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Vocabulary Builder Reference from...

Madhumita Murgia: How stress affects your brain |

TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

restless

adj. unwilling or unable to stay still or relax because you are worried and uneasy

synonym : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym : cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

moodiness

n. a tendency to experience mood swings or to be easily affected by changes in mood

synonym : emotional instability, irritability, temperament

(1) control your **moodiness**, (2) **moodiness** during puberty

His **moodiness** made it difficult for his coworkers to predict how he would react to things.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

handy

adj. valuable and convenient; easy or ready to reach or use

synonym: clever, accessible, available

(1) a **handy-sized** bag, (2) **handy** tool

They found a **handy** place to play catch.

competitive

adj. involving competition or competitiveness

synonym: aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position

The mobile application industry is a **competitive** one.

continuous

adj. occurring or existing without a pause or interruption

synonym: ceaseless, regular, repeated

(1) **continuous** improvement, (2) a **continuous** row of warehouses

The heavy snow has been **continuous** since last morning.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

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.

overwork

v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

synonym: overdo, overtax, exhaust

(1) die from **overwork**, (2) **overwork** to compensate

He **overworked** himself and ended up getting sick.

argument

n. a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute

synonym: debate, discourse, discussion

(1) a blazing **argument**, (2) the **argument** against capital punishment

The **argument** between the two sides over the proposed policy was heated.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage
Oxytocin is also produced in the nucleus of the **hypothalamus**.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym: hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

axis

n. a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

synonym: central, core, pole

(1) vertical **axis**, (2) a coordinate **axis**

The earth's **axis** of rotation is tilted 66.5 degrees to the ecliptic plane.

interaction

n. the act of connecting with someone, mainly when working, playing, or spending time with them

synonym: dealings, exchange, relations

(1) the **interaction** between man and his environment,
(2) **interaction** among human beings

The **interaction** of the two groups is good for brainstorming.

endocrine

adj. relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes

synonym : hormonal, glandular, secretory

(1) **endocrine** disorders, (2) **endocrine** cell

The **endocrine** system regulates many bodily functions, including metabolism and growth.

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym : secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**

The adrenal **glands** produce steroids.

kidney

n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

reaction

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym : response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

detect

v. to find or recognize something, especially something difficult to see, hear, etc.

synonym : catch, observe, notice

(1) **detect** a bad event, (2) **detect** smuggling across borders

The security camera has **detected** four intruders.

instantly

adv. immediately

synonym : immediately, right away, directly

(1) **instantly** cope with, (2) be killed **instantly**

I remembered that person **instantly** and never forgot.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym : stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

prime

adj. main or most important; basic

synonym : excellent, exceptional, premium

(1) **prime** number, (2) deputy **prime** minister

After a thorough investigation, she has been named as the **prime** suspect.

instant

adj. happening immediately, with no delay

synonym : immediate, urgent, moment

(1) get **instant** access, (2) an **instant** reply

His pleasant face turned cold in an **instant**.

wreak

v. to cause or bring about something, often as a result of harmful or destructive actions or events

synonym: cause, inflict, bring about

(1) **wreak** a lot of changes, (2) **wreak** further damage

The virus has **wreaked** havoc on the healthcare system, overwhelming hospitals and causing shortages of supplies.

havoc

n. widespread destruction or devastation, often caused by natural disasters, war, or other violent events

synonym: destruction, devastation, ruin

(1) cause **havoc**, (2) play **havoc** in the mind

The storm wreaked **havoc** on the town, causing widespread damage and power outages.

neural

adj. of or relating to a nerve or the nervous system that includes the brain

synonym: sensory, neuron, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

hippocampus

n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

deteriorate

v. to become worse in quality; to decline or degenerate

synonym : decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition

The patient's health **deteriorated** rapidly after being diagnosed with the disease.

inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

synonym : deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

synapse

n. the fact or state of failing to finish an activity and of stopping using, making, or doing it

(1) **synapse** circuit, (2) end at a **synapse**

Animals transmit nerve impulses through **synapses**.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym : nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

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.

decision-maker

n. a person who makes important decisions, especially at a high level in an organization

(1) policy **decision-maker**, (2) act as a **decision-maker**

A wealth of information does not always have a positive impact on **decision-makers**.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite

and weight loss.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym : dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

filter

n. any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

synonym : strainer

(1) gas **filter**, (2) clogged **filter**

Ozone is a primary **filter** to protect Earth's surface from harmful UV rays.

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.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

pup

n. a young dog, seal, or other animals

synonym: puppy, whelp, cub

(1) **pup** company, (2) playful **pup**

The little **pup** was so cute, with big, floppy ears and a wagging tail.

sensitive

adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

synonym: exposed, susceptible, keen

(1) **sensitive** documents, (2) baby with **sensitive** skin

The teacher is very **sensitive** to children's feelings.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

receptor

n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

(1) cellular **receptor**, (2) **receptor** for HIV in humans

Hay fever occurs when a substance called histamine binds to **receptors** in the nose and eyes.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

dampen

v. to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement

synonym: drench, moisten, saturate

(1) **dampen** the sound, (2) **dampen** the enthusiasm

The rain helped **dampen** the flames of the campfire.

negligent

adj. not being careful or giving enough attention to important matters

synonym: careless, reckless, inattentive

(1) **negligent** behavior, (2) sit in a **negligent** posture

The **negligent** driver caused the accident by failing to stop at the red light.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

outcome

n. the result or effect of an action, event, etc.

synonym: result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome**
They awaited news of the **outcome** of the election.

epigenetic

adj. relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

synonym: environmental, hereditary, inherited

(1) **epigenetic** inheritance, (2) **epigenetic** markers

Epigenetic research has opened up new possibilities for the treatment of certain diseases.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym: overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

swap

v. to give something and receive something in trade

synonym: exchange, switch, trade

(1) **swap** seats, (2) **swap** columns with rows

Don't **swap** horses while crossing a stream.

inherit

v. to receive money, property, or a title from someone after they have died

synonym: obtain, gain, acquire

(1) **inherit** estate, (2) **inherit** ancestral property

After his death, his sons **inherited** his business.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

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.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace

On three sides, mountains **surround** the settlement.

thereby

adv. as a result; consequence of a particular action or set of conditions

synonym: thus, hence, as a result

(1) **thereby-obtained** data, (2) **thereby** improving overall health

The new software will streamline the workflow, **thereby** increasing productivity.

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**.

defeat

v. to win against somebody in a fight, war, or attempt

synonym : conquer, beat, overpower

(1) **defeat** a global power, (2) **defeat** body odor

Despite his best efforts, he was unable to **defeat** the enemy.

Session 2: Spelling

1. ad____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
2. epi_____ic inheritance *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
3. a coordinate a__s *n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance
4. sy_____e circuit *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
5. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
6. clogged fi___r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
7. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
8. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

ANSWERS: 1. adrenal, 2. epigenetic, 3. axis, 4. synapse, 5. improvisation, 6. filter, 7. shrink, 8. pituitary

9. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
10. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
11. get in_____t access *adj.* happening immediately, with no delay
12. su_____nd a town *v.* to be all around something or somebody
13. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
14. immune fu_____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
15. det_____te condition *v.* to become worse in quality; to decline or degenerate
16. playful p_p *n.* a young dog, seal, or other animals
17. p_p company *n.* a young dog, seal, or other animals
18. the ar_____nt against capital punishment *n.* a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute

ANSWERS: 9. experiment, 10. isolate, 11. instant, 12. surround, 13. involve, 14. function, 15. deteriorate, 16. pup, 17. pup, 18. argument

19. a blazing ar_____nt *n.* a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute
20. deputy pr__e minister *adj.* main or most important; basic
21. chemical re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
22. ha__y tool *adj.* valuable and convenient; easy or ready to reach or use
23. hyp_____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
24. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
25. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
26. the decline in am_____la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 19. argument, 20. prime, 21. reaction, 22. handy, 23. hypothalamus, 24. stick, 25. meditation, 26. amygdala

27. play ha__c in the mind *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
28. wr__k a lot of changes *v.* to cause or bring about something, often as a result of harmful or destructive actions or events
29. vertical a__s *n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance
30. sit in a ne_____nt posture *adj.* not being careful or giving enough attention to important matters
31. int_____on among human beings *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
32. visual co___x neuron *n.* the outermost layer of an organ, especially the brain
33. de___t smuggling across borders *v.* to find or recognize something, especially something difficult to see, hear, etc.
34. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
35. end at a sy_____e *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
36. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

ANSWERS: 27. havoc, 28. wreak, 29. axis, 30. negligent, 31. interaction, 32. cortex, 33. detect, 34. disease, 35. synapse, 36. overwhelm

37. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
38. epi_____ic markers *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
39. en_____ne cell *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
40. anterior pi_____ry *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
41. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
42. da____n the sound *v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
43. in_____t estate *v.* to receive money, property, or a title from someone after they have died
44. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
45. as_____te with people widely *v.* to mentally connect someone or something with someone or something else

ANSWERS: 37. nurture, 38. epigenetic, 39. endocrine, 40. pituitary, 41. experiment, 42. dampen, 43. inherit, 44. Alzheimer, 45. associate

46. in_____t ancestral property *v.* to receive money, property, or a title from someone after they have died
47. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
48. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
49. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
50. pr__e number *adj.* main or most important; basic
51. in_____ly cope with *adv.* immediately
52. trigger a re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
53. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
54. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 46. inherit, 47. cortisol, 48. associate, 49. hormone, 50. prime, 51. instantly, 52. reaction, 53. meditation, 54. hormone

55. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
56. an in_____t reply *adj.* happening immediately, with no delay
57. chronic ki_____y disease *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
58. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
59. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
60. th_____y-obtained data *adv.* as a result; consequence of a particular action or set of conditions
61. control your mo_____ss *n.* a tendency to experience mood swings or to be easily affected by changes in mood
62. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
63. excite the ne_____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
64. re_____e a prisoner *v.* to set free or allow to escape from confinement

ANSWERS: 55. isolate, 56. instant, 57. kidney, 58. cortisol, 59. determinant, 60. thereby, 61. moodiness, 62. concentration, 63. neuron, 64. release

65. am_____la damage *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
66. mo_____ss during puberty *n.* a tendency to experience mood swings or to be easily affected by changes in mood
67. improved student ou_____es *n.* the result or effect of an action, event, etc.
68. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
69. de___t body odor *v.* to win against somebody in a fight, war, or attempt
70. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
71. ne_____nt behavior *adj.* not being careful or giving enough attention to important matters
72. ne___l stem cells *adj.* of or relating to a nerve or the nervous system that includes the brain
73. a re_____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
74. have ge_____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
75. permanent br___n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
76. ne___l networks in AI *adj.* of or relating to a nerve or the nervous system that includes the brain

ANSWERS: 65. amygdala, 66. moodiness, 67. outcome, 68. nurture, 69. defeat, 70. improvisation, 71. negligent, 72. neural, 73. restless, 74. genetic, 75. brain, 76. neural

77. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
78. th_____y improving overall health *adv.* as a result; consequence of a particular action or set of conditions
79. re_____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
80. de____t a global power *v.* to win against somebody in a fight, war, or attempt
81. ne____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
82. cellular re_____or *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
83. in_____t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
84. anterior hyp_____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
85. deliver a ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
86. se_____ve documents *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

ANSWERS: 77. prefrontal, 78. thereby, 79. reverse, 80. defeat, 81. neuron, 82. receptor, 83. inhibit, 84. hypothalamus, 85. judgment, 86. sensitive

87. di____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
88. cause ha__c *n.* widespread destruction or devastation, often caused by natural disasters, war, or other violent events
89. pre____al region *adj.* in or about the foremost part of the frontal lobe of the brain
90. s__p columns with rows *v.* to give something and receive something in trade
91. ir____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
92. a det____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
93. de____t a bad event *v.* to find or recognize something, especially something difficult to see, hear, etc.
94. meet with opp____on *n.* the act of disagreeing or resisting; the state of strong disagreement
95. a con____us row of warehouses *adj.* occurring or existing without a pause or interruption
96. gas fi____r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

ANSWERS: 87. disease, 88. havoc, 89. prefrontal, 90. swap, 91. irritable, 92. determinant, 93. detect, 94. opposition, 95. continuous, 96. filter

97. a com_____ve price *adj.* involving competition or competitiveness
98. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
99. re_____e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
100. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
101. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
102. con_____us improvement *adj.* occurring or existing without a pause or interruption
103. his research area of
con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
104. ov_____rk to compensate *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
105. ad_____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland

ANSWERS: 97. competitive, 98. stick, 99. reverse, 100. depression, 101. brain, 102. continuous, 103. concentration, 104. overwork, 105. adrenal

106. die from ov____rk *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
107. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
108. de____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
109. involvement of the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
110. baby with se_____ve skin *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
111. co____x cells *n.* the outermost layer of an organ, especially the brain
112. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 106. overwork, 107. structure, 108. develop, 109. hippocampus, 110. sensitive, 111. cortex, 112. function

113. an emotional ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
114. a ha__y-sized bag *adj.* valuable and convenient; easy or ready to reach or use
115. da___n the enthusiasm *v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
116. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
117. policy dec_____ker *n.* a person who makes important decisions, especially at a high level in an organization
118. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
119. the int_____on between man and his environment *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
120. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
121. re_____e CO2 into the air *v.* to set free or allow to escape from confinement
122. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
123. wr__k further damage *v.* to cause or bring about something, often as a result of harmful or destructive actions or events

ANSWERS: 113. judgment, 114. handy, 115. dampen, 116. irritable, 117. decision-maker, 118. restless, 119. interaction, 120. chronic, 121. release, 122. opposition, 123. wreak

124. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
125. an artificial ki___y *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
126. a mammary gl___d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
127. in_____t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
128. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
129. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
130. a desirable ou_____e *n.* the result or effect of an action, event, etc.
131. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
132. the function of the thyroid gl___d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

ANSWERS: 124. shrink, 125. kidney, 126. gland, 127. inhibit, 128. depression, 129. develop, 130. outcome, 131. eventually, 132. gland

133. re____or for HIV in humans *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
134. a ge____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
135. act as a dec_____ker *n.* a person who makes important decisions, especially at a high level in an organization
136. en____ne disorders *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
137. in____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
138. risk of ch____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
139. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
140. be killed in_____ly *adv.* immediately
141. neurons in the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
142. a stone wall su____nds the palace *v.* to be all around something or somebody

ANSWERS: 133. receptor, 134. genetic, 135. decision-maker, 136. endocrine, 137. involve, 138. chronic, 139. Alzheimer, 140. instantly, 141. hippocampus, 142. surround

143. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
144. det_____te at a slow pace *v.* to become worse in quality; to decline or degenerate
145. s__p seats *v.* to give something and receive something in trade
146. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
147. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
148. com_____ve position *adj.* involving competition or competitiveness

ANSWERS: 143. overwhelm, 144. deteriorate, 145. swap, 146. eventually, 147. structure, 148. competitive

Session 3: Fill in the Blanks

1. I remembered that person _____ and never forgot.
adv. immediately
2. The brain is an incredibly complex organ that controls the body's _____.
n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
3. They found a _____ place to play catch.
adj. valuable and convenient; easy or ready to reach or use
4. They awaited news of the _____ of the election.
n. the result or effect of an action, event, etc.
5. The security camera has _____ four intruders.
v. to find or recognize something, especially something difficult to see, hear, etc.
6. Ozone is a primary _____ to protect Earth's surface from harmful UV rays.
n. any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
7. Schools should _____ children's mutual interest spirit.
v. to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 1. instantly, 2. function, 3. handy, 4. outcome, 5. detected, 6. filter, 7. nurture

8. Despite his best efforts, he was unable to _____ the enemy.
v. to win against somebody in a fight, war, or attempt
9. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
10. The virus has _____ havoc on the healthcare system, overwhelming hospitals and causing shortages of supplies.
v. to cause or bring about something, often as a result of harmful or destructive actions or events
11. The organizational _____ of start-ups is often flat and straightforward.
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
12. Research shows that damage to the _____ cortex leads to increased aggression.
adj. in or about the foremost part of the frontal lobe of the brain
13. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
14. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.
n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
15. The _____ has been associated with memories of past emotional events.
n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 8. defeat, 9. disease, 10. wreaked, 11. structure, 12. prefrontal, 13. Chronic, 14. pituitary, 15. amygdala

16. The _____ driver caused the accident by failing to stop at the red light.
adj. not being careful or giving enough attention to important matters
17. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
18. There was a disturbance of _____ function.
adj. of or relating to a nerve or the nervous system that includes the brain
19. The cerebral _____ consists of six layers.
n. the outermost layer of an organ, especially the brain
20. Her _____ are consistently rational and sensible.
n. the ability to form valuable opinions and make reasonable decisions
21. My grandmother has _____ disease requires special care and attention from her caregivers.
n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
22. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
23. The little ___ was so cute, with big, floppy ears and a wagging tail.
n. a young dog, seal, or other animals

ANSWERS: 16. negligent, 17. eventually, 18. neural, 19. cortex, 20. judgments, 21. Alzheimer's, 22. hormone, 23. pup

24. Hay fever occurs when a substance called histamine binds to _____ in the nose and eyes.
- n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
25. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
26. On three sides, mountains _____ the settlement.
- v.* to be all around something or somebody
27. 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
28. The new software will streamline the workflow, _____ increasing productivity.
- adv.* as a result; consequence of a particular action or set of conditions
29. The animal rights group worked to _____ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
30. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
31. The earth's _____ of rotation is tilted 66.5 degrees to the ecliptic plane.
- n.* a real or imaginary straight line through a body or figure around which the object turns; a group of countries in special alliance

ANSWERS: 24. receptors, 25. associate, 26. surround, 27. improvisation, 28. thereby, 29. release, 30. meditation, 31. axis

32. The _____ is crucial for learning and memory storage.
- n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
33. We must _____ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
34. The adrenal _____ produce steroids.
- n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
35. A wealth of information does not always have a positive impact on _____.
- n.* a person who makes important decisions, especially at a high level in an organization
36. One _____ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
37. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
38. Excessive parental interference may _____ children's eagerness to learn.
- v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

ANSWERS: 32. hippocampus, 33. develop, 34. glands, 35. decision-makers, 36. determinant, 37. brain, 38. inhibit

39. The surgeon removed the healthy _____ from the donor.
n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
40. The storm wreaked _____ on the town, causing widespread damage and power outages.
n. widespread destruction or devastation, often caused by natural disasters, war, or other violent events
41. The restaurant _____ a ban on smoking.
v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
42. After a thorough investigation, she has been named as the _____ suspect.
adj. main or most important; basic
43. Animals transmit nerve impulses through _____.
n. the fact or state of failing to finish an activity and of stopping using, making, or doing it
44. The _____ of the two groups is good for brainstorming.
n. the act of connecting with someone, mainly when working, playing, or spending time with them
45. You should not _____ them from the community.
v. to physically or socially separate someone or something from other people or things
46. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 39. kidney, 40. havoc, 41. reversed, 42. prime, 43. synapses, 44. interaction, 45. isolate, 46. Depression

47. His _____ made it difficult for his coworkers to predict how he would react to things.
- n.* a tendency to experience mood swings or to be easily affected by changes in mood
48. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
49. This shirt will _____ in the wash.
- v.* to become smaller, or to make something smaller in size or amount
50. There was a chemical _____ of the lime with the groundwater.
- n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
51. The mobile application industry is a _____ one.
- adj.* involving competition or competitiveness
52. After his death, his sons _____ his business.
- v.* to receive money, property, or a title from someone after they have died
53. The rain helped _____ the flames of the campfire.
- v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
54. Oxytocin is also produced in the nucleus of the _____.
- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

ANSWERS: 47. moodiness, 48. Cortisol, 49. shrink, 50. reaction, 51. competitive, 52. inherited, 53. dampen, 54. hypothalamus

55. The _____ between the two sides over the proposed policy was heated.
n. a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute
56. His _____ showed highly positive results.
n. the scientific test conducted to observe what happens and gain new knowledge
57. Don't _____ horses while crossing a stream.
v. to give something and receive something in trade
58. He _____ himself and ended up getting sick.
v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
59. His pleasant face turned cold in an _____.
adj. happening immediately, with no delay
60. He felt _____ and constantly changed his postures.
adj. unwilling or unable to stay still or relax because you are worried and uneasy
61. The teacher is very _____ to children's feelings.
adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
62. _____ research has opened up new possibilities for the treatment of certain diseases.
adj. relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

ANSWERS: 55. argument, 56. experiments, 57. swap, 58. overworked, 59. instant, 60. restless, 61. sensitive, 62. Epigenetic

63. The _____ party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement
64. 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
65. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
66. The patient's health _____ rapidly after being diagnosed with the disease.
v. to become worse in quality; to decline or degenerate
67. Too much variety may _____ and confuse viewers.
v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
68. The _____ system regulates many bodily functions, including metabolism and growth.
adj. relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
69. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes
70. Lack of sleep can make me _____ and easily annoyed.
adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

ANSWERS: 63. opposition, 64. involves, 65. neuron, 66. deteriorated, 67. overwhelm, 68. endocrine, 69. genetic, 70. irritable

71. This exam requires excellent _____ to pass.

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

72. You _____ a bill in the change machine, and the coins pop out.

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

73. The doctor ordered tests to check the patient's _____ function.

adj. relating to two glands situated above the kidneys, called the adrenal gland

74. The heavy snow has been _____ since last morning.

adj. occurring or existing without a pause or interruption

ANSWERS: 71. concentration, 72. stick, 73. adrenal, 74. continuous