

# 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)

### All Words

#### 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.
- confident** *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future  
*synonym*: certain, sure, convinced  
(1) feel **confident**, (2) a **confident** remark  
I'm not **confident** in our victory.
- confidence** *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something  
*synonym*: self-trust, certainty, belief  
(1) **confidence** as a teacher, (2) boost my **confidence**  
Skill and **confidence** are an unconquered army.
- worthwhile** *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration  
*synonym*: valuable, rewarding, significant  
(1) **worthwhile** investment, (2) **worthwhile** endeavor

Volunteering for a **worthwhile** cause is important for building a sense of community.

## esteem

*n.* great respect and approval for or a good opinion of someone

*synonym* : respect, admiration, regard

(1) **esteem** for the other person, (2) boost my self- **esteem**  
He is our loyal customer who should be held in high **esteem**.

## 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.

## head-on

*adj.* occurring or done directly, without any intermediaries or avoidance; confronting or facing something directly, without any evasion or compromise

*synonym* : head-to-head, direct, confrontational

(1) **head-on** argument, (2) **head-on** approach

A **head-on** collision on the highway led to a major traffic jam.

## balance

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

*synonym*: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

## 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.

## brain

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

*synonym*: intellect, mind, encephalon

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

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

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym*: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## 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.

## 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.

## 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.

## tip

*n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

*synonym*: edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

## 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.

## immediate

*adj.* happening or done without delay or occurring shortly after something else

*synonym*: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

## boost

*v.* to improve, raise, or increase something

*synonym*: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

## bass

*n.* the lowest part in polyphonic music; a type of fish belonging to the large order Perciformes, or perch-like fishes

*synonym*: low-pitch, resonance

(1) **bass** guitar, (2) **bass** fisherman

The **bass** in the music was so deep that it vibrated the floor.

## promote

*v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

*synonym*: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

## strike

*v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon

*synonym*: hit, impact, influence

(1) **strike** up a conversation, (2) **strike** a blow

We **strike** to achieve more wages and safer working conditions.

## pose

*v.* to present a risk, problem, or other issues that must be addressed

*synonym* : present, put, position

(1) **pose** a significant threat to my company, (2) **pose** a challenge

The chemicals **pose** a massive health risk.

## 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.

## improve

*v.* to make or become better

*synonym* : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

## talent

*n.* a natural ability to be good at something; someone who has a natural ability to be good at something

*synonym* : endowment, aptitude, capability

(1) a person of diverse **talents**, (2) raw **talent**

Numerous great professional sports **talents** have come from this city.

## influence

*n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself

*synonym* : power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

## 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.

## assume

*v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

*synonym*: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

## 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**.

## 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**.

## grade

*n.* a particular level of quality, size, importance, etc.

*synonym*: score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

## reject

v. to refuse to accept, consider, or use something or someone

*synonym*: decline, turn down, repudiate

(1) **reject** the proposal, (2) **reject** all imperfect merchandise

The company **rejected** the job candidate's application due to a lack of experience.

## harry

v. to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target

*synonym*: bother, pester, annoy

(1) **harry** the ship all night, (2) **harry** a suspect

I need to **harry** my coworkers to finish the project on time.

## potter

n. a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind

*synonym*: shape, form, mold

(1) **potter's** studio, (2) **potter** around in the garden

The ancient Egyptians were skilled **potters** and left behind many beautiful artifacts.

## 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.

## attempt

*n.* an act or effort of trying to do something, especially something difficult

*synonym*: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

## flee

*v.* to leave by running away, especially out of fear or danger

*synonym*: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

## regularly

*adv.* at regular intervals or times

*synonym*: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

## equip

*v.* to provide a person or a place with the things that are needed for a particular purpose or activity

*synonym*: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

## construct

*v.* to build or create something; to assemble or combine different parts to form something whole

*synonym*: build, assemble, create

(1) **construct** a 3D image, (2) **construct** a dam

He **constructs** hypotheses that no mathematician has ever imagined before.

## strategy

*n.* a detailed plan of action designed to achieve a long-term or overall goal.

*synonym* : approach, procedure, scenario

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

Our plan includes a comprehensive marketing **strategy**.

## 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.

## excitement

*n.* a feeling of great enthusiasm and eagerness

*synonym* : thrill, exhilaration, incitement

(1) the **excitement** in the business world, (2) aesthetic **excitement**

The **excitement** of the upcoming concert was palpable among the crowd.

## Session 2: Spelling

- |  |   |
|--|---|
| 1. asset on the company's ba_____e sheet | <i>n.</i> a condition in which everything has the same weight or force; something left after other parts have been taken away         |
| 2. permanent br__n damage                | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling                              |
| 3. feel co_____nt                        | <i>adj.</i> feeling sure about your abilities or qualities or having trust in people, plans, or the future                            |
| 4. the great di_____ry of the century    | <i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known |
| 5. st___e up a conversation              | <i>v.</i> to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon               |
| 6. l__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               |
| 7. cu_____te a field                     | <i>v.</i> to prepare and foster land for growing crops or plants  |
| 8. em_____r my life                      | <i>v.</i> to give someone the power or authority to do something  |
| 9. chicken br__h                         | <i>n.</i> a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews                            |

ANSWERS: 1. balance, 2. brain, 3. confident, 4. discovery, 5. strike, 6. lurk, 7. cultivate, 8. empower, 9. broth

10. wor\_\_\_\_\_le investment *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
11. as\_\_\_e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
12. po\_\_\_r's studio *n.* a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind
13. a car-wr\_\_\_t *n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal
14. re\_\_\_\_\_ly arranged *adv.* at regular intervals or times
15. 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
16. aesthetic exc\_\_\_\_\_nt *n.* a feeling of great enthusiasm and eagerness
17. chaotic env\_\_\_\_\_nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
18. boost my con\_\_\_\_\_ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

ANSWERS: 10. worthwhile, 11. assume, 12. potter, 13. wright, 14. regularly, 15. optimism, 16. excitement, 17. environment, 18. confidence

19. take im\_\_\_\_\_te effect *adj.* happening or done without delay or occurring shortly after something else
20. pr\_\_\_\_\_al English *adj.* of or connected with actual use or real situation rather than with theory and ideas
21. have a lot of p\_ps *n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
22. co\_\_\_\_\_ct a dam *v.* to build or create something; to assemble or combine different parts to form something whole
23. em\_\_\_\_\_r the secretary to do the same *v.* to give someone the power or authority to do something
24. boost my self-es\_\_\_m *n.* great respect and approval for or a good opinion of someone
25. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
26. cou\_\_\_\_\_us rescue attempt *adj.* able to face and deal with danger or fear without flinching
27. p\_p me up *n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
28. 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: 19. immediate, 20. practical, 21. pep, 22. construct, 23. empower, 24. esteem, 25. opportune, 26. courageous, 27. pep, 28. develop

29. as\_\_\_e a lousy attitude to his boss      *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
30. 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
31. l\_\_k in the darkness      *v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
32. pr\_\_\_\_\_e bad behavior      *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
33. 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
34. raw ta\_\_\_\_t      *n.* a natural ability to be good at something; someone who has a natural ability to be good at something
35. students at all gr\_\_e levels      *n.* a particular level of quality, size, importance, etc.
36. po\_\_\_\_r around in the garden      *n.* a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind

ANSWERS: 29. assume, 30. discovery, 31. lurk, 32. promote, 33. untangle, 34. talent, 35. grade, 36. potter

37. f\_\_e their homes *v.* to leave by running away, especially out of fear or danger
38. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
39. neu\_\_\_\_\_cal mechanism *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
40. bo\_\_t the economy *v.* to improve, raise, or increase something
41. 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
42. co\_\_\_\_\_ct a 3D image *v.* to build or create something; to assemble or combine different parts to form something whole
43. develop a st\_\_\_\_gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
44. the ba\_\_\_\_\_e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
45. a co\_\_\_\_\_nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
46. ha\_\_y a suspect *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target

ANSWERS: 37. flee, 38. environment, 39. neurochemical, 40. boost, 41. develop, 42. construct, 43. strategy, 44. balance, 45. confident, 46. harry

47. wor\_\_\_\_\_le endeavor *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
48. suffer a se\_\_\_\_\_k *n.* an unfortunate happening that hinders or impedes; a reversal or check in progress
49. remains of br\_\_\_h *n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
50. he\_\_\_\_\_n argument *adj.* occurring or done directly, without any intermediaries or avoidance; confronting or facing something directly, without any evasion or compromise
51. p\_\_\_e a significant threat to my company *v.* to present a risk, problem, or other issues that must be addressed
52. military st\_\_\_\_\_gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
53. f\_\_\_e abroad *v.* to leave by running away, especially out of fear or danger
54. a reckless at\_\_\_\_\_t *n.* an act or effort of trying to do something, especially something difficult
55. gain pr\_\_\_\_\_al experience *adj.* of or connected with actual use or real situation rather than with theory and ideas
56. the exc\_\_\_\_\_nt in the business world *n.* a feeling of great enthusiasm and eagerness

ANSWERS: 47. worthwhile, 48. setback, 49. broth, 50. head-on, 51. pose, 52. strategy, 53. flee, 54. attempt, 55. practical, 56. excitement



57. re\_\_\_t the proposal      *v.* to refuse to accept, consider, or use something or someone
58. pr\_\_\_\_e a better relationship      *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
59. flexible mi\_\_\_\_t      *n.* the established set of attitudes or fixed ideas held by someone
60. neu\_\_\_\_\_cal substances      *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
61. 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
62. he\_\_\_\_n approach      *adj.* occurring or done directly, without any intermediaries or avoidance; confronting or facing something directly, without any evasion or compromise
63. con\_\_\_\_\_ce as a teacher      *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
64. b\_\_s guitar      *n.* the lowest part in polyphonic music; a type of fish belonging to the large order Perciformes, or perch-like fishes
65. boys in the twelfth gr\_\_e      *n.* a particular level of quality, size, importance, etc.
66. in\_\_\_\_\_ce a child's future      *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself

ANSWERS: 57. reject, 58. promote, 59. mindset, 60. neurochemical, 61. persevere, 62. head-on, 63. confidence, 64. bass, 65. grade, 66. influence

67. the branch of neu\_\_\_\_\_nce      *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
68. eq\_\_p our children with some special skills      *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
69. bo\_\_t flexibility      *v.* to improve, raise, or increase something
70. aircraft wr\_\_\_t      *n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal
71. eq\_\_p an army      *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
72. basic br\_\_n function      *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
73. give the waiter a t\_p.      *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
74. 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
75. b\_\_s fisherman      *n.* the lowest part in polyphonic music; a type of fish belonging to the large order Perciformes, or perch-like fishes
76. im\_\_\_\_\_e a process      *v.* to make or become better

ANSWERS: 67. neuroscience, 68. equip, 69. boost, 70. wright, 71. equip, 72. brain, 73. tip, 74. persevere, 75. bass, 76. improve

77. 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
78. a theoretical concept in neu\_\_\_\_\_nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
79. st\_\_\_e a blow *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
80. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
81. the mi\_\_\_\_\_t in an education system *n.* the established set of attitudes or fixed ideas held by someone
82. re\_\_\_t all imperfect merchandise *v.* to refuse to accept, consider, or use something or someone
83. 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
84. es\_\_\_m for the other person *n.* great respect and approval for or a good opinion of someone
85. the at\_\_\_\_\_t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
86. cu\_\_\_\_\_te relationships *v.* to prepare and foster land for growing crops or plants

ANSWERS: 77. untangle, 78. neuroscience, 79. strike, 80. opportune, 81. mindset, 82. reject, 83. optimism, 84. esteem, 85. attempt, 86. cultivate

87. ha\_\_y the ship all night      *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
88. post re\_\_\_\_\_ly to a blog      *adv.* at regular intervals or times
89. the im\_\_\_\_\_te past      *adj.* happening or done without delay or occurring shortly after something else
90. a person of diverse ta\_\_\_\_ts      *n.* a natural ability to be good at something; someone who has a natural ability to be good at something
91. in\_\_\_\_\_ce the daily life      *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
92. im\_\_\_\_\_e the test score      *v.* to make or become better
93. p\_\_e a challenge      *v.* to present a risk, problem, or other issues that must be addressed
94. major se\_\_\_\_\_k      *n.* an unfortunate happening that hinders or impedes; a reversal or check in progress
95. the t\_p of a paintbrush      *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
96. make a cou\_\_\_\_\_us decision      *adj.* able to face and deal with danger or fear without flinching

ANSWERS: 87. harry, 88. regularly, 89. immediate, 90. talent, 91. influence, 92. improve, 93. pose, 94. setback, 95. tip, 96. courageous

## Session 3: Fill in the Blanks

1. 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
2. Numerous great professional sports \_\_\_\_\_ have come from this city.  
*n.* a natural ability to be good at something; someone who has a natural ability to be good at something
3. He \_\_\_\_\_ hypotheses that no mathematician has ever imagined before.  
*v.* to build or create something; to assemble or combine different parts to form something whole
4. The construction company \_\_\_\_\_ the building with an earthquake-resistant device.  
*v.* to provide a person or a place with the things that are needed for a particular purpose or activity
5. 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
6. X-rays revealed a small tumor in his \_\_\_\_\_.  
*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
7. I'm not \_\_\_\_\_ in our victory.  
*adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future

ANSWERS: 1. neurochemical, 2. talents, 3. constructs, 4. equipped, 5. wright, 6. brain, 7. confident

8. I will introduce some \_\_\_\_\_ on learning English in this class.
- n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
9. The ancient Egyptians were skilled \_\_\_\_\_ and left behind many beautiful artifacts.
- n.* a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind
10. 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
11. Departments may set requirements for a higher \_\_\_\_\_ point average.
- n.* a particular level of quality, size, importance, etc.
12. The company \_\_\_\_\_ the job candidate's application due to a lack of experience.
- v.* to refuse to accept, consider, or use something or someone
13. The chemicals \_\_\_\_\_ a massive health risk.
- v.* to present a risk, problem, or other issues that must be addressed
14. Our plan includes a comprehensive marketing \_\_\_\_\_.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
15. I need to \_\_\_\_\_ my coworkers to finish the project on time.
- v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target

ANSWERS: 8. tips, 9. potters, 10. pep, 11. grade, 12. rejected, 13. pose, 14. strategy, 15. harry

16. He is our loyal customer who should be held in high \_\_\_\_\_.  
*n.* great respect and approval for or a good opinion of someone
17. This site \_\_\_\_\_ shares high-quality academic materials.  
*adv.* at regular intervals or times
18. The former emperor had a particular \_\_\_\_\_ even after he abdicated.  
*n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
19. University is a great place to \_\_\_\_\_ our minds and expertise.  
*v.* to prepare and foster land for growing crops or plants
20. Try to keep a \_\_\_\_\_ between work and off.  
*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
21. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
22. Both forts were subject to \_\_\_\_\_ attacks.  
*adj.* happening or done without delay or occurring shortly after something else
23. 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
24. The following example \_\_\_\_\_ that the capacity of each battery is the same.  
*v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

ANSWERS: 16. esteem, 17. regularly, 18. influence, 19. cultivate, 20. balance, 21. opportune, 22. immediate, 23. discovery, 24. assumes

25. We \_\_\_\_\_ to achieve more wages and safer working conditions.
- v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
26. It is a basic instinct to \_\_\_\_\_ from a dangerous situation.
- v. to leave by running away, especially out of fear or danger
27. Skill and \_\_\_\_\_ are an unconquered army.
- n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
28. The new service helped \_\_\_\_\_ net income by 10%.
- v. to improve, raise, or increase something
29. Her concept is highly \_\_\_\_\_ and helpful.
- adj. of or connected with actual use or real situation rather than with theory and ideas
30. 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
31. 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
32. Every human is responsible for taking care of the Earth's \_\_\_\_\_.
- n. the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 25. strike, 26. flee, 27. confidence, 28. boost, 29. practical, 30. optimism, 31. persevere, 32. environment



33. 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
34. The \_\_\_\_\_ in the music was so deep that it vibrated the floor.
- n.* the lowest part in polyphonic music; a type of fish belonging to the large order Perciformes, or perch-like fishes
35. 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
36. The \_\_\_\_\_ of the upcoming concert was palpable among the crowd.
- n.* a feeling of great enthusiasm and eagerness
37. The third \_\_\_\_\_ was far more successful.
- n.* an act or effort of trying to do something, especially something difficult
38. 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
39. 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
40. 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

ANSWERS: 33. mindset, 34. bass, 35. lurks, 36. excitement, 37. attempt, 38. broth, 39. develop, 40. empowered

41. The government should do more to \_\_\_\_\_ sustainable agribusiness.
- v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
42. Volunteering for a \_\_\_\_\_ cause is important for building a sense of community.
- adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
43. A \_\_\_\_\_ collision on the highway led to a major traffic jam.
- adj.* occurring or done directly, without any intermediaries or avoidance; confronting or facing something directly, without any evasion or compromise
44. 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
45. 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
46. He was a \_\_\_\_\_ soldier who had served his country with honor.
- adj.* able to face and deal with danger or fear without flinching
47. We want to \_\_\_\_\_ ties between our two countries.
- v.* to make or become better
48. 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

ANSWERS: 41. promote, 42. worthwhile, 43. head-on, 44. setback, 45. untangle, 46. courageous, 47. improve, 48. neuroscience

ANSWERS: