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Vocabulary Builder Reference from...

Elizabeth Blackburn: The science of cells that never get old | TED Talk

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

All Words

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Session 1: Word List

fellow

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

synonym : buddy, mate, affiliate

(1) junior **fellow**, (2) nice **fellow**

He is the kind of **fellow** who only works for his success.

creature

n. a living being, especially an animal

synonym : being, animal, organism

(1) **creature** of habit, (2) artificial **creature**

The deep sea **creature** was unlike anything the scientists had ever seen before.

pond

n. a small, shallow lake

synonym : lake, pool, basin

(1) a garden **pond**, (2) **pond** water

The freshwater **pond** was home to many different types of fish and was a popular spot for fishing.

scum

n. a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups

synonym : dregs, slime, filth

(1) bathtub **scum**, (2) **scum** of the earth

The **scum** on the pond's surface made seeing the fish swimming below difficult.

lethal

adj. causing or capable of causing death; extremely dangerous

synonym: destructive, fatal, brutal

(1) **lethal** injection, (2) **lethal** weapon

Malignant hypertension is the most **lethal** form of hypertension.

poisonous

adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

synonym: toxic, venomous, deadly

(1) **poisonous** plants, (2) **poisonous** chemicals

Some species of **poisonous snakes** can be deadly to humans if bitten.

sting

v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

synonym: bite, prick, poke

(1) **sting** me on the arm, (2) **sting** his face

Bees **sting** as a defense mechanism when they feel threatened.

jellyfish

n. a marine creature with a soft, jelly-like body and tentacles for stinging

synonym: medusa, sea nettle, moon jelly

(1) spineless **jellyfish**, (2) **jellyfish** sting

The beach was filled with hundreds of **jellyfish**, so swimming was not recommended.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights
Human behavior has **fundamental** characteristics.

mystery

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

synonym : enigma, puzzle, secret

(1) **mystery** novel, (2) unsolved **mystery**

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

fortunate

adj. having good luck or lucky

synonym : fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

curiosity

n. a strong desire to know or learn about something

synonym : interest, inquisitiveness, novelty

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

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

critter

n. a small or unimportant creature or animal, often used in a familiar or affectionate way

synonym : animal, creature, beast

(1) cute **critter**, (2) wild **critter**

During their camping trip, the kids were excited to go **critter** hunting in the woods.

bundle

n. a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things

synonym : package, parcel, bale

(1) **bundle** of papers, (2) travel **bundle**

I tied up the **bundle** of newspapers and took them to the recycling center.

chromosome

n. a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like

synonym : DNA

(1) a sex **chromosome**, (2) the end of **chromosome**
Human females normally have two X **chromosomes**.

telomere

n. a structure that protects the terminal regions of chromosome

(1) **telomere** length, (2) **telomere** protein

Cancer cells are thought to be able to proliferate indefinitely because of the activation of **telomere** synthase.

quest

n. a long or challenging search for something

synonym : exploration, inquisition, pursuit

(1) the **quest** for truth, (2) on a **quest** for happiness

That adventurer traveled in **quest** of buried treasure.

divide

v. to separate or cause to separate into parts or groups

synonym : separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

consist

v. to be composed or made up of

synonym : lie in, comprise, exist

(1) **consist** mainly of cells, (2) **consist** only in knowing facts

This examination **consists** of five problems to solve.

linear

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

synonym : straight, direct, right

(1) **linear** trend, (2) a **linear** equation

People tend to make **linear** predictions.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

segment

n. a part or section of something; a distinct group within a larger whole

synonym : section, part, division

(1) **segment** analysis, (2) market **segment**

The report divided the data into **segments** based on age, gender, and income level.

coding

n. the process of writing or creating computer code, which is a set of instructions that tells a computer what to do to create software, websites, apps, and other digital products

synonym : encoding, programming, scripting

(1) **coding** skills, (2) **coding** challenge

Coding bootcamps have become a popular way to learn coding skills quickly.

furious

adj. extremely angry; full of rage

synonym : angry, rageful, livid

(1) **furious** anger, (2) a **furious** sea

The coach was **furious** with the players for their lack of effort during the game.

replenish

v. to fill something that had previously been emptied

synonym : refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit

Please **replenish** my glass with some more wine.

vital

adj. necessary for the success or continued existence of something

synonym : critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

instruction

n. detailed direction, order, etc., on how to do or use something

synonym : education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**

They needed further **instruction** to perform their duties efficiently.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym : stable, solid, secure

(1) **steady** increase, (2) take a **steady** job

The patient's vital signs are **steady**, indicating a stable condition.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

synonym : microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

Bacteria prevalent in hospitals are often resistant to antibiotics.

virus

n. a tiny infectious organic material that causes disease in people, animals, and plants

synonym : bacterium, germ, ailment

(1) spread of the **virus**, (2) a strain of **virus**

An infected person in the hospital will likely pass the **virus** to others.

brain

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

synonym : intellect, mind, encephalon

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

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

glitch

n. a minor problem or malfunction, especially in a computer program, system, or machine

synonym : malfunction, bug, fault

(1) computer **glitch**, (2) unanticipated **glitch**

The computer system had a minor **glitch** that caused a delay.

fray

v. to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict

synonym : tangle, brawl, skirmish

(1) **fray** tempers, (2) **fray** our relationship

The edges of the old blanket had started to **fray**, so I decided to sew them up.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym : edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

inevitable

adj. certain to happen and unavoidable
synonym : inescapable, unavoidable, sure

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

intact

adj. undamaged and complete
synonym : flawless, unchanged, entire

(1) **intact** brain, (2) **intact** forestland
Despite the scandals, his reputation remained **intact**.

crazy

adj. stupid or not sensible; very angry
synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme
The rain and thunder are **crazy** today.

march

v. to walk militarily with stiff, regular steps
synonym : parade

(1) **march** against the war, (2) **march** east
The troops **marched** shoulder-to-shoulder.

lab

n. a workplace for the conduct of scientific research; a laboratory
synonym : workshop, laboratory, research chamber

(1) **lab** instrument, (2) medical **lab**
The Prime Minister will pay a courtesy visit to the Nobel laureate's **lab**.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual
synonym : exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather
He narrated the **extraordinary** story of his adventure.

carol

n. a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
synonym :

song, hymn, anthem

(1) Christmas **carol**, (2) sing a **carol**

I love the sound of **carols** playing in the background while we decorate the Christmas tree.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

enzyme

n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

synonym: catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**

A deficiency in the **enzyme** can lead to a medical condition.

telomerase

n. an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly

(1) **telomerase** activity, (2) **telomerase** inhibition

Studies have suggested that **telomerase** dysfunction may contribute to cellular aging.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

remarkable

adj. worthy of attention because unusual or special

synonym: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

shorten

v. to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise

synonym: reduce, truncate, abridge

(1) **shorten** the deadline, (2) **shorten** the sentence

I want to **shorten** my haircut before the summer heat arrives.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym: crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**

This suit is made of **wrinkle-proof** material.

attrition

n. a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them

synonym: corrosion, decay, erosion

(1) a war of **attrition**, (2) high **attrition** rates

They are attempting to prevent the **attrition** of their rights.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and

respiratory disease.

disease

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

synonym: illness, ailment, affliction

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

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

Alzheimer

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

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym: tumor, carcinoma, malignancy

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

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

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

extend

v. to broaden in scope, range, or area

synonym: prolong, lengthen, advance

(1) **extend** the warranty, (2) **extend** a line

Her visit will **extend** from Monday to Friday.

dread

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

synonym : fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

no-brainer

n. a decision or a problem that requires little or no thought because it is obvious what you should do

(1) **no-brainer** product, (2) look like a **no-brainer**

The first question in the test was a complete **no-brainer**.

renew

v. to begin or resume something again after an interruption

synonym : renovate, restore, revitalize

(1) **renew** a contract, (2) **renew** its corporate image

I have to **renew** my passport by the middle of September.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym : overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

grade

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

synonym : score, rate, degree

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

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

organic

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of

synthetic chemicals

synonym : biological

(1) **organic** soils, (2) eat **organic** food

The kidney is an **organic** component of the body.

alas

adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

synonym : alack, regrettably, unluckily

(1) **alas**, we did not win the game, (2) **alas**, I cannot attend the party

Alas, I realized I had left my keys at home and couldn't enter the building.

genetics

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

(1) the science of **genetics**, (2) **genetics** discrimination

He is a specialist in the **genetics** of aging.

nudge

v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

synonym : bump, elbow, (noun) prod

(1) **nudge** price levels up, (2) give a person a **nudge**

The teacher **nudged** the student to get his attention and asked him a question.

nasty

adj. very bad, unpleasant, or offensive

synonym : disgusting, offensive, foul

(1) a **nasty** smell, (2) receive a **nasty** surprise

The weather turned **nasty**.

dubious

adj. having doubts or reservations; uncertain

synonym : uncertain, questionable, skeptical

(1) **dubious** credibility, (2) direct a **dubious** look

The evidence presented in court had a **dubious** origin, raising questions about its authenticity.

maintenance

n. the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses

synonym : care, perpetuation, support

(1) the **maintenance** of the car, (2) **maintenance** work

We have decided to extend our **maintenance** contract until next year.

enormous

adj. extremely large or great

synonym : huge, giant, gigantic

(1) **enormous** amount, (2) **enormous** potential

Shakespeare's output of poetry was **enormous**.

lifespan

n. the length of time for which a person, animal lives, or thing exists

synonym : duration, lifetime, continuance

(1) **lifespan** extension, (2) **lifespan** retrieval curve

Generally speaking, men have a shorter **lifespan** than women.

immortality

n. the state or quality of being able to live or last forever

synonym : endless life, timelessness, agelessness

(1) the **immortality** of the soul, (2) achieve **immortality**

Many people believe in the concept of **immortality** and an afterlife.

span

n. the entire length of something, such as time or space from beginning to end; the amount of space that something covers

synonym : interval, period, length

(1) the **span** of a bird's wings, (2) the average life **span**

He slightly modified the **span** of training because it was just before a match.

zest

n. enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food

synonym : enthusiasm, liveliness, gusto

(1) **zest** for life, (2) lemon **zest**

He discovered a new **zest** for running after completing a 10k race.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

guzzle

v. to drink something quickly, greedily, and usually in large amounts.

synonym : gobble, carouse, quaff

(1) **guzzle** beer, (2) **guzzle** their food

They **guzzled** the cheap vodka.

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.

downside

n. the negative aspects or consequences of something; the potential for loss or failure

synonym : drawback, negative, disadvantage

(1) major **downside**, (2) **downside** of globalization

The **downside** of the new policy was that it would be more expensive for customers.

minutely

adv. in an extremely precise or detailed manner; in tiny increments

synonym : carefully, circumstantially, precisely

(1) **minutely** detailed, (2) analyze **minutely**
She examined the document **minutely** to catch any errors.

scrutinize

v. to examine carefully and critically; to inspect closely
synonym: examine, inspect, audit

(1) **scrutinize** her belongings, (2) **scrutinize** a suspect
The detective **scrutinized** the evidence for any clues.

teeny

adj. extremely small; tiny
synonym: tiny, mini, minuscule

(1) **teeny** bit, (2) so **teeny** tiny
The ring was so **teeny** that it almost looked like a toy.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd
She had a master's degree in **psychology**.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia
The senator received **severe** criticism from his opponent.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

overlook

v. to fail to notice something; to watch over someone; to provide a view from above

synonym: disregard, look down, supervise

(1) **overlook** a street, (2) **overlook** that fact
We cannot **overlook** an opportunity for great success.

mortuary

n. a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals

synonym: funeral home, morgue

(1) **mortuary** services, (2) small-town **mortuary**

I received the sad news that my uncle passed away, and his body was taken to the local **mortuary**.

caregiving

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

synonym: nurturing, caring, assisting

(1) **caregiving** process, (2) **caregiving** responsibilities

She devoted her life to **caregiving**, looking after her aging parents.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

gut

n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

synonym: belly, abdomen, courage

(1) the blind **gut**, (2) **gut** feelings

He told me a **gut-wrenching** truth about my parent's death.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

autism

n. a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication

(1) high-functioning **autism**, (2) **autism** spectrum disorder

There is no cure for **autism**, but early intervention and therapy can improve outcomes for individuals with the condition.

obvious

adj. easy to see, discover or understand

synonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

prolong

v. to extend the duration or length of something, particularly a period of time or an event

synonym: extend, lengthen, stretch

(1) **prolong** the agony, (2) measures to **prolong** the lifespan

We need to **prolong** the meeting for another hour to discuss all the issues.

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.

minuscule

adj. extremely small; tiny

synonym: tiny, insignificant, microscopic

(1) **minuscule** amount, (2) **minuscule** letters

This ore emits **minuscule** quantities of radiation

molecular

adj. of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)

synonym: microscopic, atomic

(1) **molecular** structure, (2) **molecular** biology
Molecular weight is the sum of all the atoms.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

strike

v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon

synonym: hit, impact, influence

(1) **strike** up a conversation, (2) **strike** a blow

We **strike** to achieve more wages and safer working conditions.

overdrive

n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

synonym: high gear, high speed, turbocharge

(1) arial **overdrive** pacing, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

scatter

v. to cause to separate and go in different directions

synonym: disperse, spread, bestrew

(1) **scatter** seeds, (2) **scatter** around the internet

The hunter's approach **scattered** the geese.

gasp

v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

synonym : breathe, pant, heave

(1) **gasp** for air, (2) **gasp** in shock

The audience **gasp**ed when the magician made the rabbit disappear from the hat.

gradient

n. the degree or rate of incline or decline along a physical or abstract line; a gradual progression

synonym : slope, incline, grade

(1) **gradient** descent, (2) economic **gradient**

The road's **gradient** was steep, making it challenging for cyclists.

perceive

v. to become aware or conscious of something through the senses

synonym : sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.

unheard

adj. not heard, listened to, or noticed; not having been brought to public attention

synonym : unknown, obscure

(1) an **unheard** story, (2) previously **unheard-of** economic development

The **unheard** melody was beautiful and touched everyone's hearts.

victim

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

synonym : prey, target, sufferer

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

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

untimely

adj. happening at an inappropriate or unfortunate time

synonym : inappropriate, unfortunate, inopportune

(1) die an **untimely** death, (2) **untimely** snowfall in May

The **untimely** arrival of the storm ruined their plans for a picnic.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym : revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

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.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym : condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

insight

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym: wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

initial

adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name

synonym: basic, primary, beginning

(1) **initial** velocity, (2) an **initial** letter

They took the **initial** step toward reconciliation.

infectious

adj. able to be passed quickly from one person, animal, or plant to another, especially through air or water

synonym: contagious, epidemic, transmittable

(1) an **infectious** fever, (2) person's smile is **infectious**

Leprosy is an indolent **infectious** disease.

confirm

v. to support or establish the truth or certainty of something previously believed or suspected to be the case

synonym: affirm, verify, assure

(1) **confirm** the diagnosis, (2) **confirm** a transaction

Please write to **confirm** your reservation.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

relative

adj. considered and evaluated through comparison with something else

synonym : comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym : cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym : contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the

relaxation and breathing exercises.

attitude

n. the way you think and feel about someone or something
synonym: mindset, perspective, philosophy

(1) **attitude** toward mistakes, (2) **attitude** control
She had the **attitude** that work was fun.

negative

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

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number
The movie has received almost universally **negative** criticism.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms
This artwork is **typical** of her work.

automatically

adv. without needing a direct human control

synonym: mechanically, unconsciously, spontaneously

(1) record driving **automatically**, (2) **automatically** adjusted
Our subscription plan is **automatically** renewed.

vessel

n. a ship or large boat

synonym: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**
The **vessel** arrived in port the following day.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym: squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom
The snake's muscles began to **constrict** around its prey.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

creep

v. to move slowly, quietly, and carefully, usually to avoid being seen or heard

synonym: crawl, glide, encroach

(1) **creep** along the leaf, (2) **creep** toward the mouse

Aging **creeps** up slowly with time.

persistent

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

synonym: tenacious, steadfast, unrelenting

(1) **persistent** cough, (2) **persistent** data

Despite the setbacks, he remained **persistent** in his pursuit of his dreams.

damp

adj. slightly wet or moist; characterized by a lack of warmth, enthusiasm, or energy; depressing or dispiriting

synonym: moist, dampened, wet

(1) **damp** cloth, (2) **damp** weather

The clothes were still **damp** after being in the dryer for an hour.

tackle

v. to try to deal with a complex problem or situation

synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change
The government is determined to **tackle** sharp inflation.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym: invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

spike

n. a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something

synonym: end, spindle, point

(1) to **spike**, (2) to prevent blood sugar **spikes**

The recent **spike** in grain prices is partly due to the war in the producing countries.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

startling

adj. extremely surprising, astonishing, and sometimes worrying

synonym: alarming, astonishing, shocking

(1) **startling** earthquake shocks, (2) **startling** discovery

He describes the story with **startling** reality.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

neglect

v. to not give enough care or attention to something; to leave something undone

synonym: delinquency, carelessness, decay

(1) **neglect** to call, (2) **neglect** ethical issues

He **neglected** his health to make the project a success.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym: vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym: aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

racism

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

synonym: prejudice, discrimination, bias

(1) systemic **racism**, (2) research on anti- **racism**

The school's lack of diversity was a clear indication of the **racism** present in the community.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym : area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym : coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

flip

v. to turn over into a different position quickly; to throw or toss with a light motion

synonym : throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym : closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

knit

v. to make a garment or fabric by interlocking loops of yarn with needles or a machine

synonym : weave, crochet, knot

(1) **knit** my eyebrows, (2) **knit** a pair of socks

The grandmother **knit** a warm sweater for her grandchild.

communal

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

synonym : collaborative, combined, collective

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

Communal elections were held in several European countries.

lifelong

adj. lasting for the whole of someone's life

synonym: enduring, eternal, permanent

(1) **lifelong** career, (2) **lifelong** commitment

He had a **lifelong** love of reading and spent hours daily with a book.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

interconnect

v. to connect similar things

synonym: interlink, complect, annex

(1) directly **interconnect** with those systems, (2) human activities **interconnect** with the environment

Our system can now **interconnect** with other databases.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

peer

n. a person who has the same age, status, or ability

synonym: fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

microscope

n. an instrument used to see objects or substances that are too small to be seen with the naked eye

synonym: lens, magnifier, eyepiece

(1) **microscope** slide, (2) electron **microscope**

I used an optical **microscope** to observe the small organisms in the water sample.

brim

n. the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat

synonym: beak, edge, bound

(1) the **brim** of a hat, (2) the pelvic **brim**

The glass was filled to the **brim** with beer.

sake

n. purpose; reason for wanting something done

synonym: purpose, reason, interest

(1) for your own **sake**, (2) for the **sake** of argument

He got a new job for the **sake** of his family.

Session 2: Spelling

- | | |
|-------------------------------------|---|
| 1. the st_____re of a machine | <i>n.</i> the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts |
| 2. pro_____ly insightful | <i>adv.</i> to a great or complete degree; deeply |
| 3. im___e from criminal prosecution | <i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells |
| 4. g__p in shock | <i>v.</i> to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise |
| 5. follow his ins_____ons | <i>n.</i> detailed direction, order, etc., on how to do or use something |
| 6. do_____de of globalization | <i>n.</i> the negative aspects or consequences of something; the potential for loss or failure |
| 7. to prevent blood sugar sp__es | <i>n.</i> a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something |
| 8. fun_____al education | <i>adj.</i> forming an essential base or core from which everything else develops or is affected |
| 9. the mai_____ce of the car | <i>n.</i> the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses |

ANSWERS: 1. structure, 2. profoundly, 3. immune, 4. gasp, 5. instruction, 6. downside, 7. spike, 8. fundamental, 9. maintenance

10. market se____t *n.* a part or section of something; a distinct group within a larger whole
11. systemic ra___m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
12. co___g challenge *n.* the process of writing or creating computer code, which is a set of instructions that tells a computer what to do to create software, websites, apps, and other digital products
13. the t_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
14. a cr__y scheme *adj.* stupid or not sensible; very angry
15. a__s, I cannot attend the party *adv.* (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing
16. mo_____ar structure *adj.* of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)
17. re_____ve factors *adj.* considered and evaluated through comparison with something else
18. scr_____ze her belongings *v.* to examine carefully and critically; to inspect closely

ANSWERS: 10. segment, 11. racism, 12. coding, 13. tip, 14. crazy, 15. alas, 16. molecular, 17. relative, 18. scrutinize

19. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
20. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
21. research on anti-ra____m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
22. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
23. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
24. di____e money equally *v.* to separate or cause to separate into parts or groups
25. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
26. en_____us amount *adj.* extremely large or great
27. harmless ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

ANSWERS: 19. process, 20. experiment, 21. racism, 22. communal, 23. diabetes, 24. divide, 25. cardiovascular, 26. enormous, 27. bacteria

28. an un____d story *adj.* not heard, listened to, or noticed; not having been brought to public attention
29. d__p weather *adj.* slightly wet or moist; characterized by a lack of warmth, enthusiasm, or energy; depressing or dispiriting
30. bathtub s__m *n.* a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups
31. st___e a blow *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
32. im_____e the test score *v.* to make or become better
33. so te__y tiny *adj.* extremely small; tiny
34. pr_____g the agony *v.* to extend the duration or length of something, particularly a period of time or an event
35. artificial cr_____re *n.* a living being, especially an animal
36. te__y bit *adj.* extremely small; tiny
37. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
38. l_b instrument *n.* a workplace for the conduct of scientific research; a laboratory
39. Christmas ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme

ANSWERS: 28. unheard, 29. damp, 30. scum, 31. strike, 32. improve, 33. teeny, 34. prolong, 35. creature, 36. teeny, 37. resilient, 38. lab, 39. carol

40. tel_____se activity *n.* an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly
41. for your own s__e *n.* purpose; reason for wanting something done
42. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
43. for the s__e of argument *n.* purpose; reason for wanting something done
44. a remote re_____ve *adj.* considered and evaluated through comparison with something else
45. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
46. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
47. do on a con_____nt basis *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
48. psy_____gy experiment *n.* the scientific study of mind and behavior
49. li_____ng career *adj.* lasting for the whole of someone's life

ANSWERS: 40. telomerase, 41. sake, 42. symptom, 43. sake, 44. relative, 45. maintain, 46. constrict, 47. consistent, 48. psychology, 49. lifelong

50. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
51. junior fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
52. mo_____ry services *n.* a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals
53. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
54. eat or_____c food *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
55. lack of digestive en___es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
56. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
57. f__y our relationship *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
58. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 50. grade, 51. fellow, 52. mortuary, 53. opposition, 54. organic, 55. enzyme, 56. Alzheimer, 57. fray, 58. brain

59. le___l injection *adj.* causing or capable of causing death; extremely dangerous
60. receive a na___y surprise *adj.* very bad, unpleasant, or offensive
61. po_____us plants *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
62. en_____us potential *adj.* extremely large or great
63. electron mic_____pe *n.* an instrument used to see objects or substances that are too small to be seen with the naked eye
64. blood ve___ls *n.* a ship or large boat
65. ine_____le changes of the seasons *adj.* certain to happen and unavoidable
66. travel bu___e *n.* a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things
67. take a st___y job *adj.* firmly fixed, supported, or balanced; not shaking or moving
68. sing a ca___l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
69. mi_____ly detailed *adv.* in an extremely precise or detailed manner; in tiny increments
70. less fo_____te person *adj.* having good luck or lucky
71. share my in_____ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

ANSWERS: 59. lethal, 60. nasty, 61. poisonous, 62. enormous, 63. microscope, 64. vessel, 65. inevitable, 66. bundle, 67. steady, 68. carol, 69. minutely, 70. fortunate, 71. insight

72. in____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
73. small-town mo____ry *n.* a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals
74. a scientific di____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
75. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
76. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
77. gu____e their food *v.* to drink something quickly, greedily, and usually in large amounts.
78. play a vi__l role *adj.* necessary for the success or continued existence of something
79. inc____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
80. k__t my eyebrows *v.* to make a garment or fabric by interlocking loops of yarn with needles or a machine
81. co____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

ANSWERS: 72. intense, 73. mortuary, 74. discovery, 75. rev, 76. grade, 77. guzzle, 78. vital, 79. incredibly, 80. knit, 81. constrict

82. ob____s reasons *adj.* easy to see, discover or understand
83. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
84. the imm_____ty of the soul *n.* the state or quality of being able to live or last forever
85. the blind g_t *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
86. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
87. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
88. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
89. vi___m support *n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
90. bu__y the weak *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

ANSWERS: 82. obvious, 83. meditation, 84. immortality, 85. gut, 86. dread, 87. typical, 88. opposition, 89. victim, 90. bully

91. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
92. give the waiter a t_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
93. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
94. te_____re protein *n.* a structure that protects the terminal regions of chromosome
95. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
96. g__p for air *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
97. measures to pr_____g the lifespan *v.* to extend the duration or length of something, particularly a period of time or an event
98. sleep pro_____ly *adv.* to a great or complete degree; deeply
99. an in_____l letter *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
100. a__s, we did not win the game *adv.* (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

ANSWERS: 91. incredibly, 92. tip, 93. improvisation, 94. telomere, 95. violent, 96. gasp, 97. prolong, 98. profoundly, 99. initial, 100. alas

101. ex___d the warranty *v.* to broaden in scope, range, or area
102. re____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
103. a southern ex____re *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
104. k__t a pair of socks *v.* to make a garment or fabric by interlocking loops of yarn with needles or a machine
105. re__w a contract *v.* to begin or resume something again after an interruption
106. st___y increase *adj.* firmly fixed, supported, or balanced; not shaking or moving
107. economic th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
108. a fu____s sea *adj.* extremely angry; full of rage
109. re____nt population *adj.* able to withstand or recover quickly from difficult conditions
110. nu__e price levels up *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

ANSWERS: 101. extend, 102. reverse, 103. exposure, 104. knit, 105. renew, 106. steady, 107. threat, 108. furious, 109. resilient, 110. nudge

111. du____s credibility *adj.* having doubts or reservations; uncertain
112. ge____cs discrimination *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
113. re_____sh my spirit *v.* to fill something that had previously been emptied
114. probably have de____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
115. ne____t to call *v.* to not give enough care or attention to something; to leave something undone
116. satisfy my intellectual cu____ty *n.* a strong desire to know or learn about something
117. female ho____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
118. gu___e beer *v.* to drink something quickly, greedily, and usually in large amounts.
119. mai_____ce work *n.* the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses
120. a ne____ve number *adj.* having the quality of something bad or harmful; expressing refusal
121. p__r review *n.* a person who has the same age, status, or ability

ANSWERS: 111. dubious, 112. genetics, 113. replenish, 114. dementia, 115. neglect, 116. curiosity, 117. hormone, 118. guzzle, 119. maintenance, 120. negative, 121. peer

122. my_____y novel *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
123. mi_____le letters *adj.* extremely small; tiny
124. high at _____on rates *n.* a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them
125. his conclusion was ob_____s *adj.* easy to see, discover or understand
126. spread of the vi__s *n.* a tiny infectious organic material that causes disease in people, animals, and plants
127. en___e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
128. ex___d a line *v.* to broaden in scope, range, or area
129. environmental th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
130. a garden p__d *n.* a small, shallow lake
131. medical l_b *n.* a workplace for the conduct of scientific research; a laboratory

ANSWERS: 122. mystery, 123. minuscule, 124. attrition, 125. obvious, 126. virus, 127. enzyme, 128. extend, 129. threat, 130. pond, 131. lab

132. the s__n of a bird's wings *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
133. ca___r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
134. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
135. re__w its corporate image *v.* to begin or resume something again after an interruption
136. go into ov_____ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
137. the pelvic b__m *n.* the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat
138. sh_____n the deadline *v.* to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise
139. unanticipated gl___h *n.* a minor problem or malfunction, especially in a computer program, system, or machine
140. st_____ng earthquake shocks *adj.* extremely surprising, astonishing, and sometimes worrying

ANSWERS: 132. span, 133. cancer, 134. contribute, 135. renew, 136. overdrive, 137. brim, 138. shorten, 139. glitch, 140. startling

141. or _____c soils *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
142. at _____de toward mistakes *n.* the way you think and feel about someone or something
143. person's smile is inf _____us *adj.* able to be passed quickly from one person, animal, or plant to another, especially through air or water
144. major do _____de *n.* the negative aspects or consequences of something; the potential for loss or failure
145. look like a no- _____er *n.* a decision or a problem that requires little or no thought because it is obvious what you should do
146. the science of ge _____cs *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
147. individual ins _____on *n.* detailed direction, order, etc., on how to do or use something
148. designed spe _____lly for men *adv.* only associated with or meant for one thing
149. aut _____lly adjusted *adv.* without needing a direct human control
150. directly int _____ect with those systems *v.* to connect similar things
151. the files are in complete di _____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 141. organic, 142. attitude, 143. infectious, 144. downside, 145. no-brainer, 146. genetics, 147. instruction, 148. specifically, 149. automatically, 150. interconnect, 151. disorder

152. co___g skills *n.* the process of writing or creating computer code, which is a set of instructions that tells a computer what to do to create software, websites, apps, and other digital products
153. fo_____te situation *adj.* having good luck or lucky
154. in___t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
155. re_____sh a reserve fund *v.* to fill something that had previously been emptied
156. co_____t mainly of cells *v.* to be composed or made up of
157. ma__h against the war *v.* to walk militarily with stiff, regular steps
158. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
159. co_____t only in knowing facts *v.* to be composed or made up of
160. z__e defense *n.* a specific area, region, or section that is marked off or defined in some way
161. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
162. per_____nt data *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
163. analyze mi_____ly *adv.* in an extremely precise or detailed manner; in tiny increments
164. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

ANSWERS: 152. coding, 153. fortunate, 154. invest, 155. replenish, 156. consist, 157. march, 158. negative, 159. consist, 160. zone, 161. tight, 162. persistent, 163. minutely, 164. diabetes

165. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
166. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
167. un_____ly snowfall in May *adj.* happening at an inappropriate or unfortunate time
168. human activities int_____ect with the environment *v.* to connect similar things
169. en_____ze the body *v.* to give energy or vitality to someone or something; to invigorate
170. atrial ov_____ve pacing *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
171. ta___e the issue *v.* to try to deal with a complex problem or situation
172. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
173. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected
174. su_____ly attacked by an enemy *adv.* quickly and unexpectedly

ANSWERS: 165. discovery, 166. structure, 167. untimely, 168. interconnect, 169. energize, 170. overdrive, 171. tackle, 172. immune, 173. fundamental, 174. suddenly

175. lemon z__t *n.* enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food
176. f__p over the pork chop *v.* to turn over into a different position quickly; to throw or toss with a light motion
177. st__g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
178. bu__y bystander *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
179. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
180. a li____r equation *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
181. co_____m a transaction *v.* to support or establish the truth or certainty of something previously believed or suspected to be the case
182. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
183. tel_____se inhibition *n.* an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly

ANSWERS: 175. zest, 176. flip, 177. sting, 178. bully, 179. symptom, 180. linear, 181.

confirm, 182. contribute, 183. telomerase

184. in___t forestland *adj.* undamaged and complete
185. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
186. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
187. s__m of the earth *n.* a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups
188. computer gl___h *n.* a minor problem or malfunction, especially in a computer program, system, or machine
189. wild cr_____r *n.* a small or unimportant creature or animal, often used in a familiar or affectionate way
190. boundless cu_____ty *n.* a strong desire to know or learn about something
191. in___t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
192. rem_____le achievement *adj.* worthy of attention because unusual or special
193. vi___m compensation *n.* a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
194. se_____t analysis *n.* a part or section of something; a distinct group within a larger whole

ANSWERS: 184. intact, 185. intense, 186. maintain, 187. scum, 188. glitch, 189. critter, 190. curiosity, 191. invest, 192. remarkable, 193. victim, 194. segment

195. li_____an extension *n.* the length of time for which a person, animal lives, or thing exists
196. high-functioning au___m *n.* a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication
197. po_____us chemicals *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
198. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
199. cute cr_____r *n.* a small or unimportant creature or animal, often used in a familiar or affectionate way
200. pe_____ve a threat *v.* to become aware or conscious of something through the senses
201. ov_____ok that fact *v.* to fail to notice something; to watch over someone; to provide a view from above
202. em_____al distress *adj.* relating to people's feelings
203. scr_____ze a suspect *v.* to examine carefully and critically; to inspect closely
204. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
205. fu_____s anger *adj.* extremely angry; full of rage
206. g_t feelings *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

ANSWERS: 195. lifespan, 196. autism, 197. poisonous, 198. well-being, 199. critter, 200. perceive, 201. overlook, 202. emotional, 203. scrutinize, 204. chronic, 205. furious, 206. gut

207. im_____e a process *v.* to make or become better
208. per_____nt cough *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
209. the ex_____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
210. achieve imm_____ty *n.* the state or quality of being able to live or last forever
211. record driving aut_____lly *adv.* without needing a direct human control
212. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
213. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
214. cr_____re of habit *n.* a living being, especially an animal
215. no-_____er product *n.* a decision or a problem that requires little or no thought because it is obvious what you should do
216. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 207. improve, 208. persistent, 209. exposure, 210. immortality, 211. automatically, 212. experiment, 213. rev, 214. creature, 215. no-brainer, 216. hormone

217. st___e up a conversation *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
218. excessive co____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
219. mo____ar biology *adj.* of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)
220. die an un____ly death *adj.* happening at an inappropriate or unfortunate time
221. f__y tempers *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
222. gr____nt descent *n.* the degree or rate of incline or decline along a physical or abstract line; a gradual progression
223. a strain of vi__s *n.* a tiny infectious organic material that causes disease in people, animals, and plants
224. economic gr____nt *n.* the degree or rate of incline or decline along a physical or abstract line; a gradual progression
225. on a qu__t for happiness *n.* a long or challenging search for something
226. em____al health *adj.* relating to people's feelings

ANSWERS: 217. strike, 218. cortisol, 219. molecular, 220. untimely, 221. fray, 222. gradient, 223. virus, 224. gradient, 225. quest, 226. emotional

227. car_____ng process *n.* the act of providing care and support for someone who is ill, disabled, or elderly
228. ine_____le result *adj.* certain to happen and unavoidable
229. pe_____ve light *v.* to become aware or conscious of something through the senses
230. a fine wr_____e on a fabric *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
231. st_____ng discovery *adj.* extremely surprising, astonishing, and sometimes worrying
232. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
233. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
234. nice fe____w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
235. li_____an retrieval curve *n.* the length of time for which a person, animal lives, or thing exists
236. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
237. a sex chr_____me *n.* a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like

ANSWERS: 227. caregiving, 228. inevitable, 229. perceive, 230. wrinkle, 231. startling, 232. consistent, 233. dementia, 234. fellow, 235. lifespan, 236. violent, 237. chromosome

238. for spe_____ly American customers
adv. only associated with or meant for one thing
239. au___m spectrum disorder
n. a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication
240. people with bipolar di_____er
n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
241. f__p a coin
v. to turn over into a different position quickly; to throw or toss with a light motion
242. pr_____s improvement
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
243. li___r trend
adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
244. religious med_____on
n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
245. in_____l velocity
adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name

ANSWERS: 238. specifically, 239. autism, 240. disorder, 241. flip, 242. process, 243. linear, 244. meditation, 245. initial

246. give a person a nu__e *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
247. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
248. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
249. at____de control *n.* the way you think and feel about someone or something
250. je_____sh sting *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
251. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
252. naval ve___ls *n.* a ship or large boat
253. z__t for life *n.* enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food
254. st__g his face *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
255. le___l weapon *adj.* causing or capable of causing death; extremely dangerous

ANSWERS: 246. nudge, 247. severe, 248. cardiovascular, 249. attitude, 250. jellyfish, 251. dread, 252. vessel, 253. zest, 254. sting, 255. lethal

256. sc____r seeds *v.* to cause to separate and go in different directions
257. car_____ng responsibilities *n.* the act of providing care and support for someone who is ill, disabled, or elderly
258. direct a du____s look *adj.* having doubts or reservations; uncertain
259. in____t brain *adj.* undamaged and complete
260. co____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
261. bu____e of papers *n.* a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things
262. mic_____pe slide *n.* an instrument used to see objects or substances that are too small to be seen with the naked eye
263. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
264. li_____ng commitment *adj.* lasting for the whole of someone's life
265. spineless je_____sh *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
266. mi_____le amount *adj.* extremely small; tiny
267. ne____t ethical issues *v.* to not give enough care or attention to something; to leave something undone
268. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely

ANSWERS: 256. scatter, 257. caregiving, 258. dubious, 259. intact, 260. cortisol, 261. bundle, 262. microscope, 263. zone, 264. lifelong, 265. jellyfish, 266. minuscule, 267. neglect, 268. tight

269. co____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
270. ext_____ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
271. cr__y about cars and racing *adj.* stupid or not sensible; very angry
272. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
273. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
274. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
275. the rem_____le breadth of knowledge *adj.* worthy of attention because unusual or special
276. the average life s__n *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
277. p__d water *n.* a small, shallow lake
278. p__r group *n.* a person who has the same age, status, or ability
279. ca___r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
280. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous

ANSWERS: 269. communal, 270. extraordinary, 271. crazy, 272. severe, 273. typical, 274. brain, 275. remarkable, 276. span, 277. pond, 278. peer, 279. cancer, 280. well-being

281. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
282. the qu__t for truth *n.* a long or challenging search for something
283. a war of at_____on *n.* a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them
284. cr__p along the leaf *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
285. en_____ze a team *v.* to give energy or vitality to someone or something; to invigorate
286. previously un_____d-of economic development *adj.* not heard, listened to, or noticed; not having been brought to public attention
287. ma__h east *v.* to walk militarily with stiff, regular steps
288. a profound in_____t *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
289. unsolved my_____y *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
290. d__p cloth *adj.* slightly wet or moist; characterized by a lack of warmth, enthusiasm, or energy; depressing or dispiriting

ANSWERS: 281. Alzheimer, 282. quest, 283. attrition, 284. creep, 285. energize, 286. unheard, 287. march, 288. insight, 289. mystery, 290. damp

291. sc_____r around the internet *v.* to cause to separate and go in different directions
292. te_____re length *n.* a structure that protects the terminal regions of chromosome
293. ov_____ok a street *v.* to fail to notice something; to watch over someone; to provide a view from above
294. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
295. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
296. a facial wr_____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
297. die su_____ly *adv.* quickly and unexpectedly
298. cir_____nce of birth *n.* the specific conditions or events that surround a particular situation or occurrence
299. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
300. sh_____n the sentence *v.* to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise
301. co_____m the diagnosis *v.* to support or establish the truth or certainty of something previously believed or suspected to be the case

ANSWERS: 291. scatter, 292. telomere, 293. overlook, 294. disease, 295. disease, 296. wrinkle, 297. suddenly, 298. circumstance, 299. chronic, 300. shorten, 301. confirm

302. an inf_____us fever *adj.* able to be passed quickly from one person, animal, or plant to another, especially through air or water
303. re_____e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
304. the b__m of a hat *n.* the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat
305. vi__l for a healthy society *adj.* necessary for the success or continued existence of something
306. psy_____gy of crowd *n.* the scientific study of mind and behavior
307. ext_____ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
308. help ta___e climate change *v.* to try to deal with a complex problem or situation
309. cir_____nce of injury *n.* the specific conditions or events that surround a particular situation or occurrence
310. cr__p toward the mouse *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
311. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
312. pathogenic ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

ANSWERS: 302. infectious, 303. reverse, 304. brim, 305. vital, 306. psychology, 307. extraordinary, 308. tackle, 309. circumstance, 310. creep, 311. improvisation, 312. bacteria

313. to sp__e *n.* a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
314. a na__y smell *adj.* very bad, unpleasant, or offensive
315. di___e the cake into two pieces *v.* to separate or cause to separate into parts or groups
316. the end of chr_____me *n.* a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like

ANSWERS: 313. spike, 314. nasty, 315. divide, 316. chromosome

Session 3: Fill in the Blanks

1. The glass was filled to the _____ with beer.
n. the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat
2. Smoking places you at severe risk of _____ and respiratory disease.
adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)
3. We gained various _____ by analyzing the vast amount of data owned by the company.
n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
4. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
5. The car's _____ function allows it to shift into a higher gear for better fuel efficiency on the highway.
n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
6. The road's _____ was steep, making it challenging for cyclists.
n. the degree or rate of incline or decline along a physical or abstract line; a gradual progression
7. She explained the _____ surrounding the accident.
n. the specific conditions or events that surround a particular situation or occurrence

ANSWERS: 1. brim, 2. cardiovascular, 3. insights, 4. resilient, 5. overdrive, 6. gradient, 7. circumstances

8. The doctor prescribed some medicine for the mental _____.
- n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
9. The _____ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
10. He _____ when he heard that he had been accepted into the university.
- v.* to turn over into a different position quickly; to throw or toss with a light motion
11. She examined the document _____ to catch any errors.
- adv.* in an extremely precise or detailed manner; in tiny increments
12. The deep sea _____ was unlike anything the scientists had ever seen before.
- n.* a living being, especially an animal
13. He narrated the _____ story of his adventure.
- adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
14. The clothes were still _____ after being in the dryer for an hour.
- adj.* slightly wet or moist; characterized by a lack of warmth, enthusiasm, or energy; depressing or dispiriting
15. He got a new job for the _____ of his family.
- n.* purpose; reason for wanting something done

ANSWERS: 8. disorder, 9. process, 10. flipped, 11. minutely, 12. creature, 13. extraordinary, 14. damp, 15. sake

16. Australia is widely _____ as having low levels of corruption.
- v.* to become aware or conscious of something through the senses
17. We _____ to achieve more wages and safer working conditions.
- v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
18. A deficiency in the _____ can lead to a medical condition.
- n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
19. _____ bootcamps have become a popular way to learn coding skills quickly.
- n.* the process of writing or creating computer code, which is a set of instructions that tells a computer what to do to create software, websites, apps, and other digital products
20. I will introduce some _____ on learning English in this class.
- n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
21. I love the sound of _____ playing in the background while we decorate the Christmas tree.
- n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
22. I received the sad news that my uncle passed away, and his body was taken to the local _____.
- n.* a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals

ANSWERS: 16. perceived, 17. strike, 18. enzyme, 19. Coding, 20. tips, 21. carols, 22. mortuary

23. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
24. Cancer cells are thought to be able to proliferate indefinitely because of the activation of _____ synthase.
- n.* a structure that protects the terminal regions of chromosome
25. We cannot _____ an opportunity for great success.
- v.* to fail to notice something; to watch over someone; to provide a view from above
26. He _____ his health to make the project a success.
- v.* to not give enough care or attention to something; to leave something undone
27. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
28. This examination _____ of five problems to solve.
- v.* to be composed or made up of
29. The _____ party strongly disagreed with the government's proposed legislation.
- n.* the act of disagreeing or resisting; the state of strong disagreement
30. The _____ on the pond's surface made seeing the fish swimming below difficult.
- n.* a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups

ANSWERS: 23. brain, 24. telomere, 25. overlook, 26. neglected, 27. hormone, 28. consists, 29. opposition, 30. scum

31. The snake's muscles began to _____ around its prey.
v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
32. He was pretty _____ to pass the exam.
adj. having good luck or lucky
33. They _____ the cheap vodka.
v. to drink something quickly, greedily, and usually in large amounts.
34. This suit is made of _____ material.
n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
35. The edges of the old blanket had started to _____ so I decided to sew them up.
v. to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
36. The freshwater _____ was home to many different types of fish and was a popular spot for fishing.
n. a small, shallow lake
37. Can you _____ 123321 by eleven?
v. to separate or cause to separate into parts or groups
38. I have to _____ my passport by the middle of September.
v. to begin or resume something again after an interruption
39. I want to _____ my haircut before the summer heat arrives.
v. to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise

ANSWERS: 31. constrict, 32. fortunate, 33. guzzled, 34. wrinkle-proof, 35. fray, 36. pond, 37. divide, 38. renew, 39. shorten

40. I used an optical _____ to observe the small organisms in the water sample.

n. an instrument used to see objects or substances that are too small to be seen with the naked eye

41. The movie has received almost universally _____ criticism.

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

42. He told me a _____ truth about my parent's death.

n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

43. There are _____ differences between the two wine-producing regions.

adj. easy to see, discover or understand

44. This ad campaign is aimed _____ at young women.

adv. only associated with or meant for one thing

45. The grandmother _____ a warm sweater for her grandchild.

v. to make a garment or fabric by interlocking loops of yarn with needles or a machine

46. The ring was so _____ that it almost looked like a toy.

adj. extremely small; tiny

47. The organizational _____ of start-ups is often flat and straightforward.

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 40. microscope, 41. negative, 42. gut-wrenching, 43. obvious, 44. specifically, 45. knit, 46. teeny, 47. structure

48. The _____ melody was beautiful and touched everyone's hearts.
adj. not heard, listened to, or noticed; not having been brought to public attention
49. The rain and thunder are _____ today.
adj. stupid or not sensible; very angry
50. During their camping trip, the kids were excited to go _____ hunting in the woods.
n. a small or unimportant creature or animal, often used in a familiar or affectionate way
51. Malignant hypertension is the most _____ form of hypertension.
adj. causing or capable of causing death; extremely dangerous
52. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
53. _____ levels in the body are often elevated during times of stress.
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
54. The coach was _____ with the players for their lack of effort during the game.
adj. extremely angry; full of rage
55. The _____ of severe weather prompted the city to issue an evacuation warning.
n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

ANSWERS: 48. unheard, 49. crazy, 50. critter, 51. lethal, 52. severe, 53. Cortisol, 54. furious, 55. threat

56. He discovered a new _____ for running after completing a 10k race.
n. enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food
57. Aging _____ up slowly with time.
v. to move slowly, quietly, and carefully, usually to avoid being seen or heard
58. The election was a _____ success for the Whigs.
adj. worthy of attention because unusual or special
59. The hunter's approach _____ the geese.
v. to cause to separate and go in different directions
60. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation
61. The study found that regular exercise can help to prevent the onset of _____ in older age.
n. a severe decline in cognitive function, especially memory, as a result of disease or injury
62. Her visit will _____ from Monday to Friday.
v. to broaden in scope, range, or area
63. They took the _____ step toward reconciliation.
adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name

ANSWERS: 56. zest, 57. creeps, 58. remarkable, 59. scattered, 60. improvisation, 61. dementia, 62. extend, 63. initial

64. The government is determined to _____ sharp inflation.

v. to try to deal with a complex problem or situation

65. The restaurant _____ a ban on smoking.

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

66. Human females normally have two X _____.

n. a long and string-like DNA molecule containing the part or all of the genetic material of an organism that controls what an animal or plant is like

67. Who answers _____ knows little.

adv. quickly and unexpectedly

68. Government workers cannot _____ to political campaigns.

v. to give something, especially money or goods, to provide or achieve something together with other people

69. The _____ of the crime deserves justice and support to recover from the trauma.

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

70. Human behavior has _____ characteristics.

adj. forming an essential base or core from which everything else develops or is affected

71. The doctor diagnosed him with a rare _____ that had no known cure.

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

ANSWERS: 64. tackle, 65. reversed, 66. chromosomes, 67. suddenly, 68. contribute, 69. victim, 70. fundamental, 71. disease

72. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
73. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
74. The beach was filled with hundreds of _____ so swimming was not recommended.
n. a marine creature with a soft, jelly-like body and tentacles for stinging
75. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
76. The novel affected her _____ causing her to question her beliefs and values.
adv. to a great or complete degree; deeply
77. I need to _____ my car regularly to prevent any major mechanical issues.
v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
78. _____ I realized I had left my keys at home and couldn't enter the building.
adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing
79. Shakespeare's output of poetry was _____.
adj. extremely large or great
80. The teacher _____ the student to get his attention and asked him a question.
v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

ANSWERS: 72. well-being, 73. Communal, 74. jellyfish, 75. Chronic, 76. profoundly, 77. maintain, 78. Alas, 79. enormous, 80. nudged

81. He is the kind of _____ who only works for his success.

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

82. The patient's vital signs are _____ indicating a stable condition.

adj. firmly fixed, supported, or balanced; not shaking or moving

83. His _____ showed highly positive results.

n. the scientific test conducted to observe what happens and gain new knowledge

84. Despite the scandals, his reputation remained _____.

adj. undamaged and complete

85. The _____ surrounding the disappearance of the traveler has yet to be solved by authorities.

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

86. The schoolyard _____ terrorized the other children and made their lives miserable.

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

87. He stepped on the gas pedal, and the engine released a loud _____.

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 81. fellow, 82. steady, 83. experiments, 84. intact, 85. mystery, 86. bully, 87. rev

88. They needed further _____ to perform their duties efficiently.

n. detailed direction, order, etc., on how to do or use something

89. That statement by the prime minister drew _____ international criticism.

adj. (especially of a feeling) very strong; extremely sharp or severe

90. Most countries prohibit sexual activity between certain close _____.

adj. considered and evaluated through comparison with something else

91. He is a specialist in the _____ of aging.

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

92. Despite the setbacks, he remained _____ in his pursuit of his dreams.

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

93. Our system can now _____ with other databases.

v. to connect similar things

94. Leprosy is an indolent _____ disease.

adj. able to be passed quickly from one person, animal, or plant to another, especially through air or water

95. Departments may set requirements for a higher _____ point average.

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

96. He was reluctant to leave his comfort _____ and try something new.

n. a specific area, region, or section that is marked off or defined in some way

ANSWERS: 88. instruction, 89. intense, 90. relatives, 91. genetics, 92. persistent, 93. interconnect, 94. infectious, 95. grade, 96. zone

97. They are attempting to prevent the _____ of their rights.
n. a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them
98. She devoted her life to _____ looking after her aging parents.
n. the act of providing care and support for someone who is ill, disabled, or elderly
99. The long _____ to the air tarnished the antique tableware.
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
100. The recent _____ in grain prices is partly due to the war in the producing countries.
n. a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
101. The evidence presented in court had a _____ origin, raising questions about its authenticity.
adj. having doubts or reservations; uncertain
102. The _____ instructor guided the group through the relaxation and breathing exercises.
n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
103. The vaccination does not necessarily make you completely _____.
adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
104. We are motivated by _____ rather than necessity.
n. a strong desire to know or learn about something

ANSWERS: 97. attrition, 98. caregiving, 99. exposure, 100. spike, 101. dubious, 102. meditation, 103. immune, 104. curiosity

105. Some species of _____ can be deadly to humans if bitten.

adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

106. The audience _____ when the magician made the rabbit disappear from the hat.

v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

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

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

108. Among young people, _____ pressure can be pretty influential.

n. a person who has the same age, status, or ability

109. The school's lack of diversity was a clear indication of the _____ present in the community.

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

110. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

111. The national election was held amid _____ security.

adj. fixed, fastened, or kept together firmly or closely

ANSWERS: 105. poisonous snakes, 106. gasped, 107. cancer, 108. peer, 109. racism, 110. consistent, 111. tight

112. We want to _____ ties between our two countries.

v. to make or become better

113. There is no cure for _____ but early intervention and therapy can improve outcomes for individuals with the condition.

n. a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication

114. That adventurer traveled in _____ of buried treasure.

n. a long or challenging search for something

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

adj. lasting for the whole of someone's life

116. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

117. Our subscription plan is _____ renewed.

adv. without needing a direct human control

118. He slightly modified the _____ of training because it was just before a match.

n. the entire length of something, such as time or space from beginning to end; the amount of space that something covers

119. We need to _____ the meeting for another hour to discuss all the issues.

v. to extend the duration or length of something, particularly a period of time or an event

ANSWERS: 112. improve, 113. autism, 114. quest, 115. lifelong, 116. emotional, 117. automatically, 118. span, 119. prolong

120. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
121. The detective _____ the evidence for any clues.
v. to examine carefully and critically; to inspect closely
122. The report divided the data into _____ based on age, gender, and income level.
n. a part or section of something; a distinct group within a larger whole
123. The Prime Minister will pay a courtesy visit to the Nobel laureate's _____.
n. a workplace for the conduct of scientific research; a laboratory
124. The protesters became _____ when the police tried to disperse them.
adj. involving or caused by physical force or aggression against someone or something
125. He describes the story with _____ reality.
adj. extremely surprising, astonishing, and sometimes worrying
126. The computer system had a minor _____ that caused a delay.
n. a minor problem or malfunction, especially in a computer program, system, or machine
127. In times of recession, an increase in unemployment is _____.
adj. certain to happen and unavoidable
128. Studies have suggested that _____ dysfunction may contribute to cellular aging.
n. an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly

ANSWERS: 120. symptom, 121. scrutinized, 122. segments, 123. lab, 124. violent,

125. startling, 126. glitch, 127. inevitable, 128. telomerase

129. Bees _____ as a defense mechanism when they feel threatened.

v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

130. An infected person in the hospital will likely pass the _____ to others.

n. a tiny infectious organic material that causes disease in people, animals, and plants

131. The troops _____ shoulder-to-shoulder.

v. to walk militarily with stiff, regular steps

132. This ore emits _____ quantities of radiation

adj. extremely small; tiny

133. The _____ arrived in port the following day.

n. a ship or large boat

134. Many people believe in the concept of _____ and an afterlife.

n. the state or quality of being able to live or last forever

135. Perseverance and optimism are _____ to success.

adj. necessary for the success or continued existence of something

136. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

137. _____ weight is the sum of all the atoms.

adj. of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)

ANSWERS: 129. sting, 130. virus, 131. marched, 132. minuscule, 133. vessel, 134. immortality, 135. vital, 136. typical, 137. Molecular

138. Please write to _____ your reservation.

- v.* to support or establish the truth or certainty of something previously believed or suspected to be the case

139. The kidney is an _____ component of the body.

- adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

140. The weather turned _____.

- adj.* very bad, unpleasant, or offensive

141. The _____ of the new policy was that it would be more expensive for customers.

- n.* the negative aspects or consequences of something; the potential for loss or failure

142. The _____ arrival of the storm ruined their plans for a picnic.

- adj.* happening at an inappropriate or unfortunate time

143. Several cities are experiencing _____ high unemployment rates.

- adv.* in a way that is very difficult to believe; exceedingly or extremely

144. Her research team made an important _____.

- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

145. My grandmother has _____ disease requires special care and attention from her caregivers.

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

ANSWERS: 138. confirm, 139. organic, 140. nasty, 141. downside, 142. untimely, 143. incredibly, 144. discovery, 145. Alzheimer's

146. I tied up the _____ of newspapers and took them to the recycling center.

n. a group of things that are tied or wrapped together; a large amount or quantity of something; a package or parcel of things

147. We have decided to extend our _____ contract until next year.

n. the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses

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

n. the scientific study of mind and behavior

149. People tend to make _____ predictions.

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

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

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

151. My father was tested for _____.

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

152. The first question in the test was a complete _____.

n. a decision or a problem that requires little or no thought because it is obvious what you should do

153. The government should view children as national assets and actively _____ in them.

v. to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 146. bundle, 147. maintenance, 148. psychology, 149. linear, 150. dread, 151. diabetes, 152. no-brainer, 153. invest

154. The motivational speaker _____ the crowd with their words.

v. to give energy or vitality to someone or something; to invigorate

155. Please _____ my glass with some more wine.

v. to fill something that had previously been emptied

156. Generally speaking, men have a shorter _____ than women.

n. the length of time for which a person, animal lives, or thing exists

157. She had the _____ that work was fun.

n. the way you think and feel about someone or something

158. _____ prevalent in hospitals are often resistant to antibiotics.

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

ANSWERS: 154. energized, 155. replenish, 156. lifespan, 157. attitude, 158. Bacteria