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Eduardo Briceño: How to get better at the things you care about | TED Talk

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Advanced Words Only

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Session 1: Word List

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**.

stagnation

n. the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement

synonym: inactivity, idleness, sluggishness

(1) economic **stagnation**, (2) population **stagnation**

The company's lack of innovation has led to **stagnation** and declining profits.

hinder

v. to make it difficult for someone to do something; to limit the development of something

synonym: frustrate, hamper, interfere

(1) **hinder** athletic performance, (2) **hinder** international exchanges

The pandemic **hindered** the growth of the airline industry.

involuntary

adj. acting or done without or against one's will

synonym : coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

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.

roar

v. to make a loud, deep sound, like a lion or a car engine

synonym : bellow, yell, shout

(1) **roar** with laughter, (2) **roar** for more

The lion **roared** loudly, signaling its dominance over the other animals.

plateau

n. an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

synonym : mesa, tableland, plain

(1) **plateau** region, (2) **plateau** in performance

The hikers finally reached the **plateau** after a long climb up the mountain.

medicinal

adj. of or relating to the treatment or cure of disease

synonym : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

salesperson

n. a person whose job is to sell goods in a shop or directly to customers

synonym : dealer, seller, vendor

(1) a **salesperson** in a store, (2) a drapery **salesperson**

He received the title of the best **salesperson** in all our branches worldwide.

solicit

v. to ask for something, especially in an urgent or pleading manner; to seek something through entreaty

synonym : request, seek, ask

(1) **solicit** advice, (2) **solicit** patronage

The company **solicited** donations from its employees for the charity event.

poke

v. to push or prod with a sharp object or the finger

synonym : prod, jab, push

(1) **poke** around the desk, (2) **poke** a fire

They **poked** fun at each other's jokes, laughing and teasing.

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym : slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

purposeful

adj. having a specific aim or purpose; determined

synonym : determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace

She had a **purposeful** look and was determined to complete the task.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym :

attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

catastrophic

adj. extremely harmful; causing physical or financial destruction

synonym: fatal, disastrous, destructive

(1) victim of **catastrophic** injuries, (2) **catastrophic** climate change

The extinction rate of aquatic animals was **catastrophic**.

tightrope

n. a rope or wire stretched tightly between two points, on which acrobats, tightrope walkers, etc., perform; a risky or precarious situation that requires one to balance carefully to avoid falling or failure

synonym: rope walk, high wire, funambulism

(1) **tightrope** performer, (2) **tightrope** act

The **tightrope** walker balanced precariously above the crowd.

undesirable

adj. not wanted or looked upon favorably; unwanted or unpleasant in nature, character, or appearance

synonym: objectionable, distasteful, unwanted

(1) **undesirable** outcome, (2) **undesirable** behavior

The smell of the garbage was very **undesirable**.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym: unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted

I **inadvertently** left my phone at home this morning and felt lost.

flawless

adj. without any imperfections or errors; perfect or impeccable in appearance or performance

synonym: perfect, impeccable, faultless

(1) **flawless** execution, (2) **flawless** performance

The football team had a **flawless** season and went undefeated all year.

innovate

v. to introduce new methods, ideas, or products

synonym: bring in, introduce, found

(1) **innovate** a new method, (2) **innovate** the quality of his life

Companies developing self-driving cars consistently **innovate** the emerging technologies.

consequent

adj. resulting or following as a result of something else;
(noun) something that is logical or naturally follows from something else

synonym: resulting, following, logical

(1) **consequent** increase, (2) the fallacy of affirming the **consequent**

The increase in demand for the product led to a **consequent** rise in its price.

Session 2: Spelling

1. the fallacy of affirming the
con_____nt
adj. resulting or following as a result of something else; (noun) something that is logical or naturally follows from something else
2. r__r for more
v. to make a loud, deep sound, like a lion or a car engine
3. a drapery sal_____on
n. a person whose job is to sell goods in a shop or directly to customers
4. the mo__o for safe traffic
n. a phrase or slogan that expresses a guiding principle or goal
5. ina_____tly deleted
adv. unintentionally; accidentally; without purpose or deliberate intent
6. in_____te the quality of his life
v. to introduce new methods, ideas, or products
7. me_____al chemistry
adj. of or relating to the treatment or cure of disease
8. company mo__o
n. a phrase or slogan that expresses a guiding principle or goal
9. fl_____ss execution
adj. without any imperfections or errors; perfect or impeccable in appearance or performance
10. ti_____pe performer
n. a rope or wire stretched tightly between two points, on which acrobats, tightrope walkers, etc., perform; a risky or precarious situation that requires one to balance carefully to avoid falling or failure

ANSWERS: 1. consequent, 2. roar, 3. salesperson, 4. motto, 5. inadvertently, 6. innovate, 7. medicinal, 8. motto, 9. flawless, 10. tightrope

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|---|--|
| 11. pur_____ul series of actions | <i>adj.</i> having a specific aim or purpose; determined |
| 12. fl_____ss performance | <i>adj.</i> without any imperfections or errors; perfect or impeccable in appearance or performance |
| 13. the mi_____t in an education system | <i>n.</i> the established set of attitudes or fixed ideas held by someone |
| 14. population sta_____on | <i>n.</i> the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement |
| 15. und_____le outcome | <i>adj.</i> not wanted or looked upon favorably; unwanted or unpleasant in nature, character, or appearance |
| 16. r__r with laughter | <i>v.</i> to make a loud, deep sound, like a lion or a car engine |
| 17. jazz imp_____ion | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation |
| 18. ina_____tly omitted | <i>adv.</i> unintentionally; accidentally; without purpose or deliberate intent |
| 19. so_____t patronage | <i>v.</i> to ask for something, especially in an urgent or pleading manner; to seek something through entreaty |
| 20. hi_____r athletic performance | <i>v.</i> to make it difficult for someone to do something; to limit the development of something |

ANSWERS: 11. purposeful, 12. flawless, 13. mindset, 14. stagnation, 15. undesirable, 16. roar, 17. improvisation, 18. inadvertently, 19. solicit, 20. hinder

21. at a pur_____ul pace *adj.* having a specific aim or purpose; determined
22. p__e a fire *v.* to push or prod with a sharp object or the finger
23. ti_____pe act *n.* a rope or wire stretched tightly between two points, on which acrobats, tightrope walkers, etc., perform; a risky or precarious situation that requires one to balance carefully to avoid falling or failure
24. hi___r international exchanges *v.* to make it difficult for someone to do something; to limit the development of something
25. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
26. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
27. und_____le behavior *adj.* not wanted or looked upon favorably; unwanted or unpleasant in nature, character, or appearance
28. inv_____ry manslaughter *adj.* acting or done without or against one's will
29. traditional me_____al *adj.* of or relating to the treatment or cure of disease
30. pl_____u in performance *n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

ANSWERS: 21. purposeful, 22. poke, 23. tightrope, 24. hinder, 25. mindset, 26. opportune, 27. undesirable, 28. involuntary, 29. medicinal, 30. plateau

31. inv_____ry muscles *adj.* acting or done without or against one's will
32. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction
33. con_____nt increase *adj.* resulting or following as a result of something else; (noun) something that is logical or naturally follows from something else
34. di_____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
35. cat_____hic climate change *adj.* extremely harmful; causing physical or financial destruction
36. economic sta_____on *n.* the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement
37. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
38. so_____t advice *v.* to ask for something, especially in an urgent or pleading manner; to seek something through entreaty
39. in_____te a new method *v.* to introduce new methods, ideas, or products
40. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 31. involuntary, 32. catastrophic, 33. consequent, 34. disturb, 35. catastrophic, 36. stagnation, 37. improvisation, 38. solicit, 39. innovate, 40. opportune

41. p__e around the desk *v.* to push or prod with a sharp object or the finger
42. a sal_____on in a store *n.* a person whose job is to sell goods in a shop or directly to customers
43. pl_____u region *n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
44. di_____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 41. poke, 42. salesperson, 43. plateau, 44. disturb

Session 3: Fill in the Blanks

1. The drug's side effects can include _____ loss of urine.
adj. acting or done without or against one's will
2. The _____ walker balanced precariously above the crowd.
n. a rope or wire stretched tightly between two points, on which acrobats, tightrope walkers, etc., perform; a risky or precarious situation that requires one to balance carefully to avoid falling or failure
3. I _____ left my phone at home this morning and felt lost.
adv. unintentionally; accidentally; without purpose or deliberate intent
4. She had a _____ look and was determined to complete the task.
adj. having a specific aim or purpose; determined
5. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
6. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
n. a phrase or slogan that expresses a guiding principle or goal
7. The pandemic _____ the growth of the airline industry.
v. to make it difficult for someone to do something; to limit the development of something
8. They _____ fun at each other's jokes, laughing and teasing.
v. to push or prod with a sharp object or the finger

ANSWERS: 1. involuntary, 2. tightrope, 3. inadvertently, 4. purposeful, 5. medicinal, 6. motto, 7. hindered, 8. poked

9. The company _____ donations from its employees for the charity event.
v. to ask for something, especially in an urgent or pleading manner; to seek something through entreaty
10. Companies developing self-driving cars consistently _____ the emerging technologies.
v. to introduce new methods, ideas, or products
11. 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
12. The lion _____ loudly, signaling its dominance over the other animals.
v. to make a loud, deep sound, like a lion or a car engine
13. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
14. The football team had a _____ season and went undefeated all year.
adj. without any imperfections or errors; perfect or impeccable in appearance or performance
15. The extinction rate of aquatic animals was _____.
adj. extremely harmful; causing physical or financial destruction
16. The smell of the garbage was very _____.
adj. not wanted or looked upon favorably; unwanted or unpleasant in nature, character, or appearance

ANSWERS: 9. solicited, 10. innovate, 11. improvisation, 12. roared, 13. opportune, 14. flawless, 15. catastrophic, 16. undesirable

17. Tourists frequently _____ the island's delicate natural balance.

v. to interrupt someone who is trying to work, sleep, etc.

18. The increase in demand for the product led to a _____ rise in its price.

adj. resulting or following as a result of something else; (noun) something that is logical or naturally follows from something else

19. The company's lack of innovation has led to _____ and declining profits.

n. the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement

20. The hikers finally reached the _____ after a long climb up the mountain.

n. an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

21. He received the title of the best _____ in all our branches worldwide.

n. a person whose job is to sell goods in a shop or directly to customers

22. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.

n. the established set of attitudes or fixed ideas held by someone

ANSWERS: 17. disturb, 18. consequent, 19. stagnation, 20. plateau, 21. salesperson, 22. mindset