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Vocabulary Builder Reference from...

Hui-wen Sato: How grief helped me become a better caregiver | TED Talk

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

All Words

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Session 1: Word List

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

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

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

monologue

n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

synonym: soliloquy, speech, address

(1) inner **monologue**, (2) deliver a **monologue**

The actor's **monologue** was so powerful that the audience was moved to tears.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

defect

n. an imperfection, shortcoming, or lack of something or someone

synonym : fault, blemish, flaw

(1) visual **defects**, (2) **defects** of character

Defects in the design could cause much worse issues.

astute

adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

synonym : perceptive, shrewd, keen

(1) **astute** decision-making, (2) **astute** businessman

His **astute** observation allowed him to catch the mistake before anyone else did.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym : healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

praise

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

synonym : acclaim, honor, commendation

(1) attain critical **praise**, (2) universal **praise**

The drama series mainly received **praise**.

healthcare

n. the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession

(1) **healthcare** agency, (2) rising **healthcare** cost

In an aging population, citizens must pay more to maintain quality **healthcare**.

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.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym : operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

highlight

v. to make something prominent, mainly so that people give it more attention

synonym : feature, emphasize, stress

(1) **highlight** a string in red, (2) **highlight** an important difference

The introduction **highlighted** the speaker's distinguished career as a consultant

celebrity

n. someone who is well-known, particularly in the entertainment industry

synonym : figure, star, VIP

(1) baseball **celebrity**, (2) **celebrity** known worldwide

The popularity of the show made her an instant **celebrity**.

immune

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

synonym : resistant, unsusceptible, unaffected

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

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

unexpected

adj. not anticipated or regarded as likely to happen

synonym: surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

profoundly

adv. to a great or complete degree; deeply

synonym: deeply, greatly, completely

(1) **profoundly** insightful, (2) sleep **profoundly**

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

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym: pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

therapeutic

adj. relating to or involved in the treatment of illness or injury

synonym: healing, remedial, curative

(1) **therapeutic** massage, (2) **therapeutic** administration

Yoga is known to have **therapeutic** benefits for the mind and body.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

envision

v. to imagine or expect what a situation will be like in the future

synonym: anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success

We cannot **envision** her as President.

profession

n. an occupation or vocation requiring advanced education or specialized training

synonym: occupation, vocation, trade

(1) **profession** choice, (2) healthcare **profession**

Being a doctor is considered a highly respected **profession**.

elevate

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

synonym: lift, heighten, promote

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

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

intense

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

synonym: extreme, fierce, harsh

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

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

ache

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

synonym: hurt, throb, smart

(1) **ache** abominably, (2) **ache** all the time

I **ache** all over after running a marathon yesterday.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

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.

intermittent

adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic

synonym: sporadic, irregular, periodic

(1) **intermittent** fever, (2) **intermittent** Wi-Fi

The **intermittent** rain made it difficult to plan a picnic.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym: maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

recreation

n. the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place

synonym: amusement, entertainment, refreshment

(1) outdoor **recreation**, (2) **recreation** of the homeland

Basketball is their usual **recreation** after school.

symptom

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

synonym: sign, manifestation, syndrome

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

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

severe

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

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

burnout

n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

synonym: breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

exhaustion

n. the state of being extremely tired and lacking energy or strength

synonym: fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental **exhaustion**.

detachment

n. a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently

synonym: separation, aloofness, indifference

(1) **detachment** from reality, (2) emotional **detachment**

The **detachment** of the soldiers was evident as they carried out their mission with precision and focus.

turnover

n. the amount of business or economic activity that is generated within a specific period of time; the rate at which people leave or are replaced in a job or organization, often expressed as a percentage

synonym: revenue, income, sales

(1) annual **turnover**, (2) high **turnover** rate

The bakery's **turnover** increased after it introduced a new line of pastries.

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.

dishearten

v. to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize

synonym: discourage, dismay, demoralize

(1) **dishearten** employees, (2) **dishearten** the hopeful job applicant

The team's loss in the semifinals did not **dishearten** their

determination to return stronger next season.

rely v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
synonym: depend, count, lean
(1) **rely** on convenience stores, (2) **rely** entirely on him
Babies heavily **rely** on others for food.

vulnerable *adj.* capable of being hurt or influenced physically or mentally
synonym: susceptible, exposed, weak
(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body
Infants and pregnant women are particularly **vulnerable**.

helpless *adj.* unable to take care of oneself or to do things without help
synonym: defenseless, powerless, susceptible
(1) **helpless** baby, (2) **helpless** victims
I feel so **helpless** without you.

preserve v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
synonym: conserve, care for, maintain
(1) **preserve** my strength, (2) **preserve** a country's heritage
They worked hard to **preserve** the nature of their native lands.

commitment *n.* a promise or firm decision to do something or to behave in a certain way
synonym: burden, obligation, promise
(1) a **commitment** to an alliance, (2) meet his **commitments**
His business **commitments** took him to the United States.

external

adj. belonging to or situated outside of someone or something

synonym : outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

contribute

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

synonym : donate, devote, commit

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

(2) **contribute** to society

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

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

grief

n. a very great sadness, especially when somebody dies

synonym : anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

rap

n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

synonym : hip-hop, emceeing, MCing

(1) **rap** music, (2) get a **rap**

The new **rap** album is getting a lot of attention.

survive

v. to live or exist despite a dangerous event or period

synonym : endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

shift

n. a slight transition in position, direction, or trend
synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

spinal

adj. of or relating to the spine (= the long bone in the body's back)

(1) **spinal** injury, (2) brain and **spinal** cord

The surgeon carefully confirmed how to remove the tumor to avoid damaging the **spinal** nerves.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

predominant

adj. having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind

synonym: cardinal, prevailing, superior

(1) **predominant** color, (2) a **predominant** species

In this office, teamwork is the **predominant** factor in achieving success.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**
Some **emotions** are common across cultures and backgrounds.

downstream

adv. in the direction that a stream or river flows; (adjective) in the direction of a stream's current

synonym: lower, below, later

(1) go **downstream** in a boat, (2) **downstream** processing
The boat drifted **downstream** and was carried away by the current.

raft

n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

synonym: flatboat, boat, barge

(1) a **raft** for carrying horses, (2) a life **raft**
The rubber **raft** was swept out to sea.

scary

adj. causing fear or fright; frightening; intimidating

synonym: terrifying, frightening, alarming

(1) **scary** dream, (2) **scary** story

The horror movie was so **scary** that I couldn't watch it alone.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

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

Our plan includes a comprehensive marketing **strategy**.

upstream

adj. in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process

synonym: upriver, up-current

(1) swim **upstream**, (2) **upstream** direction

The company is investing heavily in **upstream** research and development.

suppression

n. the act of stopping or preventing something from being expressed or revealed

synonym: repression, oppression, restriction

(1) the **suppression** of bandits, (2) **suppression** of estrogen

The government imposed a **suppression** of freedom of speech.

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.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

resist

v. to refuse to accept something and attempt to prevent it from happening

synonym: fight, defy, revolt

(1) **resist** temptation, (2) **resist** being kissed

I chose to **resist** cancer by trying every possible treatment.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

inevitable

adj. certain to happen and unavoidable

synonym: inescapable, unavoidable, sure

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

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as
in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**
The woods **embrace** the house.

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.

midst

n. the middle part of people or things

synonym: middle, core, bosom

(1) in the **midst** of the crowd, (2) in the **midst** of a scandal
He remained serene in the **midst** of turbulence.

despair

n. the feeling that there is no hope and you cannot do
anything to improve a difficult situation

synonym: dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair**
His friend's death drove him to **despair**.

redefine

v. to change the meaning or interpretation of something; to
make people think about something in a new or different
way

synonym: reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role
The video telephony application has **redefined** the way we
work.

initial

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

synonym: basic, primary, beginning

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

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

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

cultivate

v. to prepare and foster land for growing crops or plants

synonym: boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

empower

v. to give someone the power or authority to do something

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

topic

n. a subject that is being discussed or written about
synonym: subject, theme, issue

(1) a serious **topic**, (2) the **topic** of the book

The **topic** of the discussion was the current state of the economy.

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.

heal

v. to make a wound or injury to become well again
synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym: distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature
The community greatly respected and sought after the older adult's **wisdom**.

suspect

v. to consider anything to be actual or probable
synonym: assume, distrust, surmise

(1) **suspect** a plot, (2) **suspect** that he is sick
The cops **suspected** him of being the killer.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage
X-rays revealed a small tumor in his **brain**.

infection

n. a condition in which pathogenic microorganisms or viruses have entered the body
synonym: contagion, disease, transmission

(1) a bacterial **infection**, (2) treat the **infection** with antibiotics

Hospitals must meet various standards to prevent nosocomial **infections**.

withdraw

v. to remove or take back something; to stop participating in something

synonym: retract, remove, back out

(1) **withdraw** from public life, (2) **withdraw** \$500 from my account

The company decided to **withdraw** its proposal due to public opposition.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

synonym: benefit, authorization, advantage

(1) a breach of **privilege**, (2) **privilege** of membership

In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

intuitive

adj. obtained through feelings rather than facts or proof

synonym: involuntary, instinctive, innate

(1) **intuitive** eating, (2) **intuitive** judgment

I had an **intuitive** feeling that I might be pregnant.

shipwreck

n. the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea

synonym: wreckage, ocean disaster

(1) **shipwreck** site, (2) **shipwreck** survivor

Divers discovered the remains of an old **shipwreck** while exploring the reef.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

anticipate

v. to expect or predict that something will happen; to tell in advance

synonym: forecast, predict, expect

(1) **anticipate** your kind cooperation, (2) **anticipate** a black future

We **anticipate** heavy snowfall tomorrow.

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.

instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym : intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

collide

v. to hit something violently when moving

synonym : clash, slam, contradict

(1) **collide** head-on, (2) **collide** in midair

The interests of the two countries **collide**.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym : guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

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.

specifically

adv. only associated with or meant for one thing

synonym : especially, particularly, notably

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

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

courageous

adj. able to face and deal with danger or fear without flinching

synonym: brave, valiant, fearless

(1) make a **courageous** decision, (2) **courageous** rescue attempt

He was a **courageous** soldier who had served his country with honor.

lens

n. a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation

synonym: glass

(1) a convex **lens**, (2) a **lens** with a wide angle

The photographer took this photo using a telephoto **lens**.

complicated

adj. involving a lot of different things or parts in a way that is difficult to understand or analyze

synonym: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

replace

v. to take the place of something

synonym: substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone
Eventually, the new design will **replace** all older models.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

muddle

v. to mix up or confuse something; to make a mess of something; to create disorder or chaos

synonym: confuse, jumble, mix up

(1) **muddle** the instructions, (2) **muddle** the situation

I accidentally **muddled** up the reports and need help to tell which.

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym: inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

constantly

adv. all the time

synonym: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

purposeful

adj. having a specific aim or purpose; determined

synonym: determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace

She had a **purposeful** look and was determined to complete the task.

Session 2: Spelling

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|------------------------------------|---|
| 1. sup_____on of estrogen | <i>n.</i> the act of stopping or preventing something from being expressed or revealed |
| 2. su____r a setback | <i>v.</i> to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant |
| 3. in_____ct for self-preservation | <i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true |
| 4. baseball ce_____ty | <i>n.</i> someone who is well-known, particularly in the entertainment industry |
| 5. ma_____al care | <i>adj.</i> relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child |
| 6. sleep pro_____ly | <i>adv.</i> to a great or complete degree; deeply |
| 7. healthcare pro_____on | <i>n.</i> an occupation or vocation requiring advanced education or specialized training |
| 8. an in_____l letter | <i>adj.</i> of or happening at the beginning; (noun) the first letter of a word, especially a person's name |
| 9. wi____m literature | <i>n.</i> the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions |
| 10. ine_____le result | <i>adj.</i> certain to happen and unavoidable |

ANSWERS: 1. suppression, 2. suffer, 3. instinct, 4. celebrity, 5. maternal, 6. profoundly, 7. profession, 8. initial, 9. wisdom, 10. inevitable

11. em____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
12. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
13. collaborate with co_____ues *n.* one of a group of a coworker, especially in a profession or a business
14. a warm em____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
15. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
16. a__e all the time *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
17. re___t temptation *v.* to refuse to accept something and attempt to prevent it from happening
18. get a r_p *n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed
19. cr___s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

ANSWERS: 11. embrace, 12. wisdom, 13. colleague, 14. embrace, 15. diagnose, 16. ache, 17. resist, 18. rap, 19. crisis

20. a convex l__s *n.* a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
21. a serious to__c *n.* a subject that is being discussed or written about
22. he____ss victims *adj.* unable to take care of oneself or to do things without help
23. in the mi__t of a scandal *n.* the middle part of people or things
24. immune fu____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
25. emotional exh____on *n.* the state of being extremely tired and lacking energy or strength
26. re____e a phone *v.* to take the place of something
27. visual de__ts *n.* an imperfection, shortcoming, or lack of something or someone
28. ex____al commerce *adj.* belonging to or situated outside of someone or something
29. sy____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 20. lens, 21. topic, 22. helpless, 23. midst, 24. function, 25. exhaustion, 26. replace, 27. defect, 28. external, 29. symptom

30. el_____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
31. tr_____rm an education system *v.* to change in outward structure or looks;
32. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
33. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
34. pre_____nt color *adj.* having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind
35. hi_____ht a string in red *v.* to make something prominent, mainly so that people give it more attention
36. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
37. pro_____ly insightful *adv.* to a great or complete degree; deeply
38. wi_____aw \$500 from my account *v.* to remove or take back something; to stop participating in something
39. re_____ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
40. cu_____te a field *v.* to prepare and foster land for growing crops or plants
41. make a cou_____us decision *adj.* able to face and deal with danger or fear without flinching
42. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

ANSWERS: 30. elevate, 31. transform, 32. relation, 33. cultivate, 34. predominant, 35. highlight, 36. relation, 37. profoundly, 38. withdraw, 39. redefine, 40. cultivate, 41. courageous, 42. rely

43. treat the in_____on with antibiotics *n.* a condition in which pathogenic microorganisms or viruses have entered the body
44. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
45. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
46. swim up_____am *adj.* in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process
47. h___l the hurt mind *v.* to make a wound or injury to become well again
48. re___t being kissed *v.* to refuse to accept something and attempt to prevent it from happening
49. exh_____on of energy *n.* the state of being extremely tired and lacking energy or strength
50. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
51. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
52. int_____ent fever *adj.* occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic
53. as___e businessman *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

ANSWERS: 43. infection, 44. diagnose, 45. strategy, 46. upstream, 47. heal, 48. resist, 49. exhaustion, 50. eventually, 51. conclude, 52. intermittent, 53. astute

54. sc__y story *adj.* causing fear or fright; frightening; intimidating
55. full of em____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
56. attain critical pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
57. as___e decision-making *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
58. pr_____ge of membership *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
59. the ul_____te luxury *adj.* furthest or highest in degree or order
60. em_____al distress *adj.* relating to people's feelings
61. wi_____aw from public life *v.* to remove or take back something; to stop participating in something
62. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
63. co_____e head-on *v.* to hit something violently when moving
64. the in_____al economy *adj.* of or relating to the inside of something
65. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 54. scary, 55. empathy, 56. praise, 57. astute, 58. privilege, 59. ultimate, 60. emotional, 61. withdraw, 62. amazing, 63. collide, 64. internal, 65. colleague

66. untold de_____r *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
67. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
68. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
69. in_____ve eating *adj.* obtained through feelings rather than facts or proof
70. em_____r my life *v.* to give someone the power or authority to do something
71. 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
72. an endless st____m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
73. na_____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
74. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
75. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
76. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 66. despair, 67. intense, 68. resilient, 69. intuitive, 70. empower, 71. develop, 72. stream, 73. navigate, 74. sever, 75. roll, 76. brain

77. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
78. hea_____re agency *n.* the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
79. in the mi__t of the crowd *n.* the middle part of people or things
80. outdoor rec_____on *n.* the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place
81. at a pur_____ul pace *adj.* having a specific aim or purpose; determined
82. 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
83. mu___e the instructions *v.* to mix up or confuse something; to make a mess of something; to create disorder or chaos
84. int_____ent Wi-Fi *adj.* occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic
85. a lot of gr__f *n.* a very great sadness, especially when somebody dies
86. ine_____le changes of the seasons *adj.* certain to happen and unavoidable

ANSWERS: 77. cord, 78. healthcare, 79. midst, 80. recreation, 81. purposeful, 82. maternal, 83. muddle, 84. intermittent, 85. grief, 86. inevitable

87. en_____on the project's success *v.* to imagine or expect what a situation will be like in the future
88. financial cr_____s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
89. control my em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
90. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
91. afraid to show em_____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
92. su_____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
93. cou_____us rescue attempt *adj.* able to face and deal with danger or fear without flinching
94. mot_____on for a change *n.* the reason or enthusiasm for acting or behaving in a particular way
95. annual tu_____er *n.* the amount of business or economic activity that is generated within a specific period of time; the rate at which people leave or are replaced in a job or organization, often expressed as a percentage

ANSWERS: 87. envision, 88. crisis, 89. emotion, 90. symptom, 91. emotion, 92. suffer, 93. courageous, 94. motivation, 95. turnover

96. the sup_____on of bandits *n.* the act of stopping or preventing something from being expressed or revealed
97. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
98. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
99. su_____n a wellness lifestyle *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
100. 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
101. 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
102. in_____ve judgment *adj.* obtained through feelings rather than facts or proof

ANSWERS: 96. suppression, 97. eventually, 98. nurse, 99. sustain, 100. process, 101. process, 102. intuitive

103. official sta_____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
104. de___ts of character *n.* an imperfection, shortcoming, or lack of something or someone
105. co_____e in midair *v.* to hit something violently when moving
106. a con_____ly varying mind *adv.* all the time
107. basic br___n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
108. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
109. a com_____nt to an alliance *n.* a promise or firm decision to do something or to behave in a certain way
110. the professor of su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
111. r_p music *n.* a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

ANSWERS: 103. statistics, 104. defect, 105. collide, 106. constantly, 107. brain, 108. surgery, 109. commitment, 110. surgery, 111. rap

112. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
113. pr____ve my strength *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
114. Doppler sh__t *n.* a slight transition in position, direction, or trend
115. complete no____ly *adv.* usually; under normal conditions
116. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
117. some une_____ed events *adj.* not anticipated or regarded as likely to happen
118. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
119. aggressive in_____ct *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
120. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
121. become increasingly com_____ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
122. pro_____on choice *n.* an occupation or vocation requiring advanced education or specialized training

ANSWERS: 112. roll, 113. preserve, 114. shift, 115. normally, 116. statistics, 117. unexpected, 118. contribute, 119. instinct, 120. contribute, 121. complicated, 122. profession

123. su____t a plot *v.* to consider anything to be actual or probable
124. ce_____ty known worldwide *n.* someone who is well-known, particularly in the entertainment industry
125. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
126. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
127. designed spe_____lly for men *adv.* only associated with or meant for one thing
128. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
129. in_____l velocity *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
130. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
131. pr_____ve a country's heritage *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
132. an une_____ed visitor *adj.* not anticipated or regarded as likely to happen
133. tr_____ic brain injury *adj.* relating to or caused by injury, especially emotional injury

ANSWERS: 123. suspect, 124. celebrity, 125. strategy, 126. patient, 127. specifically, 128. amazing, 129. initial, 130. severe, 131. preserve, 132. unexpected, 133. traumatic

134. pur_____ul series of actions *adj.* having a specific aim or purpose; determined
135. ant_____te a black future *v.* to expect or predict that something will happen; to tell in advance
136. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
137. not no_____ly drink much *adv.* usually; under normal conditions
138. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
139. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
140. the evidence of the pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
141. bu_____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
142. hi_____ht an important difference *v.* to make something prominent, mainly so that people give it more attention
143. a bacterial in_____on *n.* a condition in which pathogenic microorganisms or viruses have entered the body
144. sc__y dream *adj.* causing fear or fright; frightening; intimidating
145. dis_____en employees *v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
146. he_____ss baby *adj.* unable to take care of oneself or to do things without help

ANSWERS: 134. purposeful, 135. anticipate, 136. resilient, 137. normally, 138. intense, 139. presence, 140. presence, 141. burnout, 142. highlight, 143. infection, 144. scary, 145. dishearten, 146. helpless

147. brain and sp___l cord	<i>adj.</i> of or relating to the spine (= the long bone in the body's back)
148. ant_____te your kind cooperation	<i>v.</i> to expect or predict that something will happen; to tell in advance
149. a se___e case of pneumonia	<i>adj.</i> extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
150. have gr__f and sorrow	<i>n.</i> a very great sadness, especially when somebody dies
151. ex_____al factors	<i>adj.</i> belonging to or situated outside of someone or something
152. rising hea_____re cost	<i>n.</i> the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
153. the cell of the im___e system	<i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
154. su_____t that he is sick	<i>v.</i> to consider anything to be actual or probable
155. mental bu_____t	<i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
156. de_____r at the future	<i>n.</i> the feeling that there is no hope and you cannot do anything to improve a difficult situation
157. nu__e practitioner	<i>n.</i> a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

ANSWERS: 147. spinal, 148. anticipate, 149. severe, 150. grief, 151. external, 152. healthcare, 153. immune, 154. suspect, 155. burnout, 156. despair, 157. nurse

158. re____ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
159. en____on the future *v.* to imagine or expect what a situation will be like in the future
160. a r__t for carrying horses *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
161. the st___m of time *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
162. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
163. em_____al health *adj.* relating to people's feelings
164. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
165. understand his mot_____on *n.* the reason or enthusiasm for acting or behaving in a particular way
166. det_____nt from reality *n.* a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently

ANSWERS: 158. redefine, 159. envision, 160. raft, 161. stream, 162. immune, 163. emotional, 164. patient, 165. motivation, 166. detachment

167. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
168. mu___e the situation *v.* to mix up or confuse something; to make a mess of something; to create disorder or chaos
169. universal pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
170. meet his com_____nts *n.* a promise or firm decision to do something or to behave in a certain way
171. severe cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
172. a life r__t *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
173. 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
174. go dow_____am in a boat *adv.* in the direction that a stream or river flows; (adjective) in the direction of a stream's current
175. art cr___c *n.* someone who expresses opinions about the quality of books, music, etc.

ANSWERS: 167. rely, 168. muddle, 169. praise, 170. commitment, 171. critic, 172. raft, 173. develop, 174. downstream, 175. critic

176. a pre_____nt species *adj.* having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind
177. re_____e one word with another *v.* to take the place of something
178. sp____l injury *adj.* of or relating to the spine (= the long bone in the body's back)
179. major paradigm sh__t *n.* a slight transition in position, direction, or trend
180. sh_____ck survivor *n.* the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea
181. dis_____en the hopeful job applicant *v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
182. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
183. a breach of pr_____ge *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
184. vul_____le parts of the body *adj.* capable of being hurt or influenced physically or mentally
185. inner mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

ANSWERS: 176. predominant, 177. replace, 178. spinal, 179. shift, 180. shipwreck, 181. dishearten, 182. sever, 183. privilege, 184. vulnerable, 185. monologue

186. sh_____ck site *n.* the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea
187. emotional det_____nt *n.* a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently
188. high tu_____er rate *n.* the amount of business or economic activity that is generated within a specific period of time; the rate at which people leave or are replaced in a job or organization, often expressed as a percentage
189. a l__s with a wide angle *n.* a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
190. h__l a broken bone *v.* to make a wound or injury to become well again
191. a con_____ly innovative enterprise *adv.* all the time
192. su_____n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
193. for spe_____lly American customers *adv.* only associated with or meant for one thing

ANSWERS: 186. shipwreck, 187. detachment, 188. turnover, 189. lens, 190. heal, 191. constantly, 192. sustain, 193. specifically

194. the_____ic massage *adj.* relating to or involved in the treatment of illness or injury
195. deliver a mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory
196. dow_____am processing *adv.* in the direction that a stream or river flows; (adjective) in the direction of a stream's current
197. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something
198. a__e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain
199. the_____ic administration *adj.* relating to or involved in the treatment of illness or injury
200. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
201. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
202. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
203. a com_____ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

ANSWERS: 194. therapeutic, 195. monologue, 196. downstream, 197. perspective, 198. ache, 199. therapeutic, 200. traumatic, 201. cord, 202. empower, 203. complicated

204. su_____e a blizzard *v.* to live or exist despite a dangerous event or period
205. co_____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
206. a vul_____le bridge *adj.* capable of being hurt or influenced physically or mentally
207. tr_____rm heat into power *v.* to change in outward structure or looks;
208. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
209. em_____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
210. up_____am direction *adj.* in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process
211. the ul_____te goal in life *adj.* furthest or highest in degree or order
212. the to__c of the book *n.* a subject that is being discussed or written about
213. the per_____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
214. el_____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
215. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 204. survive, 205. conclude, 206. vulnerable, 207. transform, 208. survive, 209. empathy, 210. upstream, 211. ultimate, 212. topic, 213. perspective, 214. elevate, 215. function

216. rec_____on of the homeland *n.* the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place
217. na_____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
218. in_____al organs *adj.* of or relating to the inside of something

ANSWERS: 216. recreation, 217. navigate, 218. internal

Session 3: Fill in the Blanks

1. In an aging population, citizens must pay more to maintain quality _____.
n. the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession

2. In this office, teamwork is the _____ factor in achieving success.
adj. having control, authority, or influence that is greater than that of others; prevailing or vastly more abundant than others of the same kind

3. The surgeon carefully confirmed how to remove the tumor to avoid damaging the _____ nerves.
adj. of or relating to the spine (= the long bone in the body's back)

4. The drama series mainly received _____.
n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

5. The actor's _____ was so powerful that the audience was moved to tears.
n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

6. The introduction _____ the speaker's distinguished career as a consultant
v. to make something prominent, mainly so that people give it more attention

7. He did _____ pen-and-ink drawings in just a few days.
adj. involving a lot of different things or parts in a way that is difficult to understand or analyze

ANSWERS: 1. healthcare, 2. predominant, 3. spinal, 4. praise, 5. monologue, 6. highlighted, 7. complicated

8. Each person has a unique _____ experience.
n. a very great sadness, especially when somebody dies
9. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.
n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
10. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again
11. The _____ rain made it difficult to plan a picnic.
adj. occurring at irregular intervals; not continuous or steady; stopping and starting periodically; sporadic
12. Yoga is known to have _____ benefits for the mind and body.
adj. relating to or involved in the treatment of illness or injury
13. They took the _____ step toward reconciliation.
adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name
14. They worked hard to _____ the nature of their native lands.
v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
15. Our knowledge helps _____ our clients successfully.
v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

ANSWERS: 8. grief, 9. privilege, 10. heal, 11. intermittent, 12. therapeutic, 13. initial, 14. preserve, 15. navigate

16. The path to a solid online _____ necessitates a high technical ability.

n. the fact or state that someone or something exists, occurs, or is present

17. I chose to _____ cancer by trying every possible treatment.

v. to refuse to accept something and attempt to prevent it from happening

18. The doctor carefully examined the _____ medical history.

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

19. 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.

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

adj. relating to people's feelings

21. I _____ all over after running a marathon yesterday.

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

22. She struggled to _____ the children's reading habits.

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

23. The golfer recorded an _____ distance.

adj. extremely surprising, especially in a way that you like or admire

ANSWERS: 16. presence, 17. resist, 18. patient's, 19. streams, 20. emotional, 21. ache, 22. sustain, 23. amazing

24. He was exhausted and _____ into bed as soon as he got home.

v. to move in a particular direction by turning over and over or from side to side

25. 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

26. He _____ a branch from a tree quickly.

v. to break or separate something by cutting, especially suddenly and forcibly

27. His friend's death drove him to _____.

n. the feeling that there is no hope and you cannot do anything to improve a difficult situation

28. Some _____ are common across cultures and backgrounds.

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

29. Hospitals must meet various standards to prevent nosocomial _____.

n. a condition in which pathogenic microorganisms or viruses have entered the body

30. The brain is an incredibly complex organ that controls the body's _____.

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

31. I feel so _____ without you.

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

ANSWERS: 24. rolled, 25. maternal, 26. severed, 27. despair, 28. emotions, 29. infections, 30. function, 31. helpless

32. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.
- n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
33. _____ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
34. 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
35. The novel affected her _____ causing her to question her beliefs and values.
- adv.* to a great or complete degree; deeply
36. I decided to seek counseling on the advice of my _____.
- n.* one of a group of a coworker, especially in a profession or a business
37. Being a doctor is considered a highly respected _____.
- n.* an occupation or vocation requiring advanced education or specialized training
38. He was a _____ soldier who had served his country with honor.
- adj.* able to face and deal with danger or fear without flinching
39. The bakery's _____ increased after it introduced a new line of pastries.
- n.* the amount of business or economic activity that is generated within a specific period of time; the rate at which people leave or are replaced in a job or organization, often expressed as a percentage

ANSWERS: 32. crisis, 33. Empathy, 34. develop, 35. profoundly, 36. colleague, 37. profession, 38. courageous, 39. turnover

40. The boat drifted _____ and was carried away by the current.
adv. in the direction that a stream or river flows; (adjective) in the direction of a stream's current
41. We cannot _____ her as President.
v. to imagine or expect what a situation will be like in the future
42. 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
43. The video telephony application has _____ the way we work.
v. to change the meaning or interpretation of something; to make people think about something in a new or different way
44. The mobile application industry is _____ changing.
adv. all the time
45. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
46. Eating food in a hurry _____ blood glucose levels.
v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
47. X-rays revealed a small tumor in his _____.
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 40. downstream, 41. envision, 42. process, 43. redefined, 44. constantly, 45. symptom, 46. elevates, 47. brain

48. These birds can only _____ in temperate climates.

v. to live or exist despite a dangerous event or period

49. The night shift _____ checked my vital signs before administering the medication.

n. a healthcare professional who is trained to provide care for the sick or injured;
(verb) to try to cure by special care or treatment of an illness or injury

50. I don't _____ take a vacation in the middle of summer.

adv. usually; under normal conditions

51. My father's death _____ my life completely.

v. to change in outward structure or looks;

52. The interests of the two countries _____.

v. to hit something violently when moving

53. The company is investing heavily in _____ research and development.

adj. in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process

54. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

55. Infants and pregnant women are particularly _____.

adj. capable of being hurt or influenced physically or mentally

56. Government workers cannot _____ to political campaigns.

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

ANSWERS: 48. survive, 49. nurse, 50. normally, 51. transformed, 52. collide, 53. upstream, 54. empowered, 55. vulnerable, 56. contribute

57. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

58. 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

59. The company decided to _____ its proposal due to public opposition.

v. to remove or take back something; to stop participating in something

60. The woods _____ the house.

v. to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

61. The experience was so _____ that it left a lasting impact on the survivor's mental health.

adj. relating to or caused by injury, especially emotional injury

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

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

63. His business _____ took him to the United States.

n. a promise or firm decision to do something or to behave in a certain way

64. The rubber _____ was swept out to sea.

n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

65. The prime minister canceled visits to other countries to resolve _____ disputes.

adj. of or relating to the inside of something

ANSWERS: 57. shift, 58. relations, 59. withdraw, 60. embrace, 61. traumatic, 62. intense, 63. commitments, 64. raft, 65. internal

66. Eventually, the new design will _____ all older models.

v. to take the place of something

67. The horror movie was so _____ that I couldn't watch it alone.

adj. causing fear or fright; frightening; intimidating

68. In times of recession, an increase in unemployment is _____.

adj. certain to happen and unavoidable

69. We _____ a cease-fire.

v. to come to an end or close; to reach a judgment or opinion by reasoning

70. The _____ demonstrate that poverty and unemployment are genuine problems.

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

71. 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

72. We _____ heavy snowfall tomorrow.

v. to expect or predict that something will happen; to tell in advance

73. Our plan includes a comprehensive marketing _____.

n. a detailed plan of action designed to achieve a long-term or overall goal.

74. Babies heavily _____ on others for food.

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

ANSWERS: 66. replace, 67. scary, 68. inevitable, 69. concluded, 70. statistics, 71. suffers, 72. anticipate, 73. strategy, 74. rely

75. I accidentally _____ up the reports and need help to tell which.
v. to mix up or confuse something; to make a mess of something; to create disorder or chaos
76. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
77. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
78. The _____ of the soldiers was evident as they carried out their mission with precision and focus.
n. a state of being disconnected or disinterested; impartiality or emotional distance; a military unit or formation that separates from a larger force and operates independently
79. His _____ observation allowed him to catch the mistake before anyone else did.
adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
80. _____ in the design could cause much worse issues.
n. an imperfection, shortcoming, or lack of something or someone
81. When faced with a dangerous situation, his initial _____ was to flee.
n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
82. The long work hours were taking a toll on her mental _____.
n. the state of being extremely tired and lacking energy or strength

ANSWERS: 75. muddled, 76. resilient, 77. severe, 78. detachment, 79. astute, 80. Defects, 81. instinct, 82. exhaustion

83. I had an _____ feeling that I might be pregnant.

adj. obtained through feelings rather than facts or proof

84. Basketball is their usual _____ after school.

n. the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place

85. The cops _____ him of being the killer.

v. to consider anything to be actual or probable

86. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

87. The new ___ album is getting a lot of attention.

n. a type of music characterized by a strong, repetitive beat and lyrics that often focus on social and political issues; a reproach for some lapse or misdeed

88. The _____ rainstorm caused the collapse of the corral.

adj. not anticipated or regarded as likely to happen

89. The popularity of the show made her an instant _____.

n. someone who is well-known, particularly in the entertainment industry

90. He remained serene in the _____ of turbulence.

n. the middle part of people or things

91. The _____ of the discussion was the current state of the economy.

n. a subject that is being discussed or written about

ANSWERS: 83. intuitive, 84. recreation, 85. suspected, 86. ultimate, 87. rap, 88. unexpected, 89. celebrity, 90. midst, 91. topic

92. The vaccination does not necessarily make you completely _____.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
93. He had undergone heart _____ years before.
- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
94. The community greatly respected and sought after the older adult's _____.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
95. Advocates for legal reform hear less harsh words from their _____.
- n.* someone who expresses opinions about the quality of books, music, etc.
96. The team's loss in the semifinals did not _____ their determination to return stronger next season.
- v.* to cause someone to lose hope, confidence, or enthusiasm; to discourage or demoralize
97. University is a great place to _____ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants
98. This ad campaign is aimed _____ at young women.
- adv.* only associated with or meant for one thing
99. The corporation _____ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 92. immune, 93. surgery, 94. wisdom, 95. critics, 96. dishearten, 97. cultivate, 98. specifically, 99. eventually

100. This device is used to _____ brain cancer and other tumors.
v. to determine or distinguish the nature of a problem or an illness through a careful analysis
101. A significant amount of _____ is required to be a teacher.
n. the reason or enthusiasm for acting or behaving in a particular way
102. He suffered from job _____ because of hard work.
n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
103. When a company discloses information to the market, an _____ auditor verifies them.
adj. belonging to or situated outside of someone or something
104. The government imposed a _____ of freedom of speech.
n. the act of stopping or preventing something from being expressed or revealed
105. She had a _____ look and was determined to complete the task.
adj. having a specific aim or purpose; determined
106. His father's death changed his whole _____ on life.
n. a confident attitude toward something; a particular style of thinking about something
107. The photographer took this photo using a telephoto _____.
n. a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation

ANSWERS: 100. diagnose, 101. motivation, 102. burnout, 103. external, 104. suppression, 105. purposeful, 106. perspective, 107. lens

108. Divers discovered the remains of an old _____ while exploring the reef.

- n.* the destruction or loss of a ship at sea, usually caused by sinking or running aground; the remains or wreckage of a ship that has been destroyed or lost at sea

109. Your spinal _____ is located deep within your body.

- n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

ANSWERS: 108. shipwreck, 109. cord