

Englist.me



Vocabulary Builder Reference from...

Ruth Chang: How to make hard choices | TED Talk
https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

ailment

n. a slight but often persistent illness

synonym: illness, disorder, infection

(1) heart **ailment**, (2) age-related **ailment**

He got timely treatment for his physical **ailment** of severe back pain.

chant

n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

synonym: hymn, mantra, (verb) recite

(1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

agon

n. a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

synonym: struggle, conflict, fight

(1) emotional **agon**, (2) an **agon** of creativity

The weightlifting competition brought together athletes from different countries for an international **agon**.

gnash

v. to grind or strike one's teeth together in anger, frustration, or pain

synonym: grind, gnaw, crunch

(1) **gnash** your teeth in frustration, (2) **gnash** in anger
The toddler began to **gnash** his teeth when his mother took the toy away.

misunderstand

v. to interpret or understand something in the wrong way
synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

uncover

v. to remove the cover from something; to discover something previously unseen or hidden

synonym: disclose, reveal, unveil

(1) **uncover** a potential problem, (2) **uncover** the truth

He continued his investigation and soon **uncovered** another crime.

posse

n. a group of people who come together for a common purpose, often to pursue or capture a criminal; a group of people who share a common interest, belief, or trait

synonym: crew, gang, retinue

(1) **posse** member, (2) **posse** of citizens

My friends and I formed a **posse** to search for the lost hiker.

agonize

v. to spend a long time thinking about a difficult problem and trying to make a decision, especially through worrying

synonym: disturb, excruciate, lament

(1) **agonize** pain, (2) **agonize** about financing

He **agonized** over whether to accept the job offer.

uproot

v. to remove or pull out by the roots, especially a plant or tree; to displace or remove someone or something from a particular place or position

synonym: remove, eradicate

(1) **uproot** the tree, (2) **uproot** tradition

We decided to **uproot** our lives and move to a new city.

bran

n. the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking

synonym: husk, chaff, grain shell

(1) **bran** muffins, (2) **bran** cereal

Adding **bran** to your meals can help improve your digestion and increase fiber intake.

intractable

adj. difficult to manage or control; stubborn or obstinate

synonym: obstinate, stubborn, unyielding

(1) **intractable** pain, (2) **intractable** situation

The **intractable** problem defied a solution.

extravagance

n. excessive or unnecessary expense, luxury, or waste; an excessive or frivolous behavior or action

synonym: excess, luxury, waste

(1) luxury **extravagance**, (2) financial **extravagance**

The **extravagance** of the decorations marked the wedding ceremony.

frivolity

n. the quality or state of being frivolous, characterized by lack of serious or sensible purpose, excessive lightheartedness, or superficiality; behavior or actions considered silly, trivial, or lacking in seriousness.

synonym: levity, frivolousness, triviality

(1) sense of **frivolity**, (2) the **frivolity** in the classroom

The politician's **frivolity** in public appearances was criticized by the media.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

pictorial

adj. relating to, consisting of, or expressed through pictures or visual representation; illustrated or depicted visually rather than through words or text

synonym: illustrated, graphical, visual

(1) **pictorial** representation, (2) **pictorial** evidence

The art gallery displayed a beautiful **pictorial** exhibition of landscapes and portraits.

woo

v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

synonym: court, pursue, charm

(1) **woo** consumers, (2) **woo** voters with promises

He tried to **woo** her with his charm and wit.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

unwitting

adj. without purpose or intent

synonym: unknowledgeable, inadvertent, unintended

(1) **unwitting** victims, (2) an **unwitting** mistake

His rudeness was **unwitting**, not intentional.

akin

adj. similar or related in nature, character, or origin

synonym: similar, related, alike

(1) **akin** to anger, (2) **akin** to the prior experiences

Her interests are **akin** to mine.

enlightenment

n. education that results in understanding and the spread of knowledge

synonym: civilization, awareness, sophistication

(1) spiritual **enlightenment**, (2) **enlightenment** activity

He finally brought his **enlightenment** to perfection.

quantify

v. to express or measure something in numerical terms

synonym: measure, express, determine

(1) **quantify** the results, (2) **quantify** blood flow

He tried to **quantify** the amount of product that was needed to complete the job.

enslave

v. to make someone a slave; to deprive someone of their freedom of choice or action

synonym: coerce, deprive, imprison

(1) **enslave** poor peasants, (2) **enslave** indigenous people

Her beauty **enslaved** me completely.

dictate

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

synonym: read out, prescribe, order

(1) **dictate** a letter to secretary, (2) **dictate** to the associate

The allies **dictated** the terms of surrender to the country.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

normative

adj. setting, constituting, or relating to a standard or norm; prescribing or advocating a standard of correctness or right behavior

synonym: standard, conventional, usual

(1) **normative** behavior, (2) **normative** standards

The **normative** approach to morality focuses on what is considered socially acceptable behavior.

wholehearted

adj. sincere, genuine, and enthusiastic; with complete devotion or commitment

synonym: passionate, enthusiastic, devoted

(1) **wholehearted** support, (2) **wholehearted** commitment

She put her **wholehearted** effort into finishing the project on time.

agony

n. extreme physical or mental pain or suffering, often prolonged or intense

synonym: anguish, torment, suffering

(1) severe **agony**, (2) emotional **agony**

The athlete fell to the ground in **agony** after injuring their ankle.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

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.

godsend

n. something or someone that comes unexpectedly and is very helpful or beneficial

synonym: blessing, gift, windfall

(1) **godsend** opportunity, (2) a **godsend** for farmers

The extra funding for the project was a **godsend** and allowed

us to complete it on time.

Session 2: Spelling

- | | |
|----------------------------------|---|
| 1. a__n to the prior experiences | <i>adj.</i> similar or related in nature, character, or origin |
| 2. emotional ag__y | <i>n.</i> extreme physical or mental pain or suffering, often prolonged or intense |
| 3. no____ve standards | <i>adj.</i> setting, constituting, or relating to a standard or norm; prescribing or advocating a standard of correctness or right behavior |
| 4. financial ext____nce | <i>n.</i> excessive or unnecessary expense, luxury, or waste; an excessive or frivolous behavior or action |
| 5. ag____e about financing | <i>v.</i> to spend a long time thinking about a difficult problem and trying to make a decision, especially through worrying |
| 6. qu____fy the results | <i>v.</i> to express or measure something in numerical terms |
| 7. w_o consumers | <i>v.</i> to seek the affection or favor of someone; to court or pursue someone romantically or with flattery |
| 8. dr__d getting old | <i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen |
| 9. en____e poor peasants | <i>v.</i> to make someone a slave; to deprive someone of their freedom of choice or action |
| 10. qu____fy blood flow | <i>v.</i> to express or measure something in numerical terms |

ANSWERS: 1. akin, 2. agony, 3. normative, 4. extravagance, 5. agonize, 6. quantify, 7. woo, 8. dread, 9. enslave, 10. quantify

- | | | |
|----------------------------------|-------------|--|
| 11. gn__h in anger | <i>v.</i> | to grind or strike one's teeth together in anger, frustration, or pain |
| 12. a go_____d for farmers | <i>n.</i> | something or someone that comes unexpectedly and is very helpful or beneficial |
| 13. enl_____ent activity | <i>n.</i> | education that results in understanding and the spread of knowledge |
| 14. un_____ng victims | <i>adj.</i> | without purpose or intent |
| 15. environmental det_____nt | <i>n.</i> | a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result |
| 16. un_____r a potential problem | <i>v.</i> | to remove the cover from something; to discover something previously unseen or hidden |
| 17. po__e member | <i>n.</i> | a group of people who come together for a common purpose, often to pursue or capture a criminal; a group of people who share a common interest, belief, or trait |
| 18. an op_____ne remark | <i>adj.</i> | suitable or happening at a time that is suitable or convenient for a particular purpose |
| 19. pi_____al representation | <i>adj.</i> | relating to, consisting of, or expressed through pictures or visual representation; illustrated or depicted visually rather than through words or text |
| 20. heart ai_____t | <i>n.</i> | a slight but often persistent illness |

ANSWERS: 11. gnash, 12. godsend, 13. enlightenment, 14. unwitting, 15. determinant, 16. uncover, 17. posse, 18. opportune, 19. pictorial, 20. ailment

- | | |
|-------------------------------------|--|
| 21. buck and d_e | <i>n.</i> a mature female of mammals of which the male is called a buck, such as a deer or a rabbit |
| 22. an a__n of creativity | <i>n.</i> a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others |
| 23. age-related ai____t | <i>n.</i> a slight but often persistent illness |
| 24. a det_____nt of crop yields | <i>n.</i> a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result |
| 25. emotional a__n | <i>n.</i> a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others |
| 26. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 27. gn__h your teeth in frustration | <i>v.</i> to grind or strike one's teeth together in anger, frustration, or pain |
| 28. go_____d opportunity | <i>n.</i> something or someone that comes unexpectedly and is very helpful or beneficial |
| 29. a__n to anger | <i>adj.</i> similar or related in nature, character, or origin |
| 30. ch__t in the chapel | <i>n.</i> a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation |

ANSWERS: 21. doe, 22. agon, 23. ailment, 24. determinant, 25. agon, 26. misunderstand, 27. gnash, 28. godsend, 29. akin, 30. chant

31. w_o voters with promises *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
32. sense of fr_____ty *n.* the quality or state of being frivolous, characterized by lack of serious or sensible purpose, excessive lightheartedness, or superficiality; behavior or actions considered silly, trivial, or lacking in seriousness.
33. int_____le situation *adj.* difficult to manage or control; stubborn or obstinate
34. di_____e a letter to secretary *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
35. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
36. di_____e to the associate *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
37. who_____ted commitment *adj.* sincere, genuine, and enthusiastic; with complete devotion or commitment
38. int_____le pain *adj.* difficult to manage or control; stubborn or obstinate
39. who_____ted support *adj.* sincere, genuine, and enthusiastic; with complete devotion or commitment
40. b__n cereal *n.* the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking

ANSWERS: 31. woo, 32. frivolity, 33. intractable, 34. dictate, 35. opportune, 36. dictate, 37. wholehearted, 38. intractable, 39. wholehearted, 40. bran

- | | |
|--------------------------------|--|
| 41. an un_____ng mistake | <i>adj.</i> without purpose or intent |
| 42. dr__d failure | <i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen |
| 43. commonly held mis_____ion | <i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis |
| 44. en_____e indigenous people | <i>v.</i> to make someone a slave; to deprive someone of their freedom of choice or action |
| 45. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way |
| 46. ag_____e pain | <i>v.</i> to spend a long time thinking about a difficult problem and trying to make a decision, especially through worrying |
| 47. ch__t melodies | <i>n.</i> a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation |
| 48. severe ag__y | <i>n.</i> extreme physical or mental pain or suffering, often prolonged or intense |
| 49. b__n muffins | <i>n.</i> the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking |

ANSWERS: 41. unwitting, 42. dread, 43. misconception, 44. enslave, 45. misunderstand, 46. agonize, 47. chant, 48. agony, 49. bran

50. pi_____al evidence *adj.* relating to, consisting of, or expressed through pictures or visual representation; illustrated or depicted visually rather than through words or text
51. up___t tradition *v.* to remove or pull out by the roots, especially a plant or tree; to displace or remove someone or something from a particular place or position
52. up___t the tree *v.* to remove or pull out by the roots, especially a plant or tree; to displace or remove someone or something from a particular place or position
53. po__e of citizens *n.* a group of people who come together for a common purpose, often to pursue or capture a criminal; a group of people who share a common interest, belief, or trait
54. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
55. un_____r the truth *v.* to remove the cover from something; to discover something previously unseen or hidden
56. spiritual enl_____ent *n.* education that results in understanding and the spread of knowledge
57. luxury ext_____nce *n.* excessive or unnecessary expense, luxury, or waste; an excessive or frivolous behavior or action
58. no_____ve behavior *adj.* setting, constituting, or relating to a standard or norm; prescribing or advocating a standard of correctness or right behavior

ANSWERS: 50. pictorial, 51. uproot, 52. uproot, 53. posse, 54. doe, 55. uncover, 56. enlightenment, 57. extravagance, 58. normative

59. the fr_____ty in the classroom

n. the quality or state of being frivolous, characterized by lack of serious or sensible purpose, excessive lightheartedness, or superficiality; behavior or actions considered silly, trivial, or lacking in seriousness.

60. dispel the mis_____ion

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

ANSWERS: 59. frivolity, 60. misconception

Session 3: Fill in the Blanks

1. His rudeness was _____ not intentional.
adj. without purpose or intent
2. The art gallery displayed a beautiful _____ exhibition of landscapes and portraits.
adj. relating to, consisting of, or expressed through pictures or visual representation; illustrated or depicted visually rather than through words or text
3. One _____ of success is having a positive attitude and a strong work ethic.
n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
4. The athlete fell to the ground in _____ after injuring their ankle.
n. extreme physical or mental pain or suffering, often prolonged or intense
5. The allies _____ the terms of surrender to the country.
v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
6. The extra funding for the project was a _____ and allowed us to complete it on time.
n. something or someone that comes unexpectedly and is very helpful or beneficial
7. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 1. unwitting, 2. pictorial, 3. determinant, 4. agony, 5. dictated, 6. godsend, 7. opportune

8. She put her _____ effort into finishing the project on time.
adj. sincere, genuine, and enthusiastic; with complete devotion or commitment
9. He tried to _____ the amount of product that was needed to complete the job.
v. to express or measure something in numerical terms
10. There are numerous _____ about food and health.
n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
11. He got timely treatment for his physical _____ of severe back pain.
n. a slight but often persistent illness
12. The toddler began to _____ his teeth when his mother took the toy away.
v. to grind or strike one's teeth together in anger, frustration, or pain
13. The _____ of the decorations marked the wedding ceremony.
n. excessive or unnecessary expense, luxury, or waste; an excessive or frivolous behavior or action
14. He continued his investigation and soon _____ another crime.
v. to remove the cover from something; to discover something previously unseen or hidden
15. Her beauty _____ me completely.
v. to make someone a slave; to deprive someone of their freedom of choice or action

ANSWERS: 8. wholehearted, 9. quantify, 10. misconceptions, 11. ailment, 12. gnash, 13. extravagance, 14. uncovered, 15. enslaved

16. We all _____ to think about what will happen if the company goes bankrupt.
- v. to be very afraid of or worried about something that is going to happen or that might happen
17. The soccer game crowd broke into a _____ of "Go, team, go!"
- n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
18. The weightlifting competition brought together athletes from different countries for an international _____.
- n. a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
19. Her interests are _____ to mine.
- adj. similar or related in nature, character, or origin
20. My friends and I formed a _____ to search for the lost hiker.
- n. a group of people who come together for a common purpose, often to pursue or capture a criminal; a group of people who share a common interest, belief, or trait
21. He tried to ____ her with his charm and wit.
- v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
22. He finally brought his _____ to perfection.
- n. education that results in understanding and the spread of knowledge
23. We decided to _____ our lives and move to a new city.
- v. to remove or pull out by the roots, especially a plant or tree; to displace or remove someone or something from a particular place or position

ANSWERS: 16. dread, 17. chant, 18. agon, 19. akin, 20. posse, 21. woo, 22. enlightenment, 23. uproot

24. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
25. Adding _____ to your meals can help improve your digestion and increase fiber intake.
n. the outermost layer of cereal grain, such as wheat or rice, which is removed during milling and is often used as animal feed or as a source of dietary fiber for humans; a type of coarse, fibrous substance that remains as a residue or byproduct in various industrial processes, such as oil extraction or papermaking
26. Hunters use a whistle that makes the _____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
27. The _____ problem defied a solution.
adj. difficult to manage or control; stubborn or obstinate
28. The _____ approach to morality focuses on what is considered socially acceptable behavior.
adj. setting, constituting, or relating to a standard or norm; prescribing or advocating a standard of correctness or right behavior
29. The politician's _____ in public appearances was criticized by the media.
n. the quality or state of being frivolous, characterized by lack of serious or sensible purpose, excessive lightheartedness, or superficiality; behavior or actions considered silly, trivial, or lacking in seriousness.
30. He _____ over whether to accept the job offer.
v. to spend a long time thinking about a difficult problem and trying to make a decision, especially through worrying

ANSWERS: 24. misunderstand, 25. bran, 26. doe, 27. intractable, 28. normative, 29. frivolity, 30. agonized

ANSWERS: