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

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All Words

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Session 1: Word List

attendant

 a person who is employed to provide a service or perform tasks, often in a public place, such as a flight attendant, parking attendant, or hospital attendant

synonym: assistant, aide, guide

(1) flight attendant, (2) personal attendant

The **attendant** at the parking lot directed me to an available parking spot

wit

 the ability to say or write things or ideas in a clever and humorous way

synonym: humor, comedy, funniness

(1) the wit of man, (2) full of wit

He has the wit to keep talking about this topic.

extreme

adj. very great in amount or degreesynonym: farthermost, outermost, fierce

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

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

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

improve

- v. to make or become better
- *synonym*: enhance, ameliorate, enrich
- (1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

complexity

 the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive complexity, (2) complexity theory

The project's **complexity** made it difficult for the team to complete it on time.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

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**.

glove

 a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger

synonym: mitt

(1) a right-hand **glove**, (2) 5-finger **glove**

She was wearing a black **glove**.

tap

v. to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.

synonym: knock, exploit, use

(1) **tap** a new market, (2) **tap** keyboard with an index finger To expand the company, we must **tap** new human resources.

reuse

- v. to use something again or more than once synonym: reprocess, recycle, rehash
- (1) **reuse** the materials, (2) **reuse** existing knowledge The supermarket encourages shoppers to **reuse** plastic bags.

basin

 a natural depression or valley that is circular or oval on the surface of the earth, especially one that has water in it; a container with a bowl form that is typically used to hold food or liquids

synonym: watershed, bowl

- inland basin,
 the basin of the Great Salt Lake
 Many of the lakes and marshes in the basin are mildly salty.
- 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

dilute

 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 hairI need to bleach this shirt to remove the stains.

delivery

the act of taking or sending something to a destination;
 the bringing of a baby during childbirth

synonym: sending, transporting, bringing

(1) an easy **delivery**, (2) special **delivery**The **delivery** truck arrived with the packages.

difficulty

- n. a condition or state that causes problemssynonym: hardship, complication, problem
- (1) the degree of **difficulty**, (2) **difficulty** in breathing He has **difficulty** exercising because of a back injury sustained in an accident.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

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.

breath

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

synonym: air, puff, whiff

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

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

mask

v. to conceal something; (noun) a covering that you wear over your face to hide it

synonym: disguise, camouflage, conceal

(1) mask body odor, (2) an oxygen mask

The politician tried to **mask** the corruption.

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.

dire

adj. extremely serious or urgent; critical, grave, or disastrous

synonym: serious, critical, desperate

(1) suffer **dire** poverty, (2) **dire** situation

The **dire** economic straits called for immediate action.

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.

cord

 a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

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(1) spinal cord, (2) electrical cord

Your spinal **cord** is located deep within your body.

infection

 a condition in which pathogenic microorganisms or viruses have entered the body

synonym: contagion, disease, transmission

(1) a bacterial **infection**, (2) treat the **infection** with antibiotics

Hospitals must meet various standards to prevent nosocomial **infections**.

temperature

- n. the degree of hotness or coldness of a thing or placesynonym: climate, warmth, degree
- (1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

coordinated

- adj. effectively arranged or organized so that all the parts work smoothly or systematically together
- synonym: collective, unified, cooperative
- (1) in a **coordinated** manner, (2) **coordinated** robot system For greater efficiency, our efforts must be better **coordinated**.

nurse

 a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym: healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**The night shift **nurse** checked my vital signs before administering the medication.

clerk

 a person who works in an office and is responsible for keeping records, writing letters, etc.; a person who works in a store and is responsible for serving customers

synonym: worker, record-keeper, letter-writer

(1) clerk job, (2) clerk position

The **clerk** at the store helped me find what I needed.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment The **medical** team worked quickly to save the patient's life.

facility

 a building or place that provides a particular service or is used for a particular industry

synonym: building, structure, installation

(1) a cell phone with an internet **facility**, (2) **facility** design This company has an entire recycling **facility**, including major reprocessing plants.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights Human behavior has **fundamental** characteristics.

tradition

 a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**It is a **tradition** in many families to have a big Thanksgiving

dinner with all their relatives.

pedagogy

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.

graduate

a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

(1) graduate degree program, (2) honor graduate Many employers hire **graduate** trainees to train as managers.

virtually

adv. almost completely

synonym: almost, basically, nearly

(1) virtually all countries, (2) virtually identical **Virtually** all the parties signed the contract.

legendary

adj. famous or well-known, especially through long-standing popular stories or tradition

synonym: mythical, fabled, storied

(1) legendary actor, (2) achieve a legendary status The **legendary** stories of King Arthur have been passed down for centuries.

violin

a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings

synonym: fiddle

(1) **violin** soloist, (2) play the **violin**

The cello is a member of the **violin** family.

instruct

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.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym: block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project We **delayed** the payment because of an incorrect invoice.

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.
- n. a list of people's names, often who are available to do a iob

synonym: listing, enrollment, registration

(1) roster index, (2) roster of cabinet

The club has notable celebrities on the **roster**.

virtuoso

roster

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.

talent

 a natural ability to be good at something; someone who has a natural ability to be good at something

synonym: endowment, aptitude, capability

(1) a person of diverse **talents**, (2) raw **talent**Numerous great professional sports **talents** have come from this city.

inculcate

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.

contrast

- to put in opposition to show or emphasize differences *synonym*: differ, vary, counterpoint
- (1) **contrast** with a decade ago, (2) **contrast** two things It's intriguing to compare and contrast the two authors.

surgeon

a doctor who is trained to perform medical operations that involve cutting open a person's body

synonym: sawbones, doctor

(1) an excellent brain surgeon, (2) army surgeon He is a skilled **surgeon** that has many years of training and experience.

observe

to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

synonym: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife It is important to observe safety procedures in the workplace to prevent accidents.

critique

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

synonym: review, analysis, appraisal

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

absurd

adj. ridiculously silly, unreasonable, or illogical *synonym*: ridiculous, foolish, idiotic

(1) **absurd** storyline, (2) an **absurd** amount of money We immediately rejected his **absurd** suggestion.

expertise

 specialized knowledge or skills in a particular field or subject; expert proficiency or knowledge

synonym: knowledge, skill, mastery

(1) marketing **expertise**, (2) demonstrate **expertise**The company's success can be attributed to the **expertise** of its employees.

hire

v. to give somebody a jobsynonym: employ, engage, lease

hire a guide, (2) hire a car by the hour
 We should always be prepared to hire talented recruits.

doe

 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.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym: move, relocate, shift

(1) transfer a file, (2) transfer power

She **transferred** the money from her savings account to her checking account.

decide

to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action She couldn't **decide** whether to order the pizza or the pasta for dinner.

arguably

adv. used when expressing an opinion or idea that you believe can be proven true

synonym: probably, possibly

(1) she is **arguably** the best singer, (2) **arguably** the greatest discovery

He is **arguably** regarded as the finest actor of his generation.

conversation

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

synonym: chat, discussion, dialogue

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

graduated

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

synonym: completed, finished, earned

(1) graduated taxation, (2) graduated flask

She was a graduated student of a prestigious university.

concert

 a musical performance given in public by one or more players or singers

synonym: gig, musical, show

(1) have a **concert** again, (2) a benefit **concert** This artist always packs the **concert** halls.

sect

 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.

mechanical

adj. operated by a machine, relating to or concerned with machinery or tools

synonym: machinelike, automated, automatic

(1) a **mechanical** style of writing, (2) the influence of **mechanical** action

A **mechanical** engineer is still in demand in many companies.

crucial

adj. extremely vital or necessarysynonym: essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women The revitalization of technology companies is **crucial** to the country's growth.

numerous

adj. amounting to a large indefinite number synonym: many, considerable, countless

(1) **numerous** countries, (2) as **numerous** as the sand These descriptions are based on a number of **numerous** assumptions.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym: acknowledge, identify, admit

(1) recognize talent, (2) recognize achievementIt's important to recognize your strengths and weaknesses.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

improvisation

- n. the act of making something up on the spot or creating or performing something without preparationsynonym: spontaneity, ad-lib, extemporization
- (1) **improvisation** on stage, (2) jazz **improvisation** He created a beautiful piece of music using only

improvisation.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym: stable, solid, secure

(1) steady increase, (2) take a steady job

The patient's vital signs are **steady**, indicating a stable condition.

upward

 adv. toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

synonym: skyward, uphill

(1) look **upward**, (2) demonstrate an **upward** trend The company adjusted the revenue **upward**.

curve

 a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

synonym: bend, arc, turn

(1) learning curve, (2) yield curve

The **curve** in the road was so sharp that I had to slow down to navigate it safely.

complication

 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**.

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.

bob

ν. to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders

synonym: bobble, bounce, wag

(1) **bob** a quick curtsy, (2) **bob** on the surface of the water I need to **bob** my head to the beat of the music.

dense

adj. containing a large number of people or something with little space between them

synonym: heavy, thick, idiotic

nutrient- dense foods, (2) dense forests
 The entire mountain is covered in dense rainforest.

elbow

n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint

synonym: joint, bend, cubitus

elbow bone, (2) elbow-length sleeves
 She bruised her elbow after falling off her bike.

comfort

 a state of physical ease and freedom from pain or constraint

synonym: ease, solace, coziness

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

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

instrument

 an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

synonym: apparatus, tool, device

(1) musical **instruments**, (2) surgical **instruments**This electronic **instrument** is required to undergo periodic inspections to ensure precision.

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awareness

n. the fact or state of knowing something exists and is important

synonym: understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness** There has been a gradual but steady rise in environmental **awareness**.

profound

adj. extremely great; sensed or experienced very strongly;displaying a high level of knowledge or comprehensionsynonym: deep, unsounded, far-reaching

(1) a **profound** book, (2) the **profound** depths of the sea My mother's illness had a **profound** impact on us all.

external

adj. belonging to or situated outside of someone or something

synonym: outside, exterior, foreign

(1) external factors, (2) external commerce

When a company discloses information to the market, an **external** auditor verifies them.

accurate

adj. correct and exact in all details

synonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains **accurate** academic records.

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.

innovation

n. the creation of a new device or process resulting from study and experimentation

synonym: invention, initiation, creation

(1) innovation leader, (2) cutting-edge innovation

The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

childbirth

- 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.

organization

a group of people who work together for a shared purpose

synonym: association, institution, community

(1) organization chart, (2) agricultural organization She is the president of a large international **organization**.

devise

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.

a list of items, tasks, or points to be considered or acted n. upon, used as a reminder and to ensure that all necessary steps have been taken

synonym: inventory, list, roll call

- (1) checklist for evaluating, (2) audit checklist I made a **checklist** of things to do before my vacation.
- productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

synonym: toil, moil, donkeywork

(1) seasonal labor, (2) manual labor In several countries, child **labor** is a serious social problem.

checklist

labor

massive

adj. enormous amount; very heavy and solid

synonym: enormous, giant, immense

(1) massive amounts, (2) massive stars

The recent economic downturn has resulted in **massive** layoffs.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

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

Her response revealed **incredible** idiocy.

government

 the group of people with authority to control a country or state

synonym: administration, regime, state

government bureaucracy, (2) government funding
 The federal government is planning to increase taxes for the

next fiscal year.

strength

 the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength** Health and **strength** are, above all, gold.

communicate

 to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

- (1) **communicate** his anxieties to the psychiatrist,
- (2) communicate well with my advisor

Dolphins use sound to **communicate** with each other.

physician

n. a medical doctor who practices medicine

synonym: doctor, practitioner, medic

(1) the advice of the **physician**, (2) consult with a **physician**She visited the local **physician** to seek treatment for her

persistent headache.

folk

people in general, especially those of a particular group or type

synonym: community, family, person

- (1) **folk** art, (2) the **folk** songs of a particular district Some seaweed was used as **folk** medicine in ancient times.
- 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.
- to meet the requirements or expectations; to achieve or realize

synonym: satisfy, complete, accomplish

- (1) fulfill a contract, (2) fulfill a lifetime dream It was the first time for her, but she **fulfilled** the role of Priest.
- the amount of space between two points, measured in n. units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

synonym: space, gap, span

(1) driving distance, (2) social distance

The marathon runner covered a long **distance** in a short amount of time.

to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym: accomplish, attain, reach

(1) achieve success, (2) achieve milestones I will work hard to **achieve** my goals and realize my dreams.

taper

fulfill

distance

substantial

adj. fairly large in size, value, or importance *synonym*: significant, notable, actual

(1) a **substantial** amount of capital, (2) have a **substantial** meal

The pandemic was a **substantial** business opportunity for certain companies.

reduction

- n. a decrease in size, amount, or degreesynonym: diminution, decrease, cutback
- (1) **reduction** strategy, (2) a gradual **reduction**The **reduction** in carbon emissions has been significant since the implementation of the new policy.

mortality

- n. the quality or state of being subject to deathsynonym: fatality
- (1) **mortality** due to cancer, (2) lower infant **mortality** This disease has a high **mortality**.

execute

v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

synonym: direct, conduct, enforce

(1) **execute** a bold strategy, (2) **execute** a double play The mafioso who collaborated with the police was **executed**.

ambulance

- a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
- (1) dispatch an **ambulance**, (2) **ambulance** service The **ambulance** crew quickly stabilized the patient before transporting them to the hospital.

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.

complicated

adj. involving a lot of different things or parts in a way that is difficult to understand or analyze

synonym: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly complicated

He did **complicated** pen-and-ink drawings in just a few days.

pulse

the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

synonym: beat, vibration, throb

(1) a weak pulse, (2) pulse waves

The cardiac monitor displays the intensity of your **pulse**.

cuff

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

- 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.

to observe, check, and track the progress or quality of something over a period of time

synonym: proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully

monitor

They used a special receiver to **monitor** police radio channels.

norm

- n. something that is regarded as usual, typical, or standard synonym: criterion, mean, standard
- (1) norm of action, (2) cultural norm

The systems we have developed has accepted as industry **norms**.

intensify

 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

 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.

examine

v. to study or consider a person or object attentively and thoroughly to learn something about them

synonym: study, probe, analyze

(1) **examine** the data studiously, (2) **examine** the issue Initially, we must **examine** all project-related expenses.

cervical

adj. relating to the neck or the cervix (= the narrow passage forming the lower end of the uterus)

synonym: cervical, neck, spinal

(1) cervical cancer, (2) cervical spine

She must undergo a **cervical** screening to check for abnormalities in her reproductive system.

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.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym: linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months He was sick for five **straight** days.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

suddenly attacked by an enemy, (2) die suddenly
 Who answers suddenly knows little.

mood

the way you feel at a particular time; an angry or impatient state of mind

synonym: mindset, disposition, temper

the mood in a room, (2) in an ugly mood
 gaffe spoiled the mood of the dinner party.

communal

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

synonym: collaborative, combined, collective

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

Communal elections were held in several European

countries.

floppy

adj. not stiff or firm; hanging loosely

synonym: limp, flaccid, pliable

(1) floppy infant, (2) floppy hat

The puppy's ears were still too long and **floppy** for its head.

checkpoint

 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.

liquid

 a substance, such as water or oil that flows freely and is neither a solid nor a gas

synonym: fluid

(1) colorless liquid, (2) hazardous liquid

The sponge takes up the liquid well.

grab

v. to take hold of something or someone suddenly with a hand, especially in a violent way

synonym: clutch, snatch, grasp

(1) **grab** an audience, (2) **grab** an opportunity

Shall we grab a bite to eat?

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.

Session 2: Spelling

1.	st 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
2.	incle amount	adj.	unbelievable; enormous
3.	funal rights	adj.	forming an essential base or core from which everything else develops or is affected
4.	innon leader	n.	the creation of a new device or process resulting from study and experimentation
5.	cultural nm	n.	something that is regarded as usual, typical, or standard
6.	personal atnt	n.	a person who is employed to provide a service or perform tasks, often in a public place, such as a flight attendant, parking attendant, or hospital attendant
7.	honor grte	n.	a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
8.	an abd amount of money	adj.	ridiculously silly, unreasonable, or illogical
9.	vily identical	adv.	almost completely
10.	comte well with my advisor	<i>v</i> .	to share or exchange information with

ANSWERS: 1. sect, 2. incredible, 3. fundamental, 4. innovation, 5. norm, 6. attendant, 7. graduate, 8. absurd, 9. virtually, 10. communicate

others by speaking, writing, moving your body, or using other signals

11.	extreme temres	n.	the degree of hotness or coldness of a thing or place
12.	the prnd depths of the sea	adj.	extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
13.	lower infant moty	n.	the quality or state of being subject to death
14.	fly hat	adj.	not stiff or firm; hanging loosely
15.	a right-hand gle	n.	a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
16.	exe the data studiously	v.	to study or consider a person or object attentively and thoroughly to learn something about them
17.	ste environment	adj.	free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing
18.	agricultural orgion	n.	a group of people who work together for a shared purpose
19.	sty increase	adj.	firmly fixed, supported, or balanced; not shaking or moving
20.	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
21.	stth of the economy	n.	the quality or state of being physically, or sometimes mentally, strong
22.	obe a tradition	ν.	to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

ANSWERS: 11. temperature, 12. profound, 13. mortality, 14. floppy, 15. glove, 16. examine, 17. sterile, 18. organization, 19. steady, 20. doe, 21. strength, 22. observe

- 23. co____al swimming pool
- 24. de e a literary plot
- 25. flight at____nt
- 26. temporary me____I treatment
- 27. el w bone
- 28. cl_p coupling

- 29. ta r the dose down
- 30. raw ta___t
- 31. aw____ss of my ignorance

- adj. belonging to or used by a group rather than individuals; for common use
- v. to come up with an idea, plan, theory, etc., using your intelligence or imagination
- a person who is employed to provide a service or perform tasks, often in a public place, such as a flight attendant, parking attendant, or hospital attendant
- adj. relating to the treatment of illness or injuries; relating to the practice of medicine
- the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
- 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
- v. to become or cause something to become gradually narrower at one end
- a natural ability to be good at something; someone who has a natural ability to be good at something
- the fact or state of knowing something exists and is important

ANSWERS: 23. communal, 24. devise, 25. attendant, 26. medical, 27. elbow, 28. clamp, 29. taper, 30. talent, 31. awareness

32.	exe a bold strategy	<i>v</i> .	to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
33.	reze talent	ν.	to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
34.	ceal cancer	adj.	relating to the neck or the cervix (= the narrow passage forming the lower end of the uterus)
35.	fly infant	adj.	not stiff or firm; hanging loosely
36.	dee a plan	<i>v</i> .	to come up with an idea, plan, theory, etc., using your intelligence or imagination
37.	dispatch an amce	n.	a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
38.	learning cue	n.	a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
39.	a volunteer nue	n.	a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
40.	impion on stage	n.	the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 32. execute, 33. recognize, 34. cervical, 35. floppy, 36. devise, 37. ambulance, 38. curve, 39. nurse, 40. improvisation

ANSWERS: 41. retire, 42. arguably, 43. labor, 44. inculcate, 45. monitor, 46. fetus, 47. retire, 48. communicate, 49. complexity, 50. complication

ν.

n.

48. com____te his anxieties to the

50. resolve without com ion

psychiatrist

49. com____ty theory

to share or exchange information with

the state or quality of being complicated or intricate and difficult to understand

others by speaking, writing, moving

something that makes a situation or

condition that is complex or confused

your body, or using other signals

51.	exal commerce	adj.	belonging to or situated outside of someone or something
52.	resle action	adj.	answerable or accountable for something within one's power, control, or management
53.	tre 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
54.	trrm an education system	<i>v</i> .	to change in outward structure or looks;
55.	suly attacked by an enemy	adv.	quickly and unexpectedly
56.	obe wildlife	v.	to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
57.	exe a double play	v.	to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
58.	infy a good relationship	<i>v</i> .	to increase or make something increase in extent or strength
59.	b_b on the surface of the water	ν.	to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
60.	electrical cd	n.	a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

ANSWERS: 51. external, 52. responsible, 53. triage, 54. transform, 55. suddenly, 56. observe, 57. execute, 58. intensify, 59. bob, 60. cord

61.	govnt funding	n.	the group of people with authority to control a country or state
62.	a meI opinion	adj.	relating to the treatment of illness or injuries; relating to the practice of medicine
63.	driving dice	n.	the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
64.	infy diplomatic efforts	<i>v</i> .	to increase or make something increase in extent or strength
65.	muscular stth	n.	the quality or state of being physically, or sometimes mentally, strong
66.	audit chst	n.	a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken
67.	a mecal style of writing	adj.	operated by a machine, relating to or concerned with machinery or tools
68.	dib the peace	<i>v</i> .	to interrupt someone who is trying to work, sleep, etc.
69.	the advice of the phan	n.	a medical doctor who practices medicine
70.	a weak pue	n.	the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

ANSWERS: 61. government, 62. medical, 63. distance, 64. intensify, 65. strength, 66. checklist, 67. mechanical, 68. disturb, 69. physician, 70. pulse

71.	exe weather events	adj.	very great in amount or degree
72.	raise public awss	n.	the fact or state of knowing something exists and is important
73.	n_m of action	n.	something that is regarded as usual, typical, or standard
74.	dey the new project	v.	to cause something to happen at a later time than originally intended or expected
75.	die the bronchial tubes	<i>v</i> .	to make something wider, larger, or more open
76.	against tron	n.	a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
77.	chst for evaluating	n.	a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken
78.	look upd	adv.	toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
79.	lery actor	adj.	famous or well-known, especially through long-standing popular stories or tradition
80.	suffer de poverty	adj.	extremely serious or urgent; critical, grave, or disastrous
81.	cooed robot system	adj.	effectively arranged or organized so that all the parts work smoothly or systematically together

ANSWERS: 71. extreme, 72. awareness, 73. norm, 74. delay, 75. dilate, 76. tradition, 77. checklist, 78. upward, 79. legendary, 80. dire, 81. coordinated

82.	an excellent brain sun	n.	a doctor who is trained to perform medical operations that involve cutting open a person's body
83.	conon in the industry	n.	the act or process of becoming smaller or shorter in size, volume, or amount
84.	sleep proly	adv.	to a great or complete degree; deeply
85.	the f_k songs of a particular district	n.	people in general, especially those of a particular group or type
86.	proly insightful	adv.	to a great or complete degree; deeply
87.	cot level	n.	a state of physical ease and freedom from pain or constraint
88.	stle to get the job	v.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
89.	secret st	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
90.	as nuus as the sand	adj.	amounting to a large indefinite number
91.	ror of cabinet	n.	a list of people's names, often who are available to do a job
92.	exe sports	adj.	very great in amount or degree
93.	a friendly conion	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 82. surgeon, 83. contraction, 84. profoundly, 85. folk, 86. profoundly, 87. comfort, 88. struggle, 89. sect, 90. numerous, 91. roster, 92. extreme, 93. conversation

94. stte the nervous system	v.	to encourage something to develop or become more active; to stir the feelings or emotions
95. an aborted fes	n.	an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
96. spinal cd	n.	a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
97. a comed process	adj.	involving a lot of different things or parts in a way that is difficult to understand or analyze
98. cognitive comty	n.	the state or quality of being complicated or intricate and difficult to understand
99. dee on a course of action	v.	to make up someone's mind about something; to come to a conclusion or judgment after considering options
100. cost two things	v.	to put in opposition to show or emphasize differences
101. nuus countries	adj.	amounting to a large indefinite number
102. cost with a decade ago	<i>v</i> .	to put in opposition to show or emphasize differences
103. conion in English	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
104. dib his sleep	v.	to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 94. stimulate, 95. fetus, 96. cord, 97. complicated, 98. complexity, 99. decide, 100. contrast, 101. numerous, 102. contrast, 103. conversation, 104. disturb

105. difty in breathing	n.	a condition or state that causes problems
106. eqp an army	<i>v</i> .	to provide a person or a place with the things that are needed for a particular purpose or activity
107. a tron of a culture	n.	a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
108. gb an opportunity	ν.	to take hold of something or someone suddenly with a hand, especially in a violent way
109. the atmospheric temre	n.	the degree of hotness or coldness of a thing or place
110. yield cue	n.	a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
111. acte measurements	adj.	correct and exact in all details
112. in an ugly md	n.	the way you feel at a particular time; an angry or impatient state of mind
113. clp down on extremism	ν.	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: 105. difficulty, 106. equip, 107. tradition, 108. grab, 109. temperature, 110. curve, 111. accurate, 112. mood, 113. clamp

114. dee a question	<i>v</i> .	to make up someone's mind about something; to come to a conclusion or judgment after considering options
115. crI information	adj.	extremely vital or necessary
116. mae stars	adj.	enormous amount; very heavy and solid
117. natural chith	n.	the act or process of giving birth to a baby
118. the degree of difty	n.	a condition or state that causes problems
119. t_p a new market	v.	to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
120. musical insnts	n.	an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
121. a cell phone with an internet faty	n.	a building or place that provides a particular service or is used for a particular industry
122. ceal spine	adj.	relating to the neck or the cervix (= the narrow passage forming the lower end of the uterus)
123. eqp our children with some special skills	v.	to provide a person or a place with the things that are needed for a particular purpose or activity
124. not necly a problem	adv.	in an essential manner; in such a way as could not be otherwise
ANSWERS: 114. decide, 115. crucial, 116.	ma	ssive, 117. childbirth, 118. difficulty,

ANSWERS: 114. decide, 115. crucial, 116. massive, 117. childbirth, 118. difficulty, 119. tap, 120. instrument, 121. facility, 122. cervical, 123. equip, 124. necessarily

125. become increasingly comed	adj.	involving a lot of different things or parts in a way that is difficult to understand or analyze
126. nutrient-dee foods	adj.	containing a large number of people or something with little space between them
127. vily all countries	adv.	almost completely
128. provide acte information	adj.	correct and exact in all details
129. the most amg feeling	adj.	extremely surprising, especially in a way that you like or admire
130. hold your brh	n.	the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
131. orgion chart	n.	a group of people who work together for a shared purpose
132. an oxygen mk	<i>v</i> .	to conceal something; (noun) a covering that you wear over your face to hide it
133. military chent	n.	a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
134. full of w_t	n.	the ability to say or write things or ideas in a clever and humorous way
135. ace milestones	v.	to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
136. mor an exam	v.	to observe, check, and track the progress or quality of something over a period of time

ANSWERS: 125. complicated, 126. dense, 127. virtually, 128. accurate, 129. amazing, 130. breath, 131. organization, 132. mask, 133. checkpoint, 134. wit, 135. achieve, 136. monitor

137. ace success	<i>v</i> .	to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
138. severe crc	n.	someone who expresses opinions about the quality of books, music, etc.
139. fuI a lifetime dream	<i>v</i> .	to meet the requirements or expectations; to achieve or realize
140. aiy 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
141. sun device	n.	the action of drawing something towards or into a vacuum or partial vacuum
142. have a subal meal	adj.	fairly large in size, value, or importance
143. an easy dery	n.	the act of taking or sending something to a destination; the bringing of a baby during childbirth
144. at incle speed	adj.	unbelievable; enormous
145. ime a process	<i>v</i> .	to make or become better
146. govnt bureaucracy	n.	the group of people with authority to control a country or state
147. die blood vessel	<i>v</i> .	to make something wider, larger, or more open
148. he a guide	<i>v</i> .	to give somebody a job
149. stht for two months	adj.	extending or moving in one direction without bending or curving; having no deviations

ANSWERS: 137. achieve, 138. critic, 139. fulfill, 140. airway, 141. suction, 142. substantial, 143. delivery, 144. incredible, 145. improve, 146. government, 147. dilate, 148. hire, 149. straight

150. elw-length sleeves	n.	the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
151. a stht line	adj.	extending or moving in one direction without bending or curving; having no deviations
152. dey a flight three hours	v.	to cause something to happen at a later time than originally intended or expected
153. gred flask	adj.	having received a degree from a school, college, or university; marked with or divided into levels or degrees
154. hazardous lid	n.	a substance, such as water or oil that flows freely and is neither a solid nor a gas
155. the ban of the Great Salt Lake	n.	a natural depression or valley that is circular or oval on the surface of the earth, especially one that has water in it; a container with a bowl form that is typically used to hold food or liquids
156. d_e rabbit	n.	a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
157. pue waves	n.	the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
158. a prnd book	adj.	extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

ANSWERS: 150. elbow, 151. straight, 152. delay, 153. graduated, 154. liquid, 155. basin, 156. doe, 157. pulse, 158. profound

159. in a cooed manner	adj.	effectively arranged or organized so that all the parts work smoothly or systematically together
160. tre 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
161. ime the test score	ν.	to make or become better
162. elfy the audience	v.	to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
163. trrm heat into power	<i>v</i> .	to change in outward structure or looks;
164. the md in a room	n.	the way you feel at a particular time; an angry or impatient state of mind
165. elfy a manufacturing process	<i>v</i> .	to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
166. seasonal lar	n.	productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
167. die a great idea	<i>v</i> .	to make a substance less concentrated by adding a liquid or another substance to it
168. have a cot again	n.	a musical performance given in public by one or more players or singers

ANSWERS: 159. coordinated, 160. triage, 161. improve, 162. electrify, 163. transform, 164. mood, 165. electrify, 166. labor, 167. dilute, 168. concert

169. funal education	adj.	forming an essential base or core from which everything else develops or is affected
170. clk position	n.	a person who works in an office and is responsible for keeping records, writing letters, etc.; a person who works in a store and is responsible for serving customers
171. die suly	adv.	quickly and unexpectedly
172. fuI a contract	<i>v</i> .	to meet the requirements or expectations; to achieve or realize
173. dee forests	adj.	containing a large number of people or something with little space between them
174. sun aspiration	n.	the action of drawing something towards or into a vacuum or partial vacuum
175. devastating crue	n.	a detailed analysis or examination of something, especially a literary, philosophical, or political theory; an essay or article that gives a critical evaluation
176. faty design	n.	a building or place that provides a particular service or is used for a particular industry
177. take a sty job	adj.	firmly fixed, supported, or balanced; not shaking or moving
178. moty due to cancer	n.	the quality or state of being subject to death

ANSWERS: 169. fundamental, 170. clerk, 171. suddenly, 172. fulfill, 173. dense, 174. suction, 175. critique, 176. facility, 177. steady, 178. mortality

179. achieve a lery status	adj.	famous or well-known, especially through long-standing popular stories or tradition
180. play the vin	n.	a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings
181. blh hair	v.	to remove color or stains, whiten, or sterilize using a solution of chemicals or other substances, such as bleach
182. die acid with water	v.	to make a substance less concentrated by adding a liquid or another substance to it
183. trer power	<i>v</i> .	to move, pass, or change from one person, place, or situation to another
184. aiy 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
185. modern pegy	n.	the method or art of teaching or instructing, especially as an academic subject or profession
186. gred taxation	adj.	having received a degree from a school, college, or university; marked with or divided into levels or degrees
187. reze achievement	ν.	to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 179. legendary, 180. violin, 181. bleach, 182. dilute, 183. transfer, 184. airway, 185. pedagogy, 186. graduated, 187. recognize

188. b_b a quick curtsy	ν.	to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
189. demonstrate an upd trend	adv.	toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
190. surgical insnts	n.	an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
191. grte degree program	n.	a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
192. demonstrate exse	n.	specialized knowledge or skills in a particular field or subject; expert proficiency or knowledge
193. tar the medication slowly	<i>v</i> .	to become or cause something to become gradually narrower at one end
194. the influence of mecal action	adj.	operated by a machine, relating to or concerned with machinery or tools
195. art crc	n.	someone who expresses opinions about the quality of books, music, etc.
196. treat the inon with antibiotics	n.	a condition in which pathogenic microorganisms or viruses have entered the body

ANSWERS: 188. bob, 189. upward, 190. instrument, 191. graduate, 192. expertise, 193. taper, 194. mechanical, 195. critic, 196. infection

197. versatile viso	n.	a person highly skilled in music, art, or some other pursuit
198. abd storyline	adj.	ridiculously silly, unreasonable, or illogical
199. a crue of the social system	n.	a detailed analysis or examination of something, especially a literary, philosophical, or political theory; an essay or article that gives a critical evaluation
200. soft cf	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
201. ror index	n.	a list of people's names, often who are available to do a job
202. student-centered pegy	n.	the method or art of teaching or instructing, especially as an academic subject or profession
203. t_p keyboard with an index finger	ν.	to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
204. fairly tyI symptoms	adj.	having the usual characteristics or traits of a specific group of things
205. brh of wind	n.	the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
206. stle against discrimination	ν.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 197. virtuoso, 198. absurd, 199. critique, 200. cuff, 201. roster, 202. pedagogy, 203. tap, 204. typical, 205. breath, 206. struggle

- 207. in ct a computer 208. the w t of man 209. ex___al factors 210. h e a car by the hour 211. marketing ex se 212. g b an audience 213. cl k job 214. re____on strategy 215. d e situation 216. com____ion of structure 217. c f bracelet
- v. to teach someone practical skills or knowledge; to formally order or tell someone to do something
- n. the ability to say or write things or ideas in a clever and humorous way
- adj. belonging to or situated outside of someone or something
- v. to give somebody a job
- specialized knowledge or skills in a particular field or subject; expert proficiency or knowledge
- v. to take hold of something or someone suddenly with a hand, especially in a violent way
- a person who works in an office and is responsible for keeping records, writing letters, etc.; a person who works in a store and is responsible for serving customers
- n. a decrease in size, amount, or degree
- adj. extremely serious or urgent; critical, grave, or disastrous
- something that makes a situation or condition that is complex or confused
- 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: 207. instruct, 208. wit, 209. external, 210. hire, 211. expertise, 212. grab, 213. clerk, 214. reduction, 215. dire, 216. complication, 217. cuff

218. conon of a disease	<i>n</i> .	the act or process of becoming smaller or shorter in size, volume, or amount
219. a benefit cot	n.	a musical performance given in public by one or more players or singers
220. colorless lid	n.	a substance, such as water or oil that flows freely and is neither a solid nor a gas
221. fk art	n.	people in general, especially those of a particular group or type
222. a crl issue for women	adj.	extremely vital or necessary
223. special dery	n.	the act of taking or sending something to a destination; the bringing of a baby during childbirth
224. a gradual reon	n.	a decrease in size, amount, or degree
225. necly true	adv.	in an essential manner; in such a way as could not be otherwise
226. she is arly the best singer	adv.	used when expressing an opinion or idea that you believe can be proven true
227. ree existing knowledge	<i>v</i> .	to use something again or more than once
228. tyI leader	adj.	having the usual characteristics or traits of a specific group of things
229. inte discipline	ν.	to impress upon someone an idea or attitude through repetition and persistent urging
230. amce service	n.	a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities

ANSWERS: 218. contraction, 219. concert, 220. liquid, 221. folk, 222. crucial, 223. delivery, 224. reduction, 225. necessarily, 226. arguably, 227. reuse, 228. typical, 229. inculcate, 230. ambulance

231. inct a student	<i>v</i> .	to teach someone practical skills or knowledge; to formally order or tell someone to do something
232. stte the economy	v.	to encourage something to develop or become more active; to stir the feelings or emotions
233. 5-finger gle	n.	a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
234. a ste man	adj.	free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing
235. resle for a customer service	adj.	answerable or accountable for something within one's power, control, or management
236. mae amounts	adj.	enormous amount; very heavy and solid
237. jazz impion	n.	the act of making something up on the spot or creating or performing something without preparation
238. cutting-edge innon	n.	the creation of a new device or process resulting from study and experimentation
239. exe the issue	<i>v</i> .	to study or consider a person or object attentively and thoroughly to learn something about them
240. mk body odor	<i>v</i> .	to conceal something; (noun) a covering that you wear over your face to hide it
241. a bacterial inon	n.	a condition in which pathogenic microorganisms or viruses have entered the body

ANSWERS: 231. instruct, 232. stimulate, 233. glove, 234. sterile, 235. responsible, 236. massive, 237. improvisation, 238. innovation, 239. examine, 240. mask, 241. infection

242. a person of diverse tats	n.	a natural ability to be good at something; someone who has a natural ability to be good at something
243. words of cot	n.	a state of physical ease and freedom from pain or constraint
244. vin soloist	n.	a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings
245. army sun	n.	a doctor who is trained to perform medical operations that involve cutting open a person's body
246. blh stains	v.	to remove color or stains, whiten, or sterilize using a solution of chemicals or other substances, such as bleach
247. coal combination of funds	adj.	belonging to or used by a group rather than individuals; for common use
248. trer a file	<i>v</i> .	to move, pass, or change from one person, place, or situation to another
249. social dice	n.	the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
250. amg advances	adj.	extremely surprising, especially in a way that you like or admire
251. consult with a phan	n.	a medical doctor who practices medicine
252. assisted chith	n.	the act or process of giving birth to a baby

ANSWERS: 242. talent, 243. comfort, 244. violin, 245. surgeon, 246. bleach, 247. communal, 248. transfer, 249. distance, 250. amazing, 251. physician, 252. childbirth

- a healthcare professional who is trained 253. nu e practitioner n. to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury to use something again or more than 254. re e the materials ν. once 255. che____nt security a designated location or point along a n. route or journey where travelers are required to stop and undergo a security or documentation check a natural depression or valley that is 256. inland ba n circular or oval on the surface of the earth, especially one that has water in it; a container with a bowl form that is typically used to hold food or liquids
 - 257. a vi____so on the guitar n. a person highly skilled in music, art, or some other pursuit
 - 258. a sub_____al amount of capital adj. fairly large in size, value, or importance

ANSWERS: 253. nurse, 254. reuse, 255. checkpoint, 256. basin, 257. virtuoso, 258. substantial

Session 3: Fill in the Blanks

1.	The revitalization of technology companies is to the country's growth.
adj	extremely vital or necessary
2.	It's important to your strengths and weaknesses.
<i>v</i> .	to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
3.	She the concentrated juice with water.
<i>v</i> .	to make a substance less concentrated by adding a liquid or another substance to it
4.	The pandemic was a business opportunity for certain companies.
adj	fairly large in size, value, or importance
5.	Numerous great professional sports have come from this city.
n.	a natural ability to be good at something; someone who has a natural ability to be good at something
6.	The crew quickly stabilized the patient before transporting them to the hospital.
n.	a vehicle specifically designed and equipped to transport sick or injured people to and from hospitals and other medical facilities
7.	He was present at the of his children.
n.	the act or process of giving birth to a baby
8.	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
	SWERS: 1. crucial, 2. recognize, 3. diluted, 4. substantial, 5. talents, 6. bulance, 7. childbirth, 8. cuff

9.	The product developed through years of research continues to the market.
<i>v</i> .	to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
10.	He has exercising because of a back injury sustained in an accident.
n.	a condition or state that causes problems
11.	Shall we a bite to eat?
v.	to take hold of something or someone suddenly with a hand, especially in a violent way
12.	The entire mountain is covered in rainforest.
adj	containing a large number of people or something with little space between them
13.	elections were held in several European countries.
adj	belonging to or used by a group rather than individuals; for common use
14.	It is a in many families to have a big Thanksgiving dinner with all their relatives.
n.	a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
15.	It's intriguing to compare and the two authors.
v.	to put in opposition to show or emphasize differences
16.	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
	SWERS: 9. electrify, 10. difficulty, 11. grab, 12. dense, 13. Communal, 14. lition, 15. contrast, 16. fetus

17. The golfer recorded an distance.
adj. extremely surprising, especially in a way that you like or admire
18. My father's death my life completely.
v. to change in outward structure or looks;
19. He did pen-and-ink drawings in just a few days.
adj. involving a lot of different things or parts in a way that is difficult to understand or analyze
20. Health and are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
21. Cities around the world set records for highest this summer.
n. the degree of hotness or coldness of a thing or place
22. Hospitals must meet various standards to prevent nosocomial
n. a condition in which pathogenic microorganisms or viruses have entered the body
23. He could not against temptation.
v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
24. Surgeons must use instruments to prevent infection during an operation.
adj. free from living microorganisms, especially bacteria, fungi, and viruses; incapable of reproducing
ANSWERS: 17. amazing, 18. transformed, 19. complicated, 20. strength, 21. temperatures, 22. infections, 23. struggle, 24. sterile

25. The mafioso who collaborated with the police was
v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
26. 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
27. We should always be prepared to talented recruits.
v. to give somebody a job
28. Human behavior has characteristics.
adj. forming an essential base or core from which everything else develops or is affected
29. Who answers knows little.
adv. quickly and unexpectedly
30. 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
31. The pupils of the eyes in low light.
v. to make something wider, larger, or more open
32. She bruised her after falling off her bike.
n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
33. We want to ties between our two countries.
v. to make or become better
ANSWERS: 25. executed, 26. suction, 27. hire, 28. fundamental, 29. suddenly, 30. improvisation, 31. dilate, 32. elbow, 33. improve

Vocab-Builder Ref from "Atul Gawande: Want to get great at something? Get a coach | TED Talk" (129 words)

ANSWERS: 42. extreme, 43. observe, 44. instrument, 45. arguably, 46. external, 47. facility, 48. critics, 49. roster

50.	The facility manager the security guards to be on high alert.
<i>v</i> .	to teach someone practical skills or knowledge; to formally order or tell someone to do something
51.	This artwork is of her work.
adj	having the usual characteristics or traits of a specific group of things
52.	These descriptions are based on a number of assumptions.
adj	amounting to a large indefinite number
53.	This disease has a high
n.	the quality or state of being subject to death
54.	He was a pianist and played with incredible skill and precision.
n.	a person highly skilled in music, art, or some other pursuit
	He found in the warm embrace of his loved ones.
n.	a state of physical ease and freedom from pain or constraint
	Some seaweed was used as medicine in ancient times.
n.	people in general, especially those of a particular group or type
57.	Tourists frequently the island's delicate natural balance.
ν.	to interrupt someone who is trying to work, sleep, etc.
58.	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
	SWERS: 50. instructed, 51. typical, 52. numerous, 53. mortality, 54. virtuoso, 55. nfort, 56. folk, 57. disturb, 58. sect

Vocab-Builder Ref from "Atul Gawande: Want to get great at something? Get a coach | TED Talk" (129 words)

n. a bend or angle in a line or surface that deviates from a straight or flat path; a

81. The _____ in the road was so sharp that I had to slow down to navigate it safely.

gradual or smooth change in direction or shape

ANSWERS: 74. awareness, 75. monitor, 76. attendant, 77. glove, 78. graduate, 79. government, 80. massive, 81. curve

surgeon

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ANSWERS: 89. dire, 90. medical, 91. complications, 92. bob, 93. delayed, 94. liquid,

95. mood, 96. stimulated

ANSWERS: 105. pedagogy, 106. labor, 107. doe, 108. mechanical, 109. delivery, 110. coordinated, 111. contraction, 112. achieve

118. conversation, 119. reduction

20. The cardiac monitor displays the intensity of your
n. the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
121. The stories of King Arthur have been passed down for centuries.
adj. famous or well-known, especially through long-standing popular stories or tradition
122. I made a of things to do before my vacation.
n. a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken
123. Her response revealed idiocy.
adj. unbelievable; enormous
124 all the parties signed the contract.
adv. almost completely
125. We immediately rejected his suggestion.
adj. ridiculously silly, unreasonable, or illogical
126. The supermarket encourages shoppers to plastic bags.
v. to use something again or more than once
127. This artist always packs the halls.
n. a musical performance given in public by one or more players or singers
128. 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
ANSWERS: 120. pulse, 121. legendary, 122. checklist, 123. incredible, 124. Virtually 125. absurd, 126. reuse, 127. concert, 128. retire