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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

All Words

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Session 1: Word List

violin

n. a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings

synonym : fiddle

(1) **violin** soloist, (2) play the **violin**

The cello is a member of the **violin** family.

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.

fashion

n. a style that is popular at a particular time or place; the state of being popular

synonym : style, manner, fad

(1) go out of **fashion**, (2) new **fashion** trends

That style is no longer in **fashion**.

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.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

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.

tricky

adj. requiring care and skill because challenging to do or deal with

synonym: thorny, problematic, crafty

(1) **tricky** problem, (2) a **tricky** recipe to follow

We have discussed the entirety of this **tricky** problem.

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.

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.

permanent

adj. lasting for a long time without essential change

synonym : lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

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.

unexpected

adj. not anticipated or regarded as likely to happen

synonym : surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

accident

n. an unfortunate event, especially one causing damage or injury

synonym : calamity, casualty, chance

(1) cause an **accident**, (2) injury in a car **accident**

The **accident** partially destroyed my vehicle.

relation

n. the way two persons or groups of people feel and act toward one another

synonym : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

cognitive

adj. of or relating to mental processes of understanding

synonym: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

podcast

n. a radio program made available in digital format that you can download from the Internet and play on a computer or music player

(1) football **podcast**, (2) listen to a **podcast**

Our **podcast** was the most downloaded in the technology news genre this year.

slight

adj. very small in degree or amount

synonym: feeble, nuanced, subtle

(1) feel a **slight** concern, (2) **slight** increase

We made **slight** modifications to reflect the views of both sides.

alter

v. to cause to change or make different

synonym: change, vary, adjust

(1) **alter** a decision, (2) **alter** data in a file

The design of the webpage has **altered** slightly.

scare

v. to frighten a person or animal, or to become frightened

synonym: frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

uncertain

adj. not being sure of something; not being able to choose
synonym : doubtful, skeptical, pending

(1) numerous **uncertain** factors, (2) take an **uncertain** attitude

She was **uncertain** about her friend's intentions.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym : amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

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.

definition

n. a concise explanation of the meaning of a word, phrase, or symbol

synonym : description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

Parallel lines are, by **definition**, lines on the same plane that never cross.

depart

v. to go away or leave, especially to start a journey

synonym : go away, leave, vacate

(1) arrive and **depart** on time, (2) **depart** from the faith

We **departed** before the temperature fell below zero.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym : agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output

They hope to **expand** their business worldwide.

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.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

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.

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.

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.

blind

adj. unable to see; unable or unwilling to perceive or understand the true nature of something

synonym: sightless, unseeing, random

(1) **blind** to the beauties, (2) **blind** spot

She was nearly **blind** due to severe diabetes.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym: summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

peanut

n. a type of legume that grows underground and is widely cultivated and consumed as a food source

synonym: nut, groundnut, earthnut

(1) **peanut** butter, (2) the seed of a **peanut**

Some people have severe allergies to **peanuts** and must avoid them completely.

align

v. to put or arrange two or more things in a straight line or to form a straight line

synonym: coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with a historical trend

Both parties are now entirely ideologically **aligned**.

slice

n. a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting

synonym: piece, portion, slit

(1) a **slice** of the company's revenue, (2) **slice** a tomato thin

The children complained because one **slice** of cake was slightly larger than the other.

sticky

adj. made of or covered with an adhesive substance; hot or warm and humid

synonym: adhesive, gluey, clingy

(1) **sticky** weather, (2) **sticky** situation

A peculiar **sticky** material coated the foliage.

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.

trash

n. discarded material, refuse, or waste

synonym: garbage, waste, refuse

(1) **trash** bin, (2) **trash** disposal site

The city is taking measures to reduce the amount of **trash** in the streets.

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.

delight

n. a feeling of great pleasure or happiness

synonym: pleasure, joy, satisfaction

(1) a tremor of **delight**, (2) with **delight**

The **delight** on the child's faces when they received the toy was priceless.

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.

sensory

adj. of or relating to the physical senses

synonym: receptive, sensuous, neural

(1) a **sensory** organ, (2) a child with **sensory** issues

Sharks have highly developed **sensory** systems and are extremely sensitive creatures.

garlic

n. a strong-smelling pungent-tasting bulb used as a seasoning in cooking

synonym: bulb, allium, clove

(1) **garlic** bulb, (2) **garlic** herb

When using fresh **garlic** in cooking, it's important to carefully mince or press the cloves to release their flavor and aroma fully.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym: depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

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.

emerging

adj. starting to exist, mature, or become well-known

synonym: arising, occurring, state-of-the-art

(1) **emerging** country, (2) **emerging** technologies

Emerging technologies have dramatically improved productivity in various industries.

vision

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

synonym: sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

practical

adj. of or connected with actual use or real situation rather than with theory and ideas

synonym: applicable, functional, realistic

(1) **practical** English, (2) gain **practical** experience

Her concept is highly **practical** and helpful.

thrill

n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

synonym: exhilaration, delight, rush

(1) the **thrill** of speed, (2) incredible **thrill**

Skydiving is an overwhelming **thrill** for many people.

tackle

v. to try to deal with a complex problem or situation

synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change

The government is determined to **tackle** sharp inflation.

recipe

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

synonym: instructions, formula, method

(1) **recipe** book, (2) **recipe** collection

The **recipe** for the cake is passed down from generation to generation in her family.

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.

contest

n. a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals

synonym: battle, competition, match

(1) a speech **contest**, (2) a close **contest**

There was a vast **contest** between the two tribes.

chef

n. a cook, especially the chief cook in a restaurant or hotel

synonym: cook, culinary artist, gastronomer

(1) **chef** knife, (2) master **chef**

The **chef** at the restaurant was known for his creative and delicious dishes.

damn

v. to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger

synonym: curse, condemn, denounce

(1) **damn** the consequences, (2) **damn** with faint praise

The company's poor financial performance is likely to **damn** the CEO's chances of being re-elected to the board.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym : exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

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.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

greatly

adv. to an extraordinary extent or degree; very much

synonym : enormously, broadly, grandly

(1) **greatly** affect the situation, (2) **greatly** support that player

They **greatly** admired our actions.

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.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym : accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help

He never **acknowledged** his fault.

continually

adv. in a way that happens without interruption or repeatedly
synonym : repeatedly, frequently, constantly

(1) **continually** access information, (2) **continually** changing world

Her tongue runs on **continually**.

renowned

adj. famous and respected for great achievements, qualities, etc.

synonym : noted, prominent, acclaimed

(1) a **renowned** artist, (2) **renowned** as a novelist

This area is **renowned** for its hot springs.

nickname

n. a familiar or humorous name given to a person or thing instead of or as well as the real name

synonym : moniker, sobriquet, handle

(1) endearing **nickname**, (2) **nickname** for a person

The team has a **nickname** for their star player: "The Ace."

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

journalist

n. a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

synonym : reporter, newsperson, press

(1) a China-based **journalist**, (2) **journalist** on a magazine
Foreign TV crews and **journalists** can go as they please in various locations during the Olympics.

relative

adj. considered and evaluated through comparison with something else

synonym : comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

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.

lengthy

adj. tediously continuing for a long time; very long in time or size

synonym : extended, interminable, long

(1) to be a **lengthy** process, (2) **lengthy** load times

The **lengthy** medical treatment had weakened his muscles.

confess

v. to admit to having done something wrong or to reveal something personal or private

synonym : admit, acknowledge, own up

(1) **confess** sin, (2) **confess** truth

He **confessed** to his crime and turned himself into the police.

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**.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym : extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

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.

faulty

adj. having a defect or flaw that affects performance or operation

synonym : defective, flawed, imperfect

(1) **faulty** equipment, (2) make a **faulty** diagnosis

The **faulty** wiring caused a power outage.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

socket

n. a device in a wall into which a plug is inserted to connect electrical devices to a building's power source; a hollow into which a structure fits

synonym : hollow, cavity

(1) **socket** adapter, (2) an eye **socket**

We can connect this battery charger to any **socket**.

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.

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.

systematic

adj. done or acting according to a determined set of systems or plans:

synonym : periodic, frequent, organized

(1) a **systematic** reformation, (2) **systematic** botany

Science is based on the **systematic** classification of experience.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

solo

adv. without anybody else or anything else; alone

synonym : alone

(1) a **solo** vocal recital, (2) a **solo** flight

I would love to **solo** camping someday.

experimental

adj. relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

synonym : empirical, exploratory, observed

(1) **experimental** data, (2) **experimental** design

The product is still in the **experimental** stage.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

remedy

n. a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness

synonym : treatment, medication, therapy

(1) **remedy** for air pollution, (2) an internal **remedy**

This drug will be a good **remedy** for your stomach trouble.

heal

v. to make a wound or injury to become well again

synonym : recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

entertain

v. to keep a group of people interested or excited; to take into consideration an idea or feeling

synonym : amuse, delight, engage

(1) **entertain** a guest, (2) let me **entertain** you with music

He refused to **entertain** our proposal.

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**.

closure

n. the situation that a company, organization, etc. has ceased operations permanently

synonym: shutdown, stoppage, termination

(1) public school **closures**, (2) **closure** of a road

They regretted the **closure** of their restaurant.

desire

n. a strong feeling of wanting to have or do something

synonym: ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

definitive

adj. serving to provide a final solution or to end a situation; final and not able to be changed

synonym: conclusive, final, decisive

(1) **definitive** answer, (2) a **definitive** edition

The study provided **definitive** proof of the effectiveness of the new drug.

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.

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.

puzzle

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

synonym : plight, maze, (verb) perplex

(1) crossword **puzzle**, (2) mathematical **puzzle**

This jigsaw **puzzle** is challenging because there are no pictures.

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**.

hike

n. a long walk or journey, especially for pleasure or exercise; an increase in cost

synonym : walk, trek, excursion

(1) go on a **hike**, (2) a **hike** in prices

The family decided to **hike** in the mountains to enjoy the beautiful scenery.

breeze

n. a gentle wind that is not very strong or forceful, typically cool and refreshing

synonym : wind, gust, puff

(1) a **breeze** from an open window, (2) fresh ocean **breeze**

The summer **breeze** was refreshing after the hot day.

summit

n. the highest point of a mountain or hill; a meeting of heads of state or government to discuss important

issues

synonym : peak, top, crest

(1) reach the **summit**, (2) **summit** talks

The climbers reached the mountain's **summit** after a long and challenging journey.

buddy

n. a close friend; a partner, especially one of a pair or team

synonym : mate, peer, associate

(1) my golf **buddy**, (2) **buddy** movie

He was the first **buddy** in the military training camp.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym : character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym : wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

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.

instrument

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

synonym : apparatus, tool, device

(1) musical **instruments**, (2) surgical **instruments**

This electronic **instrument** is required to undergo periodic inspections to ensure precision.

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.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym : marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

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.

stable

adj. firm and steady; not easily moved, disturbed, or changed

synonym : sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

anchor

n. a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability

synonym : mainstay, ballast, backbone

(1) **anchor** bolt, (2) **anchor** weight

The ship dropped **anchor** in the bay.

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.

awe-struck

adj. filled with a sense of wonder, respect, and admiration for something impressive or overwhelming

synonym : amazed, astonished, mesmerized

(1) **awe-struck** silence, (2) **awe-struck** expression

I was **awe-struck** by the beauty of the Grand Canyon.

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.

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym : seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

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.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym: guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

pregnant

adj. having a baby or young animal developing in the uterus

synonym: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

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.

grip

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

synonym: grasp, clasp, (verb) hold

(1) **grip** of fear, (2) lose my **grip**

He had a firm **grip** on the rope as he climbed the mountain.

possibility

n. a chance that something may happen or be true
synonym: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

Session 2: Spelling

- | | |
|-------------------------------------|--|
| 1. de___t from the faith | <i>v.</i> to go away or leave, especially to start a journey |
| 2. a sl__e of the company's revenue | <i>n.</i> a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting |
| 3. re_____ed as a novelist | <i>adj.</i> famous and respected for great achievements, qualities, etc. |
| 4. d__n the consequences | <i>v.</i> to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger |
| 5. d__p from the vicious wound | <i>v.</i> to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops |
| 6. awe_____ck silence | <i>adj.</i> filled with a sense of wonder, respect, and admiration for something impressive or overwhelming |
| 7. death from sh__k | <i>n.</i> a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant |
| 8. musical th_____ck | <i>n.</i> a person or thing that is reminiscent of a past era or an earlier time; a retro or nostalgic item or concept |
| 9. football po_____t | <i>n.</i> a radio program made available in digital format that you can download from the Internet and play on a computer or music player |

ANSWERS: 1. depart, 2. slice, 3. renowned, 4. damn, 5. drip, 6. awe-struck, 7. shock, 8. throwback, 9. podcast

10. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
11. sys_____ic botany *adj.* done or acting according to a determined set of systems or plans:
12. 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
13. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
14. an internal re___y *n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
15. mathematical pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
16. a child with se_____y issues *adj.* of or relating to the physical senses
17. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
18. 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
19. reach the su___t *n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

ANSWERS: 10. cognitive, 11. systematic, 12. overextend, 13. bunch, 14. remedy, 15. puzzle, 16. sensory, 17. injury, 18. oriented, 19. summit

20. fleshly de___e *n.* a strong feeling of wanting to have or do something
21. new fa_____n trends *n.* a style that is popular at a particular time or place; the state of being popular
22. awe_____ck expression *adj.* filled with a sense of wonder, respect, and admiration for something impressive or overwhelming
23. lo___n knot *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
24. a precise def_____on *n.* a concise explanation of the meaning of a word, phrase, or symbol
25. te___n collagen *n.* a strong, fibrous cord of tissue that connects muscle to bone
26. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
27. the th___l of speed *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
28. 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
29. sc_____le for support *v.* to move or climb quickly and awkwardly, often using your hands to help you
30. musical ins_____nts *n.* an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

ANSWERS: 20. desire, 21. fashion, 22. awe-struck, 23. loosen, 24. definition, 25. tendon, 26. eventually, 27. thrill, 28. oriented, 29. scramble, 30. instrument

31. re___e book *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
32. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
33. cause an ac_____nt *n.* an unfortunate event, especially one causing damage or injury
34. improve co_____ve function *adj.* of or relating to mental processes of understanding
35. st___y weather *adj.* made of or covered with an adhesive substance; hot or warm and humid
36. na_____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
37. 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
38. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
39. 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
40. literature of pe_____nt value *adj.* lasting for a long time without essential change
41. ex_____e the data studiously *v.* to study or consider a person or object attentively and thoroughly to learn something about them

ANSWERS: 31. recipe, 32. phenomenon, 33. accident, 34. cognitive, 35. sticky, 36. navigate, 37. implosion, 38. achieve, 39. idol, 40. permanent, 41. examine

42. a benefit co_____t *n.* a musical performance given in public by one or more players or singers
43. gr_____y support that player *adv.* to an extraordinary extent or degree; very much
44. a fatal in_____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
45. play the vi_____n *n.* a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings
46. a close co_____t *n.* a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals
47. 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
48. si_____e in the distance *v.* to make a hissing or crackling sound, especially when something is cooking in a pan
49. co_____ct law *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
50. western phi_____hy *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

ANSWERS: 42. concert, 43. greatly, 44. injury, 45. violin, 46. contest, 47. disease, 48. sizzle, 49. contract, 50. philosophy

51. cr__e chocolate *v.* to have a strong desire for something; to long for or want intensely
52. a def_____ve edition *adj.* serving to provide a final solution or to end a situation; final and not able to be changed
53. the in_____al economy *adj.* of or relating to the inside of something
54. at p__k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
55. 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
56. a tremor of de_____t *n.* a feeling of great pleasure or happiness
57. pr_____t when she will arrive *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
58. the def_____on of a word *n.* a concise explanation of the meaning of a word, phrase, or symbol
59. have a st___e job *adj.* firm and steady; not easily moved, disturbed, or changed
60. tr___y problem *adj.* requiring care and skill because challenging to do or deal with
61. an ele_____al storm *adj.* relating to electricity
62. su___t talks *n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

ANSWERS: 51. crave, 52. definitive, 53. internal, 54. peak, 55. struggle, 56. delight, 57. predict, 58. definition, 59. stable, 60. tricky, 61. electrical, 62. summit

63. ack_____ge his help *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
64. the per_____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
65. to be a le_____y process *adj.* tediously continuing for a long time; very long in time or size
66. pe____t butter *n.* a type of legume that grows underground and is widely cultivated and consumed as a food source
67. m__h larva *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
68. ab__k shock *adv.* to be very surprised or shocked by somebody or something
69. a h__e in prices *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
70. em_____al distress *adj.* relating to people's feelings
71. so____t adapter *n.* a device in a wall into which a plug is inserted to connect electrical devices to a building's power source; a hollow into which a structure fits
72. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 63. acknowledge, 64. perspective, 65. lengthy, 66. peanut, 67. moth, 68. aback, 69. hike, 70. emotional, 71. socket, 72. dam

73. pr____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
74. re___e collection *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
75. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
76. en_____in a guest *v.* to keep a group of people interested or excited; to take into consideration an idea or feeling
77. 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
78. crossword pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
79. d__n with faint praise *v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
80. ser_____ty discovery *n.* the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery
81. psy_____gy of crowd *n.* the scientific study of mind and behavior

ANSWERS: 73. predict, 74. recipe, 75. intense, 76. entertain, 77. autoimmune, 78. puzzle, 79. damn, 80. serendipity, 81. psychology

82. industry-sp____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
83. in____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
84. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
85. ease her hea_____ak *n.* a feeling of great sadness or disappointment
86. con_____ly access information *adv.* in a way that happens without interruption or repeatedly
87. a s__o flight *adv.* without anybody else or anything else; alone
88. te____n grafting *n.* a strong, fibrous cord of tissue that connects muscle to bone
89. listen to a po_____t *n.* a radio program made available in digital format that you can download from the Internet and play on a computer or music player
90. a silence pr_____nt with suspense *adj.* having a baby or young animal developing in the uterus
91. 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

ANSWERS: 82. specific, 83. intense, 84. rely, 85. heartbreak, 86. continually, 87. solo, 88. tendon, 89. podcast, 90. pregnant, 91. develop

92. a sys_____ic reformation *adj.* done or acting according to a determined set of systems or plans:
93. 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
94. help ta___e climate change *v.* to try to deal with a complex problem or situation
95. a speech co_____t *n.* a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals
96. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
97. al__r data in a file *v.* to cause to change or make different
98. ex_____e the issue *v.* to study or consider a person or object attentively and thoroughly to learn something about them
99. degree in ele_____al engineering *adj.* relating to electricity
100. Doppler sh__t *n.* a slight transition in position, direction, or trend
101. ins_____ely bad with children *adv.* as a matter of nature or intuition rather than thought or training
102. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
103. em_____al health *adj.* relating to people's feelings
104. ins_____ely grabbed the knife *adv.* as a matter of nature or intuition rather than thought or training

ANSWERS: 92. systematic, 93. throwback, 94. tackle, 95. contest, 96. define, 97. alter, 98. examine, 99. electrical, 100. shift, 101. instinctively, 102. specific, 103. emotional, 104. instinctively

105. gr___e for loss *v.* to feel or show great sadness or sorrow, especially for someone who has died
106. in____al organs *adj.* of or relating to the inside of something
107. cr__e advice from others *v.* to have a strong desire for something; to long for or want intensely
108. re____y for air pollution *n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
109. mis_____ly delete the important file *adv.* in a mistaken or incorrect way; wrongly
110. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
111. 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
112. pu____e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
113. em____ng country *adj.* starting to exist, mature, or become well-known
114. c__f knife *n.* a cook, especially the chief cook in a restaurant or hotel
115. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
116. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 105. grieve, 106. internal, 107. crave, 108. remedy, 109. mistakenly, 110. conversation, 111. solver, 112. pursue, 113. emerging, 114. chef, 115. mindset, 116. discovery

117. em_____ng technologies *adj.* starting to exist, mature, or become well-known
118. gr_____y affect the situation *adv.* to an extraordinary extent or degree; very much
119. take an un_____in attitude *adj.* not being sure of something; not being able to choose
120. co_____s truth *v.* to admit to having done something wrong or to reveal something personal or private
121. pos_____ty for growth *n.* a chance that something may happen or be true
122. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
123. numerous un_____in factors *adj.* not being sure of something; not being able to choose
124. unsatisfied de___e *n.* a strong feeling of wanting to have or do something
125. le_____y load times *adj.* tediously continuing for a long time; very long in time or size
126. in st___e condition *adj.* firm and steady; not easily moved, disturbed, or changed
127. some une_____ed events *adj.* not anticipated or regarded as likely to happen
128. tr__h disposal site *n.* discarded material, refuse, or waste
129. with de_____t *n.* a feeling of great pleasure or happiness

ANSWERS: 117. emerging, 118. greatly, 119. uncertain, 120. confess, 121. possibility, 122. rely, 123. uncertain, 124. desire, 125. lengthy, 126. stable, 127. unexpected, 128. trash, 129. delight

130. needs of pr_____nt women *adj.* having a baby or young animal developing in the uterus
131. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
132. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
133. mis_____ly left his keys *adv.* in a mistaken or incorrect way; wrongly
134. injury in a car ac_____nt *n.* an unfortunate event, especially one causing damage or injury
135. al__n with a historical trend *v.* to put or arrange two or more things in a straight line or to form a straight line
136. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
137. pe_____nt life insurance *adj.* lasting for a long time without essential change
138. 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
139. 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
140. h__l a broken bone *v.* to make a wound or injury to become well again
141. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

ANSWERS: 130. pregnant, 131. discovery, 132. relation, 133. mistakenly, 134. accident, 135. align, 136. involve, 137. permanent, 138. idol, 139. overextend, 140. heal, 141. invite

142. life's little cu_____ll *n.* a pitch in baseball that breaks unexpectedly; a surprising or unexpected twist or turn in a situation
143. master c__f *n.* a cook, especially the chief cook in a restaurant or hotel
144. ga___c bulb *n.* a strong-smelling pungent-tasting bulb used as a seasoning in cooking
145. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
146. exp_____tal data *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
147. d__p liquid *v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
148. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
149. bu__y movie *n.* a close friend; a partner, especially one of a pair or team
150. ni_____me for a person *n.* a familiar or humorous name given to a person or thing instead of or as well as the real name
151. surgical ins_____nts *n.* an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

ANSWERS: 142. curveball, 143. chef, 144. garlic, 145. dread, 146. experimental, 147. drip, 148. achieve, 149. buddy, 150. nickname, 151. instrument

152. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
153. de___t body odor *v.* to win against somebody in a fight, war, or attempt
154. su_____ly attacked by an enemy *adv.* quickly and unexpectedly
155. in___e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
156. my golf bu___y *n.* a close friend; a partner, especially one of a pair or team
157. sl___t increase *adj.* very small in degree or amount
158. g___p of fear *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
159. fru_____on level *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
160. an eye so___t *n.* a device in a wall into which a plug is inserted to connect electrical devices to a building's power source; a hollow into which a structure fits
161. arrive and de___t on time *v.* to go away or leave, especially to start a journey
162. psy_____gy experiment *n.* the scientific study of mind and behavior
163. st___y situation *adj.* made of or covered with an adhesive substance; hot or warm and humid

ANSWERS: 152. conversation, 153. defeat, 154. suddenly, 155. invite, 156. buddy, 157. slight, 158. grip, 159. frustration, 160. socket, 161. depart, 162. psychology, 163. sticky

164. go out of fa____n
n. a style that is popular at a particular time or place; the state of being popular
165. jou_____st on a magazine
n. a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
166. flat ab__k
adv. to be very surprised or shocked by somebody or something
167. th_____y for a patient
n. the act of caring for someone through medication, remedial training, etc.
168. the most am_____g feeling
adj. extremely surprising, especially in a way that you like or admire
169. historical phe_____on
n. something that exists and can be perceptible, especially one that is not fully understood
170. make a fa___y diagnosis
adj. having a defect or flaw that affects performance or operation
171. re_____ve factors
adj. considered and evaluated through comparison with something else
172. feel a sl___t concern
adj. very small in degree or amount
173. the seed of a pe___t
n. a type of legume that grows underground and is widely cultivated and consumed as a food source
174. express fru_____on
n. the feeling of being upset or annoyed as a result of being unable to change or achieve something
175. ack_____ge the deed
v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

ANSWERS: 164. fashion, 165. journalist, 166. aback, 167. therapy, 168. amazing, 169. phenomenon, 170. faulty, 171. relative, 172. slight, 173. peanut, 174. frustration, 175. acknowledge

176. 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
177. go through hea_____ak *n.* a feeling of great sadness or disappointment
178. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
179. sc__e the birds away *v.* to frighten a person or animal, or to become frightened
180. m__h attracted to the light *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
181. fresh ocean br___e *n.* a gentle wind that is not very strong or forceful, typically cool and refreshing
182. have a co_____t again *n.* a musical performance given in public by one or more players or singers
183. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
184. 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
185. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
186. mistaken id_____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
187. endearing ni_____me *n.* a familiar or humorous name given to a person or thing instead of or as well as the real name

ANSWERS: 176. paralysis, 177. heartbreak, 178. mindset, 179. scare, 180. moth, 181. breeze, 182. concert, 183. amazing, 184. disease, 185. scare, 186. identity, 187. nickname

188. pr_____al English *adj.* of or connected with actual use or real situation rather than with theory and ideas
189. major paradigm sh__t *n.* a slight transition in position, direction, or trend
190. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
191. ta___e the issue *v.* to try to deal with a complex problem or situation
192. cl_____e of a road *n.* the situation that a company, organization, etc. has ceased operations permanently
193. na_____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
194. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
195. co_____s sin *v.* to admit to having done something wrong or to reveal something personal or private
196. id_____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
197. gr___e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
198. en_____ze the body *v.* to give energy or vitality to someone or something; to invigorate

ANSWERS: 188. practical, 189. shift, 190. underestimate, 191. tackle, 192. closure, 193. navigate, 194. dam, 195. confess, 196. identity, 197. grieve, 198. energize

199. 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
200. go on a h__e *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
201. bl__d to the beauties *adj.* unable to see; unable or unwilling to perceive or understand the true nature of something
202. exp_____tal design *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
203. con_____ly changing world *adv.* in a way that happens without interruption or repeatedly
204. an____r bolt *n.* a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability
205. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
206. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
207. pu____e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 199. struggle, 200. hike, 201. blind, 202. experimental, 203. continually, 204. anchor, 205. eventually, 206. involve, 207. pursue

208. gain pr_____al experience *adj.* of or connected with actual use or real situation rather than with theory and ideas
209. sc_____le my mind *v.* to move or climb quickly and awkwardly, often using your hands to help you
210. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
211. a s__o vocal recital *adv.* without anybody else or anything else; alone
212. an une_____ed visitor *adj.* not anticipated or regarded as likely to happen
213. sh__k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
214. employment co_____ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
215. 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
216. vi____n soloist *n.* a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings

ANSWERS: 208. practical, 209. scramble, 210. peak, 211. solo, 212. unexpected, 213. shock, 214. contract, 215. autoimmune, 216. violin

217. in____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
218. bl__d spot *adj.* unable to see; unable or unwilling to perceive or understand the true nature of something
219. sl__e a tomato thin *n.* a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting
220. ex____d agricultural output *v.* to increase or to make something greater in size, number, or importance
221. fa____y equipment *adj.* having a defect or flaw that affects performance or operation
222. an____r weight *n.* a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability
223. 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
224. si____e in the pan *v.* to make a hissing or crackling sound, especially when something is cooking in a pan
225. al__n the economic interest of each other *v.* to put or arrange two or more things in a straight line or to form a straight line

ANSWERS: 217. inspire, 218. blind, 219. slice, 220. expand, 221. faulty, 222. anchor, 223. develop, 224. sizzle, 225. align

226. a tr___y recipe to follow	<i>adj.</i> requiring care and skill because challenging to do or deal with
227. in_____e a feeling of curiosity	<i>v.</i> to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
228. en_____ze a team	<i>v.</i> to give energy or vitality to someone or something; to invigorate
229. a remote re_____ve	<i>adj.</i> considered and evaluated through comparison with something else
230. telescopic vi___n	<i>n.</i> the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
231. die su_____ly	<i>adv.</i> quickly and unexpectedly
232. a China-based jou_____st	<i>n.</i> a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
233. ga___c herb	<i>n.</i> a strong-smelling pungent-tasting bulb used as a seasoning in cooking
234. a br___e from an open window	<i>n.</i> a gentle wind that is not very strong or forceful, typically cool and refreshing
235. dr__d getting old	<i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen
236. a per_____ve view	<i>n.</i> a confident attitude toward something; a particular style of thinking about something
237. cu_____ll situation	<i>n.</i> a pitch in baseball that breaks unexpectedly; a surprising or unexpected twist or turn in a situation

ANSWERS: 226. tricky, 227. inspire, 228. energize, 229. relative, 230. vision, 231. suddenly, 232. journalist, 233. garlic, 234. breeze, 235. dread, 236. perspective, 237. curveball

238. let me en_____in you with music *v.* to keep a group of people interested or excited; to take into consideration an idea or feeling
239. de___t a global power *v.* to win against somebody in a fight, war, or attempt
240. ex___d a lineup *v.* to increase or to make something greater in size, number, or importance
241. phi_____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
242. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
243. public school cl_____es *n.* the situation that a company, organization, etc. has ceased operations permanently
244. a se_____y organ *adj.* of or relating to the physical senses
245. lose my g__p *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
246. ser_____ty moment *n.* the occurrence and development of events by chance in a happy or beneficial way; a fortunate accident or discovery
247. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
248. lo___n grip *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

ANSWERS: 238. entertain, 239. defeat, 240. expand, 241. philosophy, 242. therapy, 243. closure, 244. sensory, 245. grip, 246. serendipity, 247. bunch, 248. loosen

249. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
250. h__l the hurt mind *v.* to make a wound or injury to become well again
251. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
252. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
253. tr__h bin *n.* discarded material, refuse, or waste
254. 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
255. def_____ve answer *adj.* serving to provide a final solution or to end a situation; final and not able to be changed
256. incredible th___l *n.* a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
257. al__r a decision *v.* to cause to change or make different
258. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
259. 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

ANSWERS: 249. define, 250. heal, 251. underestimate, 252. possibility, 253. trash, 254. implosion, 255. definitive, 256. thrill, 257. alter, 258. relation, 259. stick

260. 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
261. 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
262. a re_____ed artist
- adj.* famous and respected for great achievements, qualities, etc.
263. 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
264. a prodigious vi____n
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

ANSWERS: 260. stick, 261. paralysis, 262. renowned, 263. solver, 264. vision

Session 3: Fill in the Blanks

1. She vacated the position when she got _____.
adj. having a baby or young animal developing in the uterus
2. The _____ on the child's faces when they received the toy was priceless.
n. a feeling of great pleasure or happiness
3. He _____ to his crime and turned himself into the police.
v. to admit to having done something wrong or to reveal something personal or private
4. Skydiving is an overwhelming _____ for many people.
n. a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
5. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
6. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
7. That style is no longer in _____.
n. a style that is popular at a particular time or place; the state of being popular
8. Who answers _____ knows little.
adv. quickly and unexpectedly

ANSWERS: 1. pregnant, 2. delight, 3. confessed, 4. thrill, 5. underestimated, 6. conversation, 7. fashion, 8. suddenly

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. They had experienced the _____ of losing two children due to premature births.
- n.* a feeling of great sadness or disappointment
11. We _____ before the temperature fell below zero.
- v.* to go away or leave, especially to start a journey
12. She _____ success and is always pushing herself to do better.
- v.* to have a strong desire for something; to long for or want intensely
13. We want to _____ you to our annual charity event.
- v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
14. 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
15. He got an electric _____ at work.
- n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
16. Some people have severe allergies to _____ and must avoid them completely.
- n.* a type of legume that grows underground and is widely cultivated and consumed as a food source

ANSWERS: 9. disease, 10. heartbreak, 11. departed, 12. craves, 13. invite, 14. dread, 15. shock, 16. peanuts

17. The _____ at the restaurant was known for his creative and delicious dishes.
n. a cook, especially the chief cook in a restaurant or hotel
18. The terrorist's _____ remains unknown.
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
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. She had a master's degree in _____.
n. the scientific study of mind and behavior
21. The design of the webpage has _____ slightly.
v. to cause to change or make different
22. Despite his best efforts, he was unable to _____ the enemy.
v. to win against somebody in a fight, war, or attempt
23. Water is _____ from the faucet.
v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
24. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again
25. The family decided to _____ in the mountains to enjoy the beautiful scenery.
n. a long walk or journey, especially for pleasure or exercise; an increase in cost

ANSWERS: 17. chef, 18. identity, 19. mindset, 20. psychology, 21. altered, 22. defeat, 23. dripping, 24. heal, 25. hike

26. She intends to _____ a political career.

- v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

27. The unique style of this martial arts _____ many action film producers.

- v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

28. A rainbow is a natural _____.

- n.* something that exists and can be perceptible, especially one that is not fully understood

29. 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

30. That statement by the prime minister drew _____ international criticism.

- adj.* (especially of a feeling) very strong; extremely sharp or severe

31. He refused to _____ our proposal.

- v.* to keep a group of people interested or excited; to take into consideration an idea or feeling

32. The _____ wiring caused a power outage.

- adj.* having a defect or flaw that affects performance or operation

33. I underwent aversion _____ for my addiction to alcohol.

- n.* the act of caring for someone through medication, remedial training, etc.

ANSWERS: 26. pursue, 27. inspired, 28. phenomenon, 29. oriented, 30. intense, 31. entertain, 32. faulty, 33. therapy

34. They _____ admired our actions.

adv. to an extraordinary extent or degree; very much

35. He _____ thought the red liquid was juice, but it was paint.

adv. in a mistaken or incorrect way; wrongly

36. He never _____ his fault.

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

37. Her research team made an important _____.

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

38. Our knowledge helps _____ our clients successfully.

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

39. Ethics is a branch of _____.

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

40. He had a firm _____ on the rope as he climbed the mountain.

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

41. I was _____ by the beauty of the Grand Canyon.

adj. filled with a sense of wonder, respect, and admiration for something impressive or overwhelming

ANSWERS: 34. greatly, 35. mistakenly, 36. acknowledged, 37. discovery, 38. navigate, 39. philosophy, 40. grip, 41. awe-struck

42. Foreign TV crews and _____ can go as they please in various locations during the Olympics.
- n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
43. My accidental _____ got better right away.
- n.* harm done to a person's or an animal's body caused by an accident or an attack
44. 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
45. 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
46. 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
47. He was the first _____ in the military training camp.
- n.* a close friend; a partner, especially one of a pair or team
48. _____ injuries are common among athletes.
- n.* a strong, fibrous cord of tissue that connects muscle to bone
49. The summer _____ was refreshing after the hot day.
- n.* a gentle wind that is not very strong or forceful, typically cool and refreshing

ANSWERS: 42. journalists, 43. injury, 44. specific, 45. solver, 46. stick, 47. buddy, 48. Tendon, 49. breeze

50. We can connect this battery charger to any _____.
- n.* a device in a wall into which a plug is inserted to connect electrical devices to a building's power source; a hollow into which a structure fits
51. We hit the ground to _____ out the rabbits.
- v.* to frighten a person or animal, or to become frightened
52. The break in the ____ threatened the valley.
- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
53. Driving is difficult for me because of my poor _____.
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
54. To advance this discussion, we must _____ "success" rigorously.
- v.* to state or explain precisely the nature, scope, or meaning of something
55. Local business owners _____ to find skilled workers.
- v.* to move or climb quickly and awkwardly, often using your hands to help you
56. 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
57. They hope to _____ their business worldwide.
- v.* to increase or to make something greater in size, number, or importance
58. Low sexual _____ typically correlates with low testosterone levels.
- n.* a strong feeling of wanting to have or do something

ANSWERS: 50. socket, 51. scare, 52. dam, 53. vision, 54. define, 55. scrambled, 56. struggle, 57. expand, 58. desire

59. 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
60. _____ technologies have dramatically improved productivity in various industries.
adj. starting to exist, mature, or become well-known
61. Relations between the two countries have been relatively _____ due to the summit meeting.
adj. firm and steady; not easily moved, disturbed, or changed
62. The study provided _____ proof of the effectiveness of the new drug.
adj. serving to provide a final solution or to end a situation; final and not able to be changed
63. The company's poor financial performance is likely to _____ the CEO's chances of being re-elected to the board.
v. to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
64. Sharks have highly developed _____ systems and are extremely sensitive creatures.
adj. of or relating to the physical senses
65. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
66. Some researchers claim that even humans can _____ sense earthquakes.
adv. as a matter of nature or intuition rather than thought or training

ANSWERS: 59. curveball, 60. Emerging, 61. stable, 62. definitive, 63. damn, 64. sensory, 65. shift, 66. instinctively

67. 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
68. A peculiar _____ material coated the foliage.
adj. made of or covered with an adhesive substance; hot or warm and humid
69. This jigsaw _____ is challenging because there are no pictures.
n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
70. Her concept is highly _____ and helpful.
adj. of or connected with actual use or real situation rather than with theory and ideas
71. The _____ partially destroyed my vehicle.
n. an unfortunate event, especially one causing damage or injury
72. Parallel lines are, by _____ lines on the same plane that never cross.
n. a concise explanation of the meaning of a word, phrase, or symbol
73. The motivational speaker _____ the crowd with their words.
v. to give energy or vitality to someone or something; to invigorate
74. 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

ANSWERS: 67. overextend, 68. sticky, 69. puzzle, 70. practical, 71. accident, 72. definition, 73. energized, 74. involves

75. The ship dropped _____ in the bay.

- n.* a device, typically made of metal, that is used to moor a ship or boat in a particular place, typically by being dropped to the seabed; a central cohesive source of support and stability

76. They regretted the _____ of their restaurant.

- n.* the situation that a company, organization, etc. has ceased operations permanently

77. Most countries prohibit sexual activity between certain close _____.

- adj.* considered and evaluated through comparison with something else

78. This drug will be a good _____ for your stomach trouble.

- n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness

79. The industrial _____ laws were passed with little to no alteration.

- n.* the way two persons or groups of people feel and act toward one another

80. There was a vast _____ between the two tribes.

- n.* a competition in which people compete for supremacy in a sport or other activity; a struggle between rivals

81. 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

82. She was nearly _____ due to severe diabetes.

- adj.* unable to see; unable or unwilling to perceive or understand the true nature of something

ANSWERS: 75. anchor, 76. closure, 77. relatives, 78. remedy, 79. relations, 80. contest, 81. implosion, 82. blind

83. 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
84. Our _____ was the most downloaded in the technology news genre this year.
- n.* a radio program made available in digital format that you can download from the Internet and play on a computer or music player
85. Human _____ responses vary widely depending on the society to which they belong.
- adj.* relating to people's feelings
86. Both parties are now entirely ideologically _____.
- v.* to put or arrange two or more things in a straight line or to form a straight line
87. He felt a deep _____ as he realized the project would not be completed on time.
- n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
88. 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
89. She is searching for a _____ residence.
- adj.* lasting for a long time without essential change
90. The corporation _____ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 83. serendipity, 84. podcast, 85. emotional, 86. aligned, 87. frustration, 88. autoimmune, 89. permanent, 90. eventually

91. 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

92. The _____ rainstorm caused the collapse of the corral.

adj. not anticipated or regarded as likely to happen

93. The golfer recorded an _____ distance.

adj. extremely surprising, especially in a way that you like or admire

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

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

95. She _____ the loss of her parents.

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

96. The _____ medical treatment had weakened his muscles.

adj. tediously continuing for a long time; very long in time or size

97. 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

98. I would love to _____ camping someday.

adv. without anybody else or anything else; alone

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

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

ANSWERS: 91. idol, 92. unexpected, 93. amazing, 94. examine, 95. grieved, 96. lengthy, 97. loosen, 98. solo, 99. predict

100. 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

101. We have discussed the entirety of this _____ problem.

adj. requiring care and skill because challenging to do or deal with

102. The children complained because one _____ of cake was slightly larger than the other.

n. a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting

103. 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

104. His father's death changed his whole _____ on life.

n. a confident attitude toward something; a particular style of thinking about something

105. The city is taking measures to reduce the amount of _____ in the streets.

n. discarded material, refuse, or waste

106. The prime minister canceled visits to other countries to resolve _____ disputes.

adj. of or relating to the inside of something

107. I will work hard to _____ my goals and realize my dreams.

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 100. moth, 101. tricky, 102. slice, 103. sizzled, 104. perspective, 105. trash, 106. internal, 107. achieve

108. This area is _____ for its hot springs.

adj. famous and respected for great achievements, qualities, etc.

109. The _____ for the cake is passed down from generation to generation in her family.

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

110. Her tongue runs on _____.

adv. in a way that happens without interruption or repeatedly

111. The cello is a member of the _____ family.

n. a four-stringed wooden musical instrument held against the neck and played by passing a bow across the strings

112. Science is based on the _____ classification of experience.

adj. done or acting according to a determined set of systems or plans:

113. The _____ of getting the disease will drastically increase.

n. a chance that something may happen or be true

114. We made _____ modifications to reflect the views of both sides.

adj. very small in degree or amount

115. This electronic _____ is required to undergo periodic inspections to ensure precision.

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

ANSWERS: 108. renowned, 109. recipe, 110. continually, 111. violin, 112. systematic, 113. possibility, 114. slight, 115. instrument

116. 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

117. Babies heavily _____ on others for food.

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

118. This measurement aims to reduce traffic at _____ periods.

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

119. The sudden news of the merger took me _____.

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

120. One bad apple spoils the whole _____.

n. a grouping of several similar things which are growing or fastened together

121. The team has a _____ for their star player: "The Ace."

n. a familiar or humorous name given to a person or thing instead of or as well as the real name

122. The product is still in the _____ stage.

adj. relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

123. When using fresh _____ in cooking, it's important to carefully mince or press the cloves to release their flavor and aroma fully.

n. a strong-smelling pungent-tasting bulb used as a seasoning in cooking

ANSWERS: 116. throwback, 117. rely, 118. peak, 119. aback, 120. bunch, 121. nickname, 122. experimental, 123. garlic

124. This artist always packs the _____ halls.

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

125. Actuators convert _____ pulses into motion.

adj. relating to electricity

126. The climbers reached the mountain's _____ after a long and challenging journey.

n. the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

127. 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

128. His _____ faculties were getting worse because of a lack of sleep.

adj. of or relating to mental processes of understanding

129. The company signed a _____ with the supplier for the delivery of goods.

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

130. She was _____ about her friend's intentions.

adj. not being sure of something; not being able to choose

131. The government is determined to _____ sharp inflation.

v. to try to deal with a complex problem or situation

132. 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

ANSWERS: 124. concert, 125. electrical, 126. summit, 127. paralysis, 128. cognitive, 129. contract, 130. uncertain, 131. tackle, 132. develop

ANSWERS: