# **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



# **All Words**

#### **IMPORTANT**

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# **Session 1: Word List**

# troublemaker

 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.

# critique

a detailed analysis or examination of something,
 especially a literary, philosophical, or political theory; an essay or article that gives a critical evaluation

synonym: review, analysis, appraisal

(1) a **critique** of the social system, (2) devastating **critique** Following the **critique** from the professor, students rewrite their essays and submit them for final evaluation.

# 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.

#### refuse

- v. to show that one is not willing to do or accept something synonym: turn down, deny, decline
- (1) **refuse** a request, (2) **refuse** the company My initial reaction was to **refuse**.

# 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

 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.

# inspire

- v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
   synonym: boost, encourage, enlighten
- (1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

suit

 a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for

synonym: clothes, lawsuit, (verb) fit

(1) **suit** and tie restaurant, (2) **suit** at law Six **suits** are awaiting trial or verdict.

#### dare

v. to have the courage to do something

*synonym*: challenge, risk, attempt

(1) dare not go, (2) dare to take risks

I wouldn't **dare** to speak to him like that.

# **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.

# consequence

 the outcome of a particular action or event, especially relative to an individual

*synonym*: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

#### sacrifice

n. the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important

synonym: forfeit, immolation, gift

(1) small **sacrifice** for a great cause, (2) **sacrifice** anything to get ahead

You cannot accomplish great things without a **sacrifice** of your time or money.

#### freshman

- n. a first-year student, typically in college or high schoolsynonym: freshie, newcomer, rookie
- freshman orientation, (2) freshman year
   The freshman class was excited to start their first year of

college.

# chemistry

- the branch of the natural sciences dealing with the composition of substances and their properties and reactions
- (1) professor of **chemistry**, (2) the **chemistry** of soil He is familiar with **chemistry** and biology.

# 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.

# academic

- adj. associated with schools, colleges, and universities,especially studying and thinking, not with practical skillssynonym: educational, scholarly, theoretical
- academic probation, (2) an academic discussion
   An excellent historian must possess an academic mentality.

# adviser

- n. a person who gives advice about a particular subjectsynonym: consultant, guide, expert
- (1) a medical adviser,(2) chief adviserAfter retiring, he continued to be an adviser to politicians.

# semester

- one of the periods that the school or university divided into, especially in the US and Australia; a half-year term
- (1) end of the **semester**, (2) during the **semester** breaks We must complete all of these courses in the following **semester**.

#### concrete

- adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
- synonym: actual, factual, hardened
- (1) a **concrete** noun, (2) **concrete** examples The president asked for a more **concrete** plan.

# 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.

#### awesome

- adj. inspiring fear, admiration, or respect; very good, nice, fun, etc.
- synonym: miraculous, marvelous, astounding
- (1) **awesome** mental faculty, (2) have an **awesome** birthday. There is a lot of **awesome** nature and food in Hawaii.

# scare

- v. to frighten a person or animal, or to become frightened synonym: frighten, spook, intimidate
- (1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

# pursue

- v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
- synonym: seek, hunt, chase
- (1) **pursue** a goal, (2) **pursue** freedoms She intends to **pursue** a political career.

# solid

- adj. hard or firm; characterized by good substantial qualitysynonym: stable, reliable, hard
- solid ally, (2) solid employment measures
   The solid-state of water is called ice.

#### decide

- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
   synonym: choose, determine, settle
- (1) **decide** a question, (2) **decide** on a course of action She couldn't **decide** whether to order the pizza or the pasta for dinner.

solo

adv. without anybody else or anything else; alone synonym: alone

(1) a **solo** vocal recital, (2) a **solo** flight I would love to **solo** camping someday.

vacation

 a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure

synonym: leave, recess, break

(1) a short **vacation**, (2) summer **vacation**Do you have a plan for a long **vacation?** 

republic

 a state or country in which the people and their elected representatives hold supreme power and which has an elected or nominated president rather than a monarch

synonym: democracy, federation, commonwealth

- (1) **republic** democracy, (2) the **republic** of art The United States is a federal presidential constitutional **republic**.
- n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more

synonym: fastener, postcode, slide

(1) **zip** code, (2) **zip** file

efficiently

She put her phone in the **zip** pocket of her backpack.

odd

adj. strange or unexpected; not divisible by two synonym: strange, bizarre, abnormal

(1) in an **odd** way, (2) **odd** behavior His grandfather was an **odd** man.

zip

#### casual

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

*synonym*: informal, relaxed, offhand

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

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

# incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

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

Her response revealed **incredible** idiocy.

# 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

 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.

# underwater

adv. below or under the surface of the water

synonym: submerged, undersea, submarine

(1) hold my breath **underwater**, (2) seals sleep **underwater** He is good at swimming **underwater**.

# judge

 a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym: arbiter, justice, (verb) deduce

(1) judge a competition, (2) an associate judge

The strict **judge** ruled in favor of the plaintiff in the case.

# manual

 adj. done by hand rather than by machine; (noun) a book of instructions, especially for operating a machine or learning a subject

synonym: by hand, (noun) handbook, (noun) tutorial

(1) car with **manual** transmissions, (2) look at the **manual** This machine cuts metal by **manual** control.

# scared

adj. afraid or frightened

synonym: frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm scared of insects.

# breath

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

*synonym*: air, puff, whiff

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

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

# 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.

# decision

 the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision** 

She was struggling to make a **decision** between two job offers.

# comfort

a state of physical ease and freedom from pain or constraint

synonym: ease, solace, coziness

(1) words of comfort, (2) comfort level

He found **comfort** in the warm embrace of his loved ones.

# 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.

# maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

*synonym*: preserve, uphold, sustain

(1) maintain order, (2) maintain good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

# quo

 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**.

#### uncomfortable

*adj.* providing or feeling physical discomfort or slight pain *synonym*: comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me uncomfortable.

# honesty

*n.* the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

synonym: sincerity, integrity, truthfulness

(1)	honest	y policy,	(2) <b>ho</b> i	nesty box
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A culture of **honesty** in the workplace leads to better communication and productivity.

# integrity

- n. the quality of being honest and having strong moral principles; the state of being whole and undividedsynonym: honesty, honor, morality
- (1) a person of **integrity**, (2) **integrity** of data

  The company's reputation for honesty and **integrity** is highly valued among its customers.

# justice

- the quality of being fair and reasonable and treating people equally according to their due
- synonym: fairness, equity, impartiality
- (1) criminal justice, (2) justice of Heaven

The judge's ruling was based on the principles of **justice** and fairness.

#### core

- n. the most essential or fundamental part of somethingsynonym: center, basis, heart
- (1) the **core** of an apple, (2) **core** business activity
  These gas nebulas are merely newborn galactic **cores**.

# moist

adj. slightly wet, a state characterized by the presence of moisture or dampness

synonym: damp, humid, wet

(1) moist soil, (2) moist climate

My hands felt **moist** and sweaty during the exam.

# committed

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

synonym: devoted, faithful, attached

(1) in a **committed** relationship, (2) strong and **committed** sales staff

Our company is strongly **committed** to meeting customers' needs.

#### acute

adj. extremely sharp or severe synonym: sharp, perceptive, keen

(1) acute pain, (2) acute triangle

The patient died from **acute** alcohol intoxication.

# firm

adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

synonym: stable, secure, steadfast

(1) firm grip, (2) accounting firm

The **firm** deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.

# disrupt

 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.

co-sign

v. to sign a document or agreement jointly with another person, often to indicate one's endorsement, guarantee, or acceptance of responsibility for fulfilling a financial obligation

*synonym*: endorse, vouch for

(1) **co-sign** the lease, (2) **co-sign** an agreement I trust my friend enough to let them **co-sign** the loan with me.

# well-being

- n. the state of being happy and healthy and prosperoussynonym: 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.

# communal

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

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

**Communal** elections were held in several European countries.

# 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.

# compensate

v. to make up for a loss, injury, or inconvenience by giving something of value

synonym: reimburse, pay, recompense

(1) **compensate** a loss, (2) **compensate** for a car accident The company offered to **compensate** the employees for the overtime they worked.

# publicly

adv. in a manner accessible to or observable by the public;by the government

*synonym*: candidly, openly, honestly

(1) **publicly** accessible record, (2) **publicly** financed schools

She **publicly** denounced the government's mishandling of the economic crisis.

#### silent

adj. without any or little soundsynonym: quiet, hushed, mute

(1) silent reading, (2) give silent consent

The politician remained **silent** despite intense media scrutiny.

# inequality

 n. the unfairness of a society in which some people have more opportunity, money, etc. than others; (mathematics) relation between two values when they are different

synonym: imbalance, prejudice, unfairness

(1) **inequality** in salary, (2) algebraic **inequality**There are several causes of economic **inequality** within societies.

# conversation

 an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation** Your **conversation** reflects your thoughts.

# discriminate

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

synonym: show prejudice, segregate, differentiate

- (1) discriminate against women employees,
- (2) discriminate between different things

You should not **discriminate** against minorities.

# participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

# 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 eventssynonym: bio, biography
- (1) family **memoir**, (2) publish a **memoir** He wrote his **memoirs** while awaiting trial.

# viral

- adj. relating to or caused by a virus
- fight viral infections, (2) detect a viral code
   This device can more accurately detect viral pathogens.

# assault

- a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will
   synonym: assault, attack, raid
- (1) **assault** aircraft, (2) victim of sexual **assault** We got caught up in an **assault** case.

#### shout-out

- a public expression of appreciation or acknowledgment, often given to an individual or group of people, typically used in social media, advertising, or broadcast media
   synonym: acknowledgment, recognition
- (1) **shout-out** message, (2) social media **shout-out** I want to give a **shout-out** to all the volunteers who helped make this event a success.

# ignite

- v. to set on fire; to cause to start burningsynonym: light, set fire to, ignite
- (1) **ignite** a boom, (2) **ignite** passion He **ignited** the fireworks with a single spark.

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#### movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

# representative

 someone who speaks or acts officially on behalf of another person or group of people

synonym: spokesperson, agent, delegate

(1) an official **representative**, (2) sales **representative**The media **representatives** had special passes.

# revolutionary

adj. relating to or characterized by a complete or dramatic change

synonym: radical, innovative, groundbreaking

(1) **revolutionary** change, (2) enforce **revolutionary** justice The **revolutionary** leader inspired others to join the fight for freedom and democracy.

# 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.

#### defend

v. to protect someone or something from attack, criticism, danger, etc.

synonym: protect, guard, support

- (1) **defend** my country, (2) **defend** against a threat International law allows each nation to **defend** itself when its rights and interests are illegally violated.
- n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat synonym: flake, fragment, chunk
- (1) a **chip** of wood, (2) I don't care a **chip**We can use this campaign as a bargaining **chip** in the negotiations.
- a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
   checkpoint security (2) military checkpoint
- (1) **checkpoint** security, (2) military **checkpoint**The airport security **checkpoint** was crowded with passengers waiting to board their flights.
- v. to think that something is likely to be actual or possible synonym: guess, assume, presume
- (1) **suppose** you're right, (2) **suppose** beforehand What do you **suppose** the culprit's motive was?
- adj. relating to or involving the killing of animals or people as an offering to a deitysynonym: offering, atoning
- (1) **sacrificial** nature, (2) **sacrificial** victim The lamb was a **sacrificial** offering to the gods.
- v. to do something illegal or wrong synonym: engage, carry out, execute
- commit suicide, (2) commit mistakes
   The military has committed an abuse of human rights.

# chip

# checkpoint

# suppose

#### sacrificial

# commit

# collapse

v. to fall down or give way suddenly, often after breaking apart

synonym: tumble, spill, bankruptcy

(1) the stock market **collapsed**, (2) ready to **collapse**The roof finally **collapsed** after three days and three nights of heavy snowfall.

# obligation

 the state of being morally or legally bound to do or pay something

synonym: burden, commitment, debt

(1) a deep **obligation**, (2) pay an **obligation** You are under no **obligation** to finish the job.

# **Session 2: Spelling**

1.	main good health	<i>v</i> .	to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
2.	shy products	adj.	of poor quality or artistry; badly made or constructed; inferior or substandard
3.	an official repive	n.	someone who speaks or acts officially on behalf of another person or group of people
4.	the whr 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
5.	ready to cose	<i>v</i> .	to fall down or give way suddenly, often after breaking apart
6.	prd 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
7.	social media shut	n.	a public expression of appreciation or acknowledgment, often given to an individual or group of people, typically used in social media, advertising, or broadcast media
8.	dit a well-ordered condition	ν.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 1. maintain, 2. shoddy, 3. representative, 4. whisper, 5. collapse, 6. premed, 7. shout-out, 8. disrupt

9.	the reic of art	n.	a state or country in which the people and their elected representatives hold supreme power and which has an elected or nominated president rather than a monarch
10.	parte in the program	v.	to take part in something
11.	a circular mont	n.	a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
12.	a crue of the social system	n.	a detailed analysis or examination of something, especially a literary, philosophical, or political theory; an essay or article that gives a critical evaluation
13.	coal combination of funds	adj.	belonging to or used by a group rather than individuals; for common use
14.	chief adr	n.	a person who gives advice about a particular subject
15.	hoy box	n.	the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
16.	awe mental faculty	adj.	inspiring fear, admiration, or respect; very good, nice, fun, etc.
17.	coal swimming pool	adj.	belonging to or used by a group rather than individuals; for common use
18.	de not go	ν.	to have the courage to do something
	SWERS: 9. republic, 10. participate, 11. adviser, 15. honesty, 16. awesome, 17.		• • • • • • • • • • • • • • • • • • • •

19.	answer in a whr	ν.	to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
20.	puly financed schools	adv.	in a manner accessible to or observable by the public; by the government
21.	sacal victim	adj.	relating to or involving the killing of animals or people as an offering to a deity
22.	troker 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
23.	chent 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
24.	revary change	adj.	relating to or characterized by a complete or dramatic change
25.	scd all the time	adj.	afraid or frightened
26.	fran year	n.	a first-year student, typically in college or high school
27.	a sense of welng	n.	the state of being happy and healthy and prosperous
28.	de to take risks	v.	to have the courage to do something
29.	z_p code	n.	a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

ANSWERS: 19. whisper, 20. publicly, 21. sacrificial, 22. troublemaker, 23. checkpoint,

24. revolutionary, 25. scared, 26. freshman, 27. well-being, 28. dare, 29. zip

30.	suge my head completely	v.	to put something under water or to go under water; to bury or hide something deeply or completely
31.	sit reading	adj.	without any or little sound
32.	comte a loss	v.	to make up for a loss, injury, or inconvenience by giving something of value
33.	ine a feeling of curiosity	v.	to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
34.	look at the maI	adj.	done by hand rather than by machine; (noun) a book of instructions, especially for operating a machine or learning a subject
35.	con the lease	v.	to sign a document or agreement jointly with another person, often to indicate one's endorsement, guarantee, or acceptance of responsibility for fulfilling a financial obligation
36.	fess attitude	adj.	having no fear; brave
37.	inety in salary	n.	the unfairness of a society in which some people have more opportunity, money, etc. than others; (mathematics) relation between two values when they are different
38.	devastating crue	n.	a detailed analysis or examination of something, especially a literary, philosophical, or political theory; an essay or article that gives a critical evaluation

to

ANSWERS: 30. submerge, 31. silent, 32. compensate, 33. inspire, 34. manual, 35. co-sign, 36. fearless, 37. inequality, 38. critique

39. car with ma\_\_\_I transmissions adj. done by hand rather than by machine;

			(noun) a book of instructions, especially for operating a machine or learning a subject
40.	cot suicide	<i>v</i> .	to do something illegal or wrong
41.	ige passion	<i>v</i> .	to set on fire; to cause to start burning
42.	dib the peace	ν.	to interrupt someone who is trying to work, sleep, etc.
43.	an acic discussion	adj.	associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
44.	shy 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
45.	confidence tues as unemployment rates rose	ν.	to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance
46.	the welng of a nation	n.	the state of being happy and healthy and prosperous
47.	a deep oblon	n.	the state of being morally or legally bound to do or pay something
48.	detect a viI code	adj.	relating to or caused by a virus
49.	z_p file	n.	a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

ANSWERS: 39. manual, 40. commit, 41. ignite, 42. disturb, 43. academic, 44. shady,

45. tumble, 46. well-being, 47. obligation, 48. viral, 49. zip

50.	a selfish deon	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
51.	at incle speed	adj.	unbelievable; enormous
52.	acic probation	adj.	associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
53.	sacal nature	adj.	relating to or involving the killing of animals or people as an offering to a deity
54.	a so vocal recital	adv.	without anybody else or anything else; alone
55.	a friendly conion	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
56.	sod ally	adj.	hard or firm; characterized by good substantial quality
57.	military chent	n.	a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
58.	sace anything to get ahead	n.	the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important
59.	ast aircraft	n.	a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will

ANSWERS: 50. decision, 51. incredible, 52. academic, 53. sacrificial, 54. solo, 55. conversation, 56. solid, 57. checkpoint, 58. sacrifice, 59. assault

adj. characterized by darkness or obscurity, 60. sh y business often referring to the atmosphere of a place; characterized by suspicious or dishonest behavior or dealings; relating to shade or protection from sunlight 61. con\_\_\_\_ion in English an informal talk between two or more n. people to exchange their views, ideas, information, etc. 62. accounting f\_\_m adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company adj. relaxed and informal in manner or 63. ca I dress dress, not planned or expected; not involving commitment or seriousness adj. slightly wet, a state characterized by the 64. mo t climate presence of moisture or dampness adj. existing in a physical or material form 65. a co te noun rather than an abstract one; based on facts rather than ideas or guesses: made of or covered with cement adj. hard or firm; characterized by good 66. so d employment measures substantial quality the act of killing an animal or person or 67. small sa\_\_\_\_ce for a great cause surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important

ANSWERS: 60. shady, 61. conversation, 62. firm, 63. casual, 64. moist, 65. concrete, 66. solid, 67. sacrifice

ANSWERS: 68. republic, 69. shoddy, 70. domino, 71. committed, 72. casual, 73.

submerge, 74. discriminate, 75. consequence, 76. tumble

76. tu e down the hill

to fall suddenly, often uncontrollably; to

topple or turn over; to decline sharply

and quickly in value, quality, or

performance

77. die 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
78. the ce of an apple	n.	the most essential or fundamental part of something
79. sue beforehand	ν.	to think that something is likely to be actual or possible
80. sce off her attacker by screaming	v.	to frighten a person or animal, or to become frightened
81. status q_o politician	n.	the existing state or condition of something, especially in relation to a particular situation or issue
82. I don't care a cp	n.	a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
83. ace triangle	adj.	extremely sharp or severe
84. accused troker	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
85. incle amount	adj.	unbelievable; enormous
86. hold your brh	n.	the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
87. enforce revary justice	adj.	relating to or characterized by a complete or dramatic change
88. pue a goal	ν.	to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 77. dictate, 78. core, 79. suppose, 80. scare, 81. quo, 82. chip, 83. acute, 84. troublemaker, 85. incredible, 86. breath, 87. revolutionary, 88. pursue

89. do n show a marine mammal that typically has a n. beaklike snout, a streamlined body, and flippers and that feeds on fish and squid 90. com\_\_\_\_te for a car accident to make up for a loss, injury, or ν. inconvenience by giving something of value 91. a person of in\_\_\_\_ty the quality of being honest and having n. strong moral principles; the state of being whole and undivided 92. family me\_\_\_r a historical account or biography written from the writer's knowledge of famous people, places, or events 93. pr\_\_\_d class (an abbreviation for "pre-medical") a n. course of study or preparation undertaken by students planning to enter medical school or pursue a career in medicine 94. the most am g feeling adj. extremely surprising, especially in a way that you like or admire 95. de d against a threat to protect someone or something from ν. attack, criticism, danger, etc. 96. de e on a course of action to make up someone's mind about ν. something; to come to a conclusion or judgment after considering options to have a meeting or discussion to 97. co\_\_\_r degree come to a decision or agreement or exchange ideas; to bestow something 98. as o flight adv. without anybody else or anything else; alone

ANSWERS: 89. dolphin, 90. compensate, 91. integrity, 92. memoir, 93. premed, 94. amazing, 95. defend, 96. decide, 97. confer, 98. solo

99. ree the company	<i>v</i> .	to show that one is not willing to do or accept something
100. yI for help	<i>v</i> .	to shout in a sudden and loud way
101. dib his sleep	<i>v</i> .	to interrupt someone who is trying to work, sleep, etc.
102. yI as loud as we can	ν.	to shout in a sudden and loud way
103. cot mistakes	<i>v</i> .	to do something illegal or wrong
104. fran orientation	n.	a first-year student, typically in college or high school
105. fess bravery	adj.	having no fear; brave
106. sales repive	n.	someone who speaks or acts officially on behalf of another person or group of people
107. an uncble silence	adj.	providing or feeling physical discomfort or slight pain
108. die 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
109. insize customary laws	v.	to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
110. have an awe birthday	adj.	inspiring fear, admiration, or respect; very good, nice, fun, etc.
111. algebraic inety	n.	the unfairness of a society in which some people have more opportunity, money, etc. than others; (mathematics) relation between two values when they are different

ANSWERS: 99. refuse, 100. yell, 101. disturb, 102. yell, 103. commit, 104. freshman, 105. fearless, 106. representative, 107. uncomfortable, 108. dictate, 109. institutionalize, 110. awesome, 111. inequality

112. co\_\_\_n an agreement to sign a document or agreement jointly ν. with another person, often to indicate one's endorsement, guarantee, or acceptance of responsibility for fulfilling a financial obligation the quality of being truthful, sincere, and 113. ho\_\_\_\_y policy n. morally upright; adherence to moral and ethical principles the air that is taken into and expelled 114. br\_\_\_h of wind from your lungs; the process of taking into and expelling air from your lungs 115. de\_\_\_\_on authority the act or process of making up n. someone's mind about something; a choice or judgment reached after considering options a person who makes decisions in a 116. ju e a competition n. court of law; (verb) to determine the result of or form a critical opinion of something adj. strange or unexpected; not divisible by 117. o d behavior 118. the con\_\_\_\_ce of an argument the outcome of a particular action or n. event, especially relative to an individual 119. ig e a boom to set on fire; to cause to start burning 120. give si\_\_\_t consent adj. without any or little sound 121. sc\_\_\_d dog adj. afraid or frightened the existing state or condition of 122. q o warranto n. something, especially in relation to a particular situation or issue

ANSWERS: 112. co-sign, 113. honesty, 114. breath, 115. decision, 116. judge, 117. odd, 118. consequence, 119. ignite, 120. silent, 121. scared, 122. quo

123. summer vaon	n.	a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
124. ded my country	ν.	to protect someone or something from attack, criticism, danger, etc.
125. fm grip	adj.	resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
126. words of cot	n.	a state of physical ease and freedom from pain or constraint
127. professor of chry	n.	the branch of the natural sciences dealing with the composition of substances and their properties and reactions
128. shut message	n.	a public expression of appreciation or acknowledgment, often given to an individual or group of people, typically used in social media, advertising, or broadcast media
129. cor honor	v.	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
130. the stock market cosed	ν.	to fall down or give way suddenly, often after breaking apart
131. fight viI infections	adj.	relating to or caused by a virus

ANSWERS: 123. vacation, 124. defend, 125. firm, 126. comfort, 127. chemistry, 128. shout-out, 129. confer, 130. collapse, 131. viral

to frighten a person or animal, or to 132. sc e the birds away ν. become frightened the most essential or fundamental part 133. c\_\_e business activity n. of something a small fragment of something broken 134. a c\_\_p of wood n. off from the whole; a long and thin piece of potato fried in oil or fat adv. below or under the surface of the water 135. hold my breath und er 136. in a co ed relationship adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something adj. existing in a physical or material form 137. co\_\_\_\_te examples rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement adj. extremely sharp or severe 138. ac e pain 139. s\_t at law a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for to treat a person or particular group of 140. dis\_\_\_\_ate between different ν. people worse or better than another, things especially in an unfair way; to recognize or perceive the difference between

ANSWERS: 132. scare, 133. core, 134. chip, 135. underwater, 136. committed, 137. concrete, 138. acute, 139. suit, 140. discriminate, 141. decide

ν.

141. de\_\_\_e a question

people or things

to make up someone's mind about

something; to come to a conclusion or judgment after considering options

of

n.	a violent physical attack; the crime of forcing someone to submit to sexual intercourse against their will
adj.	slightly wet, a state characterized by the presence of moisture or dampness
v.	to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
n.	a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
n.	the quality of being fair and reasonable and treating people equally according to their due
n.	a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid
v.	to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
<i>v</i> .	to think that something is likely to be actual or possible
n.	a state of physical ease and freedom from pain or constraint
adj.	extremely surprising, especially in a way that you like or admire
v.	to take part in something
	n.  n.  v.  n.  adj.

ANSWERS: 142. assault, 143. moist, 144. institutionalize, 145. judge, 146. justice, 147. dolphin, 148. pursue, 149. suppose, 150. comfort, 151. amazing, 152. participate

153. ine him to write a novel	ν.	to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
154. during the seer breaks	n.	one of the periods that the school or university divided into, especially in the US and Australia; a half-year term
155. mont of troops	n.	a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
156. end of the seer	n.	one of the periods that the school or university divided into, especially in the US and Australia; a half-year term
157. dit sleep	ν.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
158. the chry of soil	n.	the branch of the natural sciences dealing with the composition of substances and their properties and reactions
159. a short vaon	n.	a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
160. ree a request	ν.	to show that one is not willing to do or accept something
161. criminal jue	n.	the quality of being fair and reasonable and treating people equally according to their due

ANSWERS: 153. inspire, 154. semester, 155. movement, 156. semester, 157. disrupt, 158. chemistry, 159. vacation, 160. refuse, 161. justice

162. a medical adr	n.	a person who gives advice about a particular subject
163. with an uncble face	adj.	providing or feeling physical discomfort or slight pain
164. seals sleep under	adv.	below or under the surface of the water
165. publish a mer	n.	a historical account or biography written from the writer's knowledge of famous people, places, or events
166. main order	<i>v</i> .	to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
167. doo 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
168. pay an oblon	n.	the state of being morally or legally bound to do or pay something
169. in an o_d way	adj.	strange or unexpected; not divisible by two
170. puly accessible record	adv.	in a manner accessible to or observable by the public; by the government
171. inty of data	n.	the quality of being honest and having strong moral principles; the state of being whole and undivided
172. st and tie restaurant	n.	a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for

ANSWERS: 162. adviser, 163. uncomfortable, 164. underwater, 165. memoir, 166. maintain, 167. domino, 168. obligation, 169. odd, 170. publicly, 171. integrity, 172. suit

Vocab-Builder Ref from	"Luvvie Ajayi	Jones:	Get comfortab	le with bein	g uncomfortable	TED Talk"	(86 words)
ANSWERS:							

## **Session 3: Fill in the Blanks**

1.	The craftsmanship of the new building caused it to start falling apart in just a few months.
ad	i. of poor quality or artistry; badly made or constructed; inferior or substandard
2.	The roof finally after three days and three nights of heavy snowfall.
<i>v</i> .	to fall down or give way suddenly, often after breaking apart
3.	International law allows each nation to itself when its rights and interests are illegally violated.
<i>v</i> .	to protect someone or something from attack, criticism, danger, etc.
4.	We hit the ground to out the rabbits.
<i>v</i> .	to frighten a person or animal, or to become frightened
5.	He took me aside and in my ear.
<i>v</i> .	to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
6.	You cannot accomplish great things without a of your time or money.
n.	the act of killing an animal or person or surrendering a possession as an offering to a deity; (verb) to give up something important or valuable to help another person or get or do something that seems more important
7.	What do you the culprit's motive was?
<i>v</i> .	to think that something is likely to be actual or possible
8.	We can use this campaign as a bargaining in the negotiations.
n.	a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
	SWERS: 1. shoddy, 2. collapsed, 3. defend, 4. scare, 5. whispered, 6. sacrifice, 7.

ANSWERS: 9. committed, 10. honesty, 11. troublemaker, 12. submerged, 13. revolutionary, 14. fearless, 15. casual

31. There is a lot of nature and food in Hawaii.
adj. inspiring fear, admiration, or respect; very good, nice, fun, etc.
32. Your reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
33. An excellent historian must possess an mentality.
adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
34. His grandfather was an man.
adj. strange or unexpected; not divisible by two
35. My initial reaction was to
v. to show that one is not willing to do or accept something
36. The company offered to the employees for the overtime they worked.
v. to make up for a loss, injury, or inconvenience by giving something of value
37. The of water is called ice.
adj. hard or firm; characterized by good substantial quality
38. The deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.
adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
ANSWERS: 31. awesome, 32. conversation, 33. academic, 34. odd, 35. refuse, 36. compensate, 37. solid-state, 38. firm

64.	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
65.	I need to my car regularly to prevent any major mechanical issues.
v.	to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
66.	I would love to camping someday.
adv	without anybody else or anything else; alone
67.	When I asked my father for more money, he became furious and at me.
ν.	to shout in a sudden and loud way
68.	The class was excited to start their first year of college.
n.	a first-year student, typically in college or high school
69.	Following the from the professor, students rewrite their essays and submit them for final evaluation.
n.	a detailed analysis or examination of something, especially a literary, philosophical, or political theory; an essay or article that gives a critical evaluation
70.	The president asked for a more plan.
adj	existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
71.	I want to give a to all the volunteers who helped make this event a success.
n.	a public expression of appreciation or acknowledgment, often given to an individual or group of people, typically used in social media, advertising, or broadcast media

ANSWERS: 64. quo, 65. maintain, 66. solo, 67. yelled, 68. freshman, 69. critique, 70. concrete, 71. shout-out

ANSWERS: 72. suits, 73. moist, 74. amazing, 75. participated, 76. justice, 77. assault, 78. representatives, 79. uncomfortable