

# Englist.me



## Vocabulary Builder Reference from...

Nancy Lublin: How data from a crisis text line is saving lives | TED Talk

[https://www.ted.com/talks/nancy\\_lublin\\_how\\_data\\_from\\_a\\_crisis\\_text\\_line\\_is\\_saving\\_lives](https://www.ted.com/talks/nancy_lublin_how_data_from_a_crisis_text_line_is_saving_lives)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### homophobia

*n.* a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity

*synonym* : prejudice, discrimination, bigotry

(1) **homophobia** awareness, (2) **homophobia** in sports  
The politician's remarks about same-sex marriage revealed his deep-seated **homophobia**.

### pantry

*n.* a small room, closet, or cupboard used for the storage of food, particularly non-perishable items such as canned goods, dry goods, and spices; a supply of food stored in this manner

*synonym* : larder, store, cupboard

(1) **pantry** items, (2) kitchen **pantry**  
I need to clean out the **pantry** and throw away any expired food.

### homebound

*adj.* confined to one's home or place of residence due to illness, disability, or age; referring to someone who is returning or traveling towards their home

*synonym* : confined, restricted

(1) **homebound** patient, (2) **homebound** care

The **homebound** student received extra tutoring to ensure they didn't fall behind in their studies.

## bully

*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

*synonym*: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

## addict

*n.* a person who cannot stop using or doing something as a habit, especially something harmful

*synonym*: devotee, buff, freak

(1) a drug **addict**, (2) Internet **addict**

We have become TV **addicts** due to video streaming services.

## horrific

*adj.* causing horror or disgust; gruesome and terrifying

*synonym*: terrifying, alarming, shocking

(1) **horrific** experience, (2) **horrific** condition

The accident scene was **horrific**, with bodies and debris scattered everywhere.

## triage

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

*synonym*: sorting, prioritizing, categorizing

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

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

## bulimia

*n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

*synonym* : binge-eating disorder, ednos, overeating

(1) **bulimia** treatment, (2) **bulimia** nervosa

She struggled with **bulimia** for years before seeking treatment.

## hyperventilation

*n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

*synonym* : over-breathing, rapid breathing

(1) **hyperventilation** syndrome, (2) **hyperventilation** treatment

Anxiety is a common cause of **hyperventilation**, as the body responds to perceived threats with rapid, shallow breathing.

## bipolar

*adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

(1) **bipolar** depression, (2) a **bipolar** semiconductor

The physician prescribed medication to treat **bipolar** disorder.

## numb

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

*synonym* : dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

## robin

*n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

*synonym* : thrush, red-breast, redbird

(1) **robin** eggs, (2) **robin's** nest

I love listening to the cheerful song of the **robin** in my garden.

## hotline

*n.* a telephone line that provides immediate emergency or special assistance

*synonym* : helpline, emergency line, crisis line

(1) **hotline** number, (2) automated **hotline**

The emergency **hotline** is available 24/7 for people in need of immediate assistance.

## **ideate**

v. to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort

*synonym*: conceive, think up, brainstorm

(1) **ideate** solutions, (2) **ideate** process

The team met to **ideate** new marketing strategies for the upcoming product launch.

## **excite**

v. to make someone feel suddenly enthusiastic or eager

*synonym*: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

## **nerd**

n. a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

*synonym*: geek, techie, wonk

(1) a computer **nerd**, (2) **nerd** neck

He was, by nature, a cyber **nerd**.

## **swipe**

v. to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort

*synonym*: flick, brush, pinch

(1) **swipe** a card, (2) **swipe** left on a dating app

He tried to **swipe** the phone from my hand, but I held on tight.

## Session 2: Spelling

1. bi\_\_\_\_r depression  
*adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
2. n\_\_b with cold  
*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
3. a drug ad\_\_\_\_t  
*n.* a person who cannot stop using or doing something as a habit, especially something harmful
4. ex\_\_\_\_e the crowd  
*v.* to make someone feel suddenly enthusiastic or eager
5. id\_\_\_\_e solutions  
*v.* to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort
6. sw\_\_e left on a dating app  
*v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort
7. bu\_\_y bystander  
*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
8. n\_\_d neck  
*n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

ANSWERS: 1. bipolar, 2. numb, 3. addict, 4. excite, 5. ideate, 6. swipe, 7. bully, 8. nerd

9. ho\_\_\_\_e number *n.* a telephone line that provides immediate emergency or special assistance
10. ho\_\_\_\_\_nd care *adj.* confined to one's home or place of residence due to illness, disability, or age; referring to someone who is returning or traveling towards their home
11. ro\_\_n's nest *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
12. Internet ad\_\_\_\_t *n.* a person who cannot stop using or doing something as a habit, especially something harmful
13. id\_\_\_\_e process *v.* to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort
14. ho\_\_\_\_\_nd patient *adj.* confined to one's home or place of residence due to illness, disability, or age; referring to someone who is returning or traveling towards their home
15. bu\_\_\_\_a nervosa *n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety
16. tr\_\_\_\_e system *n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled

ANSWERS: 9. hotline, 10. homebound, 11. robin, 12. addict, 13. ideate, 14. homebound, 15. bulimia, 16. triage

17. ro\_\_n eggs *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
18. tr\_\_\_e nurse *n.* the process of sorting or categorizing patients or other items by severity or priority to determine the order in which they should be treated or handled
19. a n\_\_b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
20. hyp\_\_\_\_\_ion syndrome *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
21. pa\_\_\_y items *n.* a small room, closet, or cupboard used for the storage of food, particularly non-perishable items such as canned goods, dry goods, and spices; a supply of food stored in this manner
22. a bi\_\_\_\_r semiconductor *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
23. hom\_\_\_\_\_ia in sports *n.* a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity

ANSWERS: 17. robin, 18. triage, 19. numb, 20. hyperventilation, 21. pantry, 22. bipolar, 23. homophobia

24. hyp\_\_\_\_\_ion treatment      *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
25. ho\_\_\_\_ic condition      *adj.* causing horror or disgust; gruesome and terrifying
26. automated ho\_\_\_\_\_e      *n.* a telephone line that provides immediate emergency or special assistance
27. a computer n\_\_d      *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
28. hom\_\_\_\_\_ia awareness      *n.* a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
29. bu\_\_\_\_\_a treatment      *n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety
30. kitchen pa\_\_\_\_y      *n.* a small room, closet, or cupboard used for the storage of food, particularly non-perishable items such as canned goods, dry goods, and spices; a supply of food stored in this manner

ANSWERS: 24. hyperventilation, 25. horrific, 26. hotline, 27. nerd, 28. homophobia, 29. bulimia, 30. pantry



31. ho\_\_\_ic experience      *adj.* causing horror or disgust; gruesome and terrifying
32. bu\_\_y the weak      *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
33. sw\_\_e a card      *v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort
34. ex\_\_\_e rebellion      *v.* to make someone feel suddenly enthusiastic or eager

ANSWERS: 31. horrific, 32. bully, 33. swipe, 34. excite

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ student received extra tutoring to ensure they didn't fall behind in their studies.  
*adj.* confined to one's home or place of residence due to illness, disability, or age; referring to someone who is returning or traveling towards their home
2. He tried to \_\_\_\_\_ the phone from my hand, but I held on tight.  
*v.* to strike, hit, or slap with a sweeping motion; to pass a magnetic stripe or barcode through a scanner to read data; to steal or take something quickly and with little effort
3. The emergency \_\_\_\_\_ is available 24/7 for people in need of immediate assistance.  
*n.* a telephone line that provides immediate emergency or special assistance
4. My left arm became \_\_\_\_\_.  
*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
5. I need to clean out the \_\_\_\_\_ and throw away any expired food.  
*n.* a small room, closet, or cupboard used for the storage of food, particularly non-perishable items such as canned goods, dry goods, and spices; a supply of food stored in this manner
6. The news of her promotion \_\_\_\_\_ her.  
*v.* to make someone feel suddenly enthusiastic or eager
7. We have become TV \_\_\_\_\_ due to video streaming services.  
*n.* a person who cannot stop using or doing something as a habit, especially something harmful

ANSWERS: 1. homebound, 2. swipe, 3. hotline, 4. numb, 5. pantry, 6. excited, 7. addicts

8. The physician prescribed medication to treat \_\_\_\_\_ disorder.  
*adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
9. She struggled with \_\_\_\_\_ for years before seeking treatment.  
*n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety
10. The politician's remarks about same-sex marriage revealed his deep-seated \_\_\_\_\_.  
*n.* a strong fear, aversion, or hostility towards people who are homosexual or towards homosexuality itself; discrimination or prejudice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals based on their sexual orientation or gender identity
11. The schoolyard \_\_\_\_\_ terrorized the other children and made their lives miserable.  
*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
12. The team met to \_\_\_\_\_ new marketing strategies for the upcoming product launch.  
*v.* to conceive of and develop an idea or concept in one's mind, often as part of a creative process or a problem-solving effort
13. I love listening to the cheerful song of the \_\_\_\_\_ in my garden.  
*n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

ANSWERS: 8. bipolar, 9. bulimia, 10. homophobia, 11. bully, 12. ideate, 13. robin

14. The accident scene was \_\_\_\_\_ with bodies and debris scattered everywhere.

*adj.* causing horror or disgust; gruesome and terrifying

15. Anxiety is a common cause of \_\_\_\_\_ as the body responds to perceived threats with rapid, shallow breathing.

*n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

16. In the aftermath of the hurricane, the military set up a \_\_\_\_\_ center to assist with medical emergencies.

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

17. He was, by nature, a cyber \_\_\_\_\_.

*n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

ANSWERS: 14. horrific, 15. hyperventilation, 16. triage, 17. nerd