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Vocabulary Builder Reference from...

Hector Garcia: We train soldiers for war. Let's train them to come home, too | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

- vet** *n.* (also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
synonym: veterinarian, inspector, examiner
(1) **vet** clinic, (2) **vet** check-up
We had to take our dog to the **vet** because she was not feeling well.
- marine** *adj.* relating to the sea and the creatures and plants that live there
synonym: sea-dwelling, maritime, aquatic
(1) **marine** insurance, (2) variety of **marine** life
Seals and whales are **marine** animals beloved by the people.
- volunteer** *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
synonym: unpaid worker, draftee, enlistee
(1) seek **volunteers**, (2) my **volunteer** work
The teachers make full use of **volunteer** assistance.

medically

adv. in a way that relates to the practice of medicine and the treatment of illness and injury

(1) **medically** endorsed method, (2) in a **medically** effective manner

A decade ago, it was **medically** impossible to cure this disease completely.

retire

v. to withdraw from one's position or occupation, especially because of age

synonym: relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms

After working for the company for 30 years, she decided to **retire** from her job.

shrapnel

n. fragments of a bomb, shell, or other explosive object that are scattered in many directions upon detonation and can cause injury or damage

synonym: fragments, debris, shreds

(1) **shrapnel** wounds, (2) **shrapnel** damage

The soldier suffered injuries from **shrapnel** during the explosion.

detect

v. to find or recognize something, especially something difficult to see, hear, etc.

synonym: catch, observe, notice

(1) **detect** a bad event, (2) **detect** smuggling across borders

The security camera has **detected** four intruders.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

nightmare

n. a very frightening or unpleasant dream

synonym: agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation
Life as a waiter was a big **nightmare** for him.

extreme

adj. very great in amount or degree

synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

isolation

n. the condition of being alone or lonely; the act or state of separation between persons or groups

synonym: aloneness, seclusion, separateness

(1) **isolation** booth, (2) the country's **isolation**

That incident led to his **isolation**.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her

depression

Depression symptoms might include a decrease in appetite and weight loss.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

divorce

n. the legal dissolution of a marriage

synonym: separation, dissolution, breakup

(1) **divorce** settlement, (2) a consensual **divorce**

The couple decided to get a **divorce** after many years of marriage.

traumatic

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

synonym: distressing

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

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

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

mitigate

v. to make less severe or less intense; to alleviate or lessen the adverse effects of something

synonym: alleviate, relieve, reduce

(1) **mitigate** risk, (2) **mitigate** a natural disaster
Efforts to **mitigate** the effects of climate change require a coordinated and sustained effort by governments, businesses, and individuals.

veteran

n. a person who has had long experience in a particular area or activity

synonym: expert, pro, vet

(1) A 20-year **veteran** in the industry, (2) **veteran** teacher
The **veteran** soldiers have the role of teaching recruits the stringencies of training.

hospitalize

v. to admit someone to a hospital for medical treatment

synonym: admit, place in hospital

(1) **hospitalize** patient, (2) **hospitalize** child
She had to be **hospitalized** due to her injuries.

generic

adj. not specific; not linked to a particular brand or product

synonym: common, ordinary, typical

(1) a **generic** product, (2) **generic** version
The **generic** aspirin brand was just as effective as the name brand but much cheaper.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**
I underwent aversion **therapy** for my addiction to alcohol.

retreat

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

synonym: escape, withdrawal, vacation

(1) **retreat** deeper into their territory, (2) **retreat** in a mountain region
Many people go on a **retreat** to recharge and reconnect with

themselves.

temporarily

adv. for a limited time only or not permanently

synonym : for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

relieve

v. to make something burdensome, unpleasant, or painful less severe

synonym : alleviate, ease, assuage

(1) **relieve** his thirst, (2) **relieve** stress

The medicine **relieved** his headache, and he felt much better.

eliminate

v. to remove or get rid of someone or something

synonym : wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

symptom

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

synonym : sign, manifestation, syndrome

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

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

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

principle

n. a fundamental law or truth that explains or controls how something happens or works

synonym : rule, creed, code

(1) **principle** of treatment, (2) **principle** in business
Efficiency isn't an essential **principle** here; fairness is.

military

adj. relating to or characteristic of members of the armed forces; of or relating to war or warfare

synonym : armed, martial, warlike

(1) a **military** operation, (2) a **military** leader

The **military** academy was known for its strict discipline and training.

sinew

n. a tough, fibrous tissue that connects muscles to bones, allowing for movement and strength; a source of strength, energy, or resilience

synonym : tendon, ligament, muscle fiber

(1) flexible **sinews**, (2) **sinew** injury

The hunter aimed at the animal's **sinew**, knowing it would be a fatal shot.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym : evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

sophisticated

adj. having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion

synonym : refined, cultured, worldly

(1) **sophisticated** look, (2) a **sophisticated** lifestyle

Marketing strategies are growing more **sophisticated**.

devastating

adj. causing a great deal of destruction or damage

synonym : destructive, annihilative, disastrous

(1) have **devastating** effects, (2) treat this **devastating**

disease

This typhoon was the most **devastating** in years.

imaginable

adj. capable of being imagined

synonym: conceivable, plausible, possible

(1) easily **imaginable**, (2) worst **imaginable** case

This is the only **imaginable** strategy.

warrior

n. a person who engaged in or experienced warfare, especially in the past

synonym: fighter, soldier, combatant

(1) armored **warrior**, (2) **warrior** spirit

The poem depicts the heroics of a legendary **warrior**.

employ

v. to give somebody a job and pay them for it; to make use of

synonym: hire, engage, use

(1) **employ** job seekers, (2) **employ** a new method

When making arrests, police officers frequently **employ** excessive force.

cutting-edge

adj. being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity

synonym: state-of-the-art, innovative, advanced

(1) **cutting-edge** molecular biology, (2) **cutting-edge** design

The **cutting-edge** technology was revolutionary in its field.

modern

adj. of or belonging to the present time or recent times

synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

ancestor

n. a person from whom one is descended; a forefather

synonym: forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**
My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym: dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

conflict

n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

synonym: clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

evolutionary

adj. relating to or denoting how living things develop or change from earlier forms

synonym: developmental, mutative, transformative

(1) ecology and **evolutionary** biology, (2) the **evolutionary** process

Evolutionary algorithms can find ways to optimize that humans do not anticipate.

peaceful

adj. not involving violence, conflict, or war

synonym: friendly, pacific, amicable

(1) **peaceful** country, (2) **peaceful** coexistence

Plutonium has limited **peaceful** applications.

statistics

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

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

advance

v. to go or move forward; to develop in a positive way

synonym: progress, boost, come along

(1) **advance** the technology, (2) **advance** a cooperative relationship

Scientific knowledge will **advance** significantly with the power of AI.

globe

n. the earth or world, mainly used to emphasize its vastness

synonym: Earth, world, sphere

(1) terrestrial **globe**, (2) around the **globe**

His final goal is to sail around the **globe**.

jet

n. a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances

synonym: plane, aircraft, flier

(1) private **jet**, (2) commercial **jet**

The **jet** flew over the ocean at high speed, reaching its destination in hours.

peacetime

n. the state of a country or the world during a period when there is no war

synonym: peace, non-war, non-conflict

(1) **peacetime** era, (2) **peacetime** treaty

Tensions were high during wartime, but the countries were friendly in **peacetime**.

suburb

n. an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods

synonym: outskirts, district, quarter

(1) **suburb** development, (2) **suburb** life

He grew up in the **suburbs** but always dreamed of living in the city.

brutal

adj. harsh or cruel

synonym : harsh, cruel, barbarous

(1) **brutal** bully, (2) **brutal** honesty

The **brutal** attack left the victim with serious injuries.

firefight

n. a struggle to extinguish a fire; a military engagement in which small arms and other weapons are used

synonym : battle, conflict, fight

(1) killed in a **firefight**, (2) turn into a **firefight**

The platoon experienced a full-scale **firefight**.

carnage

n. the killing or slaughter of a large number of people, especially in a battle or war; a situation in which many people are killed or injured in a violent way

synonym : slaughter, massacre, bloodshed

(1) **carnage** on the battlefield, (2) brutal **carnage**

The battlefield was filled with **carnage**, a terrible reminder of the horrors of war.

tote

v. to carry or transport something, especially by hand or with some effort; to haul or convey something from one place to another

synonym : carry, haul, transport

(1) **tote** a cell-phone, (2) **tote** her books in a colorful backpack

Can you help me **tote** these groceries to the car?

countless

adj. too numerous to be counted or very many

synonym : innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions

There are **countless** methods for dealing with stress.

repetition

n. the act of doing or saying something many times

synonym : duplication, iteration, recurrence

(1) **repetition** of the word, (2) habitual **repetition**
Repetition is the mother of all learning.

automatic

adj. able to work or operate with little or no direct human control; independent of external control

synonym: mechanical, robotic, intuitive

(1) **automatic** operation, (2) the **automatic** shrinking of the pupils

In passenger aircraft, it is common to use an **automatic** pilot during cruising.

grenade

n. a hand-held explosive device designed to be thrown or projected toward a target and detonate upon impact or after a specified time

synonym: bomb, explosive, shrapnel

(1) **grenade** explosion, (2) smoke **grenade**

The soldier threw a **grenade** to destroy the enemy's bunker.

launch

v. to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

synonym: start, initiate, begin

(1) **launch** a spaceship into orbit, (2) **launch** a big attack

The company is set to **launch** its new product line next month.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

ammunition

n. supplies, such as bullets or shells, used by armed forces

synonym: bullets, cartridges, shells

(1) **ammunition** storage, (2) **ammunition** depot

The soldiers were equipped with ample **ammunition** for the

battle.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

synonym: raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.

engaging

adj. attracting, pleasant, or charming

synonym: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

ingrained

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

synonym: inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

cognitive

adj. of or relating to mental processes of understanding
synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

calibration

n. the process of ensuring that an instrument, machine, or process is accurate and functioning correctly, often involving comparison to a standard or reference

synonym : adjustment, tuning, standardization

(1) **calibration** error, (2) **calibration** settings

The **calibration** of the equipment was vital to ensure accurate measurements.

frame

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

synonym : body, skeleton, scaffolding

(1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

calibrate

v. to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

synonym : adjust, fine-tune

(1) **calibrate** machinery, (2) **calibrate** measurements

It's important to **calibrate** the equipment regularly to ensure accurate results.

immense

adj. extremely large or great

synonym : enormous, giant, huge

(1) **immense** amount, (2) **immense** pressure

He left his wife an **immense** fortune.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

overlay

v. to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it

synonym: cover, superimpose, layer

(1) **overlay** multiple graphs, (2) **overlay** image

They tried to **overlay** the old map with the new one to compare the changes.

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.

probabilistic

adj. characterized by the influence of chance or probability; involving the use of statistical models or methods to estimate likelihoods or risks

synonym: probable, statistical, likely

(1) **probabilistic** model, (2) **probabilistic** approach

In a **probabilistic** system, the outcome is uncertain and can vary based on chance.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

astronomical

adj. relating to astronomy or the study of celestial bodies and phenomena; very large or immense in scale or magnitude

synonym : huge, vast, enormous

(1) **astronomical** observation, (2) **astronomical** numbers

The cost of the new equipment was **astronomical** and beyond the company's budget.

caution

n. great care and attention that you take to avoid danger or mistakes; a warning against certain acts

synonym : carefulness, warning, notice

(1) extreme **caution**, (2) act with **caution**

He gave a stern **caution** to the naughty student.

adjust

v. to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

synonym : adapt, alter, acclimate

(1) **adjust** a schedule, (2) **adjust** the rearview mirror

You have to **adjust** your content to the age of the audience.

fierce

adj. severe and violent in a way that is frightening

synonym : ferocious, convulsive, forceful

(1) **fierce** competition, (2) a **fierce** animal

The **fierce** thunders echoed across the plain.

gauge

n. an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something

synonym : measure, benchmark, judge

(1) pressure **gauge**, (2) take the **gauge** of a situation

We use various precision **gauges** in the manufacturing process of machinery.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other

material

synonym : pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym : vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

grocery

n. a shop that sells food and other household items

synonym : foodstuff, market

(1) the **grocery** business, (2) run a **grocery**

I will go to the **grocery** store to buy food for dinner.

critic

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

synonym : pundit, analyst, attacker

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

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

anxious

adj. worried and nervous

synonym : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

scan

v. to examine something hastily, with the eyes or with a machine, to get information

synonym : look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

makeshift

adj. serving as a temporary substitute or solution; improvised
synonym : improvised, temporary, ad-hoc

(1) **makeshift** shelter, (2) a **makeshift** solution

The team set up a **makeshift** tent for shelter during the storm.

corps

n. a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe

synonym : body, group, organization

(1) airborne **corps**, (2) **corps** artillery

The **corps** arrived at the front lines just in time to reinforce the exhausted soldiers.

discomfort

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

synonym : affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

ratchet

n. a mechanical device with a toothed wheel that can rotate in only one direction used to transmit or control motion or to prevent backward movement

synonym : gear, wrench, spanner

(1) **ratchet** wrench, (2) **ratchet** effect

He turned the bolt with the **ratchet**, making sure it was secure.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

erase

v. to remove something completely, especially by rubbing it

synonym: wipe out, delete, obliterate

(1) **erase** a memory, (2) **erased** the files

He attempted to **erase** the misspelled word.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

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

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

battlefield

n. a place where a battle or conflict is fought

synonym: warzone, front line, combat area

(1) **battlefield** casualties, (2) tactics on the **battlefield**

The general reviewed the plans for the upcoming battle on the **battlefield**.

exposed

adj. having no protection or shield from something, such as bad weather, attack, or criticism

synonym: endangered, revealed, disclosed

(1) **exposed** to radiation, (2) an **exposed** rock

Tech companies often employ **exposed** ducts and other materials in their office interiors.

absorb

v. to take in a fluid or other substance gradually

synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

transform

v. to change in outward structure or looks;

synonym : alter, convert, change

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

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

grandchild

n. a child of someone's son or daughter

synonym : offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

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.

intense

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

synonym : extreme, fierce, harsh

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

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

fortunate

adj. having good luck or lucky

synonym : fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

survive

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

synonym : endure, persist, stay

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

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

alleviate

v. to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden

synonym: ease, relieve, lessen

(1) **alleviate** anxiety, (2) **alleviate** stress

Taking ibuprofen can **alleviate** the pain from a headache.

Session 2: Spelling

1. people with bipolar di_____er
n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
2. am_____g advances
adj. extremely surprising, especially in a way that you like or admire
3. a fi___e animal
adj. severe and violent in a way that is frightening
4. diluted al_____l
n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
5. a southern ex_____re
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
6. the most am_____g feeling
adj. extremely surprising, especially in a way that you like or admire
7. killed in a fi_____ht
n. a struggle to extinguish a fire; a military engagement in which small arms and other weapons are used
8. an en_____ng smile
adj. attracting, pleasant, or charming
9. in a me_____ly effective manner
adv. in a way that relates to the practice of medicine and the treatment of illness and injury
10. gr_____e explosion
n. a hand-held explosive device designed to be thrown or projected toward a target and detonate upon impact or after a specified time

ANSWERS: 1. disorder, 2. amazing, 3. fierce, 4. alcohol, 5. exposure, 6. amazing, 7. firefight, 8. engaging, 9. medically, 10. grenade

11. en_____er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
12. en_____ng story *adj.* attracting, pleasant, or charming
13. less fo_____te person *adj.* having good luck or lucky
14. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
15. private j_t *n.* a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances
16. A 20-year ve_____n in the industry *n.* a person who has had long experience in a particular area or activity
17. ad_____e a cooperative relationship *v.* to go or move forward; to develop in a positive way
18. dr__n in a bath *v.* to die or cause to die by being unable to breathe underwater
19. the au_____ic shrinking of the pupils *adj.* able to work or operate with little or no direct human control; independent of external control
20. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
21. ast_____cal numbers *adj.* relating to astronomy or the study of celestial bodies and phenomena; very large or immense in scale or magnitude

ANSWERS: 11. encounter, 12. engaging, 13. fortunate, 14. trigger, 15. jet, 16. veteran, 17. advance, 18. drown, 19. automatic, 20. context, 21. astronomical

22. ma_____ft shelter *adj.* serving as a temporary substitute or solution; improvised
23. ad_____e the technology *v.* to go or move forward; to develop in a positive way
24. s___n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information
25. em_____al health *adj.* relating to people's feelings
26. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
27. la___h a spaceship into orbit *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
28. tem_____ly suspend the production *adv.* for a limited time only or not permanently
29. commercial j_t *n.* a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances
30. de___t a bad event *v.* to find or recognize something, especially something difficult to see, hear, etc.
31. re_____t deeper into their territory *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

ANSWERS: 22. makeshift, 23. advance, 24. scan, 25. emotional, 26. stick, 27. launch, 28. temporarily, 29. jet, 30. detect, 31. retreat

32. mo___n poetry *adj.* of or belonging to the present time or recent times
33. pressure ga__e *n.* an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something
34. t__e a cell-phone *v.* to carry or transport something, especially by hand or with some effort; to haul or convey something from one place to another
35. have dev_____ng effects *adj.* causing a great deal of destruction or damage
36. psy_____gy experiment *n.* the scientific study of mind and behavior
37. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
38. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
39. t__e her books in a colorful backpack *v.* to carry or transport something, especially by hand or with some effort; to haul or convey something from one place to another
40. the gr_____y business *n.* a shop that sells food and other household items
41. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 32. modern, 33. gauge, 34. tote, 35. devastating, 36. psychology, 37. depression, 38. cognitive, 39. tote, 40. grocery, 41. process

42. pro_____tic approach *adj.* characterized by the influence of chance or probability; involving the use of statistical models or methods to estimate likelihoods or risks
43. ab___b energy *v.* to take in a fluid or other substance gradually
44. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
45. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
46. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
47. pe_____me treaty *n.* the state of a country or the world during a period when there is no war
48. ad___t a schedule *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
49. mi_____te a natural disaster *v.* to make less severe or less intense; to alleviate or lessen the adverse effects of something
50. im_____e amount *adj.* extremely large or great
51. ca_____te measurements *v.* to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

ANSWERS: 42. probabilistic, 43. absorb, 44. volunteer, 45. symptom, 46. disorder, 47. peacetime, 48. adjust, 49. mitigate, 50. immense, 51. calibrate

52. earliest human an____or *n.* a person from whom one is descended; a forefather
53. the longstanding co____ct *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
54. improve co____ve function *adj.* of or relating to mental processes of understanding
55. my vo____er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
56. a ma____ft solution *adj.* serving as a temporary substitute or solution; improvised
57. su____b life *n.* an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods
58. sp____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
59. el____te sexual barriers *v.* to remove or get rid of someone or something
60. ast____cal observation *adj.* relating to astronomy or the study of celestial bodies and phenomena; very large or immense in scale or magnitude
61. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
62. th____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 52. ancestor, 53. conflict, 54. cognitive, 55. volunteer, 56. makeshift, 57. suburb, 58. specific, 59. eliminate, 60. astronomical, 61. suffer, 62. therapy

63. su____e a blizzard *v.* to live or exist despite a dangerous event or period
64. pr_____le in business *n.* a fundamental law or truth that explains or controls how something happens or works
65. ex_____d to radiation *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
66. run a gr_____y *n.* a shop that sells food and other household items
67. ab___b a shock *v.* to take in a fluid or other substance gradually
68. re_____e stress *v.* to make something burdensome, unpleasant, or painful less severe
69. si__w injury *n.* a tough, fibrous tissue that connects muscles to bones, allowing for movement and strength; a source of strength, energy, or resilience
70. la___h a big attack *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
71. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
72. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
73. br___l honesty *adj.* harsh or cruel

ANSWERS: 63. survive, 64. principle, 65. exposed, 66. grocery, 67. absorb, 68. relieve, 69. sinew, 70. launch, 71. intense, 72. specific, 73. brutal

74. variety of ma___e life *adj.* relating to the sea and the creatures and plants that live there
75. pe___ul country *adj.* not involving violence, conflict, or war
76. im___e pressure *adj.* extremely large or great
77. im___e the cloth in the dye *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
78. wa____r spirit *n.* a person who engaged in or experienced warfare, especially in the past
79. the evo____ary process *adj.* relating to or denoting how living things develop or change from earlier forms
80. ra____t wrench *n.* a mechanical device with a toothed wheel that can rotate in only one direction used to transmit or control motion or to prevent backward movement
81. a mi____ry leader *adj.* relating to or characteristic of members of the armed forces; of or relating to war or warfare
82. tactics on the bat____ld *n.* a place where a battle or conflict is fought
83. el____te contestants *v.* to remove or get rid of someone or something
84. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
85. ex____e sports *adj.* very great in amount or degree

ANSWERS: 74. marine, 75. peaceful, 76. immense, 77. immerse, 78. warrior, 79. evolutionary, 80. ratchet, 81. military, 82. battlefield, 83. eliminate, 84. retire, 85. extreme

86. co__s artillery *n.* a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe
87. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
88. I__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
89. official sta_____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
90. s__n a document into PDF *v.* to examine something hastily, with the eyes or with a machine, to get information
91. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
92. sh_____el damage *n.* fragments of a bomb, shell, or other explosive object that are scattered in many directions upon detonation and can cause injury or damage
93. art cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
94. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
95. au_____ic operation *adj.* able to work or operate with little or no direct human control; independent of external control

ANSWERS: 86. corps, 87. drown, 88. lift, 89. statistics, 90. scan, 91. brain, 92. shrapnel, 93. critic, 94. environment, 95. automatic

96. tr____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
97. re____t in a mountain region *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
98. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
99. terrestrial gl__e *n.* the earth or world, mainly used to emphasize its vastness
100. tr____ic brain injury *adj.* relating to or caused by injury, especially emotional injury
101. diagnosis of an____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
102. around the gl__e *n.* the earth or world, mainly used to emphasize its vastness
103. amm____on depot *n.* supplies, such as bullets or shells, used by armed forces
104. dis____rt in the abdomen *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
105. take the ga__e of a situation *n.* an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something

ANSWERS: 96. trigger, 97. retreat, 98. frame, 99. globe, 100. traumatic, 101. anxiety, 102. globe, 103. ammunition, 104. discomfort, 105. gauge

106. pro_____tic model *adj.* characterized by the influence of chance or probability; involving the use of statistical models or methods to estimate likelihoods or risks
107. v_t check-up *n.* (also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
108. psy_____gy of crowd *n.* the scientific study of mind and behavior
109. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
110. me_____ly endorsed method *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
111. completely im_____e the ingredient *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
112. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
113. em____y a new method *v.* to give somebody a job and pay them for it; to make use of
114. ca_____te machinery *v.* to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

ANSWERS: 106. probabilistic, 107. vet, 108. psychology, 109. grandchild, 110. medically, 111. immerse, 112. therapy, 113. employ, 114. calibrate

115. ov____y image *v.* to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it
116. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
117. fi____e competition *adj.* severe and violent in a way that is frightening
118. em____y job seekers *v.* to give somebody a job and pay them for it; to make use of
119. hos____ze patient *v.* to admit someone to a hospital for medical treatment
120. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
121. bat____ld casualties *n.* a place where a battle or conflict is fought
122. pr____le of treatment *n.* a fundamental law or truth that explains or controls how something happens or works
123. a ge____c product *adj.* not specific; not linked to a particular brand or product
124. amm____on storage *n.* supplies, such as bullets or shells, used by armed forces

ANSWERS: 115. overlay, 116. develop, 117. fierce, 118. employ, 119. hospitalize, 120. rid, 121. battlefield, 122. principle, 123. generic, 124. ammunition

125. a sop_____ted lifestyle *adj.* having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion
126. a hut made tem_____ly *adv.* for a limited time only or not permanently
127. turn into a fi_____ht *n.* a struggle to extinguish a fire; a military engagement in which small arms and other weapons are used
128. hos_____ze child *v.* to admit someone to a hospital for medical treatment
129. stop drinking al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
130. ov_____y multiple graphs *v.* to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it
131. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
132. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
133. ra_____t effect *n.* a mechanical device with a toothed wheel that can rotate in only one direction used to transmit or control motion or to prevent backward movement

ANSWERS: 125. sophisticated, 126. temporarily, 127. firefight, 128. hospitalize, 129. alcohol, 130. overlay, 131. depression, 132. traumatic, 133. ratchet

134. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
135. the ex_____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
136. co_____ss hours *adj.* too numerous to be counted or very many
137. tr_____rm heat into power *v.* to change in outward structure or looks;
138. extreme ca_____n *n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
139. ge_____c version *adj.* not specific; not linked to a particular brand or product
140. ve_____n teacher *n.* a person who has had long experience in a particular area or activity
141. ecology and evo_____ary biology *adj.* relating to or denoting how living things develop or change from earlier forms
142. cal_____on error *n.* the process of ensuring that an instrument, machine, or process is accurate and functioning correctly, often involving comparison to a standard or reference
143. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 134. suffer, 135. exposure, 136. countless, 137. transform, 138. caution, 139. generic, 140. veteran, 141. evolutionary, 142. calibration, 143. symptom

144. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
145. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
146. have a ni_____re *n.* a very frightening or unpleasant dream
147. tr_____rm an education system *v.* to change in outward structure or looks;
148. sh_____el wounds *n.* fragments of a bomb, shell, or other explosive object that are scattered in many directions upon detonation and can cause injury or damage
149. al_____te stress *v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
150. the country's is_____on *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
151. brutal ca_____e *n.* the killing or slaughter of a large number of people, especially in a battle or war; a situation in which many people are killed or injured in a violent way
152. pe_____me era *n.* the state of a country or the world during a period when there is no war
153. pe_____ul coexistence *adj.* not involving violence, conflict, or war
154. armored wa_____r *n.* a person who engaged in or experienced warfare, especially in the past

ANSWERS: 144. context, 145. statistics, 146. nightmare, 147. transform, 148. shrapnel, 149. alleviate, 150. isolation, 151. carnage, 152. peacetime, 153. peaceful, 154. warrior

155. re___e voluntarily *v.* to withdraw from one's position or occupation, especially because of age
156. act with ca_____n *n.* great care and attention that you take to avoid danger or mistakes; a warning against certain acts
157. endure dis_____rt and pain *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
158. an_____s about his health *adj.* worried and nervous
159. habitual rep_____on *n.* the act of doing or saying something many times
160. a mi_____ry operation *adj.* relating to or characteristic of members of the armed forces; of or relating to war or warfare
161. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
162. fo_____te situation *adj.* having good luck or lucky
163. al_____te anxiety *v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
164. di_____e settlement *n.* the legal dissolution of a marriage
165. su___b development *n.* an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods
166. sop_____ted look *adj.* having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion

ANSWERS: 155. retire, 156. caution, 157. discomfort, 158. anxious, 159. repetition, 160. military, 161. brain, 162. fortunate, 163. alleviate, 164. divorce, 165. suburb, 166. sophisticated

167. in_____ed prejudice *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
168. er__e a memory *v.* to remove something completely, especially by rubbing it
169. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
170. mi_____te risk *v.* to make less severe or less intense; to alleviate or lessen the adverse effects of something
171. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
172. cut_____dge molecular biology *adj.* being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity
173. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
174. severe cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
175. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
176. ni_____re situation *n.* a very frightening or unpleasant dream
177. re_____e his thirst *v.* to make something burdensome, unpleasant, or painful less severe

ANSWERS: 167. ingrained, 168. erase, 169. encounter, 170. mitigate, 171. survive, 172. cutting-edge, 173. anxiety, 174. critic, 175. rid, 176. nightmare, 177. relieve

178. ad___t the rearview mirror *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
179. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
180. ma___e insurance *adj.* relating to the sea and the creatures and plants that live there
181. the co_____ct between good and evil *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
182. airborne co__s *n.* a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe
183. cal_____on settings *n.* the process of ensuring that an instrument, machine, or process is accurate and functioning correctly, often involving comparison to a standard or reference
184. er__ed the files *v.* to remove something completely, especially by rubbing it
185. is_____on booth *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
186. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 178. adjust, 179. stick, 180. marine, 181. conflict, 182. corps, 183.

calibration, 184. erase, 185. isolation, 186. process

187. flexible si__ws *n.* a tough, fibrous tissue that connects muscles to bones, allowing for movement and strength; a source of strength, energy, or resilience
188. rep_____on of the word *n.* the act of doing or saying something many times
189. an_____or language *n.* a person from whom one is descended; a forefather
190. br___l bully *adj.* harsh or cruel
191. l__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
192. treat this dev_____ng disease *adj.* causing a great deal of destruction or damage
193. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
194. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
195. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
196. worst ima_____le case *adj.* capable of being imagined

ANSWERS: 187. sinew, 188. repetition, 189. ancestor, 190. brutal, 191. lift, 192. devastating, 193. develop, 194. medication, 195. frame, 196. imaginable

197. an ex_____d rock *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
198. ex_____e weather events *adj.* very great in amount or degree
199. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
200. smoke gr_____e *n.* a hand-held explosive device designed to be thrown or projected toward a target and detonate upon impact or after a specified time
201. an an_____s look *adj.* worried and nervous
202. v_t clinic *n.* (also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
203. answer co_____ss questions *adj.* too numerous to be counted or very many
204. pre-mo____n agricultural society *adj.* of or belonging to the present time or recent times
205. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
206. ca_____e on the battlefield *n.* the killing or slaughter of a large number of people, especially in a battle or war; a situation in which many people are killed or injured in a violent way

ANSWERS: 197. exposed, 198. extreme, 199. intense, 200. grenade, 201. anxious, 202. vet, 203. countless, 204. modern, 205. environment, 206. carnage

207. a consensual di_____e *n.* the legal dissolution of a marriage
208. easily ima_____le *adj.* capable of being imagined
209. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
210. em_____al distress *adj.* relating to people's feelings
211. gra_____ld development *n.* a child of someone's son or daughter
212. cut_____dge design *adj.* being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity
213. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
214. de___t smuggling across borders *v.* to find or recognize something, especially something difficult to see, hear, etc.

ANSWERS: 207. divorce, 208. imaginable, 209. medication, 210. emotional, 211. grandchild, 212. cutting-edge, 213. ingrained, 214. detect

Session 3: Fill in the Blanks

1. She had a master's degree in _____.
n. the scientific study of mind and behavior
2. The ____ flew over the ocean at high speed, reaching its destination in hours.
n. a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances
3. These birds can only _____ in temperate climates.
v. to live or exist despite a dangerous event or period
4. He _____ himself in his research.
v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
5. The _____ thunders echoed across the plain.
adj. severe and violent in a way that is frightening
6. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
7. He turned the bolt with the _____ making sure it was secure.
n. a mechanical device with a toothed wheel that can rotate in only one direction used to transmit or control motion or to prevent backward movement
8. His _____ faculties were getting worse because of a lack of sleep.
adj. of or relating to mental processes of understanding

ANSWERS: 1. psychology, 2. jet, 3. survive, 4. immersed, 5. fierce, 6. amazing, 7. ratchet, 8. cognitive

9. I'm prepared to _____ challenges throughout this adventure.
v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
10. The scientist conducted a study that provided _____ details about the species' behavior.
adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
11. The platoon experienced a full-scale _____.
n. a struggle to extinguish a fire; a military engagement in which small arms and other weapons are used
12. Their headquarters are in a _____ skyscraper.
adj. of or belonging to the present time or recent times
13. Floods have the potential to _____ any subsurface animals easily.
v. to die or cause to die by being unable to breathe underwater
14. The soldiers were equipped with ample _____ for the battle.
n. supplies, such as bullets or shells, used by armed forces
15. We had to take our dog to the ____ because she was not feeling well.
n. (also a veterinarian) a person who has a medical degree trained to examine and take care of the health of animals; (verb) to carefully examine, investigate, or evaluate someone or something, often for the purpose of determining suitability or eligibility
16. You have to _____ your content to the age of the audience.
v. to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

ANSWERS: 9. encounter, 10. specific, 11. firefight, 12. modern, 13. drown, 14. ammunition, 15. vet, 16. adjust

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

adj. relating to people's feelings

18. Efforts to _____ the effects of climate change require a coordinated and sustained effort by governments, businesses, and individuals.

v. to make less severe or less intense; to alleviate or lessen the adverse effects of something

19. Marketing strategies are growing more _____.

adj. having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion

20. You _____ a bill in the change machine, and the coins pop out.

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

21. The hunter aimed at the animal's _____ knowing it would be a fatal shot.

n. a tough, fibrous tissue that connects muscles to bones, allowing for movement and strength; a source of strength, energy, or resilience

22. In a _____ system, the outcome is uncertain and can vary based on chance.

adj. characterized by the influence of chance or probability; involving the use of statistical models or methods to estimate likelihoods or risks

23. The incident _____ a political controversy.

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 17. emotional, 18. mitigate, 19. sophisticated, 20. stick, 21. sinew, 22. probabilistic, 23. triggered

24. The patient displays a _____ of a side effect.

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

25. Efficiency isn't an essential _____ here; fairness is.

n. a fundamental law or truth that explains or controls how something happens or works

26. Many people go on a _____ to recharge and reconnect with themselves.

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

27. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

28. _____ is the mother of all learning.

n. the act of doing or saying something many times

29. The _____ attack left the victim with serious injuries.

adj. harsh or cruel

30. _____ symptoms might include a decrease in appetite and weight loss.

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

31. The older man _____ from arthritis and finds it difficult to move around.

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 24. symptom, 25. principle, 26. retreat, 27. extreme, 28. Repetition, 29. brutal, 30. Depression, 31. suffers

32. The _____ soldiers have the role of teaching recruits the stringencies of training.
n. a person who has had long experience in a particular area or activity
33. My remote _____ immigrated to the United States from Ireland in the 1800s.
n. a person from whom one is descended; a forefather
34. Advocates for legal reform hear less harsh words from their _____.
n. someone who expresses opinions about the quality of books, music, etc.
35. He left his wife an _____ fortune.
adj. extremely large or great
36. He cast _____ glances behind her.
adj. worried and nervous
37. Tensions were high during wartime, but the countries were friendly in _____.
n. the state of a country or the world during a period when there is no war
38. The _____ demonstrate that poverty and unemployment are genuine problems.
n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
39. She was disbarred for her _____ in fraud.
adj. attracting, pleasant, or charming
40. Some athletes take anabolic steroids to increase muscle size _____.
adv. for a limited time only or not permanently

ANSWERS: 32. veteran, 33. ancestor, 34. critics, 35. immense, 36. anxious, 37. peacetime, 38. statistics, 39. engaging, 40. temporarily

41. The long _____ to the air tarnished the antique tableware.
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
42. The drought _____ the prices of grain globally.
v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position
43. The battlefield was filled with _____ a terrible reminder of the horrors of war.
n. the killing or slaughter of a large number of people, especially in a battle or war; a situation in which many people are killed or injured in a violent way
44. The poem depicts the heroics of a legendary _____.
n. a person who engaged in or experienced warfare, especially in the past
45. She had to be _____ due to her injuries.
v. to admit someone to a hospital for medical treatment
46. The _____ of the equipment was vital to ensure accurate measurements.
n. the process of ensuring that an instrument, machine, or process is accurate and functioning correctly, often involving comparison to a standard or reference
47. He attempted to _____ the misspelled word.
v. to remove something completely, especially by rubbing it
48. Taking ibuprofen can _____ the pain from a headache.
v. to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden

ANSWERS: 41. exposure, 42. lifted, 43. carnage, 44. warrior, 45. hospitalized, 46. calibration, 47. erase, 48. alleviate

49. The security camera has _____ four intruders.

v. to find or recognize something, especially something difficult to see, hear, etc.

50. Can you help me _____ these groceries to the car?

v. to carry or transport something, especially by hand or with some effort; to haul or convey something from one place to another

51. Her fear of dogs was _____ after a traumatic experience in childhood.

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

52. Tech companies often employ _____ ducts and other materials in their office interiors.

adj. having no protection or shield from something, such as bad weather, attack, or criticism

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

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

54. He gave a stern _____ to the naughty student.

n. great care and attention that you take to avoid danger or mistakes; a warning against certain acts

55. The pharmacist not only prescribes the _____ but also guides its proper use.

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

56. They tried to _____ the old map with the new one to compare the changes.

v. to place or cover something over or on top of something else; to add a layer of functionality or data on top of another (noun) a layer of material placed on top of a surface, typically to protect or decorate it

ANSWERS: 49. detected, 50. tote, 51. ingrained, 52. exposed, 53. traumatic, 54. caution, 55. medication, 56. overlay

57. The detective looked for fingerprints on the window _____.
- n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
58. The soldier suffered injuries from _____ during the explosion.
- n.* fragments of a bomb, shell, or other explosive object that are scattered in many directions upon detonation and can cause injury or damage
59. He was pretty _____ to pass the exam.
- adj.* having good luck or lucky
60. _____ algorithms can find ways to optimize that humans do not anticipate.
- adj.* relating to or denoting how living things develop or change from earlier forms
61. She waited for her daughter with _____.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
62. The general reviewed the plans for the upcoming battle on the _____.
- n.* a place where a battle or conflict is fought
63. The company is set to _____ its new product line next month.
- v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
64. He and I often had _____ not only in personality but also in ideology.
- n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals

ANSWERS: 57. frame, 58. shrapnel, 59. fortunate, 60. Evolutionary, 61. anxiety, 62. battlefield, 63. launch, 64. conflicts,

65. We must ____ ourselves of pollution.

- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

66. I underwent aversion _____ for my addiction to alcohol.

- n.* the act of caring for someone through medication, remedial training, etc.

67. I will go to the _____ store to buy food for dinner.

- n.* a shop that sells food and other household items

68. He felt no _____ as the dentist drilled his deadened tooth.

- n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

69. When making arrests, police officers frequently _____ excessive force.

- v.* to give somebody a job and pay them for it; to make use of

70. The cost of the new equipment was _____ and beyond the company's budget.

- adj.* relating to astronomy or the study of celestial bodies and phenomena; very large or immense in scale or magnitude

71. The medicine _____ his headache, and he felt much better.

- v.* to make something burdensome, unpleasant, or painful less severe

72. The teachers make full use of _____ assistance.

- n.* a person who performs or offers to perform a job or service without being paid for or forced to do

ANSWERS: 65. rid, 66. therapy, 67. grocery, 68. discomfort, 69. employ, 70. astronomical, 71. relieved, 72. volunteer

73. The soldier threw a _____ to destroy the enemy's bunker.
n. a hand-held explosive device designed to be thrown or projected toward a target and detonate upon impact or after a specified time
74. His final goal is to sail around the _____.
n. the earth or world, mainly used to emphasize its vastness
75. My father's death _____ my life completely.
v. to change in outward structure or looks;
76. We use various precision _____ in the manufacturing process of machinery.
n. an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something
77. This is the only _____ strategy.
adj. capable of being imagined
78. There is a clear association between _____ consumption and cognitive decline.
n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
79. The couple decided to get a _____ after many years of marriage.
n. the legal dissolution of a marriage
80. In passenger aircraft, it is common to use an _____ pilot during cruising.
adj. able to work or operate with little or no direct human control; independent of external control

ANSWERS: 73. grenade, 74. globe, 75. transformed, 76. gauges, 77. imaginable, 78. alcohol, 79. divorce, 80. automatic

81. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
82. She stood on the podium and _____ an audience.
v. to examine something hastily, with the eyes or with a machine, to get information
83. That statement by the prime minister drew _____ international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe
84. The _____ technology was revolutionary in its field.
adj. being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity
85. We can _____ this possibility from those consumptions.
v. to remove or get rid of someone or something
86. Life as a waiter was a big _____ for him.
n. a very frightening or unpleasant dream
87. A decade ago, it was _____ impossible to cure this disease completely.
adv. in a way that relates to the practice of medicine and the treatment of illness and injury
88. Seals and whales are _____ animals beloved by the people.
adj. relating to the sea and the creatures and plants that live there

ANSWERS: 81. process, 82. scanned, 83. intense, 84. cutting-edge, 85. eliminate, 86. nightmare, 87. medically, 88. marine

89. After working for the company for 30 years, she decided to _____ from her job.

v. to withdraw from one's position or occupation, especially because of age

90. There are _____ methods for dealing with stress.

adj. too numerous to be counted or very many

91. It's important to _____ the equipment regularly to ensure accurate results.

v. to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

92. This typhoon was the most _____ in years.

adj. causing a great deal of destruction or damage

93. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

94. That incident led to his _____.

n. the condition of being alone or lonely; the act or state of separation between persons or groups

95. The _____ academy was known for its strict discipline and training.

adj. relating to or characteristic of members of the armed forces; of or relating to war or warfare

96. Plutonium has limited _____ applications.

adj. not involving violence, conflict, or war

97. The doctor prescribed some medicine for the mental _____.

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 89. retire, 90. countless, 91. calibrate, 92. devastating, 93. brain, 94. isolation, 95. military, 96. peaceful, 97. disorder

98. The _____ arrived at the front lines just in time to reinforce the exhausted soldiers.
- n.* a large group of people trained and organized for a particular purpose, such as the military or a performing arts troupe
99. Scientific knowledge will _____ significantly with the power of AI.
- v.* to go or move forward; to develop in a positive way
100. He grew up in the _____ but always dreamed of living in the city.
- n.* an outlying district or residential area of a city or town, typically comprising middle-class and affluent neighborhoods
101. It's important to understand the _____ of a situation before making a decision.
- n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
102. The sponge _____ water well.
- v.* to take in a fluid or other substance gradually
103. We must _____ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
104. Every human is responsible for taking care of the Earth's _____.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
105. The _____ aspirin brand was just as effective as the name brand but much cheaper.
- adj.* not specific; not linked to a particular brand or product

ANSWERS: 98. corps, 99. advance, 100. suburbs, 101. context, 102. absorbs, 103. develop, 104. environment, 105. generic

106. The grandparents take care of their _____ while the parents are at work.

n. a child of someone's son or daughter

107. The team set up a _____ tent for shelter during the storm.

adj. serving as a temporary substitute or solution; improvised

ANSWERS: 106. grandchild, 107. makeshift