

# Englist.me



## Vocabulary Builder Reference from...

*Catharine Young: How memories form and how we lose them | TED Talk*

[https://www.ted.com/talks/catharine\\_young\\_how\\_memories\\_form\\_and\\_how\\_we\\_lose\\_them](https://www.ted.com/talks/catharine_young_how_memories_form_and_how_we_lose_them)

### All Words

#### IMPORTANT

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## Session 1: Word List

### vivid

*adj.* producing very clear, powerful, and detailed images in the mind

*synonym* : intense, powerful, dazzling

(1) **vivid** colors, (2) still **vivid** in my memory

She made a **vivid** impression.

### eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym* : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

### fade

*v.* to vanish; to fade away; to lose color; to lose freshness

*synonym* : languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

### dial

*v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

*synonym* : adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension  
He **dialed** the phone number and waited for an answer.

## convert

*v.* to have a talk with someone; (adjective) reversed in order, relation, or action

*synonym* : alter, remake, transform

(1) **convert** fat into energy, (2) **convert** base 10 to base 16  
I want to **convert** my sadness into strength.

## pulse

*n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

*synonym* : beat, vibration, throb

(1) a weak **pulse**, (2) **pulse** waves

The cardiac monitor displays the intensity of your **pulse**.

## electrical

*adj.* relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering  
Actuators convert **electrical** pulses into motion.

## zip

*n.* a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

*synonym* : fastener, postcode, slide

(1) **zip** code, (2) **zip** file

She put her phone in the **zip** pocket of her backpack.

## neuron

*n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body

*synonym* : nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

## transfer

*v.* to move, pass, or change from one person, place, or situation to another

*synonym*: move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

## hippocampus

*n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

## storage

*n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

*synonym*: storehouse, depository, warehousing

(1) a **storage** battery, (2) **storage** at low temperature

We store customer data in cloud **storage**.

## 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**.

## 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.

## dedicate

*v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

*synonym*: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

## synapse

*n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it

(1) **synapse** circuit, (2) end at a **synapse**

Animals transmit nerve impulses through **synapses**.

## neurotransmitter

*n.* a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

## remarkable

*adj.* worthy of attention because unusual or special

*synonym*: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

## efficiency

*n.* the state or quality of doing something well with no waste of input such as time or money

*synonym*: effectiveness, efficacy, productivity

(1) better fuel **efficiency**, (2) an energy **efficiency**

Our company must continue to strive for greater **efficiency**.

## process

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or

objective; a method of treating milk to make it suitable for consumption or use in other dairy products

*synonym* : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

## potentiate

*v.* to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon

*synonym* : increase, boost, enhance

(1) **potentiate** the drug, (2) **potentiate** the immune response

The author's war and suffering experience **potentiates** this novel's reality.

## mechanism

*n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

*synonym* : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

## falter

*v.* to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shaky

*synonym* : hesitate, stumble, waver

(1) **falter** in decision-making, (2) **falter** in speech

My confidence began to **falter** as I gave my presentation in front of the class.

## retrieve

*v.* to find or get something back

*synonym* : recover, fetch, regain

(1) **retrieve** the lost wallet, (2) send and **retrieve** e-mail

She **retrieved** the book from the shelf.

## deteriorate

*v.* to become worse in quality; to decline or degenerate  
*synonym*: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition  
The patient's health **deteriorated** rapidly after being diagnosed with the disease.

## shrinkage

*n.* the process of becoming smaller or less in size or quantity; the amount by which something has shrunk, contracted, or diminished

*synonym*: loss, decrease, reduction

(1) muscle **shrinkage**, (2) budget **shrinkage**

The **shrinkage** in the wool sweater was caused by washing it in hot water.

## acetylcholine

*n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

*synonym*: neurotransmitter, cholinergic

(1) **acetylcholine** receptor, (2) **acetylcholine** molecule

Low levels of **acetylcholine** have been linked to symptoms of Alzheimer's disease.

## vital

*adj.* necessary for the success or continued existence of something

*synonym*: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

## encode

*v.* to convert information into a code or format suitable for storage or transmission

*synonym*: transcribe, convert

(1) **encode** data, (2) **encode** information

The software can **encode** and decode encrypted messages.

## engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

*synonym*: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

## interfere

v. to get involved in and prevent a process or activity from continuing

*synonym*: interpose, interrupt, hamper

(1) **interfere** in another country's affairs, (2) **interfere** with DNA synthesis

Your talking **interferes** with my work.

## chronic

*adj.* being long-lasting and recurrent or characterized by long suffering; habitual

*synonym*: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

**Chronic** hyperglycemia is a trigger for a variety of serious diseases.

## constantly

*adv.* all the time

*synonym*: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

## overload

v. to put too much a load in or on something

*synonym*: overfill, excess, weigh down

(1) **overload** the circulatory system, (2) **overload** a muscle

Be careful not to **overload** the laundry machine.

## responsible

*adj.* answerable or accountable for something within one's power, control, or management

*synonym*:

accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

## alert

v. to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

*synonym*: warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to potential threats.

## evolve

v. to develop gradually, or to cause the development of something or someone gradually

*synonym*: develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

## physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

*synonym*: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

## survive

v. to live or exist despite a dangerous event or period

*synonym*: endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

## crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken



*synonym* : concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

## chemical

*adj.* relating to or connected with chemistry;

*synonym* : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

## mobilize

*v.* to make something ready for action or use; to organize people or resources for a particular purpose

*synonym* : activate, rally, marshal

(1) **mobilize** cooperation, (2) **mobilize** a stiff joint

The military **mobilized** troops to the border.

## flood

*n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount

*synonym* : deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

## retain

*v.* to keep or continue to possess or maintain something

*synonym* : possess, hold, keep on

(1) **retain** information, (2) **retain** a lawyer

Computers help people **retain** specific memories.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym* : recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## culprit

*n.* someone who is responsible for a crime or wrongdoing  
*synonym*: criminal, felon, fugitive

(1) the **culprit** of global warming, (2) the arrest of the **culprit**  
They finally found the **culprit** of the bug after a long time.

## depressed

*adj.* sad and without any hope

*synonym*: despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**  
After his mother died, he got **depressed**.

## 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.

## serotonin

*n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

## 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.

## dwelling

*n.* a house or place that someone is living in

*synonym*: habitat, residence, home

(1) blood-**dwelling** parasitic animal, (2) the **dwelling** place of demons

They found a new species of water- **dwelling** insect.

## symptom

*n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

*synonym* : sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

## isolation

*n.* the condition of being alone or lonely; the act or state of separation between persons or groups

*synonym* : aloneness, seclusion, separateness

(1) **isolation** booth, (2) the country's **isolation**

That incident led to his **isolation**.

## integrate

*v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

*synonym* : mix, merge, combine

(1) **integrate** into the existing system, (2) **integrate** both businesses

He found that it is difficult to **integrate** socially.

## decline

*v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept

*synonym* : descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

## unclear

*adj.* poorly stated or described and therefore not easy to understand; not easy to perceive

*synonym* : ambiguous, fuzzy, obscure

(1) an **unclear** match, (2) in no **unclear** terms

It is important not to undertake tasks with **unclear** objectives to improve productivity.

## suspect

*v.* to consider anything to be actual or probable  
*synonym*: assume, distrust, surmise

(1) **suspect** a plot, (2) **suspect** that he is sick

The cops **suspected** him of being the killer.

## interaction

*n.* the act of connecting with someone, mainly when working, playing, or spending time with them

*synonym*: dealings, exchange, relations

(1) the **interaction** between man and his environment,

(2) **interaction** among human beings

The **interaction** of the two groups is good for brainstorming.

## workout

*n.* a session of physical exercise or training

*synonym*: exercise, training, physical activity

(1) **workout** at the health club, (2) boxing **workout**

He does a different **workout** every day to keep things interesting.

## strength

*n.* the quality or state of being physically, or sometimes mentally, strong

*synonym*: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

## despair

*n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation

*synonym*: dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair**

His friend's death drove him to **despair**.

## 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.

## preserve

*v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed

*synonym*: conserve, care for, maintain

(1) **preserve** my strength, (2) **preserve** a country's heritage  
They worked hard to **preserve** the nature of their native lands.

## physically

*adv.* in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

## nutrient

*n.* any substance that is essential for the maintenance and growth of living things

*synonym*: food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

## function

*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

*synonym*: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

## exposition

*n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display

*synonym*: explanation, description, account

(1) an international **exposition**, (2) rational **exposition**

The **exposition** in the novel provides background information on the characters and setting.

## defend

*v.* to protect someone or something from attack, criticism, danger, etc.

*synonym*: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

## intact

*adj.* undamaged and complete

*synonym*: flawless, unchanged, entire

(1) **intact** brain, (2) **intact** forestland

Despite the scandals, his reputation remained **intact**.

## Session 2: Spelling

1. an un\_\_\_\_\_r match *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
2. the root problem of her dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
3. de\_\_\_d my country *v.* to protect someone or something from attack, criticism, danger, etc.
4. ev\_\_\_e *v.* to develop gradually, or to cause the development of something or someone gradually
5. com\_\_\_\_\_te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
6. de\_\_\_d against a threat *v.* to protect someone or something from attack, criticism, danger, etc.
7. wo\_\_\_\_\_t at the health club *n.* a session of physical exercise or training
8. the rem\_\_\_\_\_le breadth of knowledge *adj.* worthy of attention because unusual or special
9. de\_\_\_\_\_e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
10. is\_\_\_\_\_on booth *n.* the condition of being alone or lonely; the act or state of separation between persons or groups

ANSWERS: 1. unclear, 2. depression, 3. defend, 4. evolve, 5. communicate, 6. defend, 7. workout, 8. remarkable, 9. decline, 10. isolation

- |                                   |  |
|-----------------------------------|--|
| 11. st____e at low temperature    | <i>n.</i> the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information   |
| 12. pr____ve a country's heritage | <i>v.</i> to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed   |
| 13. int_____on among human beings | <i>n.</i> the act of connecting with someone, mainly when working, playing, or spending time with them   |
| 14. f__e in importance            | <i>v.</i> to vanish; to fade away; to lose color; to lose freshness  |
| 15. fu_____on properly            | <i>n.</i> the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose |
| 16. tr_____er power               | <i>v.</i> to move, pass, or change from one person, place, or situation to another   |
| 17. untold de_____r               | <i>n.</i> the feeling that there is no hope and you cannot do anything to improve a difficult situation  |
| 18. sy_____ms of low testosterone | <i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease   |

ANSWERS: 11. storage, 12. preserve, 13. interaction, 14. fade, 15. function, 16. transfer, 17. despair, 18. symptom



19. the dw\_\_\_\_\_ng place of demons *n.* a house or place that someone is living in
20. se\_\_\_\_\_in levels *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
21. nu\_\_\_\_\_nt medicine *n.* any substance that is essential for the maintenance and growth of living things
22. phy\_\_\_\_\_cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
23. the me\_\_\_\_\_sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
24. a nu\_\_\_\_\_nt for hair *n.* any substance that is essential for the maintenance and growth of living things
25. in\_\_\_\_\_re in another country's affairs *v.* to get involved in and prevent a process or activity from continuing
26. pot\_\_\_\_\_te the drug *v.* to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon
27. in\_\_\_\_\_te both businesses *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
28. financial cr\_\_\_\_s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

ANSWERS: 19. dwelling, 20. serotonin, 21. nutrient, 22. physiological, 23. mechanism, 24. nutrient, 25. interfere, 26. potentiate, 27. integrate, 28. crisis

29. neurons in the hip\_\_\_\_\_us                    *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
30. eve\_\_\_\_\_ly succeed                    *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
31. play a vi\_\_l role                    *adj.* necessary for the success or continued existence of something
32. en\_\_\_e data                    *v.* to convert information into a code or format suitable for storage or transmission
33. blood-dw\_\_\_\_\_ng parasitic animal                    *n.* a house or place that someone is living in
34. neu\_\_\_\_\_ters released from the brain                    *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
35. a ch\_\_\_\_\_al compound                    *adj.* relating to or connected with chemistry;
36. su\_\_\_\_\_e a blizzard                    *v.* to live or exist despite a dangerous event or period
37. de\_\_\_\_\_e a job offer                    *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
38. boxing wo\_\_\_\_\_t                    *n.* a session of physical exercise or training
39. financial a\_d                    *n.* things sent to help countries in need, notably food or money; support
40. d\_\_l up the volume                    *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

ANSWERS: 29. hippocampus, 30. eventually, 31. vital, 32. encode, 33. dwelling, 34. neurotransmitter, 35. chemical, 36. survive, 37. decline, 38. workout, 39. aid, 40. dial

41. involvement of the hip\_\_\_\_\_us      *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
42. z\_p file      *n.* a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently
43. pu\_\_e waves      *n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
44. a private ind\_\_\_\_\_al      *n.* a single person or thing, as distinct from a group
45. f\_\_e away almost completely      *v.* to vanish; to fade away; to lose color; to lose freshness
46. sy\_\_\_\_\_e circuit      *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
47. res\_\_\_\_\_le action      *adj.* answerable or accountable for something within one's power, control, or management
48. phy\_\_\_\_\_cal activity      *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 41. hippocampus, 42. zip, 43. pulse, 44. individual, 45. fade, 46. synapse, 47. responsible, 48. physiological

49. decision-making pr\_\_\_\_s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
50. de\_\_\_\_te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
51. de\_\_\_\_r at the future *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
52. det\_\_\_\_te condition *v.* to become worse in quality; to decline or degenerate
53. defense me\_\_\_\_sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
54. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
55. an energy eff\_\_\_\_cy *n.* the state or quality of doing something well with no waste of input such as time or money
56. neu\_\_\_\_ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles

ANSWERS: 49. process, 50. dedicate, 51. despair, 52. deteriorate, 53. mechanism, 54. brain, 55. efficiency, 56. neurotransmitter

57. al\_\_t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
58. the cu\_\_\_\_t of global warming *n.* someone who is responsible for a crime or wrongdoing
59. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
60. risk of ch\_\_\_\_\_c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
61. a weak pu\_\_e *n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
62. 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
63. in\_\_\_\_\_re with DNA synthesis *v.* to get involved in and prevent a process or activity from continuing
64. muscular st\_\_\_\_\_th *n.* the quality or state of being physically, or sometimes mentally, strong
65. z\_p code *n.* a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

ANSWERS: 57. alert, 58. culprit, 59. individual, 60. chronic, 61. pulse, 62. develop, 63. interfere, 64. strength, 65. zip

66. cr\_\_\_s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
67. fa\_\_\_r in decision-making *v.* to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shaky
68. ace\_\_\_\_\_ine molecule *n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals
69. ov\_\_\_\_\_ad a muscle *v.* to put too much a load in or on something
70. stay phy\_\_\_\_\_ly fit *adv.* in a way related to a person's body or appearance rather than their mind
71. immune fu\_\_\_\_\_on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
72. en\_\_\_e information *v.* to convert information into a code or format suitable for storage or transmission

ANSWERS: 66. crisis, 67. falter, 68. acetylcholine, 69. overload, 70. physically, 71. function, 72. encode

73. en\_\_\_e in environmental protection activities      *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
74. pr\_\_\_\_ve my strength      *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
75. better fuel eff\_\_\_\_\_cy      *n.* the state or quality of doing something well with no waste of input such as time or money
76. vi\_\_d colors      *adj.* producing very clear, powerful, and detailed images in the mind
77. in\_\_\_t forestland      *adj.* undamaged and complete
78. neurotic sy\_\_\_\_\_ms      *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
79. still vi\_\_d in my memory      *adj.* producing very clear, powerful, and detailed images in the mind
80. an international exp\_\_\_\_\_on      *n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
81. pr\_\_\_\_s improvement      *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 73. engage, 74. preserve, 75. efficiency, 76. vivid, 77. intact, 78. symptom, 79. vivid, 80. exposition, 81. process

82. co\_\_\_\_t base 10 to base 16      *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
83. a fl\_\_d of questions      *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
84. in no un\_\_\_\_r terms      *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
85. in\_\_\_\_\_te into the existing system      *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
86. basic br\_\_n function      *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
87. re\_\_\_n information      *v.* to keep or continue to possess or maintain something
88. re\_\_\_\_ve the lost wallet      *v.* to find or get something back
89. toxic ch\_\_\_\_als      *adj.* relating to or connected with chemistry;
90. an ele\_\_\_\_\_al storm      *adj.* relating to electricity
91. su\_\_\_\_\_e a plane crash      *v.* to live or exist despite a dangerous event or period
92. su\_\_\_\_\_t that he is sick      *v.* to consider anything to be actual or probable
93. country-by-country a\_d programs      *n.* things sent to help countries in need, notably food or money; support
94. res\_\_\_\_\_le for a customer service      *adj.* answerable or accountable for something within one's power, control, or management

ANSWERS: 82. convert, 83. flood, 84. unclear, 85. integrate, 86. brain, 87. retain, 88. retrieve, 89. chemical, 90. electrical, 91. survive, 92. suspect, 93. aid, 94. responsible



95. a con\_\_\_\_\_ly innovative enterprise      *adv.* all the time
96. excite the ne\_\_\_ns      *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
97. 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
98. ov\_\_\_\_\_ad the circulatory system      *v.* to put too much a load in or on something
99. fa\_\_\_r in speech      *v.* to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shaky
100. 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
101. a st\_\_\_\_\_e battery      *n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information
102. fl\_\_d advisory      *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
103. eve\_\_\_\_\_ly become obsolete      *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 95. constantly, 96. neuron, 97. communicate, 98. overload, 99. falter, 100. develop, 101. storage, 102. flood, 103. eventually

104. the arrest of the cu\_\_\_\_t *n.* someone who is responsible for a crime or wrongdoing
105. the Great Dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
106. budget sh\_\_\_\_\_ge *n.* the process of becoming smaller or less in size or quantity; the amount by which something has shrunk, contracted, or diminished
107. a con\_\_\_\_\_ly varying mind *adv.* all the time
108. en\_\_\_e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
109. end at a sy\_\_\_\_\_e *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
110. the int\_\_\_\_\_on between man and his environment *n.* the act of connecting with someone, mainly when working, playing, or spending time with them
111. degree in ele\_\_\_\_\_al engineering *adj.* relating to electricity
112. re\_\_\_n a lawyer *v.* to keep or continue to possess or maintain something
113. ace\_\_\_\_\_ine receptor *n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

ANSWERS: 104. culprit, 105. depression, 106. shrinkage, 107. constantly, 108. engage, 109. synapse, 110. interaction, 111. electrical, 112. retain, 113. acetylcholine

114. de\_\_\_\_\_te a few hours      *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
115. d\_\_l down the tension      *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
116. phy\_\_\_\_\_ly and mentally      *adv.* in a way related to a person's body or appearance rather than their mind
117. det\_\_\_\_\_te at a slow pace      *v.* to become worse in quality; to decline or degenerate
118. de\_\_\_\_\_ed feeling      *adj.* sad and without any hope
119. ne\_\_\_n cell body      *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
120. pot\_\_\_\_\_te the immune response      *v.* to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon
121. in\_\_\_t brain      *adj.* undamaged and complete
122. vi\_\_l for a healthy society      *adj.* necessary for the success or continued existence of something
123. mo\_\_\_\_\_ze cooperation      *v.* to make something ready for action or use; to organize people or resources for a particular purpose

ANSWERS: 114. dedicate, 115. dial, 116. physically, 117. deteriorate, 118. depressed, 119. neuron, 120. potentiate, 121. intact, 122. vital, 123. mobilize

124. the market is de\_\_\_\_\_ed      *adj.* sad and without any hope
125. muscle sh\_\_\_\_\_ge      *n.* the process of becoming smaller or less in size or quantity; the amount by which something has shrunk, contracted, or diminished
126. rem\_\_\_\_\_le achievement      *adj.* worthy of attention because unusual or special
127. mo\_\_\_\_\_ze a stiff joint      *v.* to make something ready for action or use; to organize people or resources for a particular purpose
128. se\_\_\_\_\_in drug      *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
129. rational exp\_\_\_\_\_on      *n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
130. al\_\_t consumers to the dangers      *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
131. send and re\_\_\_\_\_ve e-mail      *v.* to find or get something back
132. ev\_\_\_e over the past decade      *v.* to develop gradually, or to cause the development of something or someone gradually
133. su\_\_\_\_\_t a plot      *v.* to consider anything to be actual or probable
134. the country's is\_\_\_\_\_on      *n.* the condition of being alone or lonely; the act or state of separation between persons or groups

ANSWERS: 124. depressed, 125. shrinkage, 126. remarkable, 127. mobilize, 128. serotonin, 129. exposition, 130. alert, 131. retrieve, 132. evolve, 133. suspect, 134. isolation

135. ch\_\_\_\_c alcohol consumption      *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
136. tr\_\_\_\_er a file      *v.* to move, pass, or change from one person, place, or situation to another
137. co\_\_\_\_t fat into energy      *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
138. st\_\_\_\_th of the economy      *n.* the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 135. chronic, 136. transfer, 137. convert, 138. strength

## Session 3: Fill in the Blanks

1. Eyeless fish \_\_\_\_\_ in dark caves.
  - v.* to develop gradually, or to cause the development of something or someone gradually
  
2. He does a different \_\_\_\_\_ every day to keep things interesting.
  - n.* a session of physical exercise or training
  
3. The Chinese word for \_\_\_\_\_ comprises two characters, one for danger and the other for opportunity.
  - n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
  
4. The \_\_\_\_\_ is crucial for learning and memory storage.
  - n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
  
5. The corporation \_\_\_\_\_ dominated the entire tobacco business.
  - adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
  
6. He discovered unique \_\_\_\_\_ for photochemical reactions.
  - n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
  
7. Low levels of \_\_\_\_\_ have been linked to symptoms of Alzheimer's disease.
  - n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

ANSWERS: 1. evolved, 2. workout, 3. crisis, 4. hippocampus, 5. eventually, 6. mechanisms, 7. acetylcholine

8. They used fast-acting \_\_\_\_\_ on the flowers in the flower beds.  
*n.* any substance that is essential for the maintenance and growth of living things
9. \_\_\_\_\_ hyperglycemia is a trigger for a variety of serious diseases.  
*adj.* being long-lasting and recurrent or characterized by long suffering; habitual
10. Many multinational companies are \_\_\_\_\_ in the reconstruction of that country.  
*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
11. Endorphins are a type of \_\_\_\_\_ that gives a sense of well-being.  
*n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
12. The cardiac monitor displays the intensity of your \_\_\_\_\_.  
*n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
13. Having a \_\_\_\_\_ healthy physique is essential for a great life.  
*adv.* in a way related to a person's body or appearance rather than their mind
14. As people age, their digestive capacity also gradually \_\_\_\_\_.  
*v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
15. The firm has grown into a large \_\_\_\_\_ manufacturing.  
*adj.* relating to or connected with chemistry;
16. Our company must continue to strive for greater \_\_\_\_\_.  
*n.* the state or quality of doing something well with no waste of input such as time or money

ANSWERS: 8. nutrients, 9. Chronic, 10. engaged, 11. neurotransmitter, 12. pulse, 13. physically, 14. declines, 15. chemical, 16. efficiency

17. The doctor explained the various \_\_\_\_\_ changes that occur during pregnancy.  
*adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
18. Pakistan's \_\_\_ budget was still being reviewed.  
*n.* things sent to help countries in need, notably food or money; support
19. She made a \_\_\_\_\_ impression.  
*adj.* producing very clear, powerful, and detailed images in the mind
20. Our body transfers information along each \_\_\_\_\_ using an electrical impulse.  
*n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
21. They worked hard to \_\_\_\_\_ the nature of their native lands.  
*v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
22. The cops \_\_\_\_\_ him of being the killer.  
*v.* to consider anything to be actual or probable
23. These birds can only \_\_\_\_\_ in temperate climates.  
*v.* to live or exist despite a dangerous event or period
24. She \_\_\_\_\_ the book from the shelf.  
*v.* to find or get something back

ANSWERS: 17. physiological, 18. aid, 19. vivid, 20. neuron, 21. preserve, 22. suspected, 23. survive, 24. retrieved



25. She's a \_\_\_\_\_ pet owner who ensures her dog gets enough exercise and a healthy diet.

*adj.* answerable or accountable for something within one's power, control, or management

26. She \_\_\_\_\_ the money from her savings account to her checking account.

*v.* to move, pass, or change from one person, place, or situation to another

27. These heavy rains caused flash \_\_\_\_\_ on several islands.

*n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount

28. We store customer data in cloud \_\_\_\_\_.

*n.* the act or process of putting in and keeping something in a particular place for use in the future; an electronic memory device that can store information

29. 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

30. They finally found the \_\_\_\_\_ of the bug after a long time.

*n.* someone who is responsible for a crime or wrongdoing

31. Actuators convert \_\_\_\_\_ pulses into motion.

*adj.* relating to electricity

32. Despite the scandals, his reputation remained \_\_\_\_\_.

*adj.* undamaged and complete

ANSWERS: 25. responsible, 26. transferred, 27. floods, 28. storage, 29. individual, 30. culprit, 31. electrical, 32. intact

33. The software can \_\_\_\_\_ and decode encrypted messages.
- v. to convert information into a code or format suitable for storage or transmission
34. My memory will \_\_\_\_\_ but my heart will live on.
- v. to vanish; to fade away; to lose color; to lose freshness
35. His friend's death drove him to \_\_\_\_\_.
- n. the feeling that there is no hope and you cannot do anything to improve a difficult situation
36. She put her phone in the \_\_\_\_\_ pocket of her backpack.
- n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently
37. The medicine works by boosting \_\_\_\_\_ levels in the brain.
- n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
38. 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
39. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.
- n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
40. The \_\_\_\_\_ in the novel provides background information on the characters and setting.
- n. a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display

ANSWERS: 33. encode, 34. fade, 35. despair, 36. zip, 37. serotonin, 38. brain, 39. Depression, 40. exposition

41. He found that it is difficult to \_\_\_\_\_ socially.
- v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
42. He \_\_\_\_\_ his life to helping others.
- v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
43. The \_\_\_\_\_ in the wool sweater was caused by washing it in hot water.
- n.* the process of becoming smaller or less in size or quantity; the amount by which something has shrunk, contracted, or diminished
44. It is important not to undertake tasks with \_\_\_\_\_ objectives to improve productivity.
- adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
45. The author's war and suffering experience \_\_\_\_\_ this novel's reality.
- v.* to increase the effect, likelihood, or power of something, such as a drug or a physiological or biochemical phenomenon
46. International law allows each nation to \_\_\_\_\_ itself when its rights and interests are illegally violated.
- v.* to protect someone or something from attack, criticism, danger, etc.
47. The mobile application industry is \_\_\_\_\_ changing.
- adv.* all the time
48. Animals transmit nerve impulses through \_\_\_\_\_.
- n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it

ANSWERS: 41. integrate, 42. dedicated, 43. shrinkage, 44. unclear, 45. potentiates, 46. defend, 47. constantly, 48. synapses

49. Your talking \_\_\_\_\_ with my work.

*v.* to get involved in and prevent a process or activity from continuing

50. The election was a \_\_\_\_\_ success for the Whigs.

*adj.* worthy of attention because unusual or special

51. After his mother died, he got \_\_\_\_\_.

*adj.* sad and without any hope

52. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

53. 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

54. The \_\_\_\_\_ of the two groups is good for brainstorming.

*n.* the act of connecting with someone, mainly when working, playing, or spending time with them

55. They found a new species of water-\_\_\_\_\_ insect.

*n.* a house or place that someone is living in

56. The company's cybersecurity team \_\_\_\_\_ the CEO to potential threats.

*v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

ANSWERS: 49. interferes, 50. remarkable, 51. depressed, 52. process, 53. develop, 54. interaction, 55. dwelling, 56. alerted

57. That incident led to his \_\_\_\_\_.

- n.* the condition of being alone or lonely; the act or state of separation between persons or groups

58. The brain is an incredibly complex organ that controls the body's \_\_\_\_\_.

- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

59. Computers help people \_\_\_\_\_ specific memories.

- v.* to keep or continue to possess or maintain something

60. The military \_\_\_\_\_ troops to the border.

- v.* to make something ready for action or use; to organize people or resources for a particular purpose

61. Perseverance and optimism are \_\_\_\_\_ to success.

- adj.* necessary for the success or continued existence of something

62. Health and \_\_\_\_\_ are, above all, gold.

- n.* the quality or state of being physically, or sometimes mentally, strong

63. Be careful not to \_\_\_\_\_ the laundry machine.

- v.* to put too much a load in or on something

64. The patient displays a \_\_\_\_\_ of a side effect.

- n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 57. isolation, 58. function, 59. retain, 60. mobilized, 61. vital, 62. strength, 63. overload, 64. symptom

65. He \_\_\_\_\_ the phone number and waited for an answer.

- v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

66. 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

67. I want to \_\_\_\_\_ my sadness into strength.

- v. to have a talk with someone; (adjective) reversed in order, relation, or action

68. The patient's health \_\_\_\_\_ rapidly after being diagnosed with the disease.

- v. to become worse in quality; to decline or degenerate

69. My confidence began to \_\_\_\_\_ as I gave my presentation in front of the class.

- v. to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shaky

ANSWERS: 65. dialed, 66. communicate, 67. convert, 68. deteriorated, 69. falter