

# Englist.me



## Vocabulary Builder Reference from...

Miriam Zoila Pérez: How racism harms pregnant women -- and what can help | TED Talk

[https://www.ted.com/talks/miriam\\_zoila\\_perez\\_how\\_racism\\_harms\\_pregnant\\_women\\_and\\_what\\_can\\_help](https://www.ted.com/talks/miriam_zoila_perez_how_racism_harms_pregnant_women_and_what_can_help)

### All Words

#### IMPORTANT

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## Session 1: Word List

### relate

- v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

*synonym*: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

### palm

- n. the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves

*synonym*: hand, fist

(1) the **palm** side of the forearm, (2) coconut **palm** trees

This high-performance camera is compact enough to fit in the **palm** of your hand.

### clammy

- adj. unpleasantly damp, moist, sticky, or sweaty to the touch; often used to describe a cold, damp sensation on the skin

*synonym*: moist, damp, sticky

(1) **clammy** hands, (2) **clammy** skin

Her palms felt **clammy** with nervousness before the important presentation.

### sweat

*n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

*synonym* : perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

### breath

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

*synonym* : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

### shallow

*adj.* not having much distance from the top to the bottom

*synonym* : superficial, external, surface

(1) **shallow** people, (2) **shallow** water

**Shallow** brooks are noisier than deep rivers.

### 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.

### stream

*n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

*synonym* : flow, current, brook

(1) the **stream** of time, (2) an endless **stream** of cars

Jet **streams** are the common name for air currents that form high in the atmosphere.

### mechanism

*n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

*synonym* : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

## nervous

*adj.* worried and anxious about something; relating to the nerves

*synonym* : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

## flood

*n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount

*synonym* : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

## 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.

## adrenaline

*n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

*synonym* : epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

## bloodstream

*n.* the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain

Cancer cells are often carried throughout the body by the **bloodstream**.

## oxygen

*n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

## 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.

## activate

*v.* make something start working, more active or dynamic

*synonym*: mobilize, stimulate, initiate

(1) **activate** a receptor, (2) **activate** a motor

You must **activate** the software with a 16-digit key before you can use it.

## stressor

*n.* something that causes stress or emotional tension

*synonym*: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

## basis

*n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

*synonym* : foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation

This evidence will form the **basis** for our discussion.

## extended

*adj.* longer than usual or anticipated

*synonym* : extensive, prolonged, elongated

(1) **extended** vacation, (2) **extended** payment

The **extended** airport runways may accommodate larger jets.

## overload

*v.* to put too much a load in or on something

*synonym* : overfill, excess, weigh down

(1) **overload** the circulatory system, (2) **overload** a muscle

Be careful not to **overload** the laundry machine.

## infrequent

*adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

*synonym* : rare, sporadic, uncommon

(1) **infrequent** showers, (2) **infrequent** meetings

Traveling to remote villages can be difficult due to **infrequent** transportation.

## 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.

## survival

*n.* the state of continuing to exist or live, frequently in the face of difficulty or danger

*synonym* : endurance, continuity

(1) **survival** ability, (2) **survival** food

He evaluated his chances for **survival** rather pessimistically.

## examine

*v.* to study or consider a person or object attentively and thoroughly to learn something about them

*synonym* : study, probe, analyze

(1) **examine** the data studiously, (2) **examine** the issue

Initially, we must **examine** all project-related expenses.

## relation

*n.* the way two persons or groups of people feel and act toward one another

*synonym* : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

## 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.

## 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.

## 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.

## interfere

v. to get involved in and prevent a process or activity from continuing

*synonym*: interpose, interrupt, hamper

(1) **interfere** in another country's affairs, (2) **interfere** with DNA synthesis

Your talking **interferes** with my work.

## 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.

## pregnant

adj. having a baby or young animal developing in the uterus

*synonym*: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

## develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

*synonym*: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

## fetus

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

(1) development of the **fetus**, (2) an aborted **fetus**

The female vagina is elastic enough to allow the passage of a **fetus**.

## labor

*n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

*synonym*: toil, toil, donkeywork

(1) seasonal **labor**, (2) manual **labor**

In several countries, child **labor** is a serious social problem.

## communicate

*v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

*synonym*: convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

## womb

*n.* the organ of a woman or female mammal in which a baby develops before birth

*synonym*: uterus, matrice

(1) tumor of **womb**, (2) **womb** transplant

The fertilized egg implanted itself in the **womb**.

## infant

*n.* a baby or very young child

*synonym*: baby, newborn, tot

(1) **infant** daughter, (2) **infant** food

Mozart was an **infant** prodigy.

## cascade

*n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

*synonym*: waterfall, watercourse, step

(1) **cascade** connection, (2) transistor **cascade**

The **cascade** of waterfalls in the national park was a breathtaking sight.



## modern

*adj.* of or belonging to the present time or recent times

*synonym* : contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

## universal

*adj.* existing or affecting everywhere or everyone

*synonym* : common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design

The picture earned near- **universal** acclaim from critics.

## conflict

*n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

*synonym* : clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

## relax

*v.* to become or cause someone to become less active or tense and calmer

*synonym* : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

## prop

*n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

*synonym* : support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

## discriminate

*v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

*synonym* : show prejudice, segregate, differentiate

(1) **discriminate** against women employees,  
(2) **discriminate** between different things  
You should not **discriminate** against minorities.

## 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.

## pioneer

*n.* inventor; explorer; someone who is among the first to  
achieve something

*synonym*: frontiersperson, innovator, trailblazer

(1) act as a **pioneer**, (2) early **pioneers**  
John Whitney was a computer animation **pioneer**.

## margin

*n.* the space around the edge of a page or document;  
(finance) the net sales minus the cost of goods and  
services sold

*synonym*: edge, border, periphery

(1) **margin** error, (2) a profit **margin**  
Unfortunately, the book's **margin** was too small to make  
notes.

## maternal

*adj.* relating to or characteristic of a mother; having feelings  
that are typical of a caring mother towards her child

*synonym*: motherly, maternalistic, maternal-like

(1) on the **maternal** side, (2) **maternal** care  
She had a very **maternal** instinct towards her newborn baby.

## premed

*n.* (an abbreviation for "pre-medical") a course of study or  
preparation undertaken by students planning to enter  
medical school or pursue a career in medicine

(1) **premed** class, (2) **premed** coursework  
The **premed** student spent hours studying anatomy and

physiology to prepare for medical school.

## trajectory

*n.* the curved path followed by an object moving through space

*synonym*: course, curve, orbit

(1) career **trajectory**, (2) a **trajectory** missile

The company has shown an excellent growth **trajectory** over the years.

## doula

*n.* a trained professional who provides emotional, physical, and informational support to individuals, typically women, before, during, and after childbirth

*synonym*: birth companion, childbirth assistant

(1) postpartum **doula**, (2) trained **doula**

The mother hired an experienced **doula** to provide emotional and physical support during childbirth.

## childbirth

*n.* the act or process of giving birth to a baby

*synonym*: delivery, labor, parturition

(1) natural **childbirth**, (2) assisted **childbirth**

He was present at the **childbirth** of his children.

## 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.

## volunteer

*n.* a person who performs or offers to perform a job or service without being paid for or forced to do

*synonym*: unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

- gig** *n.* a performance by a musician or group of musicians, especially playing modern or pop music or jazz; a work that someone undertakes on a temporary basis  
*synonym*: show, concert, engagement  
(1) **gig** economy, (2) have a **gig** at the stadium  
We are planning a speaking **gig** by a well-known author at a community center in a neighboring town.
- statistics** *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data  
(1) **statistics** for cancer, (2) official **statistics**  
The **statistics** demonstrate that poverty and unemployment are genuine problems.
- outline** *v.* to describe the main facts or aspects involved in something  
*synonym*: recap, summarize, digest  
(1) **outlined** the plan, (2) **outline** the findings  
This page **outlines** our response planning for an emergency.
- entirely** *adv.* completely  
*synonym*: completely, fully, totally  
(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame  
Later, his claim was found to be **entirely** false.
- approximate** *adj.* nearly accurate or correct, but not completely so  
*synonym*: rough, close, near  
(1) linear **approximate** equation, (2) **approximate** time  
The **approximate** cost of the project was estimated to be around \$500,000.
- sub-Saharan** *adj.* of or relating to or situated in the area south of the Sahara Desert  
(1) **sub-Saharan** Africa, (2) **sub-Saharan** countries  
The coffee producers in **sub-Saharan** countries are at the

sharp end of fluctuations in price.

## 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.

## nation

*n.* a large organized community of people living in a particular country or region and having a particular culture

*synonym*: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

## skinny

*adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

*synonym*: slender, lean, thin

(1) **skinny** jeans, (2) **skinny** finger

His mom was always concerned about his **skinny** frame and encouraged him to eat more

## insufficient

*adj.* not enough for a particular purpose

*synonym*: deficient, inadequate, scarce

(1) **insufficient** evidence, (2) there are **insufficient** doctors

We had raised a small amount of money from investors, but funds were **insufficient**.

## native

*adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place

*synonym*: endemic, domestic, aboriginal

(1) **native** to Africa, (2) **native** language

The vegetation here is almost wholly **native**.

## journalist

*n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

*synonym*: reporter, newsperson, press

(1) a China-based **journalist**, (2) **journalist** on a magazine  
Foreign TV crews and **journalists** can go as they please in various locations during the Olympics.

## alarm

*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

*synonym*: notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

## appalling

*adj.* causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant

*synonym*: shocking, horrifying, alarming

(1) **appalling** crimes, (2) **appalling** behavior

The condition of that old house was **appalling**.

## assume

*v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

*synonym*: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

## poverty

*n.* the condition of being extremely poor

*synonym*: deprivation, destitution, poorness

(1) **poverty** alleviation, (2) the cycle of **poverty**

Many studies have investigated the relationship between **poverty** and academic achievement.

### outcome

*n.* the result or effect of an action, event, etc.

*synonym* : result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome**  
They awaited news of the **outcome** of the election.

### counterpart

*n.* a person or thing that corresponds to or has the same function as another person or thing

*synonym* : equivalent, analogue, match

(1) **counterpart** agreement, (2) negotiating **counterpart**  
His **counterpart** in the other company is responsible for marketing.

### gap

*n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

*synonym* : opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**  
Many people are working together to close the gender **gap**.

### widen

*v.* to become or make something broader, wider, more extensive

*synonym* : broaden, enlarge, extend

(1) **widen** in excitement, (2) **widen** a narrowed heart valve  
He **widened** his investigation into a medical clinic.

### definitely

*adv.* without any question and beyond doubt; clearly

*synonym* : absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**  
The paper is **definitely** worth reading thoroughly.

### recommend

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym* : advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading  
We **recommend** taking media training every six months.

## prenatal

*adj.* of, relating to, or occurring in the period before birth  
*synonym*: antecedent, preconception, prebirth

(1) **prenatal** checkup, (2) **prenatal** development

**Prenatal** care is essential for ensuring the health of both mother and baby.

## suffer

*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

*synonym*: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

## 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.

## stretch

*v.* to make or be capable of making anything longer or broader without hurting or breaking

*synonym*: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

## immigrant

*n.* a person who has come to a country where they were not born to live there permanently

*synonym*: settler, expatriate, emigrant

(1) **immigrant** communities, (2) an **immigrant** from the



country

Police received a report of illegal **immigrants** in the area.

## grandparent

*n.* a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age

She was close to her paternal **grandparents** and often spent summers with them.

## paradox

*n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

*synonym*: incongruity, dichotomy, contradiction

(1) French **paradox**, (2) the **paradox** of the heap

There are many theories to explain this **paradox**.

## illustrate

*v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation

*synonym*: demonstrate, explain, exemplify

(1) **illustrate** a key point, (2) **illustrate** a story

The company's financial records **illustrate** how successful it has been.

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym*: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## vast

*adj.* enormous in size, number, amount, or quantity

*synonym*: expansive, extended, boundless

(1) **vast** majority, (2) **vast** desert

A **vast** audience viewed the broadcast.

## fancy

*v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

*synonym* : imagine, visualize, (noun) fantasy

(1) **fancy** a cup of coffee, (2) a flight of **fancy**

I don't **fancy** acting in such an important role.

## midwife

*n.* a person trained to assist women during childbirth and to provide care for the mother and baby

*synonym* : obstetrician, gynecologist, accoucheuse

(1) professional **midwife**, (2) serve as **midwife**

The clinical **midwife** assisted with the delivery of the baby.

## clinic

*n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition

*synonym* : hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**

She holds a **clinic** on Tuesday mornings.

## achieve

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

*synonym* : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

## 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.

## full-term

*adj.* referring to the period of a pregnancy that is approximately 37 to 42 weeks long, when the fetus has fully developed and is ready for birth

*synonym* : normal, complete, mature

(1) **full-term** pregnancy, (2) **full-term** development

The doctor assured the mother that her baby was healthy and **full-term**.

## deceptive

*adj.* tending to mislead or deceive either deliberately or inadvertently; causing one to believe what is not true or fail to believe what is true

*synonym* : misleading, trickery, fraudulent

(1) **deceptive** practices, (2) appearances are **deceptive**  
The politician's statements were found to be **deceptive** and not based on fact.

## appointment

*n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility

*synonym* : assignment, selection, commission

(1) **appointment** calendar, (2) take up an **appointment**  
We had to reschedule the dentist's **appointment**.

## finance

*n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

*synonym* : banking, investment, fund

(1) **finance** act, (2) manage my **finances**  
Our company decided to hire an advisor who specializes in **finance**.

## hurdle

*n.* a barrier or obstacle that must be overcome

*synonym* : obstacle, barrier, challenge

(1) overcome **hurdles**, (2) **hurdle** race  
The company faced several **hurdles** in the development of its new product.

## chastise

*v.* to criticize or reprimand severely; to discipline or punish for wrongdoing or mistake

*synonym* : rebuke, reprimand, scold

(1) **chastise** behavior, (2) **chastise** a child  
The coach **chastised** the players for not giving their best effort during the game.

## belittle

v. to speak or write about someone or something in a way that shows a lack of respect

*synonym*: degrade, demean, disparage

(1) **belittle** his ability, (2) **belittle** through talk

He **belittled** her in front of the office, making her feel small and insignificant.

## disguise

v. to hide or alter someone's appearance to deceive or mislead others

*synonym*: mask, misinterpret, cloak

(1) **disguise** my feelings, (2) **disguise** his voice

Later it turned out that the politician **disguised** the fact from the public.

## plush

*adj.* having a soft or luxurious texture, often with a long, dense pile or nap

*synonym*: soft, luxurious, velvety

(1) **plush** carpet, (2) **plush** pillows

The hotel room was decorated with **plush** furnishings and luxurious fabrics.

## arrange

v. to plan, prepare for, and carry out something

*synonym*: set up, order, organize

(1) **arrange** the meeting, (2) the list was **arranged** alphabetically

I need to **arrange** plans with him for the celebration.

## educator

*n.* a person who teaches or educates people

*synonym*: teacher, instructor, lecturer

(1) business **educator**, (2) duty as an **educator**

She is an **educator** with progressive ideas.

## greet

v. to say hello to someone; to express welcome on meeting someone

*synonym*: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

## medical

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym* : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

## assistant

*n.* someone who helps or supports someone else to do a job

*synonym* : aide, helper, associate

(1) an unwilling **assistant**, (2) **assistant** professor

An executive **assistant** director administers each branch.

## casual

*adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

*synonym* : informal, relaxed, offhand

(1) **casual** dress, (2) take a **casual** glance

They had a **casual** conversation over coffee at the local cafe.

## observe

*v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

*synonym* : watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

## soon-to-be

*adj.* used to describe someone or something that will soon become something else or will soon be in a different state or position

*synonym* : upcoming, imminent, future

(1) **soon-to-be** parents, (2) **soon-to-be** graduates

The **soon-to-be** bride was busy planning all the details of her upcoming wedding.

## nausea

*n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

*synonym* : queasiness, sickness, vomiting

(1) **nausea** medication, (2) drug-induced **nausea** and vomiting

The rollercoaster ride left me with a feeling of **nausea**.

## deflation

*n.* a decrease in the general price level of goods and services; the act of letting the air out of something

*synonym* : contraction, recession, shrinkage

(1) anti- **deflation** policies, (2) **deflation** of the lung

The economy is experiencing severe **deflation**.

## cuff

*n.* a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear

*synonym* : bracelet, handcuff, shackle

(1) **cuff** bracelet, (2) soft **cuff**

The doctor used a blood pressure **cuff** to measure my vitals.

## prescription

*n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient

*synonym* : directive, instruction, order

(1) **prescription** drugs, (2) fill the **prescription**

I need to refill my **prescription** for allergy medication at the pharmacy.

## crucial

*adj.* extremely vital or necessary

*synonym* : essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

## aspect

*n.* one part or feature of a situation, problem, subject, etc.  
*synonym*: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

## provider

*n.* a person or an organization that supplies somebody with something needed or wanted

*synonym*: supplier

(1) an information **provider**, (2) the **provider** of the family

People select Internet **providers** not only in terms of price but also in terms of transmission speed.

## medication

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

*synonym*: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

## prescribe

*v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something

*synonym*: define, specify, stipulate

(1) **prescribe** a drug, (2) **prescribe** in the preceding paragraph

Federal bankruptcy laws **prescribed** the reorganization process.

## departure

*n.* the act of leaving, especially to start a journey

*synonym*: leaving, exit, flight

(1) **departure** from tradition, (2) **departure** from the company

The **departure** time for the flight is 6:00 am.

## tradition

*n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

*synonym* : custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

## responsible

*adj.* answerable or accountable for something within one's power, control, or management

*synonym* : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

## recommendation

*n.* an official suggestion that something is good or suitable for a particular purpose or job

*synonym* : guidance, advice, suggestion

(1) follow his **recommendations**, (2) a letter of **recommendation**

We made a **recommendation** to the client.

## buffer

*n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

*synonym* : cushion, shield, insulation

(1) a **buffer** between the quarreling parents, (2) use a **buffer** to reduce noise

Using a password manager can act as a **buffer** against hackers who try to steal your personal information.

## 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.

## complication

*n.* something that makes a situation or condition that is complex or confused

*synonym*: confusion, complexity, difficulty

(1) **complication** of structure, (2) resolve without **complication**

He also continued to struggle with serious long-term **complications**.

## eliminate

*v.* to remove or get rid of someone or something

*synonym*: wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

## chunky

*adj.* characterized by being thick and heavy; containing or consisting of large, solid pieces; having a stocky, muscular build

*synonym*: chubby, stocky, bulky

(1) **chunky** sweater, (2) a **chunky** necklace

I prefer **chunky** peanut butter over smooth peanut butter.

## demographic

*n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.

(1) **demographic** analyses, (2) **demographic** policy

Several **demographic** indicators correlate with care admission.

## headway

*n.* forward movement or progress made despite obstacles or resistance; clearance or space in which to move forward

*synonym*: progress, advancement, improvement

(1) lack of **headway**, (2) gain **headway**

We are making **headway** in our research and hope to have some significant findings soon.

## intractable

*adj.* difficult to manage or control; stubborn or obstinate

*synonym*: obstinate, stubborn, unyielding

(1) **intractable** pain, (2) **intractable** situation

The **intractable** problem defied a solution.

## 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.

## implement

*v.* to put a decision, plan, or system into effect

*synonym*: execute, enforce, put through

(1) **implement** a corporate strategy, (2) **implement** security measures

The government promised to **implement** a new system to control the financial crisis.

## revolution

*n.* a large-scale attempt to overthrow the government of a country, often using violence or war;

*synonym*: coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

## stratify

*v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status

*synonym*: layer, classify, arrange in layers

(1) **stratify** populations, (2) **stratify** data

Society tends to **stratify** people into different economic classes.

## involve

v. to include or affect someone or something as a necessary part of something else

*synonym*: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## elaborate

*adj.* containing a lot of carefully prepared and organized or many complicated and detailed parts

*synonym*: detailed, intricate, complicated

(1) an **elaborate** hat, (2) **elaborate** Ponzi scheme

He proposed an **elaborate** program of public works.

## physiological

*adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

*synonym*: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

## stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

*synonym*: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

## unconditional

*adj.* not subject to any conditions; absolute or complete; not limited by any qualifications or restrictions

*synonym*: absolute, complete, unqualified

(1) **unconditional** forgiveness, (2) **unconditional** support

Her love for him was **unconditional**, despite all of his flaws.

## 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.

## eradicate

*v.* to get rid of or destroy something completely, especially something bad

*synonym* : destroy, eliminate, exterminate

(1) **eradicate** the deficit, (2) **eradicate** racial discrimination

We are trying to **eradicate** this disease from the world.

## overnight

*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

*synonym* : all-night, sudden, immediate

(1) **overnight** parking, (2) **overnight** success

The **overnight** package delivery arrived at my door this morning.

## incredible

*adj.* unbelievable; enormous

*synonym* : unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

## shifting

*adj.* constantly changing or moving

*synonym* : unfirm, shifty, fluctuating

(1) **shifting** balance, (2) continuously **shifting** landscape

Trends in the fashion industry are so **shifting** that it is challenging to keep up with them.

## Session 2: Spelling

1. po\_\_\_\_y alleviation *n.* the condition of being extremely poor
2. a tra\_\_\_\_\_ry missile *n.* the curved path followed by an object moving through space
3. as\_\_\_e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
4. v\_\_t desert *adj.* enormous in size, number, amount, or quantity
5. a fl\_\_d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
6. dem\_\_\_\_\_ic analyses *n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.
7. re\_\_x at home *v.* to become or cause someone to become less active or tense and calmer
8. an im\_\_\_\_\_nt from the country *n.* a person who has come to a country where they were not born to live there permanently
9. st\_\_\_\_\_te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
10. su\_\_\_r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 1. poverty, 2. trajectory, 3. assume, 4. vast, 5. flood, 6. demographic, 7. relax, 8. immigrant, 9. stimulate, 10. suffer

- |                                     |   |
|-------------------------------------|---|
| 11. serve as mi_____e               | <i>n.</i> a person trained to assist women during childbirth and to provide care for the mother and baby                                |
| 12. antibiotic med_____on           | <i>n.</i> a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease                             |
| 13. business ed_____or              | <i>n.</i> a person who teaches or educates people   |
| 14. inc_____ly cheerful character   | <i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely  |
| 15. there are ins_____ent doctors   | <i>adj.</i> not enough for a particular purpose   |
| 16. career tra_____ry               | <i>n.</i> the curved path followed by an object moving through space  |
| 17. nontechnical as___ts of the job | <i>n.</i> one part or feature of a situation, problem, subject, etc.  |
| 18. ch___y sweater                  | <i>adj.</i> characterized by being thick and heavy; containing or consisting of large, solid pieces; having a stocky, muscular build    |
| 19. a China-based jou_____st        | <i>n.</i> a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media |
| 20. linear app_____te equation      | <i>adj.</i> nearly accurate or correct, but not completely so   |
| 21. the wel_____ng of a nation      | <i>n.</i> the state of being happy and healthy and prosperous   |
| 22. in___t food                     | <i>n.</i> a baby or very young child  |
| 23. blo_____am in an artery         | <i>n.</i> the blood flowing through the body  |

ANSWERS: 11. midwife, 12. medication, 13. educator, 14. incredibly, 15. insufficient, 16. trajectory, 17. aspect, 18. chunky, 19. journalist, 20. approximate, 21. well-being, 22. infant, 23. bloodstream

24. blo\_\_\_\_\_am to the brain *n.* the blood flowing through the body
25. needs of pr\_\_\_\_\_nt women *adj.* having a baby or young animal developing in the uterus
26. coconut p\_\_m trees *n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
27. seek vo\_\_\_\_\_ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
28. drug-induced na\_\_\_\_a and vomiting *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
29. unc\_\_\_\_\_nal support *adj.* not subject to any conditions; absolute or complete; not limited by any qualifications or restrictions
30. be\_\_\_\_\_le his ability *v.* to speak or write about someone or something in a way that shows a lack of respect
31. co\_\_\_\_\_al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
32. 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
33. an el\_\_\_\_\_te hat *adj.* containing a lot of carefully prepared and organized or many complicated and detailed parts

ANSWERS: 24. bloodstream, 25. pregnant, 26. palm, 27. volunteer, 28. nausea, 29. unconditional, 30. belittle, 31. communal, 32. hormone, 33. elaborate

34. person of gra\_\_\_\_\_nt age *n.* a parent of one's father or mother
35. tumor of w\_\_b *n.* the organ of a woman or female mammal in which a baby develops before birth
36. take up an app\_\_\_\_\_nt *n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
37. sk\_\_\_y jeans *adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential
38. the longstanding co\_\_\_\_\_ct *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
39. he was en\_\_\_\_\_ly to blame *adv.* completely
40. ill\_\_\_\_\_te a story *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
41. phy\_\_\_\_\_cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
42. st\_\_\_\_\_h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking

ANSWERS: 34. grandparent, 35. womb, 36. appointment, 37. skinny, 38. conflict, 39. entirely, 40. illustrate, 41. physiological, 42. stretch



43. early pi\_\_\_\_\_rs *n.* inventor; explorer; someone who is among the first to achieve something
44. the me\_\_\_\_\_sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
45. gain he\_\_\_\_\_y *n.* forward movement or progress made despite obstacles or resistance; clearance or space in which to move forward
46. ex\_\_\_\_\_ed payment *adj.* longer than usual or anticipated
47. re\_\_\_\_\_nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
48. en\_\_\_\_\_ly satisfied with the meal *adv.* completely
49. ex\_\_\_\_\_e the issue *v.* to study or consider a person or object attentively and thoroughly to learn something about them
50. assisted chi\_\_\_\_\_th *n.* the act or process of giving birth to a baby
51. have a g\_g at the stadium *n.* a performance by a musician or group of musicians, especially playing modern or pop music or jazz; a work that someone undertakes on a temporary basis
52. a seafaring na\_\_\_\_n *n.* a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 43. pioneer, 44. mechanism, 45. headway, 46. extended, 47. recommend, 48. entirely, 49. examine, 50. childbirth, 51. gig, 52. nation

53. a flight of fa\_\_y *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
54. sub\_\_\_\_\_an countries *adj.* of or relating to or situated in the area south of the Sahara Desert
55. fu\_\_\_\_\_rm pregnancy *adj.* referring to the period of a pregnancy that is approximately 37 to 42 weeks long, when the fetus has fully developed and is ready for birth
56. sh\_\_\_\_\_ng balance *adj.* constantly changing or moving
57. distance g\_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
58. fi\_\_\_\_\_e act *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
59. be\_\_\_\_\_le through talk *v.* to speak or write about someone or something in a way that shows a lack of respect
60. 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

ANSWERS: 53. fancy, 54. sub-Saharan, 55. full-term, 56. shifting, 57. gap, 58. finance, 59. belittle, 60. threat

61. principles of un\_\_\_\_\_al design      *adj.* existing or affecting everywhere or everyone
62. fa\_\_y a cup of coffee      *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
63. against tr\_\_\_\_\_on      *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
64. a bu\_\_\_r between the quarreling parents      *n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
65. official sta\_\_\_\_\_cs      *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
66. an information pr\_\_\_\_\_er      *n.* a person or an organization that supplies somebody with something needed or wanted
67. pr\_\_\_\_\_be in the preceding paragraph      *v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something
68. ch\_\_\_\_\_se behavior      *v.* to criticize or reprimand severely; to discipline or punish for wrongdoing or mistake
69. mo\_\_\_n poetry      *adj.* of or belonging to the present time or recent times

ANSWERS: 61. universal, 62. fancy, 63. tradition, 64. buffer, 65. statistics, 66. provider, 67. prescribe, 68. chastise, 69. modern

70. ca\_\_\_l dress *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
71. ch\_\_\_\_c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
72. as\_\_\_e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
73. appearances are de\_\_\_\_ve *adj.* tending to mislead or deceive either deliberately or inadvertently; causing one to believe what is not true or fail to believe what is true
74. resolve without com\_\_\_\_ion *n.* something that makes a situation or condition that is complex or confused
75. take a ca\_\_\_l glance *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
76. el\_\_\_\_te sexual barriers *v.* to remove or get rid of someone or something
77. el\_\_\_\_te contestants *v.* to remove or get rid of someone or something
78. cl\_\_\_y skin *adj.* unpleasantly damp, moist, sticky, or sweaty to the touch; often used to describe a cold, damp sensation on the skin
79. his conclusion was ob\_\_\_\_s *adj.* easy to see, discover or understand
80. pr\_\_\_\_be a drug *v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something

ANSWERS: 70. casual, 71. chronic, 72. assume, 73. deceptive, 74. complication, 75. casual, 76. eliminate, 77. eliminate, 78. clammy, 79. obvious, 80. prescribe

81. w\_\_b transplant *n.* the organ of a woman or female mammal in which a baby develops before birth
82. 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
83. co\_\_\_\_\_al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
84. su\_\_\_\_\_al food *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
85. chaotic env\_\_\_\_\_nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
86. phy\_\_\_\_\_cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
87. great-gra\_\_\_\_\_nt *n.* a parent of one's father or mother
88. get ne\_\_\_\_\_s *adj.* worried and anxious about something; relating to the nerves
89. dis\_\_\_\_\_ate against women employees *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
90. gr\_\_t a customer *v.* to say hello to someone; to express welcome on meeting someone

ANSWERS: 81. womb, 82. maintain, 83. communal, 84. survival, 85. environment, 86. physiological, 87. grandparent, 88. nervous, 89. discriminate, 90. greet

91. int\_\_\_\_\_le pain *adj.* difficult to manage or control; stubborn or obstinate
92. in\_\_\_\_\_e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
93. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
94. a political rev\_\_\_\_\_on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
95. de\_\_\_\_\_re from tradition *n.* the act of leaving, especially to start a journey
96. ch\_\_\_\_\_se a child *v.* to criticize or reprimand severely; to discipline or punish for wrongdoing or mistake
97. the st\_\_\_\_m of time *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
98. unc\_\_\_\_\_nal forgiveness *adj.* not subject to any conditions; absolute or complete; not limited by any qualifications or restrictions
99. int\_\_\_\_\_le situation *adj.* difficult to manage or control; stubborn or obstinate
100. sh\_\_\_\_\_w water *adj.* not having much distance from the top to the bottom
101. pre\_\_\_\_\_ion drugs *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient

ANSWERS: 91. intractable, 92. involve, 93. well-being, 94. revolution, 95. departure, 96. chastise, 97. stream, 98. unconditional, 99. intractable, 100. shallow, 101. prescription

102. manage my fi\_\_\_\_es      *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
103. 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
104. p\_\_p stick      *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
105. sh\_\_\_\_w people      *adj.* not having much distance from the top to the bottom
106. su\_\_\_\_r a setback      *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
107. in\_\_\_\_re with DNA synthesis      *v.* to get involved in and prevent a process or activity from continuing
108. 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
109. sta\_\_\_\_cs for cancer      *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

ANSWERS: 102. finance, 103. cortisol, 104. prop, 105. shallow, 106. suffer, 107. interfere, 108. disease, 109. statistics

110. ex\_\_\_\_\_e the data studiously *v.* to study or consider a person or object attentively and thoroughly to learn something about them
111. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
112. ou\_\_\_\_\_e the findings *v.* to describe the main facts or aspects involved in something
113. su\_\_\_\_\_al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
114. my vo\_\_\_\_\_er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
115. st\_\_\_\_\_fy populations *v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status
116. an aborted fe\_\_s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
117. ca\_\_\_\_\_e connection *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
118. dem\_\_\_\_\_ic policy *n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.
119. im\_\_\_\_\_nt security measures *v.* to put a decision, plan, or system into effect

ANSWERS: 110. examine, 111. environment, 112. outline, 113. survival, 114. volunteer, 115. stratify, 116. fetus, 117. cascade, 118. demographic, 119. implement



120. the pr\_\_\_\_er of the family  
*n.* a person or an organization that supplies somebody with something needed or wanted
121. a me\_\_\_\_l opinion  
*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
122. inc\_\_\_\_le amount  
*adj.* unbelievable; enormous
123. pr\_\_\_\_d class  
*n.* (an abbreviation for "pre-medical") a course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine
124. an unwilling as\_\_\_\_nt  
*n.* someone who helps or supports someone else to do a job
125. na\_\_\_\_e language  
*adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
126. trained do\_\_a  
*n.* a trained professional who provides emotional, physical, and informational support to individuals, typically women, before, during, and after childbirth
127. visit to the veterinary cl\_\_\_\_c  
*n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
128. st\_\_\_\_or management  
*n.* something that causes stress or emotional tension
129. med\_\_\_\_on by mouth  
*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 120. provider, 121. medical, 122. incredible, 123. premed, 124. assistant, 125. native, 126. doula, 127. clinic, 128. stressor, 129. medication

130. 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
131. re\_\_\_e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
132. development of the fe\_\_s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
133. follow his rec\_\_\_\_\_ions *n.* an official suggestion that something is good or suitable for a particular purpose or job
134. ill\_\_\_\_\_te a key point *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
135. re\_\_\_\_\_on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
136. er\_\_\_\_\_te the deficit *v.* to get rid of or destroy something completely, especially something bad
137. inf\_\_\_\_\_nt meetings *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
138. a ch\_\_\_y necklace *adj.* characterized by being thick and heavy; containing or consisting of large, solid pieces; having a stocky, muscular build

ANSWERS: 130. span, 131. relate, 132. fetus, 133. recommendation, 134. illustrate, 135. relation, 136. eradicate, 137. infrequent, 138. chunky

139. the cycle of po\_\_\_\_y      *n.* the condition of being extremely poor
140. ma\_\_\_\_al care      *adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child
141. all in a sw\_\_t      *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
142. lack of ox\_\_\_\_n      *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
143. say def\_\_\_\_\_ly      *adv.* without any question and beyond doubt; clearly
144. im\_\_\_\_\_nt a corporate strategy      *v.* to put a decision, plan, or system into effect
145. manual la\_\_r      *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
146. in\_\_\_\_\_re in another country's affairs      *v.* to get involved in and prevent a process or activity from continuing
147. soo\_\_\_\_\_be graduates      *adj.* used to describe someone or something that will soon become something else or will soon be in a different state or position
148. French pa\_\_\_\_x      *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

ANSWERS: 139. poverty, 140. maternal, 141. sweat, 142. oxygen, 143. definitely, 144. implement, 145. labor, 146. interfere, 147. soon-to-be, 148. paradox

149. res\_\_\_\_\_le for a customer service     *adj.* answerable or accountable for something within one's power, control, or management
150. ob\_\_\_\_\_s reasons     *adj.* easy to see, discover or understand
151. risk of ch\_\_\_\_\_c disease     *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
152. act as a pi\_\_\_\_\_r     *n.* inventor; explorer; someone who is among the first to achieve something
153. re\_\_x a series of muscles     *v.* to become or cause someone to become less active or tense and calmer
154. fill the pre\_\_\_\_\_ion     *n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient
155. un\_\_\_\_\_al life     *adj.* existing or affecting everywhere or everyone
156. pr\_\_\_\_\_al development     *adj.* of, relating to, or occurring in the period before birth
157. ap\_\_\_\_\_ng crimes     *adj.* causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant
158. the p\_\_m side of the forearm     *n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
159. 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

ANSWERS: 149. responsible, 150. obvious, 151. chronic, 152. pioneer, 153. relax, 154. prescription, 155. universal, 156. prenatal, 157. appalling, 158. palm, 159. cortisol

160. ac\_\_\_\_\_e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
161. fu\_\_\_\_\_rm development *adj.* referring to the period of a pregnancy that is approximately 37 to 42 weeks long, when the fetus has fully developed and is ready for birth
162. def\_\_\_\_\_ly become a problem *adv.* without any question and beyond doubt; clearly
163. in\_\_\_\_\_e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
164. com\_\_\_\_\_ion of structure *n.* something that makes a situation or condition that is complex or confused
165. 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
166. ma\_\_\_\_\_n error *n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
167. a hard and re\_\_\_\_\_nt steel *adj.* able to withstand or recover quickly from difficult conditions
168. an endless st\_\_\_\_\_m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
169. use a bu\_\_\_\_\_r to reduce noise *n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

ANSWERS: 160. achieve, 161. full-term, 162. definitely, 163. involve, 164. complication, 165. hormone, 166. margin, 167. resilient, 168. stream, 169. buffer

170. professional mi\_\_\_\_e *n.* a person trained to assist women during childbirth and to provide care for the mother and baby
171. 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
172. the g\_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
173. soft c\_\_f *n.* a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear
174. ob\_\_\_\_\_e a tradition *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
175. continuously sh\_\_\_\_\_ng landscape *adj.* constantly changing or moving
176. at inc\_\_\_\_\_le speed *adj.* unbelievable; enormous
177. natural chi\_\_\_\_\_th *n.* the act or process of giving birth to a baby
178. im\_\_\_\_\_nt communities *n.* a person who has come to a country where they were not born to live there permanently
179. improved student ou\_\_\_\_\_es *n.* the result or effect of an action, event, etc.

ANSWERS: 170. midwife, 171. racism, 172. gap, 173. cuff, 174. observe, 175. shifting, 176. incredible, 177. childbirth, 178. immigrant, 179. outcome

180. di\_\_\_\_\_se his voice      *v.* to hide or alter someone's appearance to deceive or mislead others
181. a cr\_\_\_\_\_l issue for women      *adj.* extremely vital or necessary
182. com\_\_\_\_\_te his anxieties to the psychiatrist      *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
183. ou\_\_\_\_\_ed the plan      *v.* to describe the main facts or aspects involved in something
184. na\_\_\_\_a medication      *n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust
185. de\_\_\_\_\_on of the lung      *n.* a decrease in the general price level of goods and services; the act of letting the air out of something
186. a ne\_\_\_\_\_ve number      *adj.* having the quality of something bad or harmful; expressing refusal
187. anti-de\_\_\_\_\_on policies      *n.* a decrease in the general price level of goods and services; the act of letting the air out of something
188. ex\_\_\_\_\_ed vacation      *adj.* longer than usual or anticipated
189. ins\_\_\_\_\_ent evidence      *adj.* not enough for a particular purpose
190. ob\_\_\_\_\_e wildlife      *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
191. re\_\_\_\_\_on of inclusion      *n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 180. disguise, 181. crucial, 182. communicate, 183. outline, 184. nausea, 185. deflation, 186. negative, 187. deflation, 188. extended, 189. insufficient, 190. observe, 191. relation

192. de\_\_\_\_\_re from the company *n.* the act of leaving, especially to start a journey
193. pl\_\_h pillows *adj.* having a soft or luxurious texture, often with a long, dense pile or nap
194. as\_\_\_ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
195. st\_\_\_\_\_te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions
196. sw\_\_t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
197. app\_\_\_\_\_te time *adj.* nearly accurate or correct, but not completely so
198. cou\_\_\_\_\_rt agreement *n.* a person or thing that corresponds to or has the same function as another person or thing
199. na\_\_\_e to Africa *adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
200. wi\_\_n in excitement *v.* to become or make something broader, wider, more extensive
201. na\_\_\_n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
202. give the al\_\_m *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

ANSWERS: 192. departure, 193. plush, 194. aspect, 195. stimulate, 196. sweat, 197. approximate, 198. counterpart, 199. native, 200. widen, 201. nation, 202. alarm



203. ac\_\_\_\_te a motor *v.* make something start working, more active or dynamic
204. inf\_\_\_\_\_nt showers *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
205. beginning of the industrial rev\_\_\_\_\_on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
206. a desirable ou\_\_\_\_\_e *n.* the result or effect of an action, event, etc.
207. the pa\_\_\_\_\_x of the heap *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
208. on the ma\_\_\_\_\_al side *adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child
209. ov\_\_\_\_\_ad a muscle *v.* to put too much a load in or on something
210. duty as an ed\_\_\_\_\_or *n.* a person who teaches or educates people
211. ac\_\_\_\_\_e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
212. a tr\_\_\_\_\_on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

ANSWERS: 203. activate, 204. infrequent, 205. revolution, 206. outcome, 207. paradox, 208. maternal, 209. overload, 210. educator, 211. achieve, 212. tradition

213. ap\_\_\_\_\_ng behavior *adj.* causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant
214. soo\_\_\_\_\_be parents *adj.* used to describe someone or something that will soon become something else or will soon be in a different state or position
215. a dental cl\_\_\_\_c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
216. hu\_\_\_\_e race *n.* a barrier or obstacle that must be overcome
217. have a ne\_\_\_\_\_ve effect *adj.* having the quality of something bad or harmful; expressing refusal
218. temporary me\_\_\_\_\_l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
219. get inc\_\_\_\_\_ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
220. as\_\_\_\_\_nt professor *n.* someone who helps or supports someone else to do a job
221. c\_\_f bracelet *n.* a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear
222. res\_\_\_\_\_le action *adj.* answerable or accountable for something within one's power, control, or management

ANSWERS: 213. appalling, 214. soon-to-be, 215. clinic, 216. hurdle, 217. negative, 218. medical, 219. incredibly, 220. assistant, 221. cuff, 222. responsible

223. re\_\_\_\_\_nt population      *adj.* able to withstand or recover quickly from difficult conditions
224. hold your br\_\_\_\_h      *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
225. adr\_\_\_\_\_ne addiction      *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
226. ov\_\_\_\_\_ad the circulatory system      *v.* to put too much a load in or on something
227. seasonal la\_\_r      *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
228. v\_\_t majority      *adj.* enormous in size, number, amount, or quantity
229. lack of he\_\_\_\_\_y      *n.* forward movement or progress made despite obstacles or resistance; clearance or space in which to move forward
230. 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

ANSWERS: 223. resilient, 224. breath, 225. adrenaline, 226. overload, 227. labor, 228. vast, 229. headway, 230. process

231. br\_\_\_h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
232. pr\_\_\_\_al checkup *adj.* of, relating to, or occurring in the period before birth
233. ov\_\_\_\_\_ht parking *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
234. com\_\_\_\_\_te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
235. sub\_\_\_\_\_an Africa *adj.* of or relating to or situated in the area south of the Sahara Desert
236. an al\_\_m clock *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
237. pre-mo\_\_\_n agricultural society *adj.* of or belonging to the present time or recent times
238. 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
239. 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

ANSWERS: 231. breath, 232. prenatal, 233. overnight, 234. communicate, 235. sub-Saharan, 236. alarm, 237. modern, 238. process, 239. disease

240. the rem\_\_\_\_\_le breadth of knowledge  
*adj.* worthy of attention because unusual or special
241. ar\_\_\_\_\_e the meeting  
*v.* to plan, prepare for, and carry out something
242. rem\_\_\_\_\_le achievement  
*adj.* worthy of attention because unusual or special
243. pl\_\_h carpet  
*adj.* having a soft or luxurious texture, often with a long, dense pile or nap
244. de\_\_\_\_\_p a skill  
*v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
245. 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
246. 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
247. er\_\_\_\_\_te racial discrimination  
*v.* to get rid of or destroy something completely, especially something bad
248. ov\_\_\_\_\_ht success  
*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

ANSWERS: 240. remarkable, 241. arrange, 242. remarkable, 243. plush, 244. develop, 245. cancer, 246. racism, 247. eradicate, 248. overnight

249. st\_\_\_\_or event *n.* something that causes stress or emotional tension
250. defense me\_\_\_\_\_sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
251. cl\_\_\_\_y hands *adj.* unpleasantly damp, moist, sticky, or sweaty to the touch; often used to describe a cold, damp sensation on the skin
252. fl\_\_d advisory *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
253. di\_\_\_\_\_se my feelings *v.* to hide or alter someone's appearance to deceive or mislead others
254. sk\_\_\_\_y finger *adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential
255. the list was ar\_\_\_\_\_ed alphabetically *v.* to plan, prepare for, and carry out something
256. development of the ne\_\_\_\_\_s system *adj.* worried and anxious about something; relating to the nerves
257. re\_\_\_\_\_nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
258. the hydrogen binds the ox\_\_\_\_n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 249. stressor, 250. mechanism, 251. clammy, 252. flood, 253. disguise, 254. skinny, 255. arrange, 256. nervous, 257. recommend, 258. oxygen

259. jou\_\_\_\_\_st on a magazine *n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
260. cr\_\_\_\_\_l information *adj.* extremely vital or necessary
261. 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
262. a profit ma\_\_\_\_n *n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
263. ba\_\_s for calculation *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
264. on an equal ba\_\_s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
265. wi\_\_n a narrowed heart valve *v.* to become or make something broader, wider, more extensive
266. transistor ca\_\_\_\_\_e *n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units
267. emotional p\_\_p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 259. journalist, 260. crucial, 261. maintain, 262. margin, 263. basis, 264. basis, 265. widen, 266. cascade, 267. prop

268. the co\_\_\_\_\_ct between good and evil *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
269. re\_\_\_\_e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
270. ac\_\_\_\_\_te a receptor *v.* make something start working, more active or dynamic
271. adr\_\_\_\_\_ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
272. dis\_\_\_\_\_ate between different things *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
273. st\_\_\_\_\_h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
274. negotiating cou\_\_\_\_\_rt *n.* a person or thing that corresponds to or has the same function as another person or thing
275. de\_\_\_\_\_p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 268. conflict, 269. relate, 270. activate, 271. adrenaline, 272. discriminate, 273. stretch, 274. counterpart, 275. develop



276. a letter of rec\_\_\_\_\_ion      *n.* an official suggestion that something is good or suitable for a particular purpose or job
277. g\_g economy      *n.* a performance by a musician or group of musicians, especially playing modern or pop music or jazz; a work that someone undertakes on a temporary basis
278. gr\_\_t an idea      *v.* to say hello to someone; to express welcome on meeting someone
279. postpartum do\_\_a      *n.* a trained professional who provides emotional, physical, and informational support to individuals, typically women, before, during, and after childbirth
280. overcome hu\_\_\_es      *n.* a barrier or obstacle that must be overcome
281. de\_\_\_\_\_ve practices      *adj.* tending to mislead or deceive either deliberately or inadvertently; causing one to believe what is not true or fail to believe what is true
282. in\_\_\_t daughter      *n.* a baby or very young child
283. st\_\_\_\_\_fy data      *v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status
284. pr\_\_\_d coursework      *n.* (an abbreviation for "pre-medical") a course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine

ANSWERS: 276. recommendation, 277. gig, 278. greet, 279. doula, 280. hurdle, 281. deceptive, 282. infant, 283. stratify, 284. premed

285. app\_\_\_\_\_nt calendar *n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
286. a silence pr\_\_\_\_\_nt with suspense *adj.* having a baby or young animal developing in the uterus
287. 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
288. 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
289. el\_\_\_\_\_te Ponzi scheme *adj.* containing a lot of carefully prepared and organized or many complicated and detailed parts
290. 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

ANSWERS: 285. appointment, 286. pregnant, 287. cancer, 288. span, 289. elaborate, 290. threat

## Session 3: Fill in the Blanks

1. We are planning a speaking \_\_\_\_ by a well-known author at a community center in a neighboring town.
  - n.* a performance by a musician or group of musicians, especially playing modern or pop music or jazz; a work that someone undertakes on a temporary basis
2. Jet \_\_\_\_\_ are the common name for air currents that form high in the atmosphere.
  - n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
3. The \_\_\_\_\_ by the citizen resulted in a redistribution of wealth.
  - n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
4. 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
5. There are many theories to explain this \_\_\_\_\_.
  - n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
6. She is an \_\_\_\_\_ with progressive ideas.
  - n.* a person who teaches or educates people
7. Her love for him was \_\_\_\_\_ despite all of his flaws.
  - adj.* not subject to any conditions; absolute or complete; not limited by any qualifications or restrictions

ANSWERS: 1. gig, 2. streams, 3. revolution, 4. span, 5. paradox, 6. educator, 7. unconditional,

8. The fertilized egg implanted itself in the \_\_\_\_\_.  
*n.* the organ of a woman or female mammal in which a baby develops before birth
9. In several countries, child \_\_\_\_\_ is a serious social problem.  
*n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
10. Your talking \_\_\_\_\_ with my work.  
*v.* to get involved in and prevent a process or activity from continuing
11. Cancer cells are often carried throughout the body by the \_\_\_\_\_.  
*n.* the blood flowing through the body
12. She was close to her paternal \_\_\_\_\_ and often spent summers with them.  
*n.* a parent of one's father or mother
13. They awaited news of the \_\_\_\_\_ of the election.  
*n.* the result or effect of an action, event, etc.
14. Every human is responsible for taking care of the Earth's \_\_\_\_\_.  
*n.* the natural world such as air, water, and land in which humans, animals, and plants live
15. He \_\_\_\_\_ his friends with a warm smile and a hug.  
*v.* to say hello to someone; to express welcome on meeting someone
16. We can \_\_\_\_\_ this possibility from those consumptions.  
*v.* to remove or get rid of someone or something

ANSWERS: 8. womb, 9. labor, 10. interferes, 11. bloodstream, 12. grandparents, 13. outcome, 14. environment, 15. greeted, 16. eliminate

17. She holds a \_\_\_\_\_ on Tuesday mornings.

*n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition

18. We are making \_\_\_\_\_ in our research and hope to have some significant findings soon.

*n.* forward movement or progress made despite obstacles or resistance; clearance or space in which to move forward

19. The \_\_\_\_\_ bride was busy planning all the details of her upcoming wedding.

*adj.* used to describe someone or something that will soon become something else or will soon be in a different state or position

20. Later it turned out that the politician \_\_\_\_\_ the fact from the public.

*v.* to hide or alter someone's appearance to deceive or mislead others

21. Federal bankruptcy laws \_\_\_\_\_ the reorganization process.

*v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something

22. \_\_\_\_\_ hyperglycemia is a trigger for a variety of serious diseases.

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

23. You must \_\_\_\_\_ the software with a 16-digit key before you can use it.

*v.* make something start working, more active or dynamic

24. The band has released a lot of \_\_\_\_\_ rock music.

*n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

ANSWERS: 17. clinic, 18. headway, 19. soon-to-be, 20. disguised, 21. prescribed, 22. Chronic, 23. activate, 24. adrenaline-pumping

25. The election was a \_\_\_\_\_ success for the Whigs.

*adj.* worthy of attention because unusual or special

26. The coach \_\_\_\_\_ the players for not giving their best effort during the game.

*v.* to criticize or reprimand severely; to discipline or punish for wrongdoing or mistake

27. I don't \_\_\_\_\_ acting in such an important role.

*v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

28. Their headquarters are in a \_\_\_\_\_ skyscraper.

*adj.* of or belonging to the present time or recent times

29. The movie has received almost universally \_\_\_\_\_ criticism.

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

30. He was present at the \_\_\_\_\_ of his children.

*n.* the act or process of giving birth to a baby

31. We \_\_\_\_\_ taking media training every six months.

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

32. This page \_\_\_\_\_ our response planning for an emergency.

*v.* to describe the main facts or aspects involved in something

33. His \_\_\_\_\_ in the other company is responsible for marketing.

*n.* a person or thing that corresponds to or has the same function as another person or thing

ANSWERS: 25. remarkable, 26. chastised, 27. fancy, 28. modern, 29. negative, 30. childbirth, 31. recommend, 32. outlines, 33. counterpart

34. 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
35. The teachers make full use of \_\_\_\_\_ assistance.
- n. a person who performs or offers to perform a job or service without being paid for or forced to do
36. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.
- v. to include or affect someone or something as a necessary part of something else
37. Initially, we must \_\_\_\_\_ all project-related expenses.
- v. to study or consider a person or object attentively and thoroughly to learn something about them
38. We had raised a small amount of money from investors, but funds were \_\_\_\_\_.
- adj. not enough for a particular purpose
39. He evaluated his chances for \_\_\_\_\_ rather pessimistically.
- n. the state of continuing to exist or live, frequently in the face of difficulty or danger
40. He proposed an \_\_\_\_\_ program of public works.
- adj. containing a lot of carefully prepared and organized or many complicated and detailed parts
41. He \_\_\_\_\_ her in front of the office, making her feel small and insignificant.
- v. to speak or write about someone or something in a way that shows a lack of respect

ANSWERS: 34. maintain, 35. volunteer, 36. involves, 37. examine, 38. insufficient, 39. survival, 40. elaborate, 41. belittled

42. We made a \_\_\_\_\_ to the client.
- n.* an official suggestion that something is good or suitable for a particular purpose or job
43. The vegetation here is almost wholly \_\_\_\_\_.
- adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
44. 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
45. We must \_\_\_\_\_ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
46. 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
47. She wiped the \_\_\_\_\_ off her forehead with a towel.
- n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
48. Society tends to \_\_\_\_\_ people into different economic classes.
- v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status

ANSWERS: 42. recommendation, 43. native, 44. threat, 45. develop, 46. racism, 47. sweat, 48. stratify



49. The revitalization of technology companies is \_\_\_\_\_ to the country's growth.

*adj.* extremely vital or necessary

50. Our company decided to hire an advisor who specializes in \_\_\_\_\_.

*n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

51. Later, his claim was found to be \_\_\_\_\_ false.

*adv.* completely

52. The \_\_\_\_\_ team worked quickly to save the patient's life.

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

53. 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

54. The coffee producers in \_\_\_\_\_ countries are at the sharp end of fluctuations in price.

*adj.* of or relating to or situated in the area south of the Sahara Desert

55. We have finally lost our last \_\_\_\_\_.

*n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

56. I prefer \_\_\_\_\_ peanut butter over smooth peanut butter.

*adj.* characterized by being thick and heavy; containing or consisting of large, solid pieces; having a stocky, muscular build

ANSWERS: 49. crucial, 50. finance, 51. entirely, 52. medical, 53. disease, 54. sub-Saharan, 55. prop, 56. chunky

57. Her response revealed \_\_\_\_\_ idiocy.

*adj.* unbelievable; enormous

58. We are responsible for the care and \_\_\_\_\_ of all our employees.

*n.* the state of being happy and healthy and prosperous

59. Dolphins use sound to \_\_\_\_\_ with each other.

*v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

60. I need to refill my \_\_\_\_\_ for allergy medication at the pharmacy.

*n.* a written or spoken instruction that directs a medical practitioner to prescribe a specific treatment or medication for a patient

61. The company's financial records \_\_\_\_\_ how successful it has been.

*v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation

62. The industrial \_\_\_\_\_ laws were passed with little to no alteration.

*n.* the way two persons or groups of people feel and act toward one another

63. The condition of that old house was \_\_\_\_\_.

*adj.* causing horror or shock; deeply disturbing or offensive; extremely bad or unpleasant

64. The doctor explained the various \_\_\_\_\_ changes that occur during pregnancy.

*adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 57. incredible, 58. well-being, 59. communicate, 60. prescription, 61. illustrate, 62. relations, 63. appalling, 64. physiological

65. Trends in the fashion industry are so \_\_\_\_\_ that it is challenging to keep up with them.

*adj.* constantly changing or moving

66. The mother hired an experienced \_\_\_\_\_ to provide emotional and physical support during childbirth.

*n.* a trained professional who provides emotional, physical, and informational support to individuals, typically women, before, during, and after childbirth

67. The paper is \_\_\_\_\_ worth reading thoroughly.

*adv.* without any question and beyond doubt; clearly

68. She had a very \_\_\_\_\_ instinct towards her newborn baby.

*adj.* relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child

69. The \_\_\_\_\_ cost of the project was estimated to be around \$500,000.

*adj.* nearly accurate or correct, but not completely so

70. The hotel room was decorated with \_\_\_\_\_ furnishings and luxurious fabrics.

*adj.* having a soft or luxurious texture, often with a long, dense pile or nap

71. Several cities are experiencing \_\_\_\_\_ high unemployment rates.

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

72. We had to reschedule the dentist's \_\_\_\_\_.

*n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility

ANSWERS: 65. shifting, 66. doula, 67. definitely, 68. maternal, 69. approximate, 70. plush, 71. incredibly, 72. appointment

73. His professional experience includes all \_\_\_\_\_ of media production.  
*n.* one part or feature of a situation, problem, subject, etc.
74. John Whitney was a computer animation \_\_\_\_\_.  
*n.* inventor; explorer; someone who is among the first to achieve something
75. He also continued to struggle with serious long-term \_\_\_\_\_.  
*n.* something that makes a situation or condition that is complex or confused
76. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.  
*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
77. The female vagina is elastic enough to allow the passage of a \_\_\_\_\_.  
*n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
78. They had a \_\_\_\_\_ conversation over coffee at the local cafe.  
*adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
79. She vacated the position when she got \_\_\_\_\_.  
*adj.* having a baby or young animal developing in the uterus
80. The older man \_\_\_\_\_ from arthritis and finds it difficult to move around.  
*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 73. aspects, 74. pioneer, 75. complications, 76. statistics, 77. fetus, 78. casual, 79. pregnant, 80. suffers

81. Using a password manager can act as a \_\_\_\_\_ against hackers who try to steal your personal information.

*n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

82. We are trying to \_\_\_\_\_ this disease from the world.

*v.* to get rid of or destroy something completely, especially something bad

83. \_\_\_\_\_ elections were held in several European countries.

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

84. The politician's statements were found to be \_\_\_\_\_ and not based on fact.

*adj.* tending to mislead or deceive either deliberately or inadvertently; causing one to believe what is not true or fail to believe what is true

85. 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

86. He bated his \_\_\_\_\_ when talking about this affair.

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

87. He discovered unique \_\_\_\_\_ for photochemical reactions.

*n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

88. Her palms felt \_\_\_\_\_ with nervousness before the important presentation.

*adj.* unpleasantly damp, moist, sticky, or sweaty to the touch; often used to describe a cold, damp sensation on the skin

ANSWERS: 81. buffer, 82. eradicate, 83. Communal, 84. deceptive, 85. cancer, 86. breath, 87. mechanisms, 88. clammy

89. The pharmacist not only prescribes the \_\_\_\_\_ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
90. Police received a report of illegal \_\_\_\_\_ in the area.
- n.* a person who has come to a country where they were not born to live there permanently
91. The picture earned near-\_\_\_\_\_ acclaim from critics.
- adj.* existing or affecting everywhere or everyone
92. The company has shown an excellent growth \_\_\_\_\_ over the years.
- n.* the curved path followed by an object moving through space
93. The \_\_\_\_\_ student spent hours studying anatomy and physiology to prepare for medical school.
- n.* (an abbreviation for "pre-medical") a course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine
94. The government promised to \_\_\_\_\_ a new system to control the financial crisis.
- v.* to put a decision, plan, or system into effect
95. The passenger grabbed for the \_\_\_\_\_ mask.
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
96. A \_\_\_\_\_ audience viewed the broadcast.
- adj.* enormous in size, number, amount, or quantity

ANSWERS: 89. medication, 90. immigrants, 91. universal, 92. trajectory, 93. premed, 94. implement, 95. oxygen, 96. vast

97. I need to \_\_\_\_\_ plans with him for the celebration.

*v.* to plan, prepare for, and carry out something

98. The book \_\_\_\_\_ my imagination.

*v.* to encourage something to develop or become more active; to stir the feelings or emotions

99. She is a \_\_\_\_\_ person and has always bounced back from setbacks.

*adj.* able to withstand or recover quickly from difficult conditions

100. People select Internet \_\_\_\_\_ not only in terms of price but also in terms of transmission speed.

*n.* a person or an organization that supplies somebody with something needed or wanted

101. The following example \_\_\_\_\_ that the capacity of each battery is the same.

*v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

102. \_\_\_\_\_ 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

103. His mom was always concerned about his \_\_\_\_\_ frame and encouraged him to eat more

*adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

104. I will work hard to \_\_\_\_\_ my goals and realize my dreams.

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 97. arrange, 98. stimulated, 99. resilient, 100. providers, 101. assumes, 102. Cortisol, 103. skinny, 104. achieve

105. These heavy rains caused flash \_\_\_\_\_ on several islands.

*n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount

106. She's a \_\_\_\_\_ pet owner who ensures her dog gets enough exercise and a healthy diet.

*adj.* answerable or accountable for something within one's power, control, or management

107. The rollercoaster ride left me with a feeling of \_\_\_\_\_.

*n.* a feeling of sickness or discomfort in the stomach that is often accompanied by an urge to vomit; a sensation of loathing or disgust

108. The \_\_\_\_\_ package delivery arrived at my door this morning.

*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

109. The clinical \_\_\_\_\_ assisted with the delivery of the baby.

*n.* a person trained to assist women during childbirth and to provide care for the mother and baby

110. Traveling to remote villages can be difficult due to \_\_\_\_\_ transportation.

*adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

111. The \_\_\_\_\_ time for the flight is 6:00 am.

*n.* the act of leaving, especially to start a journey

112. This evidence will form the \_\_\_\_\_ for our discussion.

*n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

ANSWERS: 105. floods, 106. responsible, 107. nausea, 108. overnight, 109. midwife, 110. infrequent, 111. departure, 112. basis



113. The \_\_\_\_\_ of waterfalls in the national park was a breathtaking sight.

- n.* a small waterfall or series of small waterfalls; a succession of stages or operations or processes or units

114. \_\_\_\_\_ brooks are noisier than deep rivers.

- adj.* not having much distance from the top to the bottom

115. The \_\_\_\_\_ of Japan is known for its unique culture and advanced technology.

- n.* a large organized community of people living in a particular country or region and having a particular culture

116. Unfortunately, the book's \_\_\_\_\_ was too small to make notes.

- n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold

117. It is important to \_\_\_\_\_ safety procedures in the workplace to prevent accidents.

- v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

118. Some herds have been observed to \_\_\_\_\_ hundreds of kilometers.

- v.* to make or be capable of making anything longer or broader without hurting or breaking

119. The economy is experiencing severe \_\_\_\_\_.

- n.* a decrease in the general price level of goods and services; the act of letting the air out of something

120. Foreign TV crews and \_\_\_\_\_ can go as they please in various locations during the Olympics.

- n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

ANSWERS: 113. cascade, 114. Shallow, 115. nation, 116. margin, 117. observe, 118. stretch, 119. deflation, 120. journalists

121. 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

122. Many people are working together to close the gender \_\_\_\_.

- n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

123. The deadline for the project was a major \_\_\_\_\_ for the team.

- n.* something that causes stress or emotional tension

124. Several \_\_\_\_\_ indicators correlate with care admission.

- n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.

125. The \_\_\_\_\_ airport runways may accommodate larger jets.

- adj.* longer than usual or anticipated

126. The \_\_\_\_\_ problem defied a solution.

- adj.* difficult to manage or control; stubborn or obstinate

127. Mozart was an \_\_\_\_\_ prodigy.

- n.* a baby or very young child

128. The company faced several \_\_\_\_\_ in the development of its new product.

- n.* a barrier or obstacle that must be overcome

ANSWERS: 121. process, 122. gap, 123. stressor, 124. demographic, 125. extended, 126. intractable, 127. infant, 128. hurdles

129. He suffers from \_\_\_\_\_ breakdowns.

*adj.* worried and anxious about something; relating to the nerves

130. The doctor assured the mother that her baby was healthy and \_\_\_\_\_.

*adj.* referring to the period of a pregnancy that is approximately 37 to 42 weeks long, when the fetus has fully developed and is ready for birth

131. You should not \_\_\_\_\_ against minorities.

*v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

132. The doctor used a blood pressure \_\_\_\_\_ to measure my vitals.

*n.* a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear

133. 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

134. There are \_\_\_\_\_ differences between the two wine-producing regions.

*adj.* easy to see, discover or understand

135. He \_\_\_\_\_ his investigation into a medical clinic.

*v.* to become or make something broader, wider, more extensive

136. Many studies have investigated the relationship between \_\_\_\_\_ and academic achievement.

*n.* the condition of being extremely poor

ANSWERS: 129. nervous, 130. full-term, 131. discriminate, 132. cuff, 133. hormone, 134. obvious, 135. widened, 136. poverty

137. This high-performance camera is compact enough to fit in the \_\_\_\_\_ of your hand.  
*n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
138. The \_\_\_\_\_ announcing an enemy attack went off this morning.  
*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
139. Be careful not to \_\_\_\_\_ the laundry machine.  
*v.* to put too much a load in or on something
140. It is a \_\_\_\_\_ in many families to have a big Thanksgiving dinner with all their relatives.  
*n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
141. He tried to \_\_\_\_\_ his experience to the group, but they couldn't understand.  
*v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
142. An executive \_\_\_\_\_ director administers each branch.  
*n.* someone who helps or supports someone else to do a job
143. \_\_\_\_\_ care is essential for ensuring the health of both mother and baby.  
*adj.* of, relating to, or occurring in the period before birth
144. The rules were \_\_\_\_\_ after the new executive arrived.  
*v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 137. palm, 138. alarm, 139. overload, 140. tradition, 141. relate, 142. assistant, 143. Prenatal, 144. relaxed

145. He and I often had \_\_\_\_\_ not only in personality but also in ideology.

- n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

ANSWERS: 145. conflicts,