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Vocabulary Builder Reference from...

Caroline Paul: To raise brave girls, encourage
adventure | TED Talk

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

Advanced Words Only

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Session 1: Word List

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

jean

n. a sturdy cotton twill fabric, typically blue, used for jeans and other clothing

synonym: denim, cotton, pants

(1) a **jean** skirt, (2) **jean** denim

She wore her favorite pair of **jeans** to the party.

denim

n. a sturdy cotton fabric, typically blue or black, used for making jeans or other clothing

synonym: jeans, dungarees, chambray

(1) **denim** shorts, (2) **denim** jacket

She loved the feel of her new **denim** jeans against her skin.

chafe

v. to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience

synonym: irritate, rub, abrade

(1) **chafed** against my shoulders, (2) **chafe** under pressure
The new shoes are starting to **chafe** my feet after walking for hours.

chew

v. to crush or grind something, especially food, with the teeth and then swallow it

synonym: masticate, crush, grind

(1) **chew** each word, (2) **chew** a stick of gum

My dog loves to **chew** on bones.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

monotony

n. a situation in which something unchanging and boring

synonym: boredom, tedium, sameness

(1) the **monotony** of the daily routine, (2) break the **monotony**

The **monotony** of the assembly line work made the days feel very long.

fest

n. a festive celebration, often one that lasts for several days and involves music, food, and other forms of entertainment

synonym: celebration, carnival

(1) film **fest**, (2) beer **fest**

The music **fest** was a huge success, with thousands of people in attendance.

abject

adj. extremely unpleasant and degrading; physically or emotionally impoverished; miserable, wretched, and hopeless

synonym: wretched, miserable, pitiful

(1) **abject** failure, (2) **abject** despair

The **abject** poverty in the slums is a concern for the government.

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.

bravery

n. courage in the face of danger

synonym: courage, valor, heroism

(1) **bravery** against the enemy, (2) **bravery** under fire

His **bravery** in the face of danger saved the lives of his comrades.

firefighter

n. a person whose job is to extinguish fires

(1) forest **firefighter**, (2) decided to be a **firefighter**

The **firefighter** broke into the house bravely to rescue the children.

sear

v. to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time

synonym: scorch, cook, burn

(1) **sear** tissue using a hot iron, (2) **sear** the memory into your mind

Be careful not to **sear** the meat too long, as it can become tough and chewy.

billow

v. to surge or rise in a large, swelling mass, especially of smoke or water; (noun) a large wave or swell of something, especially water or smoke

synonym: wave, swell, surge

(1) **billow** cloud, (2) **billow** like a sail

The smoke **billowed** out of the chimney and into the sky.

nozzle

n. a tube or spout through which a liquid or gas is discharged, particularly one attached to a hose, pump, or spray gun

synonym : spout, sprayer, tube

(1) **nozzle** attachment, (2) fuel **nozzle**

The car wash **nozzle** sprayed a powerful stream of soapy water onto the vehicle.

sideways

adv. towards or from the side; with one side forward or to the front; (adjective, of movement) at an angle

synonym : to the edge, obliquely, sidelong

(1) fall **sideways**, (2) a **sideways** market

She glanced **sideways** at the conversation of the boy she was interested in.

grope

v. to feel one's way by touching, typically because one cannot see

synonym : fumble, feel, pat

(1) **grope** after the truth, (2) **grope** for an answer

He was forced to **grope** in the dark for the light switch.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym : confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

astonishment

n. a feeling of very great surprise

synonym : wonder, surprise, amazement

(1) blink in **astonishment**, (2) struck with **astonishment**

They stood rooted in **astonishment** for a while.

acquaintance

n. a person one knows but who is not a close friend

synonym : friend, associate, contact

(1) **acquaintance** with a language, (2) business **acquaintance**

I met him at a party, and we quickly became **acquaintances**.

trepidation

n. a feeling of fear, anxiety, or apprehension about something uncertain or unknown; a state of alarm or nervousness that results from anticipating something frightening or dangerous

synonym : fear, anxiety, apprehension

(1) trembling with **trepidation**, (2) sense of **trepidation**

She felt **trepidation** as she approached the podium to give her speech.

gutsy

adj. displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

synonym : courageous, brave, daring

(1) **gutsy** move, (2) **gutsy** performance

It was **gutsy** to quit her job and start her own business.

puberty

n. the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

synonym : adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

glider

n. a light aircraft or small, unpowered plane that is designed to glide and soar through the air using natural winds and or thermal currents

synonym : sailplane, soaring bird

(1) **glider** club, (2) paper- **glider**

The hang- **glider** enthusiast looked at the clear skies, anticipating a perfect day to take flight.

parachute

n. a device used to slow the motion of people or objects through an atmosphere consisting of a large piece of

thin cloth that is attached to them and opens out in the air

(1) **parachute** troops, (2) golden **parachute**

This training includes emergency escape drills with **parachutes**.

inflate

v. to fill something with air or gas so that it becomes bigger and rounder

synonym: blow up, expand, puff up

(1) **inflate** a tire, (2) **inflate** expense reports

She **inflated** the balloons for the party.

exhilarate

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

synonym: excite, stimulate, invigorate

(1) **exhilarate** the crowd, (2) **exhilarate** the audience

The sense of accomplishment from completing a challenging hike can **exhilarate** those who love the great outdoors

timid

adj. showing a lack of courage or confidence; easily frightened, shy, or hesitant in the face of danger or potential risk

synonym: shy, bashful, nervous

(1) **timid** tone, (2) **timid** handshake

The **timid** dog cowered in fear when approached by a stranger.

helpless

adj. unable to take care of oneself or to do things without help

synonym: defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

morph

v. to change or cause to change something or someone smoothly and gradually from one thing to another

synonym: alter, modify, transform

(1) **morph** into a different shape, (2) **morph** into something entirely different

This company **morphed** into an enterprise company.

hesitation

n. the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous

synonym: unwillingness, indecision, uncertainty

(1) perform without **hesitation**, (2) after some **hesitation**

There was a **hesitation** in her speech.

deference

n. respectful or polite submission or yielding to the judgment, opinion, or wishes of another person or group; a show of respect or honor

synonym: respect, obedience, submission

(1) **deference** to authority, (2) pay **deference**

The student showed **deference** to their teacher by always being respectful in class.

clamber

v. to climb or move in an awkward, laborious, or ungraceful way, often using one's hands and feet

synonym: climb, scramble, crawl

(1) **clamber** up the ladder, (2) **clamber** over a boulder

I had to **clamber** over the rocks to reach the cave.

gratification

n. the feeling of being pleased or satisfied as a result of achieving something or having something you want

synonym: satisfaction, pleasure, contentment

(1) instant **gratification**, (2) aesthetic **gratification**

The **gratification** of completing a difficult task is a great feeling.

opportune

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

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

hover

v. to stay in one place in the air

synonym: hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

Session 2: Spelling

- | | | |
|--|------|--|
| 1. ch__e under pressure | v. | to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience |
| 2. s__r tissue using a hot iron | v. | to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time |
| 3. mo__h into something entirely different | v. | to change or cause to change something or someone smoothly and gradually from one thing to another |
| 4. he is ob___sed with the fear | v. | to fill the mind of someone continually so that one can't think of anything else |
| 5. ab___t failure | adj. | extremely unpleasant and degrading; physically or emotionally impoverished; miserable, wretched, and hopeless |
| 6. in_____e expense reports | v. | to fill something with air or gas so that it becomes bigger and rounder |
| 7. paper-gl___r | n. | a light aircraft or small, unpowered plane that is designed to glide and soar through the air using natural winds and or thermal currents |
| 8. gr__e for an answer | v. | to feel one's way by touching, typically because one cannot see |
| 9. no___e attachment | n. | a tube or spout through which a liquid or gas is discharged, particularly one attached to a hose, pump, or spray gun |

ANSWERS: 1. chafe, 2. sear, 3. morph, 4. obsess, 5. abject, 6. inflate, 7. glider, 8. grope, 9. nozzle

10. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
11. sense of tre_____on *n.* a feeling of fear, anxiety, or apprehension about something uncertain or unknown; a state of alarm or nervousness that results from anticipating something frightening or dangerous
12. gu__y performance *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
13. golden pa_____te *n.* a device used to slow the motion of people or objects through an atmosphere consisting of a large piece of thin cloth that is attached to them and opens out in the air
14. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
15. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
16. acq_____nce with a language *n.* a person one knows but who is not a close friend
17. struck with ast_____ent *n.* a feeling of very great surprise
18. he_____ss baby *adj.* unable to take care of oneself or to do things without help
19. blink in ast_____ent *n.* a feeling of very great surprise

ANSWERS: 10. resilient, 11. trepidation, 12. gutsy, 13. parachute, 14. opportune, 15. confuse, 16. acquaintance, 17. astonishment, 18. helpless, 19. astonishment

20. hal_____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
21. at the height of pu_____y. *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
22. ho__r around the table *v.* to stay in one place in the air
23. start to hal_____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
24. gr__e after the truth *v.* to feel one's way by touching, typically because one cannot see
25. pa_____te troops *n.* a device used to slow the motion of people or objects through an atmosphere consisting of a large piece of thin cloth that is attached to them and opens out in the air
26. beer f__t *n.* a festive celebration, often one that lasts for several days and involves music, food, and other forms of entertainment
27. br_____y against the enemy *n.* courage in the face of danger
28. he_____ss victims *adj.* unable to take care of oneself or to do things without help
29. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else

ANSWERS: 20. hallucinate, 21. puberty, 22. hover, 23. hallucinate, 24. grope, 25. parachute, 26. fest, 27. bravery, 28. helpless, 29. obsess

30. cl____r over a boulder *v.* to climb or move in an awkward, laborious, or ungraceful way, often using one's hands and feet
31. the onset of pu____y *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
32. mo__h into a different shape *v.* to change or cause to change something or someone smoothly and gradually from one thing to another
33. a si____ys market *adv.* towards or from the side; with one side forward or to the front; (adjective, of movement) at an angle
34. a j__n skirt *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
35. fuel no____e *n.* a tube or spout through which a liquid or gas is discharged, particularly one attached to a hose, pump, or spray gun
36. pay de____ce *n.* respectful or polite submission or yielding to the judgment, opinion, or wishes of another person or group; a show of respect or honor
37. j__n denim *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
38. co____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
39. exh____te the crowd *v.* to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria

ANSWERS: 30. clamber, 31. puberty, 32. morph, 33. sideways, 34. jean, 35. nozzle, 36. deference, 37. jean, 38. confuse, 39. exhilarate

40. aesthetic gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
41. de_____ce to authority *n.* respectful or polite submission or yielding to the judgment, opinion, or wishes of another person or group; a show of respect or honor
42. business acq_____nce *n.* a person one knows but who is not a close friend
43. after some hes_____on *n.* the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous
44. forest fir_____er *n.* a person whose job is to extinguish fires
45. s__r the memory into your mind *v.* to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time
46. film f__t *n.* a festive celebration, often one that lasts for several days and involves music, food, and other forms of entertainment
47. perform without hes_____on *n.* the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous
48. instant gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
49. exh_____te the audience *v.* to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria

ANSWERS: 40. gratification, 41. deference, 42. acquaintance, 43. hesitation, 44. firefighter, 45. sear, 46. fest, 47. hesitation, 48. gratification, 49. exhilarate

50. in_____e a tire *v.* to fill something with air or gas so that it becomes bigger and rounder
51. decided to be a fir_____er *n.* a person whose job is to extinguish fires
52. ti__d handshake *adj.* showing a lack of courage or confidence; easily frightened, shy, or hesitant in the face of danger or potential risk
53. gl____r club *n.* a light aircraft or small, unpowered plane that is designed to glide and soar through the air using natural winds and or thermal currents
54. bi____w cloud *v.* to surge or rise in a large, swelling mass, especially of smoke or water; *(noun)* a large wave or swell of something, especially water or smoke
55. cl_____r up the ladder *v.* to climb or move in an awkward, laborious, or ungraceful way, often using one's hands and feet
56. trembling with tre_____on *n.* a feeling of fear, anxiety, or apprehension about something uncertain or unknown; a state of alarm or nervousness that results from anticipating something frightening or dangerous
57. c__w a stick of gum *v.* to crush or grind something, especially food, with the teeth and then swallow it
58. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
59. fall si_____ys *adv.* towards or from the side; with one side forward or to the front; *(adjective, of movement)* at an angle

ANSWERS: 50. inflate, 51. firefighter, 52. timid, 53. glider, 54. billow, 55. clamber, 56. trepidation, 57. chew, 58. resilient, 59. sideways

60. ab___t despair *adj.* extremely unpleasant and degrading; physically or emotionally impoverished; miserable, wretched, and hopeless
61. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
62. gu___y move *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
63. the mo_____ny of the daily routine *n.* a situation in which something unchanging and boring
64. break the mo_____ny *n.* a situation in which something unchanging and boring
65. br_____y under fire *n.* courage in the face of danger
66. c__w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
67. ho__r between life and death *v.* to stay in one place in the air
68. ti__d tone *adj.* showing a lack of courage or confidence; easily frightened, shy, or hesitant in the face of danger or potential risk
69. de__m shorts *n.* a sturdy cotton fabric, typically blue or black, used for making jeans or other clothing
70. bi___w like a sail *v.* to surge or rise in a large, swelling mass, especially of smoke or water; (noun) a large wave or swell of something, especially water or smoke

ANSWERS: 60. abject, 61. opportune, 62. gutsy, 63. monotony, 64. monotony, 65. bravery, 66. chew, 67. hover, 68. timid, 69. denim, 70. billow

71. de__m jacket

n. a sturdy cotton fabric, typically blue or black, used for making jeans or other clothing

72. ch__ed against my shoulders

v. to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience

ANSWERS: 71. denim, 72. chafe

Session 3: Fill in the Blanks

1. The student showed _____ to their teacher by always being respectful in class.
n. respectful or polite submission or yielding to the judgment, opinion, or wishes of another person or group; a show of respect or honor
2. The _____ poverty in the slums is a concern for the government.
adj. extremely unpleasant and degrading; physically or emotionally impoverished; miserable, wretched, and hopeless
3. The car wash _____ sprayed a powerful stream of soapy water onto the vehicle.
n. a tube or spout through which a liquid or gas is discharged, particularly one attached to a hose, pump, or spray gun
4. His _____ in the face of danger saved the lives of his comrades.
n. courage in the face of danger
5. He was forced to _____ in the dark for the light switch.
v. to feel one's way by touching, typically because one cannot see
6. She felt _____ as she approached the podium to give her speech.
n. a feeling of fear, anxiety, or apprehension about something uncertain or unknown; a state of alarm or nervousness that results from anticipating something frightening or dangerous
7. She glanced _____ at the conversation of the boy she was interested in.
adv. towards or from the side; with one side forward or to the front; (adjective, of movement) at an angle

ANSWERS: 1. deference, 2. abject, 3. nozzle, 4. bravery, 5. grope, 6. trepidation, 7. sideways

8. I met him at a party, and we quickly became _____.
- n.* a person one knows but who is not a close friend
9. This company _____ into an enterprise company.
- v.* to change or cause to change something or someone smoothly and gradually from one thing to another
10. The new shoes are starting to _____ my feet after walking for hours.
- v.* to rub or graze against something, causing irritation, soreness, or annoyance; to become irritated or annoyed due to frustration or impatience
11. The hang-_____ enthusiast looked at the clear skies, anticipating a perfect day to take flight.
- n.* a light aircraft or small, unpowered plane that is designed to glide and soar through the air using natural winds and or thermal currents
12. He's utterly _____ with his promotion.
- v.* to fill the mind of someone continually so that one can't think of anything else
13. The smoke _____ out of the chimney and into the sky.
- v.* to surge or rise in a large, swelling mass, especially of smoke or water; (noun) a large wave or swell of something, especially water or smoke
14. I feel so _____ without you.
- adj.* unable to take care of oneself or to do things without help
15. They stood rooted in _____ for a while.
- n.* a feeling of very great surprise

ANSWERS: 8. acquaintances, 9. morphed, 10. chafe, 11. glider, 12. obsessed, 13. billowed, 14. helpless, 15. astonishment

16. I had to _____ over the rocks to reach the cave.

v. to climb or move in an awkward, laborious, or ungraceful way, often using one's hands and feet

17. She is a _____ person and has always bounced back from setbacks.

adj. able to withstand or recover quickly from difficult conditions

18. Her remarks _____ the debate.

v. to mistake one thing for another; to make somebody hard to understand

19. The _____ broke into the house bravely to rescue the children.

n. a person whose job is to extinguish fires

20. She _____ the balloons for the party.

v. to fill something with air or gas so that it becomes bigger and rounder

21. The music _____ was a huge success, with thousands of people in attendance.

n. a festive celebration, often one that lasts for several days and involves music, food, and other forms of entertainment

22. This training includes emergency escape drills with _____.

n. a device used to slow the motion of people or objects through an atmosphere consisting of a large piece of thin cloth that is attached to them and opens out in the air

23. The _____ dog cowered in fear when approached by a stranger.

adj. showing a lack of courage or confidence; easily frightened, shy, or hesitant in the face of danger or potential risk

ANSWERS: 16. clamber, 17. resilient, 18. confused, 19. firefighter, 20. inflated, 21. fest, 22. parachutes, 23. timid

24. She loved the feel of her new _____ jeans against her skin.
- n.* a sturdy cotton fabric, typically blue or black, used for making jeans or other clothing
25. The sense of accomplishment from completing a challenging hike can _____ those who love the great outdoors
- v.* to make someone feel very happy, animated, or excited; to fill with energy or a sense of euphoria
26. In this culture, men are initiated when they reach _____.
- n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
27. The _____ of completing a difficult task is a great feeling.
- n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
28. Be careful not to _____ the meat too long, as it can become tough and chewy.
- v.* to char, scorch, or burn the surface of something with intense heat; (of pain or experience) to be deeply felt or remembered over a long time
29. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
30. There was a _____ in her speech.
- n.* the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous
31. The _____ of the assembly line work made the days feel very long.
- n.* a situation in which something unchanging and boring

ANSWERS: 24. denim, 25. exhilarate, 26. puberty, 27. gratification, 28. sear, 29. opportune, 30. hesitation, 31. monotony

32. Sleep-deprived people gradually lose their concentration and may _____.
- v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
33. My dog loves to _____ on bones.
- v. to crush or grind something, especially food, with the teeth and then swallow it
34. She wore her favorite pair of _____ to the party.
- n. a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
35. Two birds were _____ overhead.
- v. to stay in one place in the air
36. It was _____ to quit her job and start her own business.
- adj. displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

ANSWERS: 32. hallucinate, 33. chew, 34. jeans, 35. hovering, 36. gutsy