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Vocabulary Builder Reference from...

Matthew Williams: Special Olympics let me be myself -- a champion | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

champion

n. someone who has won first place in a competition; someone who fights for a specific group of people or a belief

synonym: victor, winner, fighter

(1) a **champion** of peace, (2) the grand **champion**

The **champion** bicyclist outrode all his competitors.

medal

n. a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

synonym: award, decoration, badge

(1) gold **medal**, (2) a prize **medal**

She was proud to receive a **medal** for her hard work and dedication to the sport.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

compete

v. to strive to achieve more success than someone or something

synonym: contend, contest, vie

(1) **compete** against a friend, (2) **compete** fiercely

You must **compete** with others to obtain this position.

represent

v. to speak, act, or be present on behalf of another person or group; to form or constitute

synonym: depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

skate

n. a type of footwear that has a blade attached to its sole for skating on ice or other hard surfaces; an activity or sport that involves gliding on skates on ice or other hard surfaces

synonym: blade, runner, sled

(1) **skate** park, (2) roller **skate**

She has been practicing an ice **skate** routine for months

consultant

n. a person who provides professional or expert advice

synonym: expert, advisor, specialist

(1) **consultant** firm, (2) chief **consultant**

We hired a management **consultant** to help us improve our business strategy.

specification

n. a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job

synonym: description, requirement, guideline

(1) functional **specification**, (2) engineering **specification**

The project's **specifications** outlined the goals and requirements for the team to complete.

accomplishment

n. the successful completion of a task or goal; an ability that has been acquired by training

synonym: success, achievement, complete

(1) proud of his **accomplishments**, (2) the

accomplishment of a social goal

Graduating from college was a major **accomplishment** for her.

shun

v. to avoid deliberately or keep away from someone or something

synonym: avoid, evade, steer clear of

(1) **shun** a person, (2) **shun** office politics

He **shunned** going to the party and decided to stay home instead.

intellect

n. the ability to think logically and comprehend information, especially at an advanced level

synonym: mind, brightness, cleverness

(1) enrich my **intellect**, (2) human **intellect**

Your **intellect** is capable of distinguishing among similar objects.

disability

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

synonym: impairment, disadvantage, restriction

(1) a **disability** pension, (2) a learning **disability**

Listening to music at a high volume may lead to a hearing **disability**.

invisible

adj. impossible or nearly impossible to see

synonym: hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars

The phenomenon is **invisible** at optical wavelengths.

retard

v. to hinder, delay, or slow down the progress or development of something; to cause someone or something to be delayed or held back

synonym : delay, hinder, impede

(1) **retard** progress, (2) **retard** the growth

Excessive alcohol consumption may confuse time, blur vision, dim alertness, and **retard** response.

retarded

adj. (considered derogatory) delayed or impeded in intellectual or emotional development; slow to learn

synonym : delayed, impeded, slow

(1) **retarded** growth, (2) **retarded** child

The project was delayed due to some technical problems, and it was considered **retarded**.

derogatory

adj. expressing a low opinion; insulting

synonym : insulting, negative, pejorative

(1) have **derogatory** eyes, (2) **derogatory** language

He made **derogatory** comments about her appearance and intelligence.

charity

n. an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people

synonym : philanthropy, benevolence, generosity

(1) **charity** work, (2) ask **charity**

She volunteers at a local **charity** every weekend to help those in need.

individual

n. a single person or thing, as distinct from a group

synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym : player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

spectator

n. someone present at an event, such as a sports game, play, or concert, to watch or observe it

synonym: onlooker, observer, viewer

(1) mass **spectator** sport, (2) **spectator** seat

She enjoyed watching the game as a **spectator**.

ceremony

n. a formal event or ritual, often religious or solemn

synonym: ritual, rite, observance

(1) **ceremony** hall, (2) **ceremony** location

The wedding **ceremony** was a beautiful and emotional event.

coverage

n. the reporting or news of an important event, sports, subject, etc.; the amount, range, area, or quality of something that something provides

synonym: reportage, scope, range

(1) full- **coverage** insurance, (2) contractual **coverage**

The scandal received widespread media **coverage**.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

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.

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym: understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus
He is a man admired for the depth of his **perception**.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

epilepsy

n. a neurological disorder characterized by recurrent seizures or convulsions, which can manifest in a variety of ways and be caused by various factors

synonym: seizures, convulsions, fits

(1) **epilepsy** seizure, (2) **epilepsy** medication

The flashing lights at the concert triggered her **epilepsy** and caused a seizure.

frustrate

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym: hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

frank

adj. honest and sincere; open and candid in expression

synonym: candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

rigorous

adj. allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate

synonym: severe, exact, strict

(1) **rigorous** standards, (2) have **rigorous** criticism

The way he manages his employees is extremely **rigorous**.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

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.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

doubt

n. a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

Doubt is the start, not the end, of intelligence.

competition

n. a situation in which someone is attempting to beat or outperform another

synonym: contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

pioneer

n. inventor; explorer; someone who is among the first to achieve something

synonym: frontiersperson, innovator, trailblazer

(1) act as a **pioneer**, (2) early **pioneers**

John Whitney was a computer animation **pioneer**.

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.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

shyness

n. the quality or state of being worried or embarrassed about meeting and speaking to other people

synonym: bashfulness, timidity, modesty

(1) lose some of my **shyness**, (2) **shyness** barrier

He finally overcame his **shyness**.

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.

encouraging

adj. giving hope, confidence, or support; inspiring

synonym : uplifting, inspiring, optimistic

(1) **encouraging** approval, (2) **encouraging** sign

The test results were **encouraging** and showed improvement.

judge

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym : arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**

The strict **judge** ruled in favor of the plaintiff in the case.

provincial

adj. of or relating to a local government; having characteristics or views that are narrow in scope or limited by a narrow outlook

synonym : rural, narrow-minded, unsophisticated

(1) **provincial** town, (2) **provincial** accent

His **provincial** upbringing left him with a limited view of the world beyond his hometown

globe

n. the earth or world, mainly used to emphasize its vastness

synonym : Earth, world, sphere

(1) terrestrial **globe**, (2) around the **globe**

His final goal is to sail around the **globe**.

pride

n. a feeling of deep pleasure or satisfaction derived from one's achievements

synonym : vanity, conceit, egotism

(1) **pride** of a company, (2) hide his **pride**

She took great **pride** in her work, always striving for perfection.

dignity

n. the quality of being worthy of esteem or respect; high office or rank or station

synonym : grace, elegance, nobility

(1) respect for human **dignity**, (2) retain everyone's **dignity**

The failure destroyed his trust and personal **dignity**.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym : pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

nutrition

n. the substances or the process that organisms take into their bodies as food for their growth and health

synonym : alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake

This food contains all the **nutrition** your dog requires.

difficulty

n. a condition or state that causes problems

synonym : hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

aid

n. things sent to help countries in need, notably food or money; support

synonym: helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

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.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

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.

whistle

v. to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound

synonym: sound, honk, tweet

(1) **whistle** a tune, (2) **whistle** for help

The employee decided to **whistle-blow** on the company's illegal activities.

cheer

v. to give a loud shout to show support, praise, or approval

synonym: comfort, encourage, hearten

(1) **cheer** for the home team, (2) **cheer** me up
Supporters in the stands **cheered** at every goal.

fan *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

synonym: lover, devotee, blade

(1) a film **fan**, (2) engine cooling **fan**

I'm a big **fan** of French food.

grant *v.* to agree to give or allow somebody

synonym: allocate, authorize, give

(1) **grant** a new license, (2) **grant** a land

The chairperson **granted** him the right to speak.

casual *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

synonym: informal, relaxed, offhand

(1) **casual** dress, (2) take a **casual** glance

They had a **casual** conversation over coffee at the local cafe.

insult *n.* a remark or action that causes offense or disrespect; (verb) to treat, mention, or speak to rudely

synonym: affront, slight, offense

(1) an intentional **insult**, (2) **insult** each other

His **insult** toward her was unacceptable and resulted in his being fired.

tweet *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application

synonym: peep, chirp, post (on Twitter)

(1) a chick's **tweet**, (2) his latest **tweets**

We could hear the **tweet** of baby birds.

fellow *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you

synonym: buddy, mate, affiliate

(1) junior **fellow**, (2) nice **fellow**

He is the kind of **fellow** who only works for his success.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

messenger

n. someone or something that carries a message, especially one sent to convey information, news, or an official document

synonym: courier, transmitter, envoy

(1) **messenger** app, (2) a secret **messenger**

An mRNA vaccine is a type of vaccine that uses a copy of a molecule called **messenger** RNA.

pundit

n. an expert, authority, or knowledgeable commentator who frequently expresses opinions or gives analysis on a particular subject or issue

synonym: expert, commentator, punditry

(1) conservative **pundit**, (2) sports **pundit**

The political **pundit** provided analysis and commentary on the latest election results.

unchanged

adj. not altered, modified, or varied in any way

synonym: unaltered, constant

(1) **unchanged** routine, (2) **unchanged** from the previous month

The company's policy remained **unchanged** despite the criticism.

lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

synonym: raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol
The drought **lifted** the prices of grain globally.

moose

n. a large deer native to the northern forests of North America and Eurasia

synonym: elk, deer, antelope

(1) **moose** hunting, (2) **moose** population

The antlers of a bull **moose** can grow up to 6 feet in width and weigh over 60 pounds.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

squat

v. to crouch or sit with one's knees bent and one's heels close to or touching one's buttocks; to occupy a space, usually a place that is not designed for human habitation or use; (noun) a physical exercise that involves holding a position similar to sitting with the knees bent and the thighs parallel to the ground

synonym: crouch, hunch, sit

(1) **squat** behind a tree, (2) **squat** exercise

I need to **squat** down to pick up the pen from the floor.

memorial

n. a structure or monument to commemorate a person or event

synonym: monument, remembrance, tribute

(1) **memorial** address, (2) **memorial** park

The war **memorial** stands as a reminder of the sacrifices made by our ancestors.

colosseum

n. (also "coliseum") a large amphitheater (= an open-air venue used for entertainment, performances, and sports) in Rome whose construction was begun by Vespasian about AD 75 or 80

(1) build a **colosseum** for gladiators, (2) **Colosseum** area

Rome's **Colosseum** gets busy in peak season.

celebrated

adj. renowned for possessing admirable attributes

synonym : acclaimed, notable, prominent

(1) **celebrated** artist, (2) **celebrated** paper

Three **celebrated** tenors performed during the president's inauguration.

deserve

v. to be worthy of or entitled to something, especially something good or valuable

synonym : merit, earn, justify

(1) **deserve** respect, (2) **deserve** this prize

The employee **deserved** the promotion for their hard work and dedication.

inclusive

adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

synonym : cover-all, all-embracing, comprehensive

(1) a fully **inclusive** price, (2) **inclusive** education

The university has established a capacity for each nationality as part of its **inclusive** policy.

achievement

n. a thing that someone has accomplished, primarily through their effort and ability

synonym : accomplishment, attainment, triumph

(1) student **achievement**, (2) a remarkable **achievement**

This **achievement** has never been formally accepted.

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.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym : tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

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.

Session 2: Spelling

1. enrich my in_____ct
n. the ability to think logically and comprehend information, especially at an advanced level
2. feel co_____nt
adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future
3. fr__k and open discussion
adj. honest and sincere; open and candid in expression
4. mo__e population
n. a large deer native to the northern forests of North America and Eurasia
5. roller sk__e
n. a type of footwear that has a blade attached to its sole for skating on ice or other hard surfaces; an activity or sport that involves gliding on skates on ice or other hard surfaces
6. nu_____on intake
n. the substances or the process that organisms take into their bodies as food for their growth and health
7. me_____al address
n. a structure or monument to commemorate a person or event
8. se_____te cream from milk
v. to force, take, or pull apart; mark as different
9. me_____al park
n. a structure or monument to commemorate a person or event
10. dif_____ty in breathing
n. a condition or state that causes problems

ANSWERS: 1. intellect, 2. confident, 3. frank, 4. moose, 5. skate, 6. nutrition, 7. memorial, 8. separate, 9. memorial, 10. difficulty

- | | |
|-----------------------------------|---|
| 11. ex___e the crowd | <i>v.</i> to make someone feel suddenly enthusiastic or eager |
| 12. the grand ch____on | <i>n.</i> someone who has won first place in a competition; someone who fights for a specific group of people or a belief |
| 13. the most am____g feeling | <i>adj.</i> extremely surprising, especially in a way that you like or admire |
| 14. co____e fiercely | <i>v.</i> to strive to achieve more success than someone or something |
| 15. become a professional at____e | <i>n.</i> a person who competes in one or more sports that involve physical strength, speed, or endurance |
| 16. an in____le asset | <i>adj.</i> impossible or nearly impossible to see |
| 17. intraspecific com____on | <i>n.</i> a situation in which someone is attempting to beat or outperform another |
| 18. early pi____rs | <i>n.</i> inventor; explorer; someone who is among the first to achieve something |
| 19. op____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 20. severe cr___c | <i>n.</i> someone who expresses opinions about the quality of books, music, etc. |
| 21. chief con____nt | <i>n.</i> a person who provides professional or expert advice |
| 22. bu__y bystander | <i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful |

ANSWERS: 11. excite, 12. champion, 13. amazing, 14. compete, 15. athlete, 16. invisible, 17. competition, 18. pioneer, 19. opportune, 20. critic, 21. consultant, 22. bully

23. de____e respect *v.* to be worthy of or entitled to something, especially something good or valuable
24. ch__r me up *v.* to give a loud shout to show support, praise, or approval
25. l__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
26. conservative pu____t *n.* an expert, authority, or knowledgeable commentator who frequently expresses opinions or gives analysis on a particular subject or issue
27. terrestrial gl__e *n.* the earth or world, mainly used to emphasize its vastness
28. 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
29. functional spe_____ion *n.* a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job
30. ch__r for the home team *v.* to give a loud shout to show support, praise, or approval
31. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 23. deserve, 24. cheer, 25. lift, 26. pundit, 27. globe, 28. identity, 29. specification, 30. cheer, 31. opportune

32. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
33. full-co_____ge insurance *n.* the reporting or news of an important event, sports, subject, etc.; the amount, range, area, or quality of something that something provides
34. act as a pi_____r *n.* inventor; explorer; someone who is among the first to achieve something
35. pl___t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
36. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
37. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
38. em_____al health *adj.* relating to people's feelings
39. retain everyone's di_____y *n.* the quality of being worthy of esteem or respect; high office or rank or station
40. contractual co_____ge *n.* the reporting or news of an important event, sports, subject, etc.; the amount, range, area, or quality of something that something provides
41. bu__y the weak *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

ANSWERS: 32. judge, 33. coverage, 34. pioneer, 35. planet, 36. involve, 37. pound, 38. emotional, 39. dignity, 40. coverage, 41. bully

42. ind_____al freedom *n.* a single person or thing, as distinct from a group
43. sports pu___t *n.* an expert, authority, or knowledgeable commentator who frequently expresses opinions or gives analysis on a particular subject or issue
44. ep_____sy seizure *n.* a neurological disorder characterized by recurrent seizures or convulsions, which can manifest in a variety of ways and be caused by various factors
45. sq__t behind a tree *v.* to crouch or sit with one's knees bent and one's heels close to or touching one's buttocks; to occupy a space, usually a place that is not designed for human habitation or use; (noun) a physical exercise that involves holding a position similar to sitting with the knees bent and the thighs parallel to the ground
46. a private ind_____al *n.* a single person or thing, as distinct from a group
47. in_____ve education *adj.* including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something
48. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
49. keen per_____on *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

ANSWERS: 42. individual, 43. pundit, 44. epilepsy, 45. squat, 46. individual, 47. inclusive, 48. amazing, 49. perception

50. pro_____al town *adj.* of or relating to a local government; having characteristics or views that are narrow in scope or limited by a narrow outlook
51. s__n office politics *v.* to avoid deliberately or keep away from someone or something
52. re_____ed growth *adj.* (considered derogatory) delayed or impeded in intellectual or emotional development; slow to learn
53. his latest tw__ts *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
54. mo_____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
55. fr_____te the advancement *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
56. 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
57. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
58. have der_____ry eyes *adj.* expressing a low opinion; insulting

ANSWERS: 50. provincial, 51. shun, 52. retarded, 53. tweet, 54. movement, 55. frustrate, 56. identity, 57. athlete, 58. derogatory

59. co____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
60. ju__e a competition *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
61. me_____er app *n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
62. financial a_d *n.* things sent to help countries in need, notably food or money; support
63. a secret me_____er *n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
64. un_____ed from the previous month *adj.* not altered, modified, or varied in any way
65. no do__t about the news *n.* a feeling of being uncertain about something, especially about how good or accurate it is
66. the first round of the com_____on *n.* a situation in which someone is attempting to beat or outperform another
67. make a fr__k apology *adj.* honest and sincere; open and candid in expression
68. a film f_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

ANSWERS: 59. conclude, 60. judge, 61. messenger, 62. aid, 63. messenger, 64. unchanged, 65. doubt, 66. competition, 67. frank, 68. fan

69. sk__e park *n.* a type of footwear that has a blade attached to its sole for skating on ice or other hard surfaces; an activity or sport that involves gliding on skates on ice or other hard surfaces
70. ep____sy medication *n.* a neurological disorder characterized by recurrent seizures or convulsions, which can manifest in a variety of ways and be caused by various factors
71. ch____y work *n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
72. wh____e a tune *v.* to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound
73. the characters that re____nt numbers *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
74. engine cooling f_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
75. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
76. a fully in____ve price *adj.* including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

ANSWERS: 69. skate, 70. epilepsy, 71. charity, 72. whistle, 73. represent, 74. fan, 75. suffer, 76. inclusive

77. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
78. tr_____rm heat into power *v.* to change in outward structure or looks;
79. a remarkable ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
80. der_____ry language *adj.* expressing a low opinion; insulting
81. in_____le stars *adj.* impossible or nearly impossible to see
82. nu_____on condition *n.* the substances or the process that organisms take into their bodies as food for their growth and health
83. human in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
84. engineering spe_____ion *n.* a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job
85. pro_____al accent *adj.* of or relating to a local government; having characteristics or views that are narrow in scope or limited by a narrow outlook
86. gr__t a land *v.* to agree to give or allow somebody
87. mo__e hunting *n.* a large deer native to the northern forests of North America and Eurasia

ANSWERS: 77. excite, 78. transform, 79. achievement, 80. derogatory, 81. invisible, 82. nutrition, 83. intellect, 84. specification, 85. provincial, 86. grant, 87. moose

88. proud of his acc_____ents *n.* the successful completion of a task or goal; an ability that has been acquired by training
89. co_____e against a friend *v.* to strive to achieve more success than someone or something
90. dispel do__ts *n.* a feeling of being uncertain about something, especially about how good or accurate it is
91. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
92. cel_____ed paper *adj.* renowned for possessing admirable attributes
93. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
94. the acc_____ent of a social goal *n.* the successful completion of a task or goal; an ability that has been acquired by training
95. un_____ed routine *adj.* not altered, modified, or varied in any way
96. par_____te in the program *v.* to take part in something
97. enc_____ng sign *adj.* giving hope, confidence, or support; inspiring
98. per_____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

ANSWERS: 88. accomplishment, 89. compete, 90. doubt, 91. suffer, 92. celebrated, 93. movement, 94. accomplishment, 95. unchanged, 96. participate, 97. encouraging, 98. perception

99. gr__t a new license *v.* to agree to give or allow somebody
100. co____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
101. get ne____s *adj.* worried and anxious about something; relating to the nerves
102. sp____or seat *n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
103. Co____um area *n.* (also "coliseum") a large amphitheater (= an open-air venue used for entertainment, performances, and sports) in Rome whose construction was begun by Vespasian about AD 75 or 80
104. a ch____on of peace *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief
105. com____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
106. ce____ny location *n.* a formal event or ritual, often religious or solemn
107. nice fe____w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
108. enc____ng approval *adj.* giving hope, confidence, or support; inspiring
109. cel____ed artist *adj.* renowned for possessing admirable attributes

ANSWERS: 99. grant, 100. conclude, 101. nervous, 102. spectator, 103. colosseum, 104. champion, 105. communicate, 106. ceremony, 107. fellow, 108. encouraging, 109. celebrated

110. mass sp_____or sport *n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
111. an intentional in____t *n.* a remark or action that causes offense or disrespect; (verb) to treat, mention, or speak to rudely
112. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
113. 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
114. 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
115. ask ch_____y *n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people
116. ca____l dress *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
117. ri_____us standards *adj.* allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
118. respect for human di_____y *n.* the quality of being worthy of esteem or respect; high office or rank or station

ANSWERS: 110. spectator, 111. insult, 112. confident, 113. persevere, 114. pursue, 115. charity, 116. casual, 117. rigorous, 118. dignity

119. student ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
120. gold me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
121. tr_____rm an education system *v.* to change in outward structure or looks;
122. a dis_____ty pension *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
123. em_____al distress *adj.* relating to people's feelings
124. in____t each other *n.* a remark or action that causes offense or disrespect; (verb) to treat, mention, or speak to rudely
125. re_____ed child *adj.* (considered derogatory) delayed or impeded in intellectual or emotional development; slow to learn
126. fr_____te other team members *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
127. pr__e of a company *n.* a feeling of deep pleasure or satisfaction derived from one's achievements
128. take a ca____l glance *adj.* relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

ANSWERS: 119. achievement, 120. medal, 121. transform, 122. disability, 123. emotional, 124. insult, 125. retarded, 126. frustrate, 127. pride, 128. casual

129. hide his pr__e *n.* a feeling of deep pleasure or satisfaction derived from one's achievements
130. re___d progress *v.* to hinder, delay, or slow down the progress or development of something; to cause someone or something to be delayed or held back
131. sh____s barrier *n.* the quality or state of being worried or embarrassed about meeting and speaking to other people
132. a chick's tw__t *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
133. re_____nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
134. build a co_____um for gladiators *n.* (also "coliseum") a large amphitheater (= an open-air venue used for entertainment, performances, and sports) in Rome whose construction was begun by Vespasian about AD 75 or 80
135. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
136. lose some of my sh____s *n.* the quality or state of being worried or embarrassed about meeting and speaking to other people
137. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

ANSWERS: 129. pride, 130. retard, 131. shyness, 132. tweet, 133. represent, 134. colosseum, 135. separate, 136. shyness, 137. communicate

138. par_____te fully in conversation *v.* to take part in something
139. art cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
140. 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
141. con_____nt firm *n.* a person who provides professional or expert advice
142. re____d the growth *v.* to hinder, delay, or slow down the progress or development of something; to cause someone or something to be delayed or held back
143. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
144. wh_____e for help *v.* to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound
145. na____n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
146. a seafaring na____n *n.* a large organized community of people living in a particular country or region and having a particular culture
147. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 138. participate, 139. critic, 140. pursue, 141. consultant, 142. retard, 143. aid, 144. whistle, 145. nation, 146. nation, 147. involve

148. I__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
149. 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
150. junior fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
151. s__n a person *v.* to avoid deliberately or keep away from someone or something
152. have ri_____us criticism *adj.* allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
153. a learning dis_____ty *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
154. a prize me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
155. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
156. the degree of dif_____ty *n.* a condition or state that causes problems
157. around the gl__e *n.* the earth or world, mainly used to emphasize its vastness

ANSWERS: 148. lift, 149. persevere, 150. fellow, 151. shun, 152. rigorous, 153. disability, 154. medal, 155. nervous, 156. difficulty, 157. globe

158. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
159. save the pl___t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
160. de_____e this prize *v.* to be worthy of or entitled to something, especially something good or valuable
161. ce_____ny hall *n.* a formal event or ritual, often religious or solemn
162. sq__t exercise *v.* to crouch or sit with one's knees bent and one's heels close to or touching one's buttocks; to occupy a space, usually a place that is not designed for human habitation or use; (noun) a physical exercise that involves holding a position similar to sitting with the knees bent and the thighs parallel to the ground

ANSWERS: 158. pound, 159. planet, 160. deserve, 161. ceremony, 162. squat

Session 3: Fill in the Blanks

1. The _____ bicyclist outrode all his competitors.
n. someone who has won first place in a competition; someone who fights for a specific group of people or a belief

2. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something

3. The strict _____ ruled in favor of the plaintiff in the case.
n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

4. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose

5. The wedding _____ was a beautiful and emotional event.
n. a formal event or ritual, often religious or solemn

6. She enjoyed watching the game as a _____.
n. someone present at an event, such as a sports game, play, or concert, to watch or observe it

7. The war _____ stands as a reminder of the sacrifices made by our ancestors.
n. a structure or monument to commemorate a person or event

ANSWERS: 1. champion, 2. participated, 3. judge, 4. opportune, 5. ceremony, 6. spectator, 7. memorial

8. We _____ a cease-fire.
- v.* to come to an end or close; to reach a judgment or opinion by reasoning
9. As an _____ he had the right to make his own decisions and live his life as he saw fit.
- n.* a single person or thing, as distinct from a group
10. An mRNA vaccine is a type of vaccine that uses a copy of a molecule called _____ RNA.
- n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
11. This food contains all the _____ your dog requires.
- n.* the substances or the process that organisms take into their bodies as food for their growth and health
12. His _____ toward her was unacceptable and resulted in his being fired.
- n.* a remark or action that causes offense or disrespect; (verb) to treat, mention, or speak to rudely
13. Listening to music at a high volume may lead to a hearing _____.
- n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
14. His final goal is to sail around the _____.
- n.* the earth or world, mainly used to emphasize its vastness
15. She volunteers at a local _____ every weekend to help those in need.
- n.* an organization that helps people in need, especially by providing food, shelter, or money; a kindly and sympathetic attitude toward people

ANSWERS: 8. concluded, 9. individual, 10. messenger, 11. nutrition, 12. insult, 13. disability, 14. globe, 15. charity

16. The flashing lights at the concert triggered her _____ and caused a seizure.
n. a neurological disorder characterized by recurrent seizures or convulsions, which can manifest in a variety of ways and be caused by various factors
17. The _____ of Japan is known for its unique culture and advanced technology.
n. a large organized community of people living in a particular country or region and having a particular culture
18. I'm a big ___ of French food.
n. a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
19. The company's policy remained _____ despite the criticism.
adj. not altered, modified, or varied in any way
20. Full involvement means _____ and prompt responses.
adj. honest and sincere; open and candid in expression
21. I'm not _____ in our victory.
adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future
22. His _____ upbringing left him with a limited view of the world beyond his hometown
adj. of or relating to a local government; having characteristics or views that are narrow in scope or limited by a narrow outlook
23. We elected him to _____ us at the international conference.
v. to speak, act, or be present on behalf of another person or group; to form or constitute

ANSWERS: 16. epilepsy, 17. nation, 18. fan, 19. unchanged, 20. frank, 21. confident, 22. provincial, 23. represent

24. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
25. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
v. to force, take, or pull apart; mark as different
26. The university has established a capacity for each nationality as part of its _____ policy.
adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something
27. Your _____ is capable of distinguishing among similar objects.
n. the ability to think logically and comprehend information, especially at an advanced level
28. The project was delayed due to some technical problems, and it was considered _____.
adj. (considered derogatory) delayed or impeded in intellectual or emotional development; slow to learn
29. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
30. The way he manages his employees is extremely _____.
adj. allowing or demanding no deviation from a standard; extremely careful, thorough, or accurate
31. The test results were _____ and showed improvement.
adj. giving hope, confidence, or support; inspiring

ANSWERS: 24. suffers, 25. separate, 26. inclusive, 27. intellect, 28. retarded, 29. excited, 30. rigorous, 31. encouraging

32. The chairperson _____ him the right to speak.
v. to agree to give or allow somebody
33. We could hear the _____ of baby birds.
n. a short, high sound made by a small bird; a message sent using Twitter, the social media application
34. 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
35. The coach explained a strategy to _____ the opponent's schemes to the players.
v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
36. They had a _____ conversation over coffee at the local cafe.
adj. relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
37. The car's front bumper cost fifteen hundred _____.
n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
38. The drought _____ the prices of grain globally.
v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position
39. The phenomenon is _____ at optical wavelengths.
adj. impossible or nearly impossible to see

ANSWERS: 32. granted, 33. tweet, 34. identity, 35. frustrate, 36. casual, 37. pounds, 38. lifted, 39. invisible

40. He is the kind of _____ who only works for his success.

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

41. I need to _____ down to pick up the pen from the floor.

v. to crouch or sit with one's knees bent and one's heels close to or touching one's buttocks; to occupy a space, usually a place that is not designed for human habitation or use; (noun) a physical exercise that involves holding a position similar to sitting with the knees bent and the thighs parallel to the ground

42. The failure destroyed his trust and personal _____.

n. the quality of being worthy of esteem or respect; high office or rank or station

43. The project's _____ outlined the goals and requirements for the team to complete.

n. a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job

44. 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

45. His dream is to become an Olympic _____.

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

46. The political _____ provided analysis and commentary on the latest election results.

n. an expert, authority, or knowledgeable commentator who frequently expresses opinions or gives analysis on a particular subject or issue

ANSWERS: 40. fellow, 41. squat, 42. dignity, 43. specifications, 44. pursue, 45. athlete, 46. pundit

47. Three _____ tenors performed during the president's inauguration.
adj. renowned for possessing admirable attributes
48. Excessive alcohol consumption may confuse time, blur vision, dim alertness, and _____ response.
v. to hinder, delay, or slow down the progress or development of something; to cause someone or something to be delayed or held back
49. Advocates for legal reform hear less harsh words from their _____.
n. someone who expresses opinions about the quality of books, music, etc.
50. Rome's _____ gets busy in peak season.
n. (also "coliseum") a large amphitheater (= an open-air venue used for entertainment, performances, and sports) in Rome whose construction was begun by Vespasian about AD 75 or 80
51. The _____ of the dancers on stage was graceful and elegant.
n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
52. Supporters in the stands _____ at every goal.
v. to give a loud shout to show support, praise, or approval
53. Graduating from college was a major _____ for her.
n. the successful completion of a task or goal; an ability that has been acquired by training
54. The scandal received widespread media _____.
n. the reporting or news of an important event, sports, subject, etc.; the amount, range, area, or quality of something that something provides

ANSWERS: 47. celebrated, 48. retard, 49. critics, 50. Colosseum, 51. movement, 52. cheered, 53. accomplishment, 54. coverage

55. You must _____ with others to obtain this position.

v. to strive to achieve more success than someone or something

56. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

57. She took great _____ in her work, always striving for perfection.

n. a feeling of deep pleasure or satisfaction derived from one's achievements

58. He is a man admired for the depth of his _____.

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

59. Dolphins use sound to _____ with each other.

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

60. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

61. 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

62. Pakistan's ___ budget was still being reviewed.

n. things sent to help countries in need, notably food or money; support

ANSWERS: 55. compete, 56. emotional, 57. pride, 58. perception, 59. communicate, 60. nervous, 61. involves, 62. aid

63. My father's death _____ my life completely.

v. to change in outward structure or looks;

64. The golfer recorded an _____ distance.

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

65. The employee _____ the promotion for their hard work and dedication.

v. to be worthy of or entitled to something, especially something good or valuable

66. Global _____ is rising in virtually every industry.

n. a situation in which someone is attempting to beat or outperform another

67. John Whitney was a computer animation _____.

n. inventor; explorer; someone who is among the first to achieve something

68. The employee decided to _____ on the company's illegal activities.

v. to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound

69. He has _____ exercising because of a back injury sustained in an accident.

n. a condition or state that causes problems

70. He _____ going to the party and decided to stay home instead.

v. to avoid deliberately or keep away from someone or something

71. We hired a management _____ to help us improve our business strategy.

n. a person who provides professional or expert advice

ANSWERS: 63. transformed, 64. amazing, 65. deserved, 66. competition, 67. pioneer, 68. whistle-blow, 69. difficulty, 70. shunned, 71. consultant

72. This _____ has never been formally accepted.
- n.* a thing that someone has accomplished, primarily through their effort and ability
73. She has been practicing an ice _____ routine for months
- n.* a type of footwear that has a blade attached to its sole for skating on ice or other hard surfaces; an activity or sport that involves gliding on skates on ice or other hard surfaces
74. He finally overcame his _____.
- n.* the quality or state of being worried or embarrassed about meeting and speaking to other people
75. He made _____ comments about her appearance and intelligence.
- adj.* expressing a low opinion; insulting
76. The antlers of a bull _____ can grow up to 6 feet in width and weigh over 60 pounds.
- n.* a large deer native to the northern forests of North America and Eurasia
77. The schoolyard _____ terrorized the other children and made their lives miserable.
- n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
78. 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

ANSWERS: 72. achievement, 73. skate, 74. shyness, 75. derogatory, 76. moose, 77. bully, 78. persevere

79. She was proud to receive a _____ for her hard work and dedication to the sport.

n. a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

80. _____ is the start, not the end, of intelligence.

n. a feeling of being uncertain about something, especially about how good or accurate it is

81. Mercury is the closest _____ to the sun.

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

ANSWERS: 79. medal, 80. Doubt, 81. planet