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

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All Words

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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**.

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.

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.

insight

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym : wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

domain

n. a specific sphere of influence or control; a specific field of knowledge or expertise

synonym : territory, realm, sphere

(1) **domain** of use, (2) a dependent **domain**

The company's **domain** in the market was expanding to new territories.

deliberately

adv. done in an intentional or slow and careful manner

synonym : intentionally, knowingly, willfully

(1) **deliberately** amateurish, (2) commit a crime **deliberately**

He **deliberately** misleads others.

alternate

adj. occurring or existing one after the other regularly

synonym : substitute, back up, equivalent

(1) **alternate** choice, (2) every **alternate** year

The cleaning lady comes on **alternate** Wednesdays.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym : area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

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.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym : attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

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**.

minimize

v. to make something, especially something bad, small or less serious

synonym : diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

maxim

n. a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

synonym : adage, proverb, aphorism

(1) old **maxim**, (2) act upon a **maxim**

A good **maxim** is never out of season.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym : prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

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.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym: archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

guidance

n. advice or instructions given to help direct someone's behavior or decision-making

synonym: advice, direction, support

(1) vocational **guidance**, (2) **guidance** counselor

The mentor provided **guidance** to the young entrepreneur, helping her navigate the business world.

mentor

n. a person who helps and advises a younger or less experienced person over time, usually at work or school

synonym: adviser, coach, tutor

(1) **mentor** for life, (2) fashion **mentor**

As a **mentor**, he helped me realize my career.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and

is expected to take several months.

persuade

v. to convince or induce someone to do something by presenting a reason or argument; to sway or influence someone's decision or opinion

synonym: convince, influence, sway

(1) attempt to **persuade**, (2) **persuade** enough people
She tried to **persuade** her brother to join her on the trip, but he was too busy with work.

rid

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

synonym: do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products
We must **rid** ourselves of pollution.

odd

adj. strange or unexpected; not divisible by two

synonym: strange, bizarre, abnormal

(1) in an **odd** way, (2) **odd** behavior
His grandfather was an **odd** man.

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.

lift

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

synonym: raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol
The drought **lifted** the prices of grain globally.

suspend

v. to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely

synonym: stop, postpone, adjourn

(1) **suspend** a decision, (2) **suspend** fruits from the ceiling
The University **suspended** the most recalcitrant demonstrators.

ceiling

n. a room's top interior surface
synonym: canopy, awning, shelter

(1) **ceiling** board, (2) **ceiling** light

There was a crack in the **ceiling** that I found.

lisp

v. to speak or pronounce words with a speech impediment characterized by the imperfect or indistinct articulation of the "s" and "z" sounds; (noun) a type of speech impediment where a person has difficulty pronouncing certain sounds, typically "s" and "z" sounds

synonym: mumble, stutter, stammer

(1) pronounce with a **lisp**, (2) **lisp** slightly when she's tired

I can **lisp** a little bit when I speak quickly or get nervous.

underground

adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force

synonym: subterranean, subsurface, confidential

(1) water flowing **underground**, (2) **underground** activist

Having **underground** parking has been very beneficial throughout the winter.

interrupt

v. to say or do something that causes someone to stop in their speech or action

synonym: disturb, hinder, break in

(1) **interrupt** a call, (2) abruptly **interrupt**

Her sleep was **interrupted** by recurring pain.

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.

noisy

adj. making a lot of sounds, especially loud or disruptive sound

synonym: loud, cacophonous, clamorous

(1) **noisy** neighbor, (2) **noisy** party

The construction outside was creating a **noisy** distraction from my work.

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.

deliberate

adj. done with full consciousness of nature and effects rather than by accident

synonym: intentional, planned, careful

(1) the **deliberate** act of provocation, (2) **deliberate** attempt

Despite its advanced science and technology, the empire was **deliberate** about invasion.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

comfort

n. 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.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

repetition

n. the act of doing or saying something many times

synonym : duplication, iteration, recurrence

(1) **repetition** of the word, (2) habitual **repetition**

Repetition is the mother of all learning.

adjustment

n. a small change or movement made to something to improve it and achieve the desired result

synonym : alteration, adaptation, modification

(1) **adjustment** by hand, (2) a fine **adjustment**

He assumed the role of the arbitral **adjustment** of the controversy.

engaging

adj. attracting, pleasant, or charming

synonym : alluring, interesting, engrossing

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

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

specific

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

synonym : particular, definite, distinct

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

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

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.

profession

n. an occupation or vocation requiring advanced education or specialized training

synonym: occupation, vocation, trade

(1) **profession** choice, (2) healthcare **profession**

Being a doctor is considered a highly respected **profession**.

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.

nurse

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

synonym: healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

adequate

adj. enough, acceptable, satisfactory for a particular purpose or need

synonym: enough, acceptable, able

(1) **adequate** parking facilities, (2) provide **adequate** funding

This argument is still not **adequate**.

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.

extend

v. to broaden in scope, range, or area

synonym: prolong, lengthen, advance

(1) **extend** the warranty, (2) **extend** a line

Her visit will **extend** from Monday to Friday.

consult

v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

synonym: confer, consider, see

(1) regularly **consult** with a doctor, (2) **consult** my wallet

Always **consult** a lawyer before launching a business.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

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

Our plan includes a comprehensive marketing **strategy**.

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.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym: forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

grand

adj. important and large in size, scope, or extent

synonym: impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

reliable

adj. worthy of being relied on; trustworthy

synonym: dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery

Trains are **reliable**, inexpensive, and ideal for long-distance travel.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or

replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

surgeon

n. 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.

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.

concert

n. 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.

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.

adjust

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

synonym: adapt, alter, acclimate

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

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

spiral

n. a curve that coils around a central point and gets progressively farther away from it as it goes around

synonym: coil, helix, twist

(1) **spiral** staircase, (2) **spiral** design

The leaves of the fern were arranged in a **spiral** pattern.

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.

stake

n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something

synonym: share, interest, post

(1) execution by burning at a **stake**, (2) buy the company's **stake**

The **stake** of the company is too high nowadays.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

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.

underneath

adv. under or below something else

synonym: below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell **underneath** the piano.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

championship

n. a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

synonym : crown, title, contest

(1) a world **championship**, (2) **championship** flag

His team won the **championship** for three years running.

environment

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

synonym : atmosphere, surroundings, climate

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

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

unnecessary

adj. not needed or required; not essential or important

synonym : redundant, extra, superfluous

(1) **unnecessary** expense, (2) **unnecessary** hassle

The extra steps in the process were deemed **unnecessary** and removed to streamline production.

suppose

v. to think that something is likely to be actual or possible

synonym : guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

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.

eager

adj. showing enthusiasm and a strong desire or interest to do something

synonym: keen, enthusiastic, ardent

(1) **eager** anticipation, (2) with **eager** eyes

The children were **eager** to start the treasure hunt.

reject

v. to refuse to accept, consider, or use something or someone

synonym: decline, turn down, repudiate

(1) **reject** the proposal, (2) **reject** all imperfect merchandise

The company **rejected** the job candidate's application due to a lack of experience.

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.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

grade

n. a particular level of quality, size, importance, etc.

synonym: score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

revision

n. the act or process of reviewing, correcting, and improving something, such as written work, plans, or ideas; a revised version of something

synonym : editing, modification, alteration

(1) **revision** process, (2) a **revision** history

I made a **revision** to my paper based on feedback from my professor.

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.

execution

n. the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty

synonym : carrying out, implementation, completion

(1) compulsory **execution**, (2) **execution** by injection

The **execution** of the plan was flawless, resulting in a record-breaking profit for the company.

foster

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym : nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids

The pastor contributed to **fostering** the sense of a community embracing all classes.

employee

n. a person who is hired to work for a business or organization in exchange for wages or salary; a worker

synonym : worker, staff, personnel

(1) **employee** benefits, (2) **employee** evaluation

The **employee** handbook outlines the rules and regulations that all employees must follow.

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.

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.

clarity

n. the quality of being coherent and understandable; the quality of transparency or purity

synonym: clearness, translucence, brightness

(1) lack of **clarity**, (2) sake of **clarity**

The publisher will proofread most of this manuscript for **clarity**.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

individual

n. a single person or thing, as distinct from a group

synonym: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

exchange

- v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

synonym: trade, swap, interchange

(1) **exchange** rate, (2) **exchange** a few friendly words
My sister and I frequently **exchange** books, as we love reading.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body
Infants and pregnant women are particularly **vulnerable**.

role-play

- v. to act out or play a particular role, situation, or scenario, typically as part of a training or educational process or as a form of entertainment; (noun) an activity in which people act out or assume the roles of characters or situations, often for learning, practicing, or entertainment

synonym: act out, simulate, dramatize

(1) **role-play** a conversation, (2) **role-play** exercise
We had to **role-play** a difficult customer service scenario during our training session.

oriented

adj. referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach

synonym: aligned, directed, focused

(1) **oriented** graph, (2) technology- **oriented**
The company is very customer- **oriented** and strives to provide excellent service.

progression

- n. the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease
The company has made great strides in its **progression** toward sustainability.

observe

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

synonym: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

observation

n. the act or activity of carefully examining or monitoring something or someone

synonym: watching, notice, reflection

(1) class **observation** day, (2) **observation** instrument

In the hospital, she will remain under constant **observation**.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

ongoing

adj. continuing to exist or develop, or currently happening

synonym: continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

strive

v. to try very hard to do, achieve, or obtain something

synonym: preserve, endure, persist

(1) **strive** hard to get, (2) **strive** for excellence

They **strived** to make their dream come true.

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. unn_____ry expense | <i>adj.</i> not needed or required; not essential or important |
| 2. obs_____on instrument | <i>n.</i> the act or activity of carefully examining or monitoring something or someone |
| 3. z__e defense | <i>n.</i> a specific area, region, or section that is marked off or defined in some way |
| 4. pro_____on of disease | <i>n.</i> the act or process of changing to the next stage or phase or moving forward |
| 5. have a co_____t again | <i>n.</i> a musical performance given in public by one or more players or singers |
| 6. pl_____u in performance | <i>n.</i> 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 |
| 7. em_____ee benefits | <i>n.</i> a person who is hired to work for a business or organization in exchange for wages or salary; a worker |
| 8. ch_____c alcohol consumption | <i>adj.</i> being long-lasting and recurrent or characterized by long suffering; habitual |
| 9. em_____ee evaluation | <i>n.</i> a person who is hired to work for a business or organization in exchange for wages or salary; a worker |
| 10. an_____e a chemical compound | <i>v.</i> to think about in-depth and evaluate to discover essential features or meaning |
| 11. army su_____n | <i>n.</i> a doctor who is trained to perform medical operations that involve cutting open a person's body |

ANSWERS: 1. unnecessary, 2. observation, 3. zone, 4. progression, 5. concert, 6. plateau, 7. employee, 8. chronic, 9. employee, 10. analyze, 11. surgeon

12. in an o_d way *adj.* strange or unexpected; not divisible by two
13. und_____le outcome *adj.* not wanted or looked upon favorably; unwanted or unpleasant in nature, character, or appearance
14. key co_____nt *n.* one of several parts that combines with others to form something bigger
15. technology-or_____ed *adj.* referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach
16. ex_____e a bold strategy *v.* to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
17. no__y neighbor *adj.* making a lot of sounds, especially loud or disruptive sound
18. fr_____nt absence *adj.* happening constantly
19. inv_____ry muscles *adj.* acting or done without or against one's will
20. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
21. hi___r international exchanges *v.* to make it difficult for someone to do something; to limit the development of something

ANSWERS: 12. odd, 13. undesirable, 14. component, 15. oriented, 16. execute, 17. noisy, 18. frequent, 19. involuntary, 20. surgery, 21. hinder

22. ex_____on by injection *n.* the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty
23. pre-Christian an_____t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
24. gr__d bargain *adj.* important and large in size, scope, or extent
25. fashion me____r *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
26. a drapery sal_____on *n.* a person whose job is to sell goods in a shop or directly to customers
27. provide ad_____te funding *adj.* enough, acceptable, satisfactory for a particular purpose or need
28. an excellent brain su_____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
29. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
30. id_____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
31. al_____te choice *adj.* occurring or existing one after the other regularly
32. st_____le 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

ANSWERS: 22. execution, 23. ancient, 24. grand, 25. mentor, 26. salesperson, 27. adequate, 28. surgeon, 29. improvisation, 30. identify, 31. alternate, 32. struggle

33. pr_____t when she will arrive *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
34. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
35. ob_____e 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
36. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
37. take im_____te effect *adj.* happening or done without delay or occurring shortly after something else
38. con_____nt increase *adj.* resulting or following as a result of something else; (noun) something that is logical or naturally follows from something else
39. pe_____de enough people *v.* to convince or induce someone to do something by presenting a reason or argument; to sway or influence someone's decision or opinion
40. ex_____ge rate *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

ANSWERS: 33. predict, 34. conversation, 35. observe, 36. colleague, 37. immediate, 38. consequent, 39. persuade, 40. exchange

41. und_____nd activist *adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
42. p__e around the desk *v.* to push or prod with a sharp object or the finger
43. pr_____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
44. inv_____ry manslaughter *adj.* acting or done without or against one's will
45. a world cha_____hip *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
46. im_____e the test score *v.* to make or become better
47. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
48. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
49. su_____e beforehand *v.* to think that something is likely to be actual or possible
50. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
51. ex___d the warranty *v.* to broaden in scope, range, or area
52. l__p slightly when she's tired *v.* to speak or pronounce words with a speech impediment characterized by the imperfect or indistinct articulation of the "s" and "z" sounds; (noun) a type of speech impediment where a person has difficulty pronouncing certain sounds, typically "s" and "z" sounds

ANSWERS: 41. underground, 42. poke, 43. predict, 44. involuntary, 45. championship, 46. improve, 47. progression, 48. strategy, 49. suppose, 50. experiment, 51. extend, 52. lisp

53. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
54. company mo__o *n.* a phrase or slogan that expresses a guiding principle or goal
55. abruptly in_____pt *v.* to say or do something that causes someone to stop in their speech or action
56. r__r for more *v.* to make a loud, deep sound, like a lion or a car engine
57. ina_____tly omitted *adv.* unintentionally; accidentally; without purpose or deliberate intent
58. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
59. re__t the proposal *v.* to refuse to accept, consider, or use something or someone
60. the im_____te past *adj.* happening or done without delay or occurring shortly after something else
61. a re_____on history *n.* the act or process of reviewing, correcting, and improving something, such as written work, plans, or ideas; a revised version of something
62. so_____t advice *v.* to ask for something, especially in an urgent or pleading manner; to seek something through entreaty
63. nu__e practitioner *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

ANSWERS: 53. confidence, 54. motto, 55. interrupt, 56. roar, 57. inadvertently, 58. mindset, 59. reject, 60. immediate, 61. revision, 62. solicit, 63. nurse

64. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
65. a dependent do___n *n.* a specific sphere of influence or control; a specific field of knowledge or expertise
66. re_____le access *adj.* worthy of being relied on; trustworthy
67. und_____th the surface of the water *adv.* under or below something else
68. fl_____ss execution *adj.* without any imperfections or errors; perfect or impeccable in appearance or performance
69. compulsory ex_____on *n.* the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty
70. no__y party *adj.* making a lot of sounds, especially loud or disruptive sound
71. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
72. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
73. ex_____e the data studiously *v.* to study or consider a person or object attentively and thoroughly to learn something about them
74. a sub_____al amount of capital *adj.* fairly large in size, value, or importance
75. ex_____e the issue *v.* to study or consider a person or object attentively and thoroughly to learn something about them

ANSWERS: 64. zone, 65. domain, 66. reliable, 67. underneath, 68. flawless, 69. execution, 70. noisy, 71. strategy, 72. grade, 73. examine, 74. substantial, 75. examine

76. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
77. an en_____ng smile *adj.* attracting, pleasant, or charming
78. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
79. healthcare pro_____on *n.* an occupation or vocation requiring advanced education or specialized training
80. su_____e you're right *v.* to think that something is likely to be actual or possible
81. cha_____hip flag *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
82. mi_____ze a loss *v.* to make something, especially something bad, small or less serious
83. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
84. 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
85. the professor of su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 76. consequence, 77. engaging, 78. comfort, 79. profession, 80. suppose, 81. championship, 82. minimize, 83. environment, 84. stagnation, 85. surgery

86. act upon a ma__m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
87. fo___r a better relationship *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
88. 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
89. su_____d a decision *v.* to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely
90. fl_____ss performance *adj.* without any imperfections or errors; perfect or impeccable in appearance or performance
91. ob_____e a tradition *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
92. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction
93. vul_____le parts of the body *adj.* capable of being hurt or influenced physically or mentally
94. have a sub_____al meal *adj.* fairly large in size, value, or importance
95. a sal_____on in a store *n.* a person whose job is to sell goods in a shop or directly to customers

ANSWERS: 86. maxim, 87. foster, 88. consequent, 89. suspend, 90. flawless, 91. observe, 92. catastrophic, 93. vulnerable, 94. substantial, 95. salesperson

96. ro_____ay a conversation *v.* to act out or play a particular role, situation, or scenario, typically as part of a training or educational process or as a form of entertainment; (noun) an activity in which people act out or assume the roles of characters or situations, often for learning, practicing, or entertainment
97. pur_____ul series of actions *adj.* having a specific aim or purpose; determined
98. ex___d a line *v.* to broaden in scope, range, or area
99. commit a crime del_____ely *adv.* done in an intentional or slow and careful manner
100. und_____le behavior *adj.* not wanted or looked upon favorably; unwanted or unpleasant in nature, character, or appearance
101. buy the company's st___e *n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something
102. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
103. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
104. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
105. do___n of use *n.* a specific sphere of influence or control; a specific field of knowledge or expertise

ANSWERS: 96. role-play, 97. purposeful, 98. extend, 99. deliberately, 100. undesirable, 101. stake, 102. consequence, 103. opportune, 104. specific, 105. domain

106. in_____te the quality of his life *v.* to introduce new methods, ideas, or products
107. at a pur_____ul pace *adj.* having a specific aim or purpose; determined
108. ro_____ay exercise *v.* to act out or play a particular role, situation, or scenario, typically as part of a training or educational process or as a form of entertainment; (noun) an activity in which people act out or assume the roles of characters or situations, often for learning, practicing, or entertainment
109. in_____pt a call *v.* to say or do something that causes someone to stop in their speech or action
110. ce_____g board *n.* a room's top interior surface
111. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
112. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
113. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
114. attempt to pe_____de *v.* to convince or induce someone to do something by presenting a reason or argument; to sway or influence someone's decision or opinion
115. a fine adj_____nt *n.* a small change or movement made to something to improve it and achieve the desired result

ANSWERS: 106. innovate, 107. purposeful, 108. role-play, 109. interrupt, 110. ceiling, 111. identify, 112. conversation, 113. rid, 114. persuade, 115. adjustment

116. gu____ce counselor *n.* advice or instructions given to help direct someone's behavior or decision-making
117. del____ely amateurish *adv.* done in an intentional or slow and careful manner
118. unn____ry hassle *adj.* not needed or required; not essential or important
119. p__e a fire *v.* to push or prod with a sharp object or the finger
120. become a professional at____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
121. 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
122. hi____r athletic performance *v.* to make it difficult for someone to do something; to limit the development of something
123. western phi____hy *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
124. sp____l staircase *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
125. 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

ANSWERS: 116. guidance, 117. deliberately, 118. unnecessary, 119. poke, 120. athlete, 121. tightrope, 122. hinder, 123. philosophy, 124. spiral, 125. tightrope

126. still on____g *adj.* continuing to exist or develop, or currently happening
127. re____on process *n.* the act or process of reviewing, correcting, and improving something, such as written work, plans, or ideas; a revised version of something
128. pronounce with a l__p *v.* to speak or pronounce words with a speech impediment characterized by the imperfect or indistinct articulation of the "s" and "z" sounds; (noun) a type of speech impediment where a person has difficulty pronouncing certain sounds, typically "s" and "z" sounds
129. execution by burning at a st__e *n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something
130. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
131. an____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
132. ad____te parking facilities *adj.* enough, acceptable, satisfactory for a particular purpose or need
133. class obs_____on day *n.* the act or activity of carefully examining or monitoring something or someone
134. lack of cl____y *n.* the quality of being coherent and understandable; the quality of transparency or purity

ANSWERS: 126. ongoing, 127. revision, 128. lisp, 129. stake, 130. grade, 131. ancient, 132. adequate, 133. observation, 134. clarity

135. en_____ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
136. su_____d fruits from the ceiling *v.* to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely
137. guarantee re_____le delivery *adj.* worthy of being relied on; trustworthy
138. his research area of
con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
139. population 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
140. ea__r anticipation *adj.* showing enthusiasm and a strong desire or interest to do something
141. del_____te attempt *adj.* done with full consciousness of nature and effects rather than by accident
142. im_____e a process *v.* to make or become better
143. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
144. so_____t patronage *v.* to ask for something, especially in an urgent or pleading manner; to seek something through entreaty

ANSWERS: 135. encourage, 136. suspend, 137. reliable, 138. concentration, 139. stagnation, 140. eager, 141. deliberate, 142. improve, 143. opportune, 144. solicit

145. ina_____tly deleted *adv.* unintentionally; accidentally; without purpose or deliberate intent
146. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
147. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
148. water flowing und_____nd *adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
149. vocational gu_____ce *n.* advice or instructions given to help direct someone's behavior or decision-making
150. or_____ed graph *adj.* referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach
151. pro_____on choice *n.* an occupation or vocation requiring advanced education or specialized training
152. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
153. und_____th the laughter *adv.* under or below something else
154. en_____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 145. inadvertently, 146. environment, 147. involve, 148. underground, 149. guidance, 150. oriented, 151. profession, 152. minimize, 153. underneath, 154. encourage

155. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
156. share my in_____ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
157. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
158. r__r with laughter *v.* to make a loud, deep sound, like a lion or a car engine
159. a profound in_____t *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
160. di_____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
161. l__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
162. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
163. ind_____al freedom *n.* a single person or thing, as distinct from a group
164. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 155. concentration, 156. insight, 157. mindset, 158. roar, 159. insight, 160. disturb, 161. lift, 162. improvisation, 163. individual, 164. athlete

165. an_____e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
166. phi_____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
167. me____r for life *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
168. co_____t my wallet *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
169. o_d behavior *adj.* strange or unexpected; not divisible by two
170. cat_____hic climate change *adj.* extremely harmful; causing physical or financial destruction
171. ex_____ge a few friendly words *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
172. a private ind_____al *n.* a single person or thing, as distinct from a group
173. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger

ANSWERS: 165. analyze, 166. philosophy, 167. mentor, 168. consult, 169. odd, 170. catastrophic, 171. exchange, 172. individual, 173. component

174. ce____g light *n.* a room's top interior surface
175. fo____r two kids *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
176. in____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
177. the del____te act of provocation *adj.* done with full consciousness of nature and effects rather than by accident
178. risk of ch____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
179. a volunteer nu____e *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
180. old ma____m *n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior
181. every al____te year *adj.* occurring or existing one after the other regularly
182. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
183. sake of cl____y *n.* the quality of being coherent and understandable; the quality of transparency or purity
184. regularly co____t with a doctor *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

ANSWERS: 174. ceiling, 175. foster, 176. involve, 177. deliberate, 178. chronic, 179. nurse, 180. maxim, 181. alternate, 182. rid, 183. clarity, 184. consult

185. st___e for excellence	<i>v.</i> to try very hard to do, achieve, or obtain something
186. me_____al chemistry	<i>adj.</i> of or relating to the treatment or cure of disease
187. sp_____ic instructions	<i>adj.</i> clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
188. l__t sagging skin	<i>v.</i> to raise something to a higher position or level; to pick up something or somebody and move them to a different position
189. ex_____e a double play	<i>v.</i> to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
190. rep_____on of the word	<i>n.</i> the act of doing or saying something many times
191. exp_____nt design	<i>n.</i> the scientific test conducted to observe what happens and gain new knowledge
192. di_____b the peace	<i>v.</i> to interrupt someone who is trying to work, sleep, etc.
193. traditional me_____al	<i>adj.</i> of or relating to the treatment or cure of disease
194. on_____g support	<i>adj.</i> continuing to exist or develop, or currently happening
195. adj_____nt by hand	<i>n.</i> a small change or movement made to something to improve it and achieve the desired result
196. in_____te a new method	<i>v.</i> to introduce new methods, ideas, or products

ANSWERS: 185. strive, 186. medicinal, 187. specific, 188. lift, 189. execute, 190. repetition, 191. experiment, 192. disturb, 193. medicinal, 194. ongoing, 195. adjustment, 196. innovate

197. ad___t the rearview mirror *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
198. en_____ng story *adj.* attracting, pleasant, or charming
199. st___e hard to get *v.* to try very hard to do, achieve, or obtain something
200. 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
201. sp___l design *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
202. co_____t level *n.* a state of physical ease and freedom from pain or constraint
203. ad___t a schedule *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
204. re___t all imperfect merchandise *v.* to refuse to accept, consider, or use something or someone
205. habitual rep_____on *n.* the act of doing or saying something many times
206. the mo___o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
207. a gr___d meal *adj.* important and large in size, scope, or extent

ANSWERS: 197. adjust, 198. engaging, 199. strive, 200. plateau, 201. spiral, 202. comfort, 203. adjust, 204. reject, 205. repetition, 206. motto, 207. grand

208. a benefit co____t *n.* a musical performance given in public by one or more players or singers
209. st____le against discrimination *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
210. con____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
211. fr____nt use *adj.* happening constantly
212. a vul____le bridge *adj.* capable of being hurt or influenced physically or mentally
213. with ea__r eyes *adj.* showing enthusiasm and a strong desire or interest to do something
214. collaborate with co____ues *n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 208. concert, 209. struggle, 210. confidence, 211. frequent, 212. vulnerable, 213. eager, 214. colleague

Session 3: Fill in the Blanks

1. They _____ to make their dream come true.
v. to try very hard to do, achieve, or obtain something
2. The company's _____ in the market was expanding to new territories.
n. a specific sphere of influence or control; a specific field of knowledge or expertise
3. I decided to seek counseling on the advice of my _____.
n. one of a group of a coworker, especially in a profession or a business
4. 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
5. He was reluctant to leave his comfort _____ and try something new.
n. a specific area, region, or section that is marked off or defined in some way
6. The _____ of the plan was flawless, resulting in a record-breaking profit for the company.
n. the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty
7. The extra steps in the process were deemed _____ and removed to streamline production.
adj. not needed or required; not essential or important
8. The teacher attempted to _____ the root cause of our mistake.
v. to think about in-depth and evaluate to discover essential features or meaning

ANSWERS: 1. strived, 2. domain, 3. colleague, 4. struggle, 5. zone, 6. execution, 7. unnecessary, 8. analyze

9. The football team had a _____ season and went undefeated all year.
adj. without any imperfections or errors; perfect or impeccable in appearance or performance
10. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
11. 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
12. The drought _____ the prices of grain globally.
v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position
13. We gained various _____ by analyzing the vast amount of data owned by the company.
n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
14. Having _____ parking has been very beneficial throughout the winter.
adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
15. The _____ of the company is too high nowadays.
n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something
16. The researchers try to discover a common _____ in all types of successful organizations.
n. one of several parts that combines with others to form something bigger

ANSWERS: 9. flawless, 10. grade, 11. stagnation, 12. lifted, 13. insights, 14. underground, 15. stake, 16. component

17. She tried to _____ her brother to join her on the trip, but he was too busy with work.
- v.* to convince or induce someone to do something by presenting a reason or argument; to sway or influence someone's decision or opinion
18. 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
19. 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
20. As a _____ he helped me realize my career.
- n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
21. What do you _____ the culprit's motive was?
- v.* to think that something is likely to be actual or possible
22. The _____ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
23. The company _____ the job candidate's application due to a lack of experience.
- v.* to refuse to accept, consider, or use something or someone
24. Tourists frequently _____ the island's delicate natural balance.
- v.* to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 17. persuade, 18. plateau, 19. mindset, 20. mentor, 21. suppose, 22. medicinal, 23. rejected, 24. disturb

25. You have to _____ your content to the age of the audience.

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

26. The phone rang at the most _____ time.

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

27. Our plan includes a comprehensive marketing _____.

- n.* a detailed plan of action designed to achieve a long-term or overall goal.

28. She was disbarred for her _____ in fraud.

- adj.* attracting, pleasant, or charming

29. Her visit will _____ from Monday to Friday.

- v.* to broaden in scope, range, or area

30. Ethics is a branch of _____.

- n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

31. It is important to _____ safety procedures in the workplace to prevent accidents.

- 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

32. The construction outside was creating a _____ distraction from my work.

- adj.* making a lot of sounds, especially loud or disruptive sound

ANSWERS: 25. adjust, 26. opportune, 27. strategy, 28. engaging, 29. extend, 30. philosophy, 31. observe, 32. noisy

33. It's notoriously challenging to _____ birth rates.

- v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience

34. They have been living near water since _____ times.

- adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

35. The publisher will proofread most of this manuscript for _____.

- n.* the quality of being coherent and understandable; the quality of transparency or purity

36. His heartaches are less _____ now.

- adj.* happening constantly

37. His _____ showed highly positive results.

- n.* the scientific test conducted to observe what happens and gain new knowledge

38. Initially, we must _____ all project-related expenses.

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

39. _____ hyperglycemia is a trigger for a variety of serious diseases.

- adj.* being long-lasting and recurrent or characterized by long suffering; habitual

40. Her sleep was _____ by recurring pain.

- v.* to say or do something that causes someone to stop in their speech or action

41. The penny fell _____ the piano.

- adv.* under or below something else

ANSWERS: 33. predict, 34. ancient, 35. clarity, 36. frequent, 37. experiments, 38. examine, 39. Chronic, 40. interrupted, 41. underneath

42. _____ is the mother of all learning.
n. the act of doing or saying something many times
43. Companies developing self-driving cars consistently _____ the emerging technologies.
v. to introduce new methods, ideas, or products
44. The drug's side effects can include _____ loss of urine.
adj. acting or done without or against one's will
45. Despite its advanced science and technology, the empire was _____ about invasion.
adj. done with full consciousness of nature and effects rather than by accident
46. He is a skilled _____ that has many years of training and experience.
n. a doctor who is trained to perform medical operations that involve cutting open a person's body
47. His team won the _____ for three years running.
n. a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
48. The scientist conducted a study that provided _____ details about the species' behavior.
adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
49. The University _____ the most recalcitrant demonstrators.
v. to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely

ANSWERS: 42. Repetition, 43. innovate, 44. involuntary, 45. deliberate, 46. surgeon, 47. championship, 48. specific, 49. suspended

50. The night shift _____ checked my vital signs before administering the medication.
- 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
51. My sister and I frequently _____ books, as we love reading.
- v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
52. This argument is still not _____.
- adj.* enough, acceptable, satisfactory for a particular purpose or need
53. Every human is responsible for taking care of the Earth's _____.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
54. There was a crack in the _____ that I found.
- n.* a room's top interior surface
55. We had to _____ a difficult customer service scenario during our training session.
- v.* to act out or play a particular role, situation, or scenario, typically as part of a training or educational process or as a form of entertainment; (noun) an activity in which people act out or assume the roles of characters or situations, often for learning, practicing, or entertainment
56. Being a doctor is considered a highly respected _____.
- n.* an occupation or vocation requiring advanced education or specialized training

ANSWERS: 50. nurse, 51. exchange, 52. adequate, 53. environment, 54. ceiling, 55. role-play, 56. profession

57. 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.
58. I can _____ a little bit when I speak quickly or get nervous.
- v. to speak or pronounce words with a speech impediment characterized by the imperfect or indistinct articulation of the "s" and "z" sounds; (noun) a type of speech impediment where a person has difficulty pronouncing certain sounds, typically "s" and "z" sounds
59. They _____ fun at each other's jokes, laughing and teasing.
- v. to push or prod with a sharp object or the finger
60. The company has made great strides in its _____ toward sustainability.
- n. the act or process of changing to the next stage or phase or moving forward
61. The investigation _____ several government agencies and is expected to take several months.
- v. to include or affect someone or something as a necessary part of something else
62. The mentor provided _____ to the young entrepreneur, helping her navigate the business world.
- n. advice or instructions given to help direct someone's behavior or decision-making
63. 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

ANSWERS: 57. executed, 58. lisp, 59. poked, 60. progression, 61. involves, 62. guidance, 63. motto

64. His dream is to become an Olympic _____.

- n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

65. Trains are _____ inexpensive, and ideal for long-distance travel.

- adj.* worthy of being relied on; trustworthy

66. A good _____ is never out of season.

- n.* a well-known phrase that expresses a general or fundamental truth, principle, or rule for behavior

67. 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

68. This artist always packs the _____ halls.

- n.* a musical performance given in public by one or more players or singers

69. 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

70. These economic activities had disastrous environmental _____.

- n.* the outcome of a particular action or event, especially relative to an individual

71. He found _____ in the warm embrace of his loved ones.

- n.* a state of physical ease and freedom from pain or constraint

ANSWERS: 64. athlete, 65. reliable, 66. maxim, 67. tightrope, 68. concert, 69. consequent, 70. consequences, 71. comfort

72. I made a _____ to my paper based on feedback from my professor.
n. the act or process of reviewing, correcting, and improving something, such as written work, plans, or ideas; a revised version of something
73. Infants and pregnant women are particularly _____.
adj. capable of being hurt or influenced physically or mentally
74. Skill and _____ are an unconquered army.
n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
75. The leaves of the fern were arranged in a _____ pattern.
n. a curve that coils around a central point and gets progressively farther away from it as it goes around
76. Always _____ a lawyer before launching a business.
v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
77. We want to _____ ties between our two countries.
v. to make or become better
78. In the hospital, she will remain under constant _____.
n. the act or activity of carefully examining or monitoring something or someone
79. I will introduce you to how to _____ the leading causes of the malfunction.
v. to recognize someone or something and say or prove who or what they are
80. I _____ left my phone at home this morning and felt lost.
adv. unintentionally; accidentally; without purpose or deliberate intent

ANSWERS: 72. revision, 73. vulnerable, 74. confidence, 75. spiral, 76. consult, 77. improve, 78. observation, 79. identify, 80. inadvertently

81. As an _____ he had the right to make his own decisions and live his life as he saw fit.

n. a single person or thing, as distinct from a group

82. He assumed the role of the arbitral _____ of the controversy.

n. a small change or movement made to something to improve it and achieve the desired result

83. The extinction rate of aquatic animals was _____.

adj. extremely harmful; causing physical or financial destruction

84. The new prime minister has vowed to take measures against the _____ economic crisis.

adj. continuing to exist or develop, or currently happening

85. The pastor contributed to _____ the sense of a community embracing all classes.

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

86. Your _____ reflects your thoughts.

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

87. I bought a gadget before my trip to help _____ stress during the flight.

v. to make something, especially something bad, small or less serious

88. His grandfather was an ____ man.

adj. strange or unexpected; not divisible by two

ANSWERS: 81. individual, 82. adjustment, 83. catastrophic, 84. ongoing, 85. fostering, 86. conversation, 87. minimize, 88. odd

89. We must ____ ourselves of pollution.

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

90. He _____ misleads others.

- adv.* done in an intentional or slow and careful manner

91. This year's _____ gathering will be held in Canada.

- adj.* important and large in size, scope, or extent

92. The smell of the garbage was very _____.

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

93. The _____ handbook outlines the rules and regulations that all employees must follow.

- n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker

94. The children were _____ to start the treasure hunt.

- adj.* showing enthusiasm and a strong desire or interest to do something

95. 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

96. She had a _____ look and was determined to complete the task.

- adj.* having a specific aim or purpose; determined

97. This exam requires excellent _____ to pass.

- n.* the ability to focus all your time and energy on one thing without thinking about anything else.

ANSWERS: 89. rid, 90. deliberately, 91. grand, 92. undesirable, 93. employee, 94. eager, 95. salesperson, 96. purposeful, 97. concentration

98. Both forts were subject to _____ attacks.

adj. happening or done without delay or occurring shortly after something else

99. The pandemic was a _____ business opportunity for certain companies.

adj. fairly large in size, value, or importance

100. He had undergone heart _____ years before.

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

101. The company is very customer-_____ and strives to provide excellent service.

adj. referring to someone or something that is focused or directed toward a particular goal or objective; organized around a specific principle or approach

102. The lion _____ loudly, signaling its dominance over the other animals.

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

103. The cleaning lady comes on _____ Wednesdays.

adj. occurring or existing one after the other regularly

104. They _____ customers with a premium for loyal patronage.

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

105. 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

ANSWERS: 98. immediate, 99. substantial, 100. surgery, 101. oriented, 102. roared, 103. alternate, 104. encouraged, 105. improvisation

106. The pandemic _____ the growth of the airline industry.

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

107. 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

ANSWERS: 106. hindered, 107. solicited