

Englist.me



Vocabulary Builder Reference from...

Maya Shankar: Why change is so scary -- and how to unlock its potential | TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

throwback

n. a person or thing that is reminiscent of a past era or an earlier time; a retro or nostalgic item or concept

synonym: relic, reversion, remainder

(1) **throwback** memories, (2) musical **throwback**

The **throwback** jerseys the team wore were a big hit with the fans.

idol

n. an image or representation of a god or goddess, or a person or thing that is greatly admired, loved, or revered

synonym: icon, hero, legend

(1) **idol** worship, (2) **idol** singer

He was an **idol** to his fans, who looked up to him as a role model.

overextend

v. to put too much effort, energy, or money into something, pushing oneself beyond one's limits or capability; to extend beyond a reasonable or safe limit

synonym: overstrain, overexert

(1) **overextend** the budget, (2) **overextend** your welcome
I **overextend** myself by taking on too many projects at once.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym : tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym : fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

curveball

n. a pitch in baseball that breaks unexpectedly; a surprising or unexpected twist or turn in a situation

synonym : surprise, twist, deviation

(1) life's little **curveball**, (2) **curveball** situation

The pitcher threw a sharp **curveball** that the batter was not expecting.

autoimmune

adj. relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

(1) insulin **autoimmune** syndrome, (2) **autoimmune** disorder

The presence of certain substances triggered the **autoimmune** response.

drip

v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

synonym : drop, drizzle, trickle

(1) **drip** liquid, (2) **drip** from the vicious wound

Water is **dripping** from the faucet.

scramble

v. to move or climb quickly and awkwardly, often using your hands to help you

synonym : jumble, disarrange

(1) **scramble** my mind, (2) **scramble** for support

Local business owners **scrambled** to find skilled workers.

sizzle

v. to make a hissing or crackling sound, especially when something is cooking in a pan

synonym: crackle, hiss, pop

(1) **sizzle** in the distance, (2) **sizzle** in the pan

The hot metal **sizzled** as it hit the water, creating steam.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

mistakenly

adv. in a mistaken or incorrect way; wrongly

synonym: incorrectly, erroneously, wrongly

(1) **mistakenly** left his keys, (2) **mistakenly** delete the important file

He **mistakenly** thought the red liquid was juice, but it was paint.

aback

adv. to be very surprised or shocked by somebody or something

synonym: surprised, astounded, shocked

(1) flat **aback**, (2) **aback** shock

The sudden news of the merger took me **aback**.

heartbreak

n. a feeling of great sadness or disappointment

synonym: grief, sorrow, bitterness

(1) ease her **heartbreak**, (2) go through **heartbreak**

They had experienced the **heartbreak** of losing two children due to premature births.

solver

n. a thinker who finds an answer to a problem or a difficult situation; a piece of software or the algorithm that solves a mathematical problem

synonym : thinker

(1) puzzle- **solver**, (2) linear **solver**

The flow **solver** is validated against the experiment.

instinctively

adv. as a matter of nature or intuition rather than thought or training

synonym : inherently, intuitively, naturally

(1) **instinctively** grabbed the knife, (2) **instinctively** bad with children

Some researchers claim that even humans can **instinctively** sense earthquakes.

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.

implosion

n. a sudden and extreme collapse or inward bursting, particularly of a structure or system; a rapid or explosive reduction in size, quantity, or value

synonym : collapse, breakdown, disintegration

(1) underground **implosion**, (2) social **implosion**

The company's financial **implosion** was caused by poor management.

serendipity

n. the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery

synonym : luck, chance, fortune

(1) **serendipity** moment, (2) **serendipity** discovery

The discovery of penicillin was a result of **serendipity**.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym : mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news

She **grieved** the loss of her parents.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym : immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

crave

v. to have a strong desire for something; to long for or want intensely

synonym : desire, yearn, long for

(1) **crave** chocolate, (2) **crave** advice from others

She **craves** success and is always pushing herself to do better.

moth

n. an insect with wings similar to a butterfly that travels at night and is attracted to light

(1) **moth** larva, (2) **moth** attracted to the light

The **moth** is a serious threat to the farm's output.

loosen

v. to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

synonym : relax, slacken, untie

(1) **loosen** grip, (2) **loosen** knot

Please **loosen** the screws on the back panel so we can access the inside of the machine.

Session 2: Spelling

- | | |
|---|--|
| 1. go through hea_____ak | <i>n.</i> a feeling of great sadness or disappointment |
| 2. mis_____ly delete the important file | <i>adv.</i> in a mistaken or incorrect way; wrongly |
| 3. flat ab__k | <i>adv.</i> to be very surprised or shocked by somebody or something |
| 4. ser_____ty discovery | <i>n.</i> the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery |
| 5. und_____ate the probability | <i>v.</i> to think or suppose that a quantity, price, or size is smaller than it is |
| 6. te___n collagen | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone |
| 7. cr__e advice from others | <i>v.</i> to have a strong desire for something; to long for or want intensely |
| 8. mis_____ly left his keys | <i>adv.</i> in a mistaken or incorrect way; wrongly |
| 9. sc_____le my mind | <i>v.</i> to move or climb quickly and awkwardly, often using your hands to help you |
| 10. flexible mi_____t | <i>n.</i> the established set of attitudes or fixed ideas held by someone |
| 11. m__h larva | <i>n.</i> an insect with wings similar to a butterfly that travels at night and is attracted to light |
| 12. si___e in the pan | <i>v.</i> to make a hissing or crackling sound, especially when something is cooking in a pan |

ANSWERS: 1. heartbreak, 2. mistakenly, 3. aback, 4. serendipity, 5. underestimate, 6. tendon, 7. crave, 8. mistakenly, 9. scramble, 10. mindset, 11. moth, 12. sizzle

- | | | |
|-----------------------------|----|---|
| 13. ove_____nd your welcome | v. | to put too much effort, energy, or money into something, pushing oneself beyond one's limits or capability; to extend beyond a reasonable or safe limit |
| 14. gr___e for loss | v. | to feel or show great sadness or sorrow, especially for someone who has died |
| 15. te___n grafting | n. | a strong, fibrous cord of tissue that connects muscle to bone |
| 16. cr___e chocolate | v. | to have a strong desire for something; to long for or want intensely |
| 17. underground im_____on | n. | a sudden and extreme collapse or inward bursting, particularly of a structure or system; a rapid or explosive reduction in size, quantity, or value |
| 18. en_____ze the body | v. | to give energy or vitality to someone or something; to invigorate |
| 19. d__p liquid | v. | to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops |
| 20. dr__d failure | v. | to be very afraid of or worried about something that is going to happen or that might happen |
| 21. sc_____le for support | v. | to move or climb quickly and awkwardly, often using your hands to help you |
| 22. ser_____ty moment | n. | the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery |

ANSWERS: 13. overextend, 14. grieve, 15. tendon, 16. crave, 17. implosion, 18. energize, 19. drip, 20. dread, 21. scramble, 22. serendipity

23. i__l singer *n.* an image or representation of a god or goddess, or a person or thing that is greatly admired, loved, or revered
24. puzzle-so___r *n.* a thinker who finds an answer to a problem or a difficult situation; a piece of software or the algorithm that solves a mathematical problem
25. ab__k shock *adv.* to be very surprised or shocked by somebody or something
26. en_____ze a team *v.* to give energy or vitality to someone or something; to invigorate
27. linear so___r *n.* a thinker who finds an answer to a problem or a difficult situation; a piece of software or the algorithm that solves a mathematical problem
28. m__h attracted to the light *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
29. cu_____ll situation *n.* a pitch in baseball that breaks unexpectedly; a surprising or unexpected twist or turn in a situation
30. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
31. ease her hea_____ak *n.* a feeling of great sadness or disappointment
32. musical th_____ck *n.* a person or thing that is reminiscent of a past era or an earlier time; a retro or nostalgic item or concept
33. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen

ANSWERS: 23. idol, 24. solver, 25. aback, 26. energize, 27. solver, 28. moth, 29. curveball, 30. underestimate, 31. heartbreak, 32. throwback, 33. dread

34. pa_____is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
35. insulin aut_____ne syndrome *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
36. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
37. si___e in the distance *v.* to make a hissing or crackling sound, especially when something is cooking in a pan
38. th_____ck memories *n.* a person or thing that is reminiscent of a past era or an earlier time; a retro or nostalgic item or concept
39. ins_____ely bad with children *adv.* as a matter of nature or intuition rather than thought or training
40. gr___e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
41. i__l worship *n.* an image or representation of a god or goddess, or a person or thing that is greatly admired, loved, or revered
42. ins_____ely grabbed the knife *adv.* as a matter of nature or intuition rather than thought or training
43. life's little cu_____ll *n.* a pitch in baseball that breaks unexpectedly; a surprising or unexpected twist or turn in a situation
44. lo___n grip *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

ANSWERS: 34. paralysis, 35. autoimmune, 36. paralysis, 37. sizzle, 38. throwback, 39. instinctively, 40. grieve, 41. idol, 42. instinctively, 43. curveball, 44. loosen

45. social im_____on *n.* a sudden and extreme collapse or inward bursting, particularly of a structure or system; a rapid or explosive reduction in size, quantity, or value
46. ove_____nd the budget *v.* to put too much effort, energy, or money into something, pushing oneself beyond one's limits or capability; to extend beyond a reasonable or safe limit
47. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
48. aut_____ne disorder *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
49. d__p from the vicious wound *v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
50. lo___n knot *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

ANSWERS: 45. implosion, 46. overextend, 47. mindset, 48. autoimmune, 49. drip, 50. loosen

Session 3: Fill in the Blanks

1. She _____ the loss of her parents.
v. to feel or show great sadness or sorrow, especially for someone who has died
2. The sudden news of the merger took me _____.
adv. to be very surprised or shocked by somebody or something
3. The company's financial _____ was caused by poor management.
n. a sudden and extreme collapse or inward bursting, particularly of a structure or system; a rapid or explosive reduction in size, quantity, or value
4. Please _____ the screws on the back panel so we can access the inside of the machine.
v. to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
5. 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
6. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
7. The hot metal _____ as it hit the water, creating steam.
v. to make a hissing or crackling sound, especially when something is cooking in a pan
8. The _____ jerseys the team wore were a big hit with the fans.
n. a person or thing that is reminiscent of a past era or an earlier time; a retro or nostalgic item or concept

ANSWERS: 1. grieved, 2. aback, 3. implosion, 4. loosen, 5. mindset, 6. underestimated, 7. sizzled, 8. throwback

9. The presence of certain substances triggered the _____ response.
adj. relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
10. We all _____ to think about what will happen if the company goes bankrupt.
v. to be very afraid of or worried about something that is going to happen or that might happen
11. Water is _____ from the faucet.
v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
12. He _____ thought the red liquid was juice, but it was paint.
adv. in a mistaken or incorrect way; wrongly
13. She _____ success and is always pushing herself to do better.
v. to have a strong desire for something; to long for or want intensely
14. The discovery of penicillin was a result of _____.
n. the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery
15. The _____ is a serious threat to the farm's output.
n. an insect with wings similar to a butterfly that travels at night and is attracted to light
16. The pitcher threw a sharp _____ that the batter was not expecting.
n. a pitch in baseball that breaks unexpectedly; a surprising or unexpected twist or turn in a situation

ANSWERS: 9. autoimmune, 10. dread, 11. dripping, 12. mistakenly, 13. craves, 14. serendipity, 15. moth, 16. curveball

17. Some researchers claim that even humans can _____ sense earthquakes.

adv. as a matter of nature or intuition rather than thought or training

18. _____ injuries are common among athletes.

n. a strong, fibrous cord of tissue that connects muscle to bone

19. He was an _____ to his fans, who looked up to him as a role model.

n. an image or representation of a god or goddess, or a person or thing that is greatly admired, loved, or revered

20. The motivational speaker _____ the crowd with their words.

v. to give energy or vitality to someone or something; to invigorate

21. Massive demonstrations lead to total _____ of transportation.

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

22. I _____ myself by taking on too many projects at once.

v. to put too much effort, energy, or money into something, pushing oneself beyond one's limits or capability; to extend beyond a reasonable or safe limit

23. The flow _____ is validated against the experiment.

n. a thinker who finds an answer to a problem or a difficult situation; a piece of software or the algorithm that solves a mathematical problem

24. They had experienced the _____ of losing two children due to premature births.

n. a feeling of great sadness or disappointment

ANSWERS: 17. instinctively, 18. Tendon, 19. idol, 20. energized, 21. paralysis, 22. overextend, 23. solver, 24. heartbreak

25. Local business owners _____ to find skilled workers.

v. to move or climb quickly and awkwardly, often using your hands to help you

ANSWERS: 25. scrambled