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Vocabulary Builder Reference from...

Jessica McCabe: This is what it's really like to live with ADHD | TED Talk

https://www.ted.com/talks/jessica_mccabe_this_is_what_it_s_really_like_to_live_with_adhd_jan_2017

Advanced Words Only

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Session 1: Word List

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

hyperactive

adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

synonym: hyperkinetic, overactive, restless

(1) **hyperactive** child, (2) **hyperactive** imagination

The **hyperactive** dog was running around the house, knocking things over.

inattention

n. lack of attention or focus; failure or inability to pay attention or concentrate on something

synonym: neglect, disregard, heedlessness

(1) **inattention** deficit, (2) chronic **inattention**

His **inattention** to detail caused him to make several mistakes on the final project.

impulsive

adj. acting suddenly without any planning and without considering the effects they may have

synonym: abrupt, hasty, capricious

(1) an **impulsive** force, (2) do **impulsive** buying

He regrets the **impulsive** behavior he took in his drunken state.

attentive

adj. paying close attention to something or someone; showing interest or careful consideration; being mindful or observant

synonym: observant, mindful, careful

(1) **attentive** care, (2) **attentive** customer service

The **attentive** student took diligent notes during the lecture.

daydreaming

n. the act of thinking about something that you would prefer to be doing or have happened to you

synonym: reverie, cloud-castle, imagination

(1) stimulate **daydreaming**, (2) the mental process of **daydreaming**

I often waste a lot of time **daydreaming**.

cadet

n. a young trainee, particularly one who is training to become an officer in the military or a particular profession or organization

synonym: cadette, trainee, apprentice

(1) **cadet** training, (2) army **cadet**

He was a **cadet** at the military academy.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym: upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

squint

v. to look at something with half-closed eyes, especially when trying to see more clearly or in bright light; to consider or examine something with suspicion, doubt, or skepticism

synonym: squinch, peer, glare

(1) **squint** against the sun, (2) **squint** at the radar screen
I had to **squint** my eyes to read the small print on the menu.

miraculous

adj. very effective or lucky, or completely unexpected

synonym: amazing, astonishing, awesome

(1) a **miraculous** encounter, (2) go through a **miraculous** change

He made a **miraculous** recovery.

creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

quitter

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

synonym: coward, deserter, surrender

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

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

neurotypical

adj. referring to individuals who display typical neurological development and function without any significant cognitive or behavioral impairments or disorders

(1) **neurotypical** behavior, (2) **neurotypical** children

The therapy was designed to help neurodivergent kids adapt to a **neurotypical** world.

distracted

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

synonym: preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

spoil

v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

synonym: rot, decay, deteriorate

(1) **spoil** a person's sport, (2) **spoil** the surprise

If you leave the milk out of the refrigerator for too long, it will **spoil**.

chant

n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

synonym: hymn, mantra, (verb) recite

(1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

drown

v. to die or cause to die by being unable to breathe underwater

synonym: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

causation

n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

synonym : cause, reason, origin

(1) **causation** analysis, (2) direct **causation**

The **causation** of the disease is still under investigation by medical researchers.

misbehave

v. to behave badly

synonym : act up, fool around, trespass

(1) **misbehave** with language, (2) the student who had **misbehaved**

It was unbelievable that they should **misbehave**.

impair

v. to damage something or make it weaker or worse

synonym : degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

norepinephrine

n. (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

synonym : noradrenaline

(1) **norepinephrine** receptor, (2) enhance **norepinephrine** release

Some medications used to treat depression work by increasing the levels of **norepinephrine** in the brain.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

skew

v. to turn or place at an angle; to make biased or distorted with the result that it is not accurate, fair, normal, etc.

synonym: slant, tilt, distort

(1) **skew** the message, (2) **skew** social values

The results of the poll are **skewed** because it only surveyed a small group of people.

comp

v. short for "compensate," meaning to give goods or services to someone without asking for payment

synonym: waive, cover, provide

(1) **comp** their meal, (2) **comp** the employees with a bonus

The casino **comped** her room and meals for being a high-rolling gambler.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

stumble

v. to miss a step and fall or nearly fall; to walk unsteadily

synonym: bumble, struggle, misstep

(1) **stumble** financially, (2) **stumble** through life
She **stumbled** over the tree root.

stereotype

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

fidget

v. to make small, restless movements; to be unable to sit still

synonym: fiddle, jiggle, squirm

(1) **fidget** with hands, (2) **fidget** on my lap

He **fidgeted** with his pen while waiting for the interview to begin.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

Session 2: Spelling

- | | | |
|-----------------------------------|------|--|
| 1. s__w the message | v. | to turn or place at an angle; to make biased or distorted with the result that it is not accurate, fair, normal, etc. |
| 2. the student who had mi_____ved | v. | to behave badly |
| 3. im___r insulin sensitivity | v. | to damage something or make it weaker or worse |
| 4. antagonism of do_____ne | n. | a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension |
| 5. sq___t against the sun | v. | to look at something with half-closed eyes, especially when trying to see more clearly or in bright light; to consider or examine something with suspicion, doubt, or skepticism |
| 6. the cr_____or's claims | n. | a person, company, etc. to whom a debtor owes money |
| 7. at_____ve customer service | adj. | paying close attention to something or someone; showing interest or careful consideration; being mindful or observant |
| 8. dr__n in a bath | v. | to die or cause to die by being unable to breathe underwater |
| 9. army ca__t | n. | a young trainee, particularly one who is training to become an officer in the military or a particular profession or organization |

ANSWERS: 1. skew, 2. misbehave, 3. impair, 4. dopamine, 5. squint, 6. creditor, 7. attentive, 8. drown, 9. cadet

10. ch__t in the chapel *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
11. do____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
12. a mir____us encounter *adj.* very effective or lucky, or completely unexpected
13. go through a mir____us change *adj.* very effective or lucky, or completely unexpected
14. pri____ze people over cars *v.* to assign a higher level of importance to something compared to other things
15. ch__t melodies *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
16. fi__t with hands *v.* to make small, restless movements; to be unable to sit still
17. he was ov____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
18. neu____cal children *adj.* referring to individuals who display typical neurological development and function without any significant cognitive or behavioral impairments or disorders
19. at____ve care *adj.* paying close attention to something or someone; showing interest or careful consideration; being mindful or observant

ANSWERS: 10. chant, 11. dopamine, 12. miraculous, 13. miraculous, 14. prioritize, 15. chant, 16. fidget, 17. overwhelm, 18. neurotypical, 19. attentive

20. ne___n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
21. hyp_____ve child *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
22. c__p their meal *v.* short for "compensate," meaning to give goods or services to someone without asking for payment
23. chronic ina_____on *n.* lack of attention or focus; failure or inability to pay attention or concentrate on something
24. neu_____cal behavior *adj.* referring to individuals who display typical neurological development and function without any significant cognitive or behavioral impairments or disorders
25. negative ste_____pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
26. de_____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
27. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles

ANSWERS: 20. neuron, 21. hyperactive, 22. comp, 23. inattention, 24. neurotypical, 25. stereotype, 26. dedicate, 27. neurotransmitter

28. sq___t at the radar screen *v.* to look at something with half-closed eyes, especially when trying to see more clearly or in bright light; to consider or examine something with suspicion, doubt, or skepticism
29. pro_____ate about a big challenge *v.* to postpone doing what you should do, often because it is unpleasant or boring
30. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
31. im___r my health *v.* to damage something or make it weaker or worse
32. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
33. sp__l the surprise *v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
34. pro_____ate on my homework *v.* to postpone doing what you should do, often because it is unpleasant or boring
35. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
36. prescription st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
37. do im_____ve buying *adj.* acting suddenly without any planning and without considering the effects they may have
38. st_____e through life *v.* to miss a step and fall or nearly fall; to walk unsteadily

ANSWERS: 28. squint, 29. procrastinate, 30. quitter, 31. impair, 32. excite, 33. spoil, 34. procrastinate, 35. excite, 36. stimulant, 37. impulsive, 38. stumble

39. s__w social values *v.* to turn or place at an angle; to make biased or distorted with the result that it is not accurate, fair, normal, etc.
40. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
41. an im_____ve force *adj.* acting suddenly without any planning and without considering the effects they may have
42. nor_____ine receptor *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
43. dis_____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
44. hyp_____ve imagination *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
45. enhance nor_____ine release *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
46. mi_____ve with language *v.* to behave badly
47. c__p the employees with a bonus *v.* short for "compensate," meaning to give goods or services to someone without asking for payment

ANSWERS: 39. skew, 40. overwhelm, 41. impulsive, 42. norepinephrine, 43. distracted, 44. hyperactive, 45. norepinephrine, 46. misbehave, 47. comp

48. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things
49. direct ca_____on *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
50. memory st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
51. de_____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
52. ina_____on deficit *n.* lack of attention or focus; failure or inability to pay attention or concentrate on something
53. ca_____on analysis *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
54. ca__t training *n.* a young trainee, particularly one who is training to become an officer in the military or a particular profession or organization
55. get dis_____ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
56. avoid ste_____pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 48. prioritize, 49. causation, 50. stimulant, 51. dedicate, 52. inattention, 53. causation, 54. cadet, 55. distracted, 56. stereotype

57. st____e financially *v.* to miss a step and fall or nearly fall; to walk unsteadily
58. easy qu____r *n.* a person who gives up easily or does not have the determination to finish what they have started
59. excite the ne____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
60. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
61. sp__l a person's sport *v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
62. the mental process of day_____ng *n.* the act of thinking about something that you would prefer to be doing or have happened to you
63. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
64. stimulate day_____ng *n.* the act of thinking about something that you would prefer to be doing or have happened to you
65. bankrupt cr____or *n.* a person, company, etc. to whom a debtor owes money
66. fi__t on my lap *v.* to make small, restless movements; to be unable to sit still

ANSWERS: 57. stumble, 58. quitter, 59. neuron, 60. drown, 61. spoil, 62. daydreaming, 63. neurotransmitter, 64. daydreaming, 65. creditor, 66. fidget

Session 3: Fill in the Blanks

1. He _____ his life to helping others.
 - v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

2. Too much variety may _____ and confuse viewers.
 - v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

3. If you leave the milk out of the refrigerator for too long, it will _____.
 - v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

4. Endorphins are a type of _____ that gives a sense of well-being.
 - n. a chemical that carries nerve impulses between neurons or between neurons and muscles

5. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
 - n. a person, company, etc. to whom a debtor owes money

6. The accident made his vision _____.
 - v. to damage something or make it weaker or worse

7. He _____ the matter until it was almost too late.
 - v. to postpone doing what you should do, often because it is unpleasant or boring

8. His _____ to detail caused him to make several mistakes on the final project.
 - n. lack of attention or focus; failure or inability to pay attention or concentrate on something

ANSWERS: 1. dedicated, 2. overwhelm, 3. spoil, 4. neurotransmitter, 5. creditor, 6. impaired, 7. procrastinated, 8. inattention

9. Floods have the potential to _____ any subsurface animals easily.
v. to die or cause to die by being unable to breathe underwater
10. It was unbelievable that they should _____.
v. to behave badly
11. The _____ dog was running around the house, knocking things over.
adj. excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)
12. I often waste a lot of time _____.
n. the act of thinking about something that you would prefer to be doing or have happened to you
13. The therapy was designed to help neurodivergent kids adapt to a _____ world.
adj. referring to individuals who display typical neurological development and function without any significant cognitive or behavioral impairments or disorders
14. The results of the poll are _____ because it only surveyed a small group of people.
v. to turn or place at an angle; to make biased or distorted with the result that it is not accurate, fair, normal, etc.
15. I was so _____ by my phone that I nearly walked into a lamppost.
adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
16. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager

ANSWERS: 9. drown, 10. misbehave, 11. hyperactive, 12. daydreaming, 13. neurotypical, 14. skewed, 15. distracted, 16. excited

17. The casino _____ her room and meals for being a high-rolling gambler.
- v.* short for "compensate," meaning to give goods or services to someone without asking for payment
18. Many athletes use _____ like caffeine to boost their energy before a competition.
- n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
19. He was a _____ at the military academy.
- n.* a young trainee, particularly one who is training to become an officer in the military or a particular profession or organization
20. She _____ over the tree root.
- v.* to miss a step and fall or nearly fall; to walk unsteadily
21. The drug controls the level of _____ in the brain.
- n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
22. He _____ with his pen while waiting for the interview to begin.
- v.* to make small, restless movements; to be unable to sit still
23. I had to _____ my eyes to read the small print on the menu.
- v.* to look at something with half-closed eyes, especially when trying to see more clearly or in bright light; to consider or examine something with suspicion, doubt, or skepticism
24. He regrets the _____ behavior he took in his drunken state.
- adj.* acting suddenly without any planning and without considering the effects they may have

ANSWERS: 17. comped, 18. stimulants, 19. cadet, 20. stumbled, 21. dopamine, 22. fidgeted, 23. squint, 24. impulsive

25. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
26. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
27. The _____ of the disease is still under investigation by medical researchers.
n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
28. He made a _____ recovery.
adj. very effective or lucky, or completely unexpected
29. Some medications used to treat depression work by increasing the levels of _____ in the brain.
n. (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
30. Changing _____ about LGBTQ requires considerable effort.
n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
31. The _____ student took diligent notes during the lecture.
adj. paying close attention to something or someone; showing interest or careful consideration; being mindful or observant
32. The organization _____ the needs of the community in its decision-making.
v. to assign a higher level of importance to something compared to other things

ANSWERS: 25. quitter, 26. neuron, 27. causation, 28. miraculous, 29. norepinephrine, 30. stereotypes, 31. attentive, 32. prioritized

33. The soccer game crowd broke into a _____ of "Go, team, go!"

- n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

ANSWERS: 33. chant