

Englist.me



Vocabulary Builder Reference from...

Luvvie Ajayi Jones: Get comfortable with being uncomfortable | TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

troublemaker

n. a person who intentionally causes difficulties or problems for others, often by disruptive or provocative behavior; a person who tends to create or attract trouble or controversy

synonym: troublemonger, instigator, agitator

(1) **troublemaker** kid, (2) accused **troublemaker**

The teacher had to reprimand the **troublemaker** in class constantly.

shoddy

adj. of poor quality or artistry; badly made or constructed; inferior or substandard

synonym: inferior, poor quality, substandard

(1) **shoddy** construction, (2) **shoddy** products

The **shoddy** craftsmanship of the new building caused it to start falling apart in just a few months.

shady

adj. characterized by darkness or obscurity, often referring to the atmosphere of a place; characterized by suspicious or dishonest behavior or dealings; relating to shade or protection from sunlight

synonym: shadowy, dubious, questionable

(1) **shady** business, (2) **shady** deal

The tree provided some **shady** relief from the scorching sun.

domino

n. a small, flat, rectangular block used in a game that has pairs of dots on one or both sides; a consequence of an event that sets off a chain reaction of similar events

synonym: tile, block, ivory

(1) **domino** chain, (2) **domino** effect

We knocked over a stack of **dominoes** and watched them fall one by one.

fearless

adj. having no fear; brave

synonym: brave, courageous, daring

(1) **fearless** attitude, (2) **fearless** bravery

The **fearless** firefighter rushed into the burning building to save a trapped child.

premed

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

(1) **premed** class, (2) **premed** coursework

The **premed** student spent hours studying anatomy and physiology to prepare for medical school.

dictate

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

synonym: read out, prescribe, order

(1) **dictate** a letter to secretary, (2) **dictate** to the associate

The allies **dictated** the terms of surrender to the country.

submerge

v. to put something under water or to go under water; to bury or hide something deeply or completely

synonym: deluge, drench, dunk

(1) **submerge** in a liquid, (2) **submerge** my head completely

The ship was **submerged** in the ocean for many years before it was finally discovered.

dolphin

n. a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish

and squid

synonym: porpoise, cetacean, marine mammal

(1) **dolphin** show, (2) **dolphin-watching** tour

The large group of **dolphins** swam gracefully in the ocean, jumping out of the water now and then.

institutionalize

v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

synonym: formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable energy sources.

quo

n. the existing state or condition of something, especially in relation to a particular situation or issue

synonym: status, condition, state

(1) status **quo** politician, (2) **quo** warranto

The company has been successful in maintaining the status **quo**.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

well-being

n. the state of being happy and healthy and prosperous

synonym: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

tumble

v. to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or

performance

synonym : fall, stumble, plummet

(1) **tumble** down the hill, (2) confidence **tumbles** as unemployment rates rose

The value of the currency **tumbled** against major international currencies.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym : consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

disturb

v. to interrupt someone who is trying to work, sleep, etc.

synonym : agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

memoir

n. a historical account or biography written from the writer's knowledge of famous people, places, or events

synonym : bio, biography

(1) family **memoir**, (2) publish a **memoir**

He wrote his **memoirs** while awaiting trial.

ignite

v. to set on fire; to cause to start burning

synonym : light, set fire to, ignite

(1) **ignite** a boom, (2) **ignite** passion

He **ignited** the fireworks with a single spark.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym : murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

yell v. to shout in a sudden and loud way
synonym: shout, scream, cry
(1) **yell** for help, (2) **yell** as loud as we can
When I asked my father for more money, he became furious and **yelled** at me.

checkpoint n. a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
(1) **checkpoint** security, (2) military **checkpoint**
The airport security **checkpoint** was crowded with passengers waiting to board their flights.

sacrificial *adj.* relating to or involving the killing of animals or people as an offering to a deity
synonym: offering, atoning
(1) **sacrificial** nature, (2) **sacrificial** victim
The lamb was a **sacrificial** offering to the gods.

Session 2: Spelling

1. sac_____al victim *adj.* relating to or involving the killing of animals or people as an offering to a deity
2. do___o effect *n.* a small, flat, rectangular block used in a game that has pairs of dots on one or both sides; a consequence of an event that sets off a chain reaction of similar events
3. ins_____ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
4. su_____ge my head completely *v.* to put something under water or to go under water; to bury or hide something deeply or completely
5. sh__y business *adj.* characterized by darkness or obscurity, often referring to the atmosphere of a place; characterized by suspicious or dishonest behavior or dealings; relating to shade or protection from sunlight
6. ig___e a boom *v.* to set on fire; to cause to start burning
7. the wh____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
8. su_____ge in a liquid *v.* to put something under water or to go under water; to bury or hide something deeply or completely

ANSWERS: 1. sacrificial, 2. domino, 3. institutionalize, 4. submerge, 5. shady, 6. ignite, 7. whisper, 8. submerge

9. y__l as loud as we can *v.* to shout in a sudden and loud way
10. di____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
11. di____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
12. q_o warranto *n.* the existing state or condition of something, especially in relation to a particular situation or issue
13. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
14. di____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
15. sac_____al nature *adj.* relating to or involving the killing of animals or people as an offering to a deity
16. che_____nt security *n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
17. accused tro_____ker *n.* a person who intentionally causes difficulties or problems for others, often by disruptive or provocative behavior; a person who tends to create or attract trouble or controversy
18. family me____r *n.* a historical account or biography written from the writer's knowledge of famous people, places, or events

ANSWERS: 9. yell, 10. disturb, 11. disrupt, 12. quo, 13. well-being, 14. disturb, 15. sacrificial, 16. checkpoint, 17. troublemaker, 18. memoir

19. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
20. sh___y construction *adj.* of poor quality or artistry; badly made or constructed; inferior or substandard
21. do_____n-watching tour *n.* a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid
22. confidence tu___es as unemployment rates rose *v.* to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance
23. ig___e passion *v.* to set on fire; to cause to start burning
24. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
25. tro_____ker kid *n.* a person who intentionally causes difficulties or problems for others, often by disruptive or provocative behavior; a person who tends to create or attract trouble or controversy
26. publish a me___r *n.* a historical account or biography written from the writer's knowledge of famous people, places, or events
27. fe_____ss bravery *adj.* having no fear; brave
28. do_____n show *n.* a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid

ANSWERS: 19. confer, 20. shoddy, 21. dolphin, 22. tumble, 23. ignite, 24. disrupt, 25. troublemaker, 26. memoir, 27. fearless, 28. dolphin

29. tu___e down the hill *v.* to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance
30. pr___d class *n.* (an abbreviation for "pre-medical") a course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine
31. sh___y products *adj.* of poor quality or artistry; badly made or constructed; inferior or substandard
32. sh___y deal *adj.* characterized by darkness or obscurity, often referring to the atmosphere of a place; characterized by suspicious or dishonest behavior or dealings; relating to shade or protection from sunlight
33. di_____e a letter to secretary *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
34. status q_o politician *n.* the existing state or condition of something, especially in relation to a particular situation or issue
35. y__l for help *v.* to shout in a sudden and loud way
36. ins_____ize customary laws *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
37. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
38. di_____e to the associate *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

ANSWERS: 29. tumble, 30. premed, 31. shoddy, 32. shady, 33. dictate, 34. quo, 35. yell, 36. institutionalize, 37. well-being, 38. dictate

39. military che_____nt *n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
40. do___o chain *n.* a small, flat, rectangular block used in a game that has pairs of dots on one or both sides; a consequence of an event that sets off a chain reaction of similar events
41. co___r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
42. fe_____ss attitude *adj.* having no fear; brave
43. pr___d coursework *n.* (an abbreviation for "pre-medical") a course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine
44. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

ANSWERS: 39. checkpoint, 40. domino, 41. confer, 42. fearless, 43. premed, 44. whisper

Session 3: Fill in the Blanks

1. The new policy aims to _____ the use of renewable energy sources.
 - v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

2. We knocked over a stack of _____ and watched them fall one by one.
 - n. a small, flat, rectangular block used in a game that has pairs of dots on one or both sides; a consequence of an event that sets off a chain reaction of similar events

3. When I asked my father for more money, he became furious and _____ at me.
 - v. to shout in a sudden and loud way

4. Tourists frequently _____ the island's delicate natural balance.
 - v. to interrupt someone who is trying to work, sleep, etc.

5. The company has been successful in maintaining the status _____.
 - n. the existing state or condition of something, especially in relation to a particular situation or issue

6. The lamb was a _____ offering to the gods.
 - adj. relating to or involving the killing of animals or people as an offering to a deity

7. He _____ the fireworks with a single spark.
 - v. to set on fire; to cause to start burning

8. The ship was _____ in the ocean for many years before it was finally discovered.
 - v. to put something under water or to go under water; to bury or hide something deeply or completely

ANSWERS: 1. institutionalize, 2. dominoes, 3. yelled, 4. disturb, 5. quo, 6. sacrificial, 7. ignited, 8. submerged

9. The _____ student spent hours studying anatomy and physiology to prepare for medical school.
n. (an abbreviation for "pre-medical") a course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine
10. The _____ craftsmanship of the new building caused it to start falling apart in just a few months.
adj. of poor quality or artistry; badly made or constructed; inferior or substandard
11. The large group of _____ swam gracefully in the ocean, jumping out of the water now and then.
n. a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid
12. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
13. I'm so sorry to _____ you when you're pretty busy.
v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
14. The allies _____ the terms of surrender to the country.
v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
15. The _____ firefighter rushed into the burning building to save a trapped child.
adj. having no fear; brave
16. The leaders of the two countries met to _____ on the issue.
v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

ANSWERS: 9. premed, 10. shoddy, 11. dolphins, 12. well-being, 13. disrupt, 14. dictated, 15. fearless, 16. confer

17. He took me aside and _____ in my ear.

- v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

18. The value of the currency _____ against major international currencies.

- v.* to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance

19. The airport security _____ was crowded with passengers waiting to board their flights.

- n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check

20. He wrote his _____ while awaiting trial.

- n.* a historical account or biography written from the writer's knowledge of famous people, places, or events

21. The tree provided some _____ relief from the scorching sun.

- adj.* characterized by darkness or obscurity, often referring to the atmosphere of a place; characterized by suspicious or dishonest behavior or dealings; relating to shade or protection from sunlight

22. The teacher had to reprimand the _____ in class constantly.

- n.* a person who intentionally causes difficulties or problems for others, often by disruptive or provocative behavior; a person who tends to create or attract trouble or controversy

ANSWERS: 17. whispered, 18. tumbled, 19. checkpoint, 20. memoirs, 21. shady, 22. troublemaker