of a vehicle, usually sideways or out of control, due to a loss of traction with the road surface

synonym : slide, slip, glide

(1) cause the tires to **skid**, (2) **skid** steer

The car started to **skid** on the icy road, but the driver was able to regain control.

jostle

v. to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention

synonym : push, bump, elbow

(1) **jostle** for position, (2) **jostle** my elbow

I had to **jostle** through the crowded concert to get to the front of the stage.

nostalgia

n. a sentimental longing or wistful affection for a period in the past

synonym : longing, wistfulness, yearning

(1) a warm **nostalgia**, (2) **nostalgia** trip

The ice cream truck's sound brought back **nostalgia** for my childhood.

jealousy

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

synonym : envy, covetousness, resentment

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

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

tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

synonym : feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

sociologist

n. a person who studies the institutions and development of human society

(1) religious **sociologist**, (2) French **sociologist**

Sociologist studies the changes in family structure due to modernization.

delirium

n. a state of confusion or disorientation accompanied by emotional disturbances, often characterized by fever, hallucinations, and incoherent speech

synonym: confusion, frenzy, distraction

(1) **delirium** tremens, (2) fever **delirium**

After days of no sleep, he fell into **delirium** and started hallucinating.

impoverished

adj. reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted

synonym: destitute, bankrupt, famished

(1) **impoverished** nation, (2) **impoverished** family

The **impoverished** villagers struggled to make ends meet with little access to food and clean water.

disgust

n. a strong feeling of dislike or disapproval

synonym: nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions

He was filled with **disgust** and fear for the threat of war.

reflex

n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

synonym: reaction, response, instinct

(1) **reflex** test, (2) knee **reflex**

My leg kicked involuntarily when the doctor tapped my knee with the **reflex** hammer.

predicament

n. a difficult, unpleasant, or embarrassing situation

synonym:

situation, quandary, plight

(1) tragic **predicament**, (2) **predicament** decision

He was in a **predicament** and didn't know how to escape it.

hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym: innate, ingrained, automatic

(1) **hardwired** behavior, (2) **hardwired** connection

The instinct to protect one's offspring is **hardwired** into many animal species.

dilate

v. to make something wider, larger, or more open

synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym: scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

troubadour

n. a poet and musician in the courts of Southern France in the Middle Ages, known for writing and performing love songs

synonym: minstrel, singer, composer

(1) wandering **troubadour**, (2) **troubadour** poetry

The **troubadour's** guitar accompaniment added a playful and romantic touch to his performances.

yawn

v. to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen

synonym: gape, stretch, open

(1) **yawn** in sleepiness, (2) lazy **yawn**

He couldn't help but **yawn** during the long and boring presentation.

boredom

n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

synonym: ennui, tedium, monotony

(1) **boredom** relief, (2) chronic **boredom**

The long lecture on a topic I already knew left me struggling to fight off **boredom**.

dismay

n. a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence

synonym: distress, discouragement, consternation

(1) flop down in **dismay**, (2) feel **dismay**

The employees expressed their **dismay** at the sudden announcement of massive layoffs.

Christ

n. 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.

infect

v. to affect a person, an animal, or a plant with a disease-causing organism

synonym: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

acedia

n. a state of spiritual or mental apathy, indifference, or lack of motivation; a feeling of listlessness or boredom; a term historically associated with monasticism and often

described as a form of spiritual sloth or fatigue

synonym: sloth, apathy, laziness

(1) spiritual **acedia**, (2) existential **acedia**

The long-term unemployment took a toll on her mental health, leading to a sense of **acedia** and hopelessness.

lethargy

n. a lack of energy or enthusiasm; a state of being sluggish or drowsy; apathy or inactivity

synonym: listlessness, fatigue, torpor

(1) **lethargy** symptoms, (2) **lethargy** feeling

The **lethargy** from the medication made it hard for him to focus on his work.

madden

v. to make someone extremely angry or irritated, often to the point of losing control or rationality; to become irrational or frenzied with anger or frustration

synonym: infuriate, enrage, exasperate

(1) **madden** with rage, (2) **madden** the enemy

The slow internet connection **maddened** him as he tried to stream his favorite show.

dissatisfy

v. to fail to satisfy someone

synonym: disappoint, disgruntle, dishearten

(1) **dissatisfy** the users with bugs, (2) **dissatisfy** people with service

The company's results **dissatisfy** everyone.

inherit

v. to receive money, property, or a title from someone after they have died

synonym: obtain, gain, acquire

(1) **inherit** estate, (2) **inherit** ancestral property

After his death, his sons **inherited** his business.

neuroscience

n. 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**.

historicity

n. the quality of being historical or having real historical value or significance; the extent to which something is rooted in or related to history

synonym : historical accuracy, authenticity, validity

(1) question the **historicity**, (2) assessing the **historicity**

The **historicity** of the ancient artifact was confirmed through extensive research and analysis.

smuggle

v. to import or export something or someone without paying appropriate customs duties, often illegally

(1) **smuggle** drugs, (2) **smuggle** herself out of a country

He was able to **smuggle** a gun inside the prison.

garret

n. a small and usually cramped attic room, typically located at the top of a house or building; a makeshift living space or studio, often used by artists or writers

synonym : attic, loft, upper room

(1) dusty **garret**, (2) painter's **garret**

The artist's studio was located in a small **garret** on the top floor of the building.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym : consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

dejected

adj. feeling or showing sadness, lack of hope, or confidence; disheartened; depressed

synonym : downcast, disheartened, depressed

(1) look **dejected**, (2) a **dejected** expression

After receiving a rejection letter from the job interview, she felt **dejected** and hopeless.

feverish

adj. having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy

synonym : heated, hot, agitated

(1) feel **feverish**, (2) at a **feverish** pitch

She had a **feverish** look in her eyes as she struggled with illness.

palpitation

n. a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly

synonym : flutter, pulsation, throb

(1) irregular **palpitation**, (2) anxiety **palpitations**

She experienced **palpitations** and had to go to the hospital for tests.

homesick

adj. feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time

synonym : nostalgic, longing, yearning

(1) suffer from **homesick**, (2) **homesick** for home

The military personnel stationed overseas often feel **homesick** for their loved ones.

christen

v. to give a name to a baby at a Christian ceremony to welcome them into the Christian Church

synonym : baptize, name, initiate

(1) **christen** a child, (2) **christen** the baby at the baptism

The newborn baby was **christened** in a ceremony at the church.

downgrade

v. to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating;
(noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a

rating agency

synonym : demote, lower, reduce

(1) economic **downgrade**, (2) **downgrade** expectations

The company had to **downgrade** its earnings forecast for the quarter.

sleepover

n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers

synonym : slumber party, overnighter, pajama party

(1) **sleepover** party, (2) girls' **sleepover**

My daughter is having a **sleepover** with her friends tonight.

modernity

n. the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture

synonym : contemporaneousness, present-day, contemporaneity

(1) spirit of **modernity**, (2) path toward **modernity**

He was fascinated by the contrasts between traditional life and the city's **modernity**.

restless

adj. unwilling or unable to stay still or relax because you are worried and uneasy

synonym : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

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.

cultivate

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

synonym : boost, foster, nurture

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

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.

invariably

adv. in every case or on every occasion; without exception

synonym: consistently, always, uniformly

(1) **invariably** polite, (2) **invariably** correct
She **invariably** arrived at the office early each day.

impatience

n. a feeling of restlessness or irritation caused by a desire for something to happen or be done more quickly; lack of patience

synonym: impatience, restlessness, agitation

(1) **impatience** with delays, (2) business **impatience**
The doctor advised him to manage his **impatience** as stress could exacerbate his medical condition.

smug

adj. excessively pleased with oneself; self-righteously complacent

synonym: self-satisfied, complacent, self-assured

(1) in a **smug** manner, (2) **smug** attitude
She felt **smug** about her performance in the competition.

guinea

n. a former British gold coin worth 21 shillings or a unit of currency used in some West African countries; (Guinea) a republic in western Africa on the Atlantic

synonym: coin, money, currency

(1) **guinea** coins, (2) **guinea** pig
The cost of the antique vase is three **guineas**.

descend

v. to move downward and lower; to come from, or to be connected by a relationship of blood

synonym: dip, drop, come down

(1) **descend** a steep hill, (2) **descend** by elevator

She was **descended** from an old Italian noble family.

houseguest

n. a person who is staying as a guest in someone's house

synonym: visitor, guest, friend

(1) **houseguest** etiquette, (2) have a lot of **houseguests**

My **houseguest** from out of town stayed with us for a week, and it was so much fun showing them around the city.

anthropology

n. the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species

(1) social **anthropology**, (2) **anthropology** of religion

The areas of **anthropology** and psychology are significantly related to one another.

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.

self-sufficient

adj. able to provide for one's own needs without assistance from others

synonym: independent, self-reliant, self-sustaining

(1) **self-sufficient** economy, (2) **self-sufficient** renewable energy

He was determined to become **self-sufficient** and not rely on anyone else.

individualism

n. the habit or principle of being independent and self-reliant

synonym: self-reliance, autonomy, self-sufficiency

(1) rampant **individualism**, (2) nation of **individualism**
An ethic of **individualism** encourages people to make choices based on their values and beliefs rather than the values and beliefs of the group or society.

simplistic

adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

synonym: basic, uncomplicated, elementary

(1) **simplistic** approach, (2) **simplistic** design

The politician's solution to the problem was too **simplistic** to solve the underlying issue.

tantalize

v. to tease or torment by presenting something desirable but out of reach or unattainable; to tempt or lure with the promise of something desirable

synonym: tease, tempt, torment

(1) **tantalize** taste buds, (2) **tantalize** with promises

The smell of freshly baked cookies in the kitchen **tantalized** me.

well-being

n. the state of being happy and healthy and prosperous
synonym: 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.

attune

v. to make receptive or aware; to bring into harmony or alignment

synonym: align, harmonize, acclimate

(1) **attune** to nature, (2) **attune** myself to the rhythm

It is important to **attune** yourself to your customers' needs to provide the best service possible.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym : arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

giddy

adj. feeling dizzy or lightheaded; inclined to be easily excited or amused; lacking seriousness or stability

synonym : dizzy, lightheaded, vertiginous

(1) **giddy** with excitement, (2) a **giddy** ride

The rollercoaster ride left her feeling **giddy** and disoriented.

disorient

v. to make someone confused about where they are or where they should go

synonym : confuse, flummox, perplex

(1) **disorient** his audience, (2) **disorient** and wrong-foot viewers

Several studies have indicated that human activity at sea might **disorient** dolphins and whales.

unsettle

v. to make somebody feel anxious or upset, especially because of an unstable or problematic situation

synonym : aggravate, annoy, disturb

(1) **unsettle** the nervous system, (2) **unsettle** his conviction

This nationwide strike may **unsettle** the country's economy.

Session 2: Spelling

- | | |
|--------------------------------------|---|
| 1. a sense of wel_____ng | <i>n.</i> the state of being happy and healthy and prosperous |
| 2. pi_____nt signs of manipulation | <i>v.</i> to locate or identify the exact position in space or time of something |
| 3. religious soc_____st | <i>n.</i> a person who studies the institutions and development of human society |
| 4. re____x test | <i>n.</i> an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli |
| 5. inv_____ly polite | <i>adv.</i> in every case or on every occasion; without exception |
| 6. di_____nt his audience | <i>v.</i> to make someone confused about where they are or where they should go |
| 7. sm_____e herself out of a country | <i>v.</i> to import or export something or someone without paying appropriate customs duties, often illegally |
| 8. ev___e a sense of awe | <i>v.</i> to bring or recall a feeling, memory, or image into your mind |
| 9. in___t other animal species | <i>v.</i> to affect a person, an animal, or a plant with a disease-causing organism |
| 10. exh_____te the crowd | <i>v.</i> to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria |
| 11. y___n in sleepiness | <i>v.</i> to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen |

ANSWERS: 1. well-being, 2. pinpoint, 3. sociologist, 4. reflex, 5. invariably, 6. disorient, 7. smuggle, 8. evoke, 9. infect, 10. exhilarate, 11. yawn

12. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
13. at a fe_____sh pitch *adj.* having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy
14. sm_____e drugs *v.* to import or export something or someone without paying appropriate customs duties, often illegally
15. pi_____nt the problem *v.* to locate or identify the exact position in space or time of something
16. we__h on the deal *v.* to fail to honor a debt or commitment; to renege on a promise or agreement
17. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
18. spirit of mo_____ty *n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
19. cu_____te a field *v.* to prepare and foster land for growing crops or plants
20. wandering tro_____ur *n.* a poet and musician in the courts of Southern France in the Middle Ages, known for writing and performing love songs
21. exh_____te the audience *v.* to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria
22. a warm no_____ia *n.* a sentimental longing or wistful affection for a period in the past

ANSWERS: 12. resilient, 13. feverish, 14. smuggle, 15. pinpoint, 16. welsh, 17. disappoint, 18. modernity, 19. cultivate, 20. troubadour, 21. exhilarate, 22. nostalgia

23. a gi__y ride *adj.* feeling dizzy or lightheaded; inclined to be easily excited or amused; lacking seriousness or stability
24. ha_____ed connection *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
25. assessing the his_____ty *n.* the quality of being historical or having real historical value or significance; the extent to which something is rooted in or related to history
26. ta_____ze taste buds *v.* to tease or torment by presenting something desirable but out of reach or unattainable; to tempt or lure with the promise of something desirable
27. flop down in di___y *n.* a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence
28. di_____nt and wrong-foot viewers *v.* to make someone confused about where they are or where they should go
29. rampant ind_____ism *n.* the habit or principle of being independent and self-reliant
30. suffer from ho_____ck *adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
31. become increasingly fr_____t *adj.* causing, accompanied by, or full of anxiety, tension, or stress

ANSWERS: 23. giddy, 24. hardwired, 25. historicity, 26. tantalize, 27. dismay, 28. disorient, 29. individualism, 30. homesick, 31. fraught

32. pre_____nt decision *n.* a difficult, unpleasant, or embarrassing situation
33. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
34. irregular pal_____on *n.* a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly
35. dusty ga____t *n.* a small and usually cramped attic room, typically located at the top of a house or building; a makeshift living space or studio, often used by artists or writers
36. public di_____t *n.* a strong feeling of dislike or disapproval
37. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
38. s__g attitude *adj.* excessively pleased with oneself; self-righteously complacent
39. je_____sy feeling towards another person *n.* a feeling of resentment or bitterness towards someone because they have something that you desire
40. business imp_____ce *n.* a feeling of restlessness or irritation caused by a desire for something to happen or be done more quickly; lack of patience
41. French soc_____st *n.* a person who studies the institutions and development of human society
42. di____e the bronchial tubes *v.* to make something wider, larger, or more open
43. girls' sl_____er *n.* a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers

ANSWERS: 32. predicament, 33. frightening, 34. palpitation, 35. garret, 36. disgust, 37. frightening, 38. smug, 39. jealousy, 40. impatience, 41. sociologist, 42. dilate, 43. sleepover

44. show di____t at his actions *n.* a strong feeling of dislike or disapproval
45. cause the tires to s__d *v.* to slide or slip on a surface, especially in an uncontrolled or unsafe manner; to come to a sudden halt or stop with a scraping or sliding noise; (noun) a sliding or slipping motion of a vehicle, usually sideways or out of control, due to a loss of traction with the road surface
46. ho____ck for home *adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
47. before Ch____t *n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
48. spiritual ac____a *n.* a state of spiritual or mental apathy, indifference, or lack of motivation; a feeling of listlessness or boredom; a term historically associated with monasticism and often described as a form of spiritual sloth or fatigue
49. le____gy symptoms *n.* a lack of energy or enthusiasm; a state of being sluggish or drowsy; apathy or inactivity
50. gu____a coins *n.* a former British gold coin worth 21 shillings or a unit of currency used in some West African countries; (Guinea) a republic in western Africa on the Atlantic

ANSWERS: 44. disgust, 45. skid, 46. homesick, 47. Christ, 48. acedia, 49. lethargy, 50. guinea

51. existential ac___a *n.* a state of spiritual or mental apathy, indifference, or lack of motivation; a feeling of listlessness or boredom; a term historically associated with monasticism and often described as a form of spiritual sloth or fatigue
52. sim_____ic approach *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
53. teaching of Ch___t *n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
54. dis_____fy people with service *v.* to fail to satisfy someone
55. tragic pre_____nt *n.* a difficult, unpleasant, or embarrassing situation
56. ant_____ogy of religion *n.* the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species
57. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
58. feel fe_____sh *adj.* having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy

ANSWERS: 51. acedia, 52. simplistic, 53. Christ, 54. dissatisfy, 55. predicament, 56. anthropology, 57. restless, 58. feverish

59. di___e blood vessel *v.* to make something wider, larger, or more open
60. feel di___y *n.* a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence
61. s__d steer *v.* to slide or slip on a surface, especially in an uncontrolled or unsafe manner; to come to a sudden halt or stop with a scraping or sliding noise; (noun) a sliding or slipping motion of a vehicle, usually sideways or out of control, due to a loss of traction with the road surface
62. le____gy feeling *n.* a lack of energy or enthusiasm; a state of being sluggish or drowsy; apathy or inactivity
63. sim_____ic design *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
64. hou_____st etiquette *n.* a person who is staying as a guest in someone's house
65. ti___e up my spine *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
66. in_____t estate *v.* to receive money, property, or a title from someone after they have died

ANSWERS: 59. dilate, 60. dismay, 61. skid, 62. lethargy, 63. simplistic, 64. houseguest, 65. tingle, 66. inherit

67. chronic bo____m *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
68. have a lot of hou_____sts *n.* a person who is staying as a guest in someone's house
69. sel_____ent renewable energy *adj.* able to provide for one's own needs without assistance from others
70. imp_____hed nation *adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
71. gu___a pig *n.* a former British gold coin worth 21 shillings or a unit of currency used in some West African countries; (Guinea) a republic in western Africa on the Atlantic
72. anxiety pal_____ons *n.* a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly
73. un_____le the nervous system *v.* to make somebody feel anxious or upset, especially because of an unstable or problematic situation
74. ma___n the enemy *v.* to make someone extremely angry or irritated, often to the point of losing control or rationality; to become irrational or frenzied with anger or frustration
75. cu_____te relationships *v.* to prepare and foster land for growing crops or plants

ANSWERS: 67. boredom, 68. houseguest, 69. self-sufficient, 70. impoverished, 71. guinea, 72. palpitation, 73. unsettle, 74. madden, 75. cultivate

76. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
77. jo___e for position *v.* to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention
78. dis_____fy the users with bugs *v.* to fail to satisfy someone
79. knee re___x *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
80. de_____d a steep hill *v.* to move downward and lower; to come from, or to be connected by a relationship of blood
81. path toward mo_____ty *n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
82. burn with je_____sy *n.* a feeling of resentment or bitterness towards someone because they have something that you desire
83. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
84. nation of ind_____ism *n.* the habit or principle of being independent and self-reliant
85. gi___y with excitement *adj.* feeling dizzy or lightheaded; inclined to be easily excited or amused; lacking seriousness or stability
86. painter's ga___t *n.* a small and usually cramped attic room, typically located at the top of a house or building; a makeshift living space or studio, often used by artists or writers

ANSWERS: 76. well-being, 77. jostle, 78. dissatisfy, 79. reflex, 80. descend, 81. modernity, 82. jealousy, 83. disappoint, 84. individualism, 85. giddy, 86. garret

87. economic do_____de
- v. to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating; (noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a rating agency
88. lazy y__n
- v. to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen
89. un_____le his conviction
- v. to make somebody feel anxious or upset, especially because of an unstable or problematic situation
90. do_____de expectations
- v. to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating; (noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a rating agency
91. question the his_____ty
- n. the quality of being historical or having real historical value or significance; the extent to which something is rooted in or related to history
92. in a s__g manner
- adj. excessively pleased with oneself; self-righteously complacent
93. imp_____ce with delays
- n. a feeling of restlessness or irritation caused by a desire for something to happen or be done more quickly; lack of patience

ANSWERS: 87. downgrade, 88. yawn, 89. unsettle, 90. downgrade, 91. historicity, 92. smug, 93. impatience

94. look de_____ed *adj.* feeling or showing sadness, lack of hope, or confidence; disheartened; depressed
95. de_____d by elevator *v.* to move downward and lower; to come from, or to be connected by a relationship of blood
96. ti___e with anticipation *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
97. de_____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
98. ha_____ed behavior *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
99. imp_____hed family *adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
100. a de_____ed expression *adj.* feeling or showing sadness, lack of hope, or confidence; disheartened; depressed
101. ch_____en a child *v.* to give a name to a baby at a Christian ceremony to welcome them into the Christian Church
102. ch_____en the baby at the baptism *v.* to give a name to a baby at a Christian ceremony to welcome them into the Christian Church

ANSWERS: 94. dejected, 95. descend, 96. tingle, 97. dedicate, 98. hardwired, 99. impoverished, 100. dejected, 101. christen, 102. christen

103. de_____um tremens *n.* a state of confusion or disorientation accompanied by emotional disturbances, often characterized by fever, hallucinations, and incoherent speech
104. fever de_____um *n.* a state of confusion or disorientation accompanied by emotional disturbances, often characterized by fever, hallucinations, and incoherent speech
105. bo_____m relief *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
106. the branch of neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
107. inv_____ly correct *adv.* in every case or on every occasion; without exception
108. in_____t ancestral property *v.* to receive money, property, or a title from someone after they have died
109. at___e myself to the rhythm *v.* to make receptive or aware; to bring into harmony or alignment
110. de_____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
111. ma_____n with rage *v.* to make someone extremely angry or irritated, often to the point of losing control or rationality; to become irrational or frenzied with anger or frustration

ANSWERS: 103. delirium, 104. delirium, 105. boredom, 106. neuroscience, 107. invariably, 108. inherit, 109. attune, 110. dedicate, 111. madden

122. fr____t with danger *adj.* causing, accompanied by, or full of anxiety, tension, or stress
123. tro_____ur poetry *n.* a poet and musician in the courts of Southern France in the Middle Ages, known for writing and performing love songs
124. jo___e my elbow *v.* to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention
125. a theoretical concept in neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
126. in___t a computer with a virus *v.* to affect a person, an animal, or a plant with a disease-causing organism

ANSWERS: 122. fraught, 123. troubadour, 124. jostle, 125. neuroscience, 126. infect

Session 3: Fill in the Blanks

1. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
2. This radar quickly _____ the position of the enemy.
v. to locate or identify the exact position in space or time of something
3. The artist's studio was located in a small _____ on the top floor of the building.
n. a small and usually cramped attic room, typically located at the top of a house or building; a makeshift living space or studio, often used by artists or writers
4. She had a _____ look in her eyes as she struggled with illness.
adj. having or showing symptoms of a high temperature, such as sweating and shivering; characterized by or showing strong feelings of excitement or energy
5. This movie is likely to _____ strong emotions in the viewer.
v. to bring or recall a feeling, memory, or image into your mind
6. _____ is the day to celebrate the birth of Christ.
n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
7. The smell of freshly baked cookies in the kitchen _____ me.
v. to tease or torment by presenting something desirable but out of reach or unattainable; to tempt or lure with the promise of something desirable
8. The instinct to protect one's offspring is _____ into many animal species.
adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

ANSWERS: 1. well-being, 2. pinpoints, 3. garret, 4. feverish, 5. evoke, 6. Christmas, 7. tantalized, 8. hardwired

9. It is important to _____ yourself to your customers' needs to provide the best service possible.
- v.* to make receptive or aware; to bring into harmony or alignment
10. The employees expressed their _____ at the sudden announcement of massive layoffs.
- n.* a feeling of discouragement, distress, or anxiety caused by something unexpected or unwelcome; a sudden loss of courage or confidence
11. The newborn baby was _____ in a ceremony at the church.
- v.* to give a name to a baby at a Christian ceremony to welcome them into the Christian Church
12. The _____ villagers struggled to make ends meet with little access to food and clean water.
- adj.* reduced to poverty or destitution; lacking in resources, means, or vitality; depleted or exhausted
13. The shepherd had to _____ some of the animals due to illness.
- v.* to fail to honor a debt or commitment; to renege on a promise or agreement
14. She _____ arrived at the office early each day.
- adv.* in every case or on every occasion; without exception
15. The sense of accomplishment from completing a challenging hike can _____ those who love the great outdoors
- v.* to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria
16. The slow internet connection _____ him as he tried to stream his favorite show.
- v.* to make someone extremely angry or irritated, often to the point of losing control or rationality; to become irrational or frenzied with anger or frustration

ANSWERS: 9. attune, 10. dismay, 11. christened, 12. impoverished, 13. welsh, 14. invariably, 15. exhilarate, 16. maddened

17. The long-term unemployment took a toll on her mental health, leading to a sense of _____ and hopelessness.
- n.* a state of spiritual or mental apathy, indifference, or lack of motivation; a feeling of listlessness or boredom; a term historically associated with monasticism and often described as a form of spiritual sloth or fatigue
18. My leg kicked involuntarily when the doctor tapped my knee with the _____ hammer.
- n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
19. This nationwide strike may _____ the country's economy.
- v.* to make somebody feel anxious or upset, especially because of an unstable or problematic situation
20. The military personnel stationed overseas often feel _____ for their loved ones.
- adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
21. The car started to _____ on the icy road, but the driver was able to regain control.
- v.* to slide or slip on a surface, especially in an uncontrolled or unsafe manner; to come to a sudden halt or stop with a scraping or sliding noise; (noun) a sliding or slipping motion of a vehicle, usually sideways or out of control, due to a loss of traction with the road surface
22. She is a _____ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions
23. She felt _____ about her performance in the competition.
- adj.* excessively pleased with oneself; self-righteously complacent

ANSWERS: 17. acedia, 18. reflex, 19. unsettle, 20. homesick, 21. skid, 22. resilient, 23. smug

24. He felt _____ and constantly changed his postures.

adj. unwilling or unable to stay still or relax because you are worried and uneasy

25. She experienced _____ and had to go to the hospital for tests.

n. a rapid, irregular, or forceful beating of the heart; a sensation of the heart beating abnormally or irregularly

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

n. the scientific study of the function, structure, and disorder of the brain and the nervous system

27. The company had to _____ its earnings forecast for the quarter.

v. to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating; (noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a rating agency

28. The negotiations were _____ with challenges and setbacks.

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

29. 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

30. He was in a _____ and didn't know how to escape it.

n. a difficult, unpleasant, or embarrassing situation

31. She was _____ from an old Italian noble family.

v. to move downward and lower; to come from, or to be connected by a relationship of blood

ANSWERS: 24. restless, 25. palpitations, 26. neuroscience, 27. downgrade, 28. fraught, 29. disappoint, 30. predicament, 31. descended

32. University is a great place to _____ our minds and expertise.
v. to prepare and foster land for growing crops or plants
33. He was determined to become _____ and not rely on anyone else.
adj. able to provide for one's own needs without assistance from others
34. The _____ guitar accompaniment added a playful and romantic touch to his performances.
n. a poet and musician in the courts of Southern France in the Middle Ages, known for writing and performing love songs
35. The news of the pandemic was a _____ reminder of the fragility of human health.
adj. causing fear or alarm, or very surprising and alarming
36. He couldn't help but _____ during the long and boring presentation.
v. to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen
37. After his death, his sons _____ his business.
v. to receive money, property, or a title from someone after they have died
38. Several studies have indicated that human activity at sea might _____ dolphins and whales.
v. to make someone confused about where they are or where they should go
39. The doctor advised him to manage his _____ as stress could exacerbate his medical condition.
n. a feeling of restlessness or irritation caused by a desire for something to happen or be done more quickly; lack of patience

ANSWERS: 32. cultivate, 33. self-sufficient, 34. troubadour's, 35. frightening, 36. yawn, 37. inherited, 38. disorient, 39. impatience

40. The company's results _____ everyone.
- v. to fail to satisfy someone
41. An ethic of _____ encourages people to make choices based on their values and beliefs rather than the values and beliefs of the group or society.
- n. the habit or principle of being independent and self-reliant
42. The _____ from the medication made it hard for him to focus on his work.
- n. a lack of energy or enthusiasm; a state of being sluggish or drowsy; apathy or inactivity
43. He _____ his life to helping others.
- v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
44. The areas of _____ and psychology are significantly related to one another.
- n. the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species
45. The pupils of the eyes _____ in low light.
- v. to make something wider, larger, or more open
46. The _____ of the ancient artifact was confirmed through extensive research and analysis.
- n. the quality of being historical or having real historical value or significance; the extent to which something is rooted in or related to history
47. He was able to _____ a gun inside the prison.
- v. to import or export something or someone without paying appropriate customs duties, often illegally

ANSWERS: 40. dissatisfy, 41. individualism, 42. lethargy, 43. dedicated, 44. anthropology, 45. dilate, 46. historicity, 47. smuggle

48. The ice cream truck's sound brought back _____ for my childhood.
n. a sentimental longing or wistful affection for a period in the past
49. _____ studies the changes in family structure due to modernization.
n. a person who studies the institutions and development of human society
50. My daughter is having a _____ with her friends tonight.
n. a social gathering in which one or more people stay overnight at another person's home, often as a means of casually spending time together, particularly among children or teenagers
51. My _____ from out of town stayed with us for a week, and it was so much fun showing them around the city.
n. a person who is staying as a guest in someone's house
52. He was fascinated by the contrasts between traditional life and the city's _____.
n. the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
53. My nerves began to _____ before the show started.
v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
54. The rollercoaster ride left her feeling _____ and disoriented.
adj. feeling dizzy or lightheaded; inclined to be easily excited or amused; lacking seriousness or stability
55. After days of no sleep, he fell into _____ and started hallucinating.
n. a state of confusion or disorientation accompanied by emotional disturbances, often characterized by fever, hallucinations, and incoherent speech

ANSWERS: 48. nostalgia, 49. Sociologist, 50. sleepover, 51. houseguest, 52. modernity, 53. tingle, 54. giddy, 55. delirium

56. The long lecture on a topic I already knew left me struggling to fight off _____.
- n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
57. His _____ of his brother's success caused a rift in their relationship.
- n.* a feeling of resentment or bitterness towards someone because they have something that you desire
58. The politician's solution to the problem was too _____ to solve the underlying issue.
- adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
59. The cost of the antique vase is three _____.
- n.* a former British gold coin worth 21 shillings or a unit of currency used in some West African countries; (Guinea) a republic in western Africa on the Atlantic
60. He was filled with _____ and fear for the threat of war.
- n.* a strong feeling of dislike or disapproval
61. Children often _____ parents with this head cold.
- v.* to affect a person, an animal, or a plant with a disease-causing organism
62. After receiving a rejection letter from the job interview, she felt _____ and hopeless.
- adj.* feeling or showing sadness, lack of hope, or confidence; disheartened; depressed
63. I had to _____ through the crowded concert to get to the front of the stage.
- v.* to push, elbow, or bump against someone or something in a forceful or crowded way; to compete with or struggle against another person or group for space, resources, or attention

ANSWERS: 56. boredom, 57. jealousy, 58. simplistic, 59. guineas, 60. disgust, 61. infect, 62. dejected, 63. jostle

ANSWERS: