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Vocabulary Builder Reference from...

David R. Williams: How racism makes us sick | TED

Talk

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sm_makes_us_sick



Advanced Words Only

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Session 1: Word List

alumni

 n. (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program

synonym: graduates, former students, alum

(1) alumni network, (2) alumni relations

Many **alumni** of our college have become successful in their chosen fields.

clot

 a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force

synonym: clump, coagulation, thrombus

(1) blood **clot**, (2) **clot** prevention

The **clot** in the blood vessel required immediate medical attention.

awaken

- v. to stop sleeping or to cause someone to stop sleeping synonym: rouse, arouse, revive
- awaken at daybreak, (2) awaken a child
 The friend's death awakens them.

drumbeat

 a regular, steady beat or rhythm, often used to accompany music or to mark the passage of time synonym: rhythm, cadence, pulse

(1) steady **drumbeat**, (2) thundering **drumbeat**

The ceremonial **drumbeat** echoed through the temple during the ritual.

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.

profoundly

adv. to a great or complete degree; deeply

synonym: deeply, greatly, completely

(1) profoundly insightful, (2) sleep profoundly

The novel affected her **profoundly**, causing her to question her beliefs and values.

dropout

a person who leaves school, college, or a training program before completing it

synonym: noncompleter, quitter, school leaver

(1) the **dropout** rate, (2) **dropout** student

The high school **dropout** rate has decreased significantly in recent years thanks to educational initiatives and support programs.

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.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

medicinal

adj. of or relating to the treatment or cure of diseasesynonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**The **medicinal** properties of this herb have been known to help with various ailments.

stereotype

- 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.

subconscious

adj. relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior

synonym: unconscious, latent, hidden

(1) **subconscious** influence, (2) **subconscious** behavior The **subconscious** mind is said to hold our deepest desires and fears.

delve

v. to dig or excavate deeply; to investigate or research intensively; to rummage or explore in a thorough or careful manner

synonym: dig, excavate, uncover

(1) **delve** deeper, (2) **delve** into documents

Researchers must **delve** into the intricacies of the human brain to understand mental illness.

insidious

adj. tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way

synonym: sly, cunning, subtle

(1) insidious plot, (2) insidious behavior

The disease has an **insidious** onset, making it difficult to diagnose.

institutionalize

 to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

synonym: formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable energy sources.

segregation

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.

determinant

 a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

opportune

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

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark The phone rang at the most **opportune** time.

moth

 an insect with wings similar to a butterfly that travels at night and is attracted to light (1) **moth** larva, (2) **moth** attracted to the light The **moth** is a serious threat to the farm's output.

cheerful

- adj. happy and positive; causing feelings of happiness or optimism; marked by or expressing joy or optimismsynonym: happy, joyful, lively
- (1) **cheerful** smile, (2) a **cheerful** disposition Her **cheerful** personality brightened up the room.

co-occurrence

- n. the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contextssynonym: simultaneity, coincidence, conjunction
- (1) **co-occurrence** pattern, (2) **co-occurrence** matrix

 The **co-occurrence** of these two events suggests that there may be a causal relationship between them.

stubborn

 adj. refusing to change one's mind or behavior despite persuasion or evidence to the contrary; unyielding; difficult to move or change

synonym: persistent, obstinate, determined

(1) **stubborn** attitude, (2) **stubborn** stains
He was so **stubborn** about his beliefs that he refused to listen to any other points of view.

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.

paraphrase

v. to restate or reword a passage in one's own words, often to clarify or simplify the original meaning

synonym: rephrase, reword, reinterpret

(1) **paraphrase** a poem into prose, (2) **paraphrase** the meaning

He **paraphrased** the article in his own words to avoid being accused of plagiarism.

platonic

adj. (of relationship or emotion) friendly or affectionate but not sexual

synonym: nonphysical, nonsexual, spiritual

(1) platonic relationship, (2) platonic love

His relationship with her was completely **platonic**.

unequal

adj. different in amount, size, degree, or value; not fair synonym: unfair, uneven, imbalanced

(1) **unequal** distribution, (2) **unequal** opportunity

The income inequality in the country is becoming increasingly **unequal**.

dismantle

- v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
- synonym: take apart, demolish, take down
- (1) **dismantle** a machine, (2) **dismantle** a system The old building had to be **dismantled** because it was structurally unsound.

ripple

- a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
- synonym: wave, undulation, fluctuation
- (1) a ripple of laughter, (2) ripple in the water
 Many businesses felt the ripple effect of the economy's decline.

oppress

v. to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people

synonym: antagonize, distress, burden

(1) **oppress** the minority, (2) **oppress** the people with force Historically, many countries have often **oppressed** certain religions to gain the support of the majority of the population.

incarceration

- *n*. the state of being confined in prison or jail *synonym*: confinement, imprisonment, detention
- mass incarceration, (2) incarceration rates
 The judge sentenced him to five years of incarceration for embezzlement.

enrich

infest

v. to make better or improve in quality by adding something else

synonym: enhance, improve, augment

- (1) **enrich** a gas with a balloon, (2) **enrich** public services Reading not only increases knowledge but also **enriches** life.
- v. to swarm or overrun with a large number of something undesirable, such as pests or parasites

synonym: invade, overrun

(1) **infest** a building, (2) **infest** a garden

The old storage shed was **infested** with rats and had to be torn down.

marshal

n. a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

synonym: marshal, commander, organizer

(1) **marshal** the books into their proper places, (2) deputy **marshal**

The event organizer appointed a professional **marshal** to manage the flow of traffic.

dissent

 n. possessing or expressing views that differ from those that are officially accepted

synonym: discord, conflict, disagreement

(1) dissent opinion, (2) with no dissent

The dictatorship crushes all dissent severely.

indifference

 a lack of interest, enthusiasm, or sympathy towards someone or something

synonym: apathy, disinterest, unconcern

(1) **indifference** to pain, (2) general **indifference** I tried to assume an air of **indifference**.

apathy

- n. lack of emotion, concern, or enthusiasmsynonym: affectlessness, dispassion, indifference
- (1) **apathy** in the election, (2) political **apathy**The global economic crisis has led to pervasive **apathy** and powerlessness.

mistrust

v. to have doubts or suspicions about the honesty or sincerity of someone

synonym: doubt, suspect, question

(1) **mistrust** a young man, (2) **mistrust** the government He **mistrusted** her apology because of her past lies.

Session 2: Spelling

1.	parse a poem into prose	ν.	to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
2.	indnce to pain	n.	a lack of interest, enthusiasm, or sympathy towards someone or something
3.	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
4.	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
5.	traditional meal	adj.	of or relating to the treatment or cure of disease
6.	an opne remark	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
7.	opne occasion	adj.	suitable or happening at a time that is suitable or convenient for a particular purpose
8.	deputy maI	n.	a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a

ANSWERS: 1. paraphrase, 2. indifference, 3. stereotype, 4. stereotype, 5. medicinal, 6. opportune, 7. opportune, 8. marshal

deliberate and systematic manner

9.	ele a close relationship	ν.	to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
10.	dee into documents	v.	to dig or excavate deeply; to investigate or research intensively; to rummage or explore in a thorough or careful manner
11.	inus plot	adj.	tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
12.	unI opportunity	adj.	different in amount, size, degree, or value; not fair
13.	enh public services	<i>v</i> .	to make better or improve in quality by adding something else
14.	parse the meaning	ν.	to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
15.	apy in the election	n.	lack of emotion, concern, or enthusiasm
16.	plic love	adj.	(of relationship or emotion) friendly or affectionate but not sexual
17.	sleep proly	adv.	to a great or complete degree; deeply
18.	dile a system	v.	to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
19.	cor honor	ν.	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
20.	the drt rate	n.	a person who leaves school, college, or a training program before completing it

ANSWERS: 9. elevate, 10. delve, 11. insidious, 12. unequal, 13. enrich, 14. paraphrase, 15. apathy, 16. platonic, 17. profoundly, 18. dismantle, 19. confer, 20. dropout

21.	subous behavior	adj.	relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior
22.	rie in the water	n.	a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
23.	inus behavior	adj.	tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
24.	maI the books into their proper places	n.	a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner
25.	ops the minority	ν.	to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
26.	subous influence	adj.	relating to or concerning the part of the mind that is not fully conscious but still influences thoughts, feelings, and behavior
27.	incion rates	n.	the state of being confined in prison or jail
28.	mist a young man	v.	to have doubts or suspicions about the honesty or sincerity of someone

ANSWERS: 21. subconscious, 22. ripple, 23. insidious, 24. marshal, 25. oppress, 26. subconscious, 27. incarceration, 28. mistrust

29.	blood ct	n.	a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
30.	cor degree	ν.	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
31.	a rie of laughter	n.	a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
32.	int a building	ν.	to swarm or overrun with a large number of something undesirable, such as pests or parasites
33.	racial segon	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
34.	thundering drat	n.	a regular, steady beat or rhythm, often used to accompany music or to mark the passage of time
35.	drt student	n.	a person who leaves school, college, or a training program before completing it
36.	chul smile	adj.	happy and positive; causing feelings of happiness or optimism; marked by or expressing joy or optimism
37.	conce matrix	n.	the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts

ANSWERS: 29. clot, 30. confer, 31. ripple, 32. infest, 33. segregation, 34. drumbeat, 35. dropout, 36. cheerful, 37. co-occurrence

38.	general indnce	n.	a lack of interest, enthusiasm, or sympathy towards someone or something
39.	enh a gas with a balloon	<i>v</i> .	to make better or improve in quality by adding something else
40.	dile a machine	ν.	to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
41.	political apy	n.	lack of emotion, concern, or enthusiasm
42.	a detnt of crop yields	n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
43.	ct prevention	n.	a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
44.	und robbery	adj.	without weapons or arms; not carrying any form of weapon or ammunition, or engaging in physical conflict with weapons
45.	conce pattern	n.	the simultaneous occurrence or presence of two or more things, often used in statistical or scientific contexts
46.	ele educational standards	ν.	to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
47.	strn stains	adj.	refusing to change one's mind or behavior despite persuasion or evidence to the contrary; unyielding; difficult to move or change

ANSWERS: 38. indifference, 39. enrich, 40. dismantle, 41. apathy, 42. determinant, 43. clot, 44. unarmed, 45. co-occurrence, 46. elevate, 47. stubborn

48.	insize customary laws	ν.	to establish or make something a part o an institution (= a place such as a university, hospital, etc.)
49.	int a garden	v.	to swarm or overrun with a large number of something undesirable, such as pests or parasites
50.	mass incion	n.	the state of being confined in prison or jail
51.	m_h attracted to the light	n.	an insect with wings similar to a butterfly that travels at night and is attracted to light
52.	ali relations	n.	(the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
53.	dit opinion	n.	possessing or expressing views that differ from those that are officially accepted
54.	insize a system	v.	to establish or make something a part o an institution (= a place such as a university, hospital, etc.)
55.	ops the people with force	ν.	to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
56.	awn at daybreak	v.	to stop sleeping or to cause someone to stop sleeping
57.	environmental detnt	n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 48. institutionalize, 49. infest, 50. incarceration, 51. moth, 52. alumni, 53. dissent, 54. institutionalize, 55. oppress, 56. awaken, 57. determinant

58.	awn a child	<i>v</i> .	to stop sleeping or to cause someone to stop sleeping
59.	proly insightful	adv.	to a great or complete degree; deeply
60.	strn attitude	adj.	refusing to change one's mind or behavior despite persuasion or evidence to the contrary; unyielding; difficult to move or change
61.	unI distribution	adj.	different in amount, size, degree, or value; not fair
62.	with no dit	n.	possessing or expressing views that differ from those that are officially accepted
63.	dee deeper	<i>v</i> .	to dig or excavate deeply; to investigate or research intensively; to rummage or explore in a thorough or careful manner
64.	und combat	adj.	without weapons or arms; not carrying any form of weapon or ammunition, or engaging in physical conflict with weapons
65.	ali network	n.	(the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
66.	steady drat	n.	a regular, steady beat or rhythm, often used to accompany music or to mark the passage of time
67.	segon of power	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

ANSWERS: 58. awaken, 59. profoundly, 60. stubborn, 61. unequal, 62. dissent, 63. delve, 64. unarmed, 65. alumni, 66. drumbeat, 67. segregation

68. plic relationship	adj.	(of relationship or emotion) friendly or affectionate but not sexual
69. meal chemistry	adj.	of or relating to the treatment or cure of disease
70. m_h larva	n.	an insect with wings similar to a butterfly that travels at night and is attracted to light
71. mist the government	v.	to have doubts or suspicions about the honesty or sincerity of someone
72. a chul disposition	adj.	happy and positive; causing feelings of happiness or optimism; marked by or expressing joy or optimism
73. ovct to the criticism	v.	to react more strongly or excessively than is necessary or appropriate
74. ovct with anger	<i>v</i> .	to react more strongly or excessively than is necessary or appropriate

ANSWERS: 68. platonic, 69. medicinal, 70. moth, 71. mistrust, 72. cheerful, 73. overreact, 74. overreact

Session 3: Fill in the Blanks

1.	The mind is said to hold our deepest desires and fears.
adj	relating to or concerning the part of the mind that is not fully conscious but stil influences thoughts, feelings, and behavior
2.	The global economic crisis has led to pervasive and powerlessness.
n.	lack of emotion, concern, or enthusiasm
3.	She to the situation and caused unnecessary stress.
ν.	to react more strongly or excessively than is necessary or appropriate
4.	His relationship with her was completely
adj	(of relationship or emotion) friendly or affectionate but not sexual
5.	The leaders of the two countries met to on the issue.
v.	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
6.	Eating food in a hurry blood glucose levels.
ν.	to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
7.	He the article in his own words to avoid being accused of plagiarism.
v.	to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
8.	The income inequality in the country is becoming increasingly
adj	different in amount, size, degree, or value; not fair
	SWERS: 1. subconscious, 2. apathy, 3. overreacted, 4. platonic, 5. confer, 6. vates, 7. paraphrased, 8. unequal

ANSWERS: 9. determinant, 10. enriches, 11. medicinal, 12. clot, 13. stereotypes, 14. dismantled, 15. oppressed

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23. Th	The phone rang at the most time.	
	suitable or happening at a time that is suitable or convenient purpose	t for a particular
	The novel affected her causing her to question values.	her beliefs and
adv. to	to a great or complete degree; deeply	
25. Th	The protesters marched peacefully through the street	ets.
	without weapons or arms; not carrying any form of weapon or engaging in physical conflict with weapons	or ammunition, or
26. l tr	I tried to assume an air of	
n. a	a lack of interest, enthusiasm, or sympathy towards someon	e or something
27. Ma	Many businesses felt the effect of the economy's decl	line.
	a small wave on the surface of a liquid, typically caused by a it or a slight wind	an object falling into
28. Th	The judge sentenced him to five years of for	embezzlement.
n. th	the state of being confined in prison or jail	
29. Th	The ceremonial echoed through the temple during	the ritual.
	a regular, steady beat or rhythm, often used to accompany r the passage of time	music or to mark
	He was so about his beliefs that he refused to lister points of view.	n to any other
	refusing to change one's mind or behavior despite persuasion the contrary; unyielding; difficult to move or change	on or evidence to
	SWERS: 23. opportune, 24. profoundly, 25. unarmed, 26. indifincarceration, 29. drumbeat, 30. stubborn	ference, 27. ripple,

31.	The friend's death them.
<i>v</i> .	to stop sleeping or to cause someone to stop sleeping
32.	Many of our college have become successful in their chosen fields.
n.	(the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
33.	He her apology because of her past lies.
v.	to have doubts or suspicions about the honesty or sincerity of someone
34.	The high school rate has decreased significantly in recent years thanks to educational initiatives and support programs.
n.	a person who leaves school, college, or a training program before completing in
35.	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
36.	Researchers must into the intricacies of the human brain to understand mental illness.
v.	to dig or excavate deeply; to investigate or research intensively; to rummage of explore in a thorough or careful manner
37.	The old storage shed was with rats and had to be torn down.
v.	to swarm or overrun with a large number of something undesirable, such as pests or parasites
	SWERS: 31. awakens, 32. alumni, 33. mistrusted, 34. dropout, 35. Segregation, delve, 37. infested