

Englist.me



Vocabulary Builder Reference from...

Atul Gawande: Want to get great at something? Get a coach | TED Talk

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

Advanced Words Only

IMPORTANT

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

Session 1: Word List

dilute

v. to make a substance less concentrated by adding a liquid or another substance to it

synonym: weaken, thin, reduce

(1) **dilute** acid with water, (2) **dilute** a great idea

She **diluted** the concentrated juice with water.

bleach

v. to remove color or stains, whiten, or sterilize using a solution of chemicals or other substances, such as bleach

synonym: whiten, lighten, blanch

(1) **bleach** stains, (2) **bleach** hair

I need to **bleach** this shirt to remove the stains.

suction

n. the action of drawing something towards or into a vacuum or partial vacuum

synonym: vacuum, sucking

(1) **suction** aspiration, (2) **suction** device

The **suction** cup was able to lift the heavy object with ease.

airway

n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

synonym: air passage, air duct, skyway

(1) **airway** blockage, (2) **airway** beacon

When performing lifesaving, the first step is to secure the **airway**.

disturb

v. to interrupt someone who is trying to work, sleep, etc.
synonym: agitate, bother, intrude

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

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

sterile

adj. free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing

synonym: clean, germ-free, hygienic

(1) **sterile** environment, (2) a **sterile** man

Surgeons must use **sterile** instruments to prevent infection during an operation.

clamp

v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

synonym: fasten, secure, hold tight

(1) **clamp** down on extremism, (2) **clamp** coupling

He used a wrench to **clamp** down the pipes tightly.

pedagogy

n. the method or art of teaching or instructing, especially as an academic subject or profession

synonym: teaching, instruction, education

(1) modern **pedagogy**, (2) student-centered **pedagogy**

The teacher's innovative **pedagogy** helped her students learn in fun and engaging way.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

virtuoso

n. a person highly skilled in music, art, or some other pursuit

synonym: master, artist, expert

(1) versatile **virtuoso**, (2) a **virtuoso** on the guitar

He was a **virtuoso** pianist and played with incredible skill and precision.

inculcate

v. to impress upon someone an idea or attitude through repetition and persistent urging

synonym: instill, impress, imbue

(1) **inculcate** discipline, (2) **inculcate** good habits

As a parent, it is important to **inculcate** good values and morals in your children from an early age.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym: group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

complication

n. something that makes a situation or condition that is complex or confused

synonym: confusion, complexity, difficulty

(1) **complication** of structure, (2) resolve without **complication**

He also continued to struggle with serious long-term **complications**.

profoundly

adv. to a great or complete degree; deeply

synonym: deeply, greatly, completely

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

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

childbirth

n. the act or process of giving birth to a baby

synonym: delivery, labor, parturition

(1) natural **childbirth**, (2) assisted **childbirth**

He was present at the **childbirth** of his children.

devise

v. to come up with an idea, plan, theory, etc., using your intelligence or imagination

synonym: create, concoct, invent

(1) **devise** a plan, (2) **devise** a literary plot

They had to **devise** a system that did not depend on fossil fuels.

taper

v. to become or cause something to become gradually narrower at one end

synonym: decrease, dwindle, diminish

(1) **taper** the medication slowly, (2) **taper** the dose down

Most of the tree trunks **taper** toward the top.

triage

n. the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled

synonym : sorting, prioritizing, categorizing

(1) **triage** system, (2) **triage** nurse

In the aftermath of the hurricane, the military set up a **triage** center to assist with medical emergencies.

cuff

n. a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear

synonym : bracelet, handcuff, shackle

(1) **cuff** bracelet, (2) soft **cuff**

The doctor used a blood pressure **cuff** to measure my vitals.

fetus

n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

(1) development of the **fetus**, (2) an aborted **fetus**

The female vagina is elastic enough to allow the passage of a **fetus**.

intensify

v. to increase or make something increase in extent or strength

synonym : amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

contraction

n. the act or process of becoming smaller or shorter in size, volume, or amount

synonym : shrinking, compression, reduction

(1) **contraction** of a disease, (2) **contraction** in the industry

The **contraction** of the economy has led to job losses.

dilate

v. to make something wider, larger, or more open
synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel
The pupils of the eyes **dilate** in low light.

checkpoint

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

(1) **checkpoint** security, (2) military **checkpoint**

The airport security **checkpoint** was crowded with passengers waiting to board their flights.

electrify

v. to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

synonym: wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

Session 2: Spelling

1. ai___y beacon *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
2. in_____ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
3. resolve without com_____ion *n.* something that makes a situation or condition that is complex or confused
4. che_____nt security *n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
5. military che_____nt *n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
6. in_____te good habits *v.* to impress upon someone an idea or attitude through repetition and persistent urging
7. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
8. c__f bracelet *n.* a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear

ANSWERS: 1. airway, 2. instruct, 3. complication, 4. checkpoint, 5. checkpoint, 6. inculcate, 7. sect, 8. cuff

9. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
10. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
11. di___e the bronchial tubes *v.* to make something wider, larger, or more open
12. di___e a great idea *v.* to make a substance less concentrated by adding a liquid or another substance to it
13. a vi_____so on the guitar *n.* a person highly skilled in music, art, or some other pursuit
14. a st_____e man *adj.* free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing
15. de___e a plan *v.* to come up with an idea, plan, theory, etc., using your intelligence or imagination
16. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
17. ta__r the dose down *v.* to become or cause something to become gradually narrower at one end
18. de___e a literary plot *v.* to come up with an idea, plan, theory, etc., using your intelligence or imagination
19. assisted chi_____th *n.* the act or process of giving birth to a baby

ANSWERS: 9. doe, 10. doe, 11. dilate, 12. dilute, 13. virtuoso, 14. sterile, 15. devise, 16. improvisation, 17. taper, 18. devise, 19. childbirth

20. pro_____ly insightful *adv.* to a great or complete degree; deeply
21. student-centered pe_____gy *n.* the method or art of teaching or instructing, especially as an academic subject or profession
22. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
23. el_____fy a manufacturing process *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
24. an aborted fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
25. tr___e nurse *n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
26. st_____e environment *adj.* free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing
27. di_____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
28. con_____on of a disease *n.* the act or process of becoming smaller or shorter in size, volume, or amount
29. ta__r the medication slowly *v.* to become or cause something to become gradually narrower at one end
30. di_____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 20. profoundly, 21. pedagogy, 22. improvisation, 23. electrify, 24. fetus, 25. triage, 26. sterile, 27. disturb, 28. contraction, 29. taper, 30. disturb

31. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
32. cl__p down on extremism *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
33. bl___h hair *v.* to remove color or stains, whiten, or sterilize using a solution of chemicals or other substances, such as bleach
34. modern pe_____gy *n.* the method or art of teaching or instructing, especially as an academic subject or profession
35. su_____n aspiration *n.* the action of drawing something towards or into a vacuum or partial vacuum
36. natural chi_____th *n.* the act or process of giving birth to a baby
37. ai___y blockage *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
38. versatile vi_____so *n.* a person highly skilled in music, art, or some other pursuit
39. tr___e system *n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled

ANSWERS: 31. intensify, 32. clamp, 33. bleach, 34. pedagogy, 35. suction, 36. childbirth, 37. airway, 38. virtuoso, 39. triage

40. di___e blood vessel *v.* to make something wider, larger, or more open
41. in_____te discipline *v.* to impress upon someone an idea or attitude through repetition and persistent urging
42. in_____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
43. soft c__f *n.* a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear
44. el_____fy the audience *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
45. con_____on in the industry *n.* the act or process of becoming smaller or shorter in size, volume, or amount
46. cl__p coupling *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
47. sleep pro_____ly *adv.* to a great or complete degree; deeply
48. su_____n device *n.* the action of drawing something towards or into a vacuum or partial vacuum

ANSWERS: 40. dilate, 41. inculcate, 42. instruct, 43. cuff, 44. electrify, 45. contraction, 46. clamp, 47. profoundly, 48. suction

49. development of the fe__s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
50. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
51. bl___h stains *v.* to remove color or stains, whiten, or sterilize using a solution of chemicals or other substances, such as bleach
52. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
53. di___e acid with water *v.* to make a substance less concentrated by adding a liquid or another substance to it
54. com_____ion of structure *n.* something that makes a situation or condition that is complex or confused

ANSWERS: 49. fetus, 50. sect, 51. bleach, 52. intensify, 53. dilute, 54. complication

Session 3: Fill in the Blanks

1. He was a _____ pianist and played with incredible skill and precision.
n. a person highly skilled in music, art, or some other pursuit
2. Rebels have pledged to _____ the armed struggle against the dictatorship.
v. to increase or make something increase in extent or strength
3. Hunters use a whistle that makes the ____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
4. The _____ cup was able to lift the heavy object with ease.
n. the action of drawing something towards or into a vacuum or partial vacuum
5. The minority ____ believed in a set of unconventional religious practices.
n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
6. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation
7. He used a wrench to _____ down the pipes tightly.
v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

ANSWERS: 1. virtuoso, 2. intensify, 3. doe, 4. suction, 5. sect, 6. improvisation, 7. clamp

8. In the aftermath of the hurricane, the military set up a _____ center to assist with medical emergencies.
- n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
9. The product developed through years of research continues to _____ the market.
- v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
10. Surgeons must use _____ instruments to prevent infection during an operation.
- adj.* free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing
11. The novel affected her _____ causing her to question her beliefs and values.
- adv.* to a great or complete degree; deeply
12. He was present at the _____ of his children.
- n.* the act or process of giving birth to a baby
13. She _____ the concentrated juice with water.
- v.* to make a substance less concentrated by adding a liquid or another substance to it
14. When performing lifesaving, the first step is to secure the _____.
- n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

ANSWERS: 8. triage, 9. electrify, 10. sterile, 11. profoundly, 12. childbirth, 13. diluted, 14. airway

15. I need to _____ this shirt to remove the stains.

- v. to remove color or stains, whiten, or sterilize using a solution of chemicals or other substances, such as bleach

16. Most of the tree trunks _____ toward the top.

- v. to become or cause something to become gradually narrower at one end

17. They had to _____ a system that did not depend on fossil fuels.

- v. to come up with an idea, plan, theory, etc., using your intelligence or imagination

18. The teacher's innovative _____ helped her students learn in fun and engaging way.

- n. the method or art of teaching or instructing, especially as an academic subject or profession

19. He also continued to struggle with serious long-term _____.

- n. something that makes a situation or condition that is complex or confused

20. The doctor used a blood pressure _____ to measure my vitals.

- n. a band or strip of material, usually worn around the wrist or ankle, often used to secure or fasten something in place; a blow or hit delivered with an open hand, typically to the head or ear

21. The pupils of the eyes _____ in low light.

- v. to make something wider, larger, or more open

22. The female vagina is elastic enough to allow the passage of a _____.

- n. an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

ANSWERS: 15. bleach, 16. taper, 17. devise, 18. pedagogy, 19. complications, 20. cuff, 21. dilate, 22. fetus

23. The facility manager _____ the security guards to be on high alert.
- v. to teach someone practical skills or knowledge; to formally order or tell someone to do something
24. The airport security _____ was crowded with passengers waiting to board their flights.
- n. a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
25. The _____ of the economy has led to job losses.
- n. the act or process of becoming smaller or shorter in size, volume, or amount
26. As a parent, it is important to _____ good values and morals in your children from an early age.
- v. to impress upon someone an idea or attitude through repetition and persistent urging
27. Tourists frequently _____ the island's delicate natural balance.
- v. to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 23. instructed, 24. checkpoint, 25. contraction, 26. inculcate, 27. disturb