

# Englist.me



## Vocabulary Builder Reference from...

*Amy Adkins: 3 tips to boost your confidence | TED Talk*

[https://www.ted.com/talks/amy\\_adkins\\_3\\_tips\\_to\\_boost\\_your\\_confidence](https://www.ted.com/talks/amy_adkins_3_tips_to_boost_your_confidence)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

- lurk** *v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal  
*synonym*: hide, creep, stalk  
(1) **lurked** behind the words, (2) **lurk** in the darkness  
In the city, the risk of traffic accidents **lurks** at every corner.
- optimism** *n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation  
*synonym*: positiveness, sanguinity, bullishness  
(1) sense of **optimism**, (2) political **optimism**  
There is considerable **optimism** that the economy will recover soon.
- empower** *v.* to give someone the power or authority to do something  
*synonym*: authorize, endow, entitle  
(1) **empower** my life, (2) **empower** the secretary to do the same  
The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.
- courageous** *adj.* able to face and deal with danger or fear without flinching

*synonym* : brave, valiant, fearless

(1) make a **courageous** decision, (2) **courageous** rescue attempt

He was a **courageous** soldier who had served his country with honor.

## neurochemical

*adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

(1) **neurochemical** substances, (2) **neurochemical** mechanism

Our study focuses on **neurochemical** changes in the brain.

## setback

*n.* an unfortunate happening that hinders or impedes; a reversal or check in progress

*synonym* : obstacle, hindrance, difficulty

(1) major **setback**, (2) suffer a **setback**

The team experienced a **setback** when their star player was injured during the game.

## untangle

*v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

*synonym* : disentangle, unravel, decipher

(1) **untangle** a situation, (2) **untangle** a problem

I need to **untangle** this knot before using this rope piece.

## cultivate

*v.* to prepare and foster land for growing crops or plants

*synonym* : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

## pep

*n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness

*synonym* : energy, enthusiasm, liveliness

(1) **pep** me up, (2) have a lot of **peps**

The coach gave a **pep** talk to the team before the game to boost their spirits.

## 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.

## opportune

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

*synonym*: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

## neuroscience

*n.* the scientific study of the function, structure, and disorder of the brain and the nervous system

(1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

## wright

*n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal

*synonym*: builder, constructor, craftsman

(1) a car- **wright**, (2) aircraft **wright**

She was a skilled **wright**, able to craft intricate pieces of furniture.

## broth

*n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews

*synonym*: bouillon, consomme, soup

(1) chicken **broth**, (2) remains of **broth**

I always add a bit of **broth** to my soup to give it more flavor.

## **persevere**

v. to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement

*synonym*: persist, endure, continue

(1) **persevere** through hardships, (2) **persevere** in my goals  
Even when faced with challenges, it's important to **persevere** and never give up.

## Session 2: Spelling

1. un\_\_\_\_\_le a situation  
*v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain
2. sense of op\_\_\_\_\_sm  
*n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
3. a theoretical concept in neu\_\_\_\_\_nce  
*n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
4. op\_\_\_\_\_ne occasion  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
5. have a lot of p\_ps  
*n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
6. neu\_\_\_\_\_cal substances  
*adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
7. un\_\_\_\_\_le a problem  
*v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

ANSWERS: 1. untangle, 2. optimism, 3. neuroscience, 4. opportune, 5. pep, 6. neurochemical, 7. untangle

- |   |   |
|---|---|
| 8. the mi____t in an education system     | <i>n.</i> the established set of attitudes or fixed ideas held by someone   |
| 9. aircraft wr____t                       | <i>n.</i> a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal       |
| 10. I__ked behind the words               | <i>v.</i> to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal |
| 11. cou_____us rescue attempt             | <i>adj.</i> able to face and deal with danger or fear without flinching   |
| 12. flexible mi____t                      | <i>n.</i> the established set of attitudes or fixed ideas held by someone   |
| 13. suffer a se____k                      | <i>n.</i> an unfortunate happening that hinders or impedes; a reversal or check in progress                             |
| 14. em_____r the secretary to do the same | <i>v.</i> to give someone the power or authority to do something  |
| 15. a car-wr____t                         | <i>n.</i> a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal       |
| 16. p_p me up                             | <i>n.</i> energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness                   |
| 17. cu_____te relationships               | <i>v.</i> to prepare and foster land for growing crops or plants  |
| 18. major se____k                         | <i>n.</i> an unfortunate happening that hinders or impedes; a reversal or check in progress                             |

ANSWERS: 8. mindset, 9. wright, 10. lurk, 11. courageous, 12. mindset, 13. setback, 14. empower, 15. wright, 16. pep, 17. cultivate, 18. setback

19. I\_\_k in the darkness *v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
20. neu\_\_\_\_\_cal mechanism *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
21. pe\_\_\_\_\_re through hardships *v.* to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement
22. em\_\_\_\_\_r my life *v.* to give someone the power or authority to do something
23. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
24. cu\_\_\_\_\_te a field *v.* to prepare and foster land for growing crops or plants
25. pe\_\_\_\_\_re in my goals *v.* to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement
26. make a cou\_\_\_\_\_us decision *adj.* able to face and deal with danger or fear without flinching
27. remains of br\_\_h *n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
28. the branch of neu\_\_\_\_\_nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system

ANSWERS: 19. lurk, 20. neurochemical, 21. persevere, 22. empower, 23. opportune, 24. cultivate, 25. persevere, 26. courageous, 27. broth, 28. neuroscience

29. chicken br\_\_h

*n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews

30. political op\_\_\_\_\_sm

*n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation

ANSWERS: 29. broth, 30. optimism



## Session 3: Fill in the Blanks

1. The phone rang at the most \_\_\_\_\_ time.

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

2. Our study focuses on \_\_\_\_\_ changes in the brain.

*adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

3. There is considerable \_\_\_\_\_ that the economy will recover soon.

*n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation

4. The team experienced a \_\_\_\_\_ when their star player was injured during the game.

*n.* an unfortunate happening that hinders or impedes; a reversal or check in progress

5. The coach gave a \_\_\_\_ talk to the team before the game to boost their spirits.

*n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness

6. I need to \_\_\_\_\_ this knot before using this rope piece.

*v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

7. 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

ANSWERS: 1. opportune, 2. neurochemical, 3. optimism, 4. setback, 5. pep, 6. untangle, 7. mindset

8. She was a skilled \_\_\_\_\_ able to craft intricate pieces of furniture.  
*n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal
9. He was a \_\_\_\_\_ soldier who had served his country with honor.  
*adj.* able to face and deal with danger or fear without flinching
10. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.  
*v.* to give someone the power or authority to do something
11. I always add a bit of \_\_\_\_\_ to my soup to give it more flavor.  
*n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
12. Even when faced with challenges, it's important to \_\_\_\_\_ and never give up.  
*v.* to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement
13. In the city, the risk of traffic accidents \_\_\_\_\_ at every corner.  
*v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
14. Our university is famous for its professors, who are well-versed in behavioral \_\_\_\_\_.  
*n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
15. University is a great place to \_\_\_\_\_ our minds and expertise.  
*v.* to prepare and foster land for growing crops or plants

ANSWERS: 8. wright, 9. courageous, 10. empowered, 11. broth, 12. persevere, 13. lurks, 14. neuroscience, 15. cultivate

ANSWERS: