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Vocabulary Builder Reference from...

Halla Tómasdóttir: It's time for women to run for office

| TED Talk

[https://www.ted.com/talks/halla_tomasdottir_it_s_time](https://www.ted.com/talks/halla_tomasdottir_it_s_time_for_women_to_run_for_office)

[_for_women_to_run_for_office](https://www.ted.com/talks/halla_tomasdottir_it_s_time_for_women_to_run_for_office)

Advanced Words Only

IMPORTANT

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Session 1: Word List

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

resigned

adj. having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances

synonym: submissive, acquiescent, passive

(1) with a **resigned** voice, (2) **resigned** to their fate

She had a **resigned** look on her face when she realized that she had lost the race.

understatement

n. an expression that describes something as less important or serious than it really is

synonym: minimization, underplay, underrating

(1) with a certain **understatement**, (2) master of **understatement**

It's just a small fire, the firefighter said, in a classic **understatement**.

consciously

adv. with awareness; in a deliberate manner

synonym : intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym : coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

firsthand

adv. from the source; directly; (adjective) received directly from a source

synonym : direct

(1) hear customer's voices **firsthand**, (2) conduct **firsthand** research

The manager tried to hear customers' voices **firsthand**.

kudos

n. praise, honor, or recognition for an achievement or accomplishment

synonym : acclaim, praise, congratulations

(1) gain **kudos**, (2) **kudos** to the team

She received **kudos** from her boss for her exceptional work on the project.

innovate

v. to introduce new methods, ideas, or products

synonym : bring in, introduce, found

(1) **innovate** a new method, (2) **innovate** the quality of his life

Companies developing self-driving cars consistently **innovate** the emerging technologies.

contender

n. the contestant you hope to defeat

synonym : rival, competitor, challenger

(1) championship **contender**, (2) presidential **contender**

We were looking at a severe **contender** indeed.

humility

n. the quality or condition of being humble; a low estimate of one's self

synonym : humbleness, modesty, unpretentiousness

(1) develop an attitude of **humility**, (2) lack of **humility**

We were filled with **humility** at the sight of the Queen.

proportionate

adj. having a proper or suitable balance in size, amount, or degree; corresponding or in proportion to something else

synonym : proportional, commensurate, balanced

(1) **proportionate** response, (2) **proportionate** representation

The judge ruled that the punishment be **proportionate** to the crime committed.

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.

perseverance

n. steadfastness in doing something despite difficulty or delay in achieving success

synonym : persistence, tenacity, determination

(1) unwavering **perseverance**, (2) dogged **perseverance**

Despite facing numerous setbacks and obstacles, his **perseverance** and determination led him to success.

intuition

n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

synonym : instinct, gut feeling, sixth sense

(1) creative **intuition**, (2) **intuition** research

Some studies suggest that people's **intuitions** can be

influenced by their experiences and biases.

nourish

v. to provide a person, an animal, or plant with food to make them grow and stay healthy

synonym: feed, sustain, nurture

(1) **nourish** damaged skin, (2) **nourish** hope

The mother used her breast milk to **nourish** the baby.

standstill

n. a complete halt in movement or activity, especially due to an obstruction or lack of resources

synonym: halt, deadlock, impasse

(1) transportation **standstill**, (2) economic **standstill**

The traffic accident caused a **standstill** on the highway for several hours.

Session 2: Spelling

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|-------------------------------------|--|
| 1. serial qu____r | <i>n.</i> a person who gives up easily or does not have the determination to finish what they have started |
| 2. in_____on research | <i>n.</i> the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why |
| 3. no_____h damaged skin | <i>v.</i> to provide a person, an animal, or plant with food to make them grow and stay healthy |
| 4. pro_____ate representation | <i>adj.</i> having a proper or suitable balance in size, amount, or degree; corresponding or in proportion to something else |
| 5. pro_____ate response | <i>adj.</i> having a proper or suitable balance in size, amount, or degree; corresponding or in proportion to something else |
| 6. hear customer's voices fi_____nd | <i>adv.</i> from the source; directly; (adjective) received directly from a source |
| 7. gain ku__s | <i>n.</i> praise, honor, or recognition for an achievement or accomplishment |
| 8. with a re_____ed voice | <i>adj.</i> having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances |
| 9. presidential co_____er | <i>n.</i> the contestant you hope to defeat |

ANSWERS: 1. quitter, 2. intuition, 3. nourish, 4. proportionate, 5. proportionate, 6. firsthand, 7. kudos, 8. resigned, 9. contender

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|--------------------------------|---|
| 10. a s__m battle | <i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |
| 11. dogged per_____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 12. conduct fi_____nd research | <i>adv.</i> from the source; directly; (adjective) received directly from a source |
| 13. championship co_____er | <i>n.</i> the contestant you hope to defeat |
| 14. with a certain und_____ent | <i>n.</i> an expression that describes something as less important or serious than it really is |
| 15. turn out to be all s__m | <i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |
| 16. ku__s to the team | <i>n.</i> praise, honor, or recognition for an achievement or accomplishment |
| 17. unwavering per_____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 18. transportation sta_____ll | <i>n.</i> a complete halt in movement or activity, especially due to an obstruction or lack of resources |
| 19. master of und_____ent | <i>n.</i> an expression that describes something as less important or serious than it really is |
| 20. act con_____ly | <i>adv.</i> with awareness; in a deliberate manner |

ANSWERS: 10. sham, 11. perseverance, 12. firsthand, 13. contender, 14. understatement, 15. sham, 16. kudos, 17. perseverance, 18. standstill, 19. understatement, 20. consciously

21. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
22. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
23. re_____ed to their fate *adj.* having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances
24. economic sta_____ll *n.* a complete halt in movement or activity, especially due to an obstruction or lack of resources
25. creative in_____on *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
26. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
27. in_____te a new method *v.* to introduce new methods, ideas, or products
28. develop an attitude of hu_____ty *n.* the quality or condition of being humble; a low estimate of one's self
29. in_____te the quality of his life *v.* to introduce new methods, ideas, or products
30. no_____h hope *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
31. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 21. consciously, 22. resilient, 23. resigned, 24. standstill, 25. intuition, 26. resilient, 27. innovate, 28. humility, 29. innovate, 30. nourish, 31. quitter

32. lack of hu____ty

n. the quality or condition of being humble;
a low estimate of one's self

ANSWERS: 32. humility

Session 3: Fill in the Blanks

1. She received _____ from her boss for her exceptional work on the project.
n. praise, honor, or recognition for an achievement or accomplishment
2. Some studies suggest that people's _____ can be influenced by their experiences and biases.
n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
3. It's just a small fire, the firefighter said, in a classic _____.
n. an expression that describes something as less important or serious than it really is
4. Companies developing self-driving cars consistently _____ the emerging technologies.
v. to introduce new methods, ideas, or products
5. The mother used her breast milk to _____ the baby.
v. to provide a person, an animal, or plant with food to make them grow and stay healthy
6. He _____ criticizes her in the publicity.
adv. with awareness; in a deliberate manner
7. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions

ANSWERS: 1. kudos, 2. intuitions, 3. understatement, 4. innovate, 5. nourish, 6. consciously, 7. resilient

8. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
9. She had a _____ look on her face when she realized that she had lost the race.
adj. having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances
10. The judge ruled that the punishment be _____ to the crime committed.
adj. having a proper or suitable balance in size, amount, or degree; corresponding or in proportion to something else
11. We were filled with _____ at the sight of the Queen.
n. the quality or condition of being humble; a low estimate of one's self
12. The manager tried to hear customers' voices _____.
adv. from the source; directly; (adjective) received directly from a source
13. The traffic accident caused a _____ on the highway for several hours.
n. a complete halt in movement or activity, especially due to an obstruction or lack of resources
14. We were looking at a severe _____ indeed.
n. the contestant you hope to defeat
15. Despite facing numerous setbacks and obstacles, his _____ and determination led him to success.
n. steadfastness in doing something despite difficulty or delay in achieving success

ANSWERS: 8. quitter, 9. resigned, 10. proportionate, 11. humility, 12. firsthand, 13. standstill, 14. contender, 15. perseverance

16. The data he prepared was completely _____.

- n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 16. sham