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Vocabulary Builder Reference from...

Meg Jay: Why 30 is not the new 20 | TED Talk

https://www.ted.com/talks/meg_jay_why_30_is_not_the_new_20

Advanced Words Only

IMPORTANT

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Session 1: Word List

psychotherapy *n.* the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

jean *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing

synonym: denim, cotton, pants

(1) a **jean** skirt, (2) **jean** denim

She wore her favorite pair of **jeans** to the party.

slouch *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward

synonym: slump, crouch, droop

(1) **slouch** along the street, (2) **slouch** down in a chair

After hearing the results, he **slouched** against a wall.

arsonist *n.* a person who intentionally sets fire to property or structures, often for malicious or criminal purposes

synonym: firebug, pyromaniac, fire-starter

(1) juvenile **arsonist**, (2) serial **arsonist**

The insurance company suspected the property owner of being the **arsonist** for financial gain.

nod *v.* to lower and raise one's head, sometimes several times, as to show approval, agreement, greeting, or confirmation
synonym: respond, acknowledge, greet
(1) **nod** at each other, (2) **nod** courteously
She **noded** quietly in response to the question.

knuckle *n.* one of the joint-like parts of the fingers and toes, especially of the hand
synonym: joint, finger joint, finger knob
(1) **knuckle** sandwich, (2) bare-**knuckle** boxer
He cracked his **knuckles** nervously before the presentation.

downtime *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
synonym: interruption, break, outage
(1) unexpected **downtime**, (2) system **downtime**
The factory had to schedule **downtime** for maintenance work, causing a temporary shutdown in production

benign *adj.* kind and gentle; not harmful or malicious
synonym: kind, gentle, harmless
(1) **benign** tumor, (2) a **benign** smile
The lump was discovered to be **benign**, and no further treatment was needed.

sociologist *n.* a person who studies the institutions and development of human society
(1) religious **sociologist**, (2) French **sociologist**
Sociologist studies the changes in family structure due to modernization.

neurology

n. the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system

synonym : brain science, nervous system, neuropathology

(1) cognitive **neurology**, (2) **neurology** department

She is studying clinical **neurology** to become a brain surgeon.

spurt

v. to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy

synonym : gush, surge, spew

(1) unexpectedly **spurt**, (2) **spurt** across the table

The water hose suddenly **spurred** out a strong jet of water.

rewire

v. to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns

synonym : rewire, renovate, upgrade

(1) **rewire** a house, (2) **rewire** a program

I need to **rewire** the faulty electrical system in my house to prevent a fire.

inordinate

adj. excessive, unreasonable, or disproportionate; beyond what is considered normal or appropriate

synonym : exorbitant, unreasonable, extreme

(1) **inordinate** ambition, (2) **inordinate** interest

She had an **inordinate** amount of work to complete before the deadline.

twixter

n. a person, typically in their twenties, who delays or avoids the traditional responsibilities and markers of adulthood, often choosing to extend their youth and engage in a more carefree lifestyle

synonym : adolescent, millennial, in-betweener

(1) the rise of **twixters**, (2) **twixter** lifestyle

The **twixter** generation is often criticized for lacking ambition and responsibility.

millennial

adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

synonym : thousand, (noun) Generation Y

(1) **millennial** record, (2) the **millennial** reign

Earth's ecosystems are greatly affected by **millennial-scale** changes in climate.

midlife

n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness

(1) **midlife** depression, (2) **midlife** changes

Many people go through a **midlife** crisis and contemplate major life changes.

sibling

n. a brother or sister; member of a family born to the same parents

synonym : brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

temper

n. a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object

synonym : mood, disposition, nature

(1) a hasty **temper**, (2) bridle my **temper**

The **temper** of the steel needs to be just right to ensure the product's durability.

sob

v. to cry or weep with short, sudden sounds

synonym : cry, weep, wail

(1) **sob** out a story, (2) **sob** quietly

She **sobbed** uncontrollably after hearing the news.

hysterical

adj. marked by or in a state of excessive or uncontrollable emotion

synonym : agitated, frantic, crazy

(1) **hysterical** laughter, (2) get **hysterical** easily
The frustration that had accumulated for a long time made her **hysterical**.

wreck

n. a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
synonym: collapse, destruction, devastation

(1) the house was a **wreck**, (2) a worthless **wreck**
The divers accidentally discovered a **wreck** on the ocean floor.

beget

v. to cause or produce something as a result or effect; to become the father of
synonym: be father, procreate, reproduce

(1) **beget** children, (2) **beget** fear
His irresponsible behavior may **beget** many problems for him in the future.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
synonym: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**
The navy **interned** ships of defeated nations.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring
synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework
He **procrastinated** the matter until it was almost too late.

huddle

v. to crowd or press closely together; cuddle
synonym: cluster, crowd, group

(1) **huddle** in a temporary shelter, (2) **huddle** around the

open fire

The children **huddled** together for warmth in the cold winter storm.

like-minded

adj. having the same ideas or interests

synonym: simpatico, kindred-spirited, compatible

(1) find a **like-minded** friend, (2) **like-minded** group

They formed a group of **like-minded** individuals who shared a common goal.

underemployed

adj. employed in a job that does not fully utilize one's skills, education, or experience; employed in a job that is below one's qualifications or aspirations

synonym: underutilized, unemployed, idle

(1) **underemployed** population, (2) **underemployed** graduates

The **underemployed** worker was grateful for any job opportunities that came their way

aisle

n. a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure

synonym: corridor, passageway, gangway

(1) **aisle** seat, (2) the center **aisle** of a church

She walked down the **aisle** to the front of the church.

consciously

adv. with awareness; in a deliberate manner

synonym: intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

lax

adj. not strict or severe; relaxed or lenient

synonym: loose, slack, relaxed

(1) **lax** border controls, (2) **lax** attitude

The **lax** security measures allowed the thief to enter the building easily.

takeoff

n. a departure, especially of airplanes; the initial ascent of an airplane as it becomes airborne

synonym: leaving, departure, liftoff

(1) vertical **takeoff**, (2) **takeoff** run

Our aircraft is now ready for **takeoff**.

Session 2: Spelling

- | | |
|-------------------------------|---|
| 1. cognitive ne_____gy | <i>n.</i> the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system |
| 2. pro_____ate on my homework | <i>v.</i> to postpone doing what you should do, often because it is unpleasant or boring |
| 3. ino_____te ambition | <i>adj.</i> excessive, unreasonable, or disproportionate; beyond what is considered normal or appropriate |
| 4. unexpectedly sp__t | <i>v.</i> to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy |
| 5. be__t fear | <i>v.</i> to cause or produce something as a result or effect; to become the father of |
| 6. n_d at each other | <i>v.</i> to lower and raise one's head, sometimes several times, as to show approval, agreement, greeting, or confirmation |
| 7. mi_____e depression | <i>n.</i> the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness |
| 8. be___n tumor | <i>adj.</i> kind and gentle; not harmful or malicious |
| 9. vertical ta_____f | <i>n.</i> a departure, especially of airplanes; the initial ascent of an airplane as it becomes airborne |

ANSWERS: 1. neurology, 2. procrastinate, 3. inordinate, 4. spurt, 5. beget, 6. nod, 7. midlife, 8. benign, 9. takeoff

10. n_d courteously *v.* to lower and raise one's head, sometimes several times, as to show approval, agreement, greeting, or confirmation
11. a j__n skirt *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
12. mil_____al record *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
13. l_x border controls *adj.* not strict or severe; relaxed or lenient
14. hys_____al laughter *adj.* marked by or in a state of excessive or uncontrollable emotion
15. kn_____e sandwich *n.* one of the joint-like parts of the fingers and toes, especially of the hand
16. a be___n smile *adj.* kind and gentle; not harmful or malicious
17. ta_____f run *n.* a departure, especially of airplanes; the initial ascent of an airplane as it becomes airborne
18. be__t children *v.* to cause or produce something as a result or effect; to become the father of
19. lik_____ed group *adj.* having the same ideas or interests
20. play with my si_____gs *n.* a brother or sister; member of a family born to the same parents
21. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
22. a worthless wr__k *n.* a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident

ANSWERS: 10. nod, 11. jean, 12. millennial, 13. lax, 14. hysterical, 15. knuckle, 16. benign, 17. takeoff, 18. beget, 19. like-minded, 20. sibling, 21. consciously, 22. wreck

23. ino_____te interest *adj.* excessive, unreasonable, or disproportionate; beyond what is considered normal or appropriate
24. ne_____gy department *n.* the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system
25. re___e a house *v.* to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns
26. system do_____me *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
27. get hys_____al easily *adj.* marked by or in a state of excessive or uncontrollable emotion
28. pro_____ate about a big challenge *v.* to postpone doing what you should do, often because it is unpleasant or boring
29. field of psy_____apy *n.* the treatment of mental or emotional problems by talking with a therapist
30. ai__e seat *n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
31. und_____yed graduates *adj.* employed in a job that does not fully utilize one's skills, education, or experience; employed in a job that is below one's qualifications or aspirations

ANSWERS: 23. inordinate, 24. neurology, 25. rewire, 26. downtime, 27. hysterical, 28. procrastinate, 29. psychotherapy, 30. aisle, 31. underemployed

32. bare-kn_____e boxer *n.* one of the joint-like parts of the fingers and toes, especially of the hand
33. tw_____r lifestyle *n.* a person, typically in their twenties, who delays or avoids the traditional responsibilities and markers of adulthood, often choosing to extend their youth and engage in a more carefree lifestyle
34. in____n civilians *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
35. psy_____apy for depression *n.* the treatment of mental or emotional problems by talking with a therapist
36. the mil_____al reign *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
37. l_x attitude *adj.* not strict or severe; relaxed or lenient
38. medical in____n *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
39. hu____e in a temporary shelter *v.* to crowd or press closely together; cuddle

ANSWERS: 32. knuckle, 33. twixter, 34. intern, 35. psychotherapy, 36. millennial, 37. lax, 38. intern, 39. huddle

40. sp__t across the table *v.* to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy
41. s_b quietly *v.* to cry or weep with short, sudden sounds
42. the center ai__e of a church *n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
43. re___e a program *v.* to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns
44. j__n denim *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
45. sl___h along the street *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
46. mi_____e changes *n.* the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
47. a hasty te___r *n.* a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object
48. bridle my te___r *n.* a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object

ANSWERS: 40. spurt, 41. sob, 42. aisle, 43. rewire, 44. jean, 45. slouch, 46. midlife, 47. temper, 48. temper

49. the rise of tw____rs *n.* a person, typically in their twenties, who delays or avoids the traditional responsibilities and markers of adulthood, often choosing to extend their youth and engage in a more carefree lifestyle
50. s_b out a story *v.* to cry or weep with short, sudden sounds
51. unexpected do____me *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
52. the house was a wr__k *n.* a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
53. find a lik____ed friend *adj.* having the same ideas or interests
54. religious soc____st *n.* a person who studies the institutions and development of human society
55. serial ar____st *n.* a person who intentionally sets fire to property or structures, often for malicious or criminal purposes
56. have a si____g quarrel *n.* a brother or sister; member of a family born to the same parents
57. juvenile ar____st *n.* a person who intentionally sets fire to property or structures, often for malicious or criminal purposes
58. und____yed population *adj.* employed in a job that does not fully utilize one's skills, education, or experience; employed in a job that is below one's qualifications or aspirations

ANSWERS: 49. twixter, 50. sob, 51. downtime, 52. wreck, 53. like-minded, 54. sociologist, 55. arsonist, 56. sibling, 57. arsonist, 58. underemployed

59. hu___e around the open fire *v.* to crowd or press closely together;
cuddle
60. act con_____ly *adv.* with awareness; in a deliberate manner
61. French soc_____st *n.* a person who studies the institutions
and development of human society
62. sl___h down in a chair *v.* to stand, sit, or walk in a lazy, drooping
way, often with the shoulders hanging
forward and the head bent forward

ANSWERS: 59. huddle, 60. consciously, 61. sociologist, 62. slouch

Session 3: Fill in the Blanks

1. The _____ generation is often criticized for lacking ambition and responsibility.
n. a person, typically in their twenties, who delays or avoids the traditional responsibilities and markers of adulthood, often choosing to extend their youth and engage in a more carefree lifestyle
2. I need to _____ the faulty electrical system in my house to prevent a fire.
v. to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns
3. They formed a group of _____ individuals who shared a common goal.
adj. having the same ideas or interests
4. The navy _____ ships of defeated nations.
v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
5. _____ studies the changes in family structure due to modernization.
n. a person who studies the institutions and development of human society
6. He _____ criticizes her in the publicity.
adv. with awareness; in a deliberate manner
7. Earth's ecosystems are greatly affected by _____ changes in climate.
adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

ANSWERS: 1. twixter, 2. rewire, 3. like-minded, 4. interned, 5. Sociologist, 6. consciously, 7. millennial-scale

8. Many people go through a _____ crisis and contemplate major life changes.
n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
9. The frustration that had accumulated for a long time made her _____.
adj. marked by or in a state of excessive or uncontrollable emotion
10. She wore her favorite pair of _____ to the party.
n. a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
11. After hearing the results, he _____ against a wall.
v. to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
12. The _____ of the steel needs to be just right to ensure the product's durability.
n. a person's state of mind, emotions, or attitude; a tendency to become angry or excited easily; the elasticity and hardness of a metal object
13. The water hose suddenly _____ out a strong jet of water.
v. to suddenly burst forth or flow out powerfully or suddenly; to make a sudden effort or increase in activity or energy
14. She _____ quietly in response to the question.
v. to lower and raise one's head, sometimes several times, as to show approval, agreement, greeting, or confirmation
15. She is studying clinical _____ to become a brain surgeon.
n. the branch of medicine that deals with the diagnosis and treatment of disorders of the nervous system

ANSWERS: 8. midlife, 9. hysterical, 10. jeans, 11. slouched, 12. temper, 13. spurted, 14. nodded, 15. neurology

16. She had an _____ amount of work to complete before the deadline.

adj. excessive, unreasonable, or disproportionate; beyond what is considered normal or appropriate

17. Children often copy their parents or elder _____.

n. a brother or sister; member of a family born to the same parents

18. The children _____ together for warmth in the cold winter storm.

v. to crowd or press closely together; cuddle

19. The _____ worker was grateful for any job opportunities that came their way

adj. employed in a job that does not fully utilize one's skills, education, or experience; employed in a job that is below one's qualifications or aspirations

20. Our aircraft is now ready for _____.

n. a departure, especially of airplanes; the initial ascent of an airplane as it becomes airborne

21. The insurance company suspected the property owner of being the _____ for financial gain.

n. a person who intentionally sets fire to property or structures, often for malicious or criminal purposes

22. His irresponsible behavior may _____ many problems for him in the future.

v. to cause or produce something as a result or effect; to become the father of

23. The ___ security measures allowed the thief to enter the building easily.

adj. not strict or severe; relaxed or lenient

ANSWERS: 16. inordinate, 17. siblings, 18. huddled, 19. underemployed, 20. takeoff, 21. arsonist, 22. beget, 23. lax

24. The factory had to schedule _____ for maintenance work, causing a temporary shutdown in production
- n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
25. He took _____ to help him deal with his accident trauma.
- n.* the treatment of mental or emotional problems by talking with a therapist
26. The lump was discovered to be _____ and no further treatment was needed.
- adj.* kind and gentle; not harmful or malicious
27. He _____ the matter until it was almost too late.
- v.* to postpone doing what you should do, often because it is unpleasant or boring
28. She walked down the _____ to the front of the church.
- n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
29. The divers accidentally discovered a _____ on the ocean floor.
- n.* a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
30. He cracked his _____ nervously before the presentation.
- n.* one of the joint-like parts of the fingers and toes, especially of the hand
31. She _____ uncontrollably after hearing the news.
- v.* to cry or weep with short, sudden sounds

ANSWERS: 24. downtime, 25. psychotherapy, 26. benign, 27. procrastinated, 28. aisle, 29. wreck, 30. knuckles, 31. sobbed