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Vocabulary Builder Reference from...

Shai Marcu: *The benefits of a good night's sleep* |
TED Talk

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Advanced Words Only

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Session 1: Word List

recital

n. a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts

synonym: performance, concert, show

(1) poetry **recital**, (2) give a **recital** at the hall

Her piano **recital** was a great success, and she received a standing ovation.

cram

v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

synonym: stuff, pack, jam

(1) **cram** more circuits into chips, (2) **cram** five people into a car

She had to **cram** for the final exam and stayed up all night studying.

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.

respiration

n. the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide

synonym : breathing, ventilation

(1) **respiration** rate, (2) artificial **respiration**

The doctor carefully monitored the patient's **respiration** during the surgery.

circulatory

adj. relating to the system that moves blood through the body, which includes the heart, arteries, and veins

synonym : circulative, rotating

(1) a **circulatory** disease, (2) cause **circulatory** failure shock

The **circulatory** system of the animal is also responsible for heat transportation.

restructure

v. to organize a company, business, or system in a new and different way to make it work more effectively

synonym : reorganize, revamp, reconstruct

(1) **restructure** sentence, (2) **restructure** my debts

The economic downturn made it necessary to **restructure** the business.

fleeting

adj. brief or temporary, lasting only a short time

synonym : temporary, brief, transitory

(1) for a **fleeting** moment, (2) **fleeting** opportunity

She savored the **fleeting** happiness she felt during the vacation.

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.

rev *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
synonym: revolution, RPM, speed
(1) low- **rev** engine, (2) **rev** up the crowd
He stepped on the gas pedal, and the engine released a loud **rev**.

declarative *adj.* relating to or functioning as a statement or assertion; making a declaration or assertion
synonym: assertive, conclusive, indicative
(1) **declarative** statement, (2) **declarative** programming language
Using a **declarative** tone, the teacher clarified that cheating was not tolerated.

transcribe *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text
synonym: copy, record, transliterate
(1) **transcribe** notes, (2) **transcribe** documents
She needs to **transcribe** the interview recording to write the article for the magazine.

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.

cortical *adj.* relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
(1) **cortical** neurons, (2) **cortical** activity

The MRI showed activity in the **cortical** region of the patient's brain.

neuroplasticity

n. the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

synonym : brain plasticity, neural remodeling, synaptic plasticity

(1) **neuroplasticity** therapy, (2) experience-dependent **neuroplasticity**

Researchers are currently studying the potential of **neuroplasticity** to treat conditions such as depression and anxiety.

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**.

bud

n. a small swelling on a plant stem or twig containing an undeveloped shoot

synonym : shoot, sprout, germ

(1) pinch off a **bud**, (2) **bud** grafting

The flower was starting to show its **bud** and would soon bloom into a beautiful blossom.

brainstem

n. the part of the vertebrate central nervous system that is continuous with the spinal cord and is composed of the medulla oblongata, pons, and midbrain, which controls many automatic functions of the body, such as heartbeat, breathing, and consciousness

synonym : medulla oblongata, pons

(1) **brainstem** function, (2) pontine **brainstem**

A stroke in the **brainstem** can cause paralysis or even death.

thalamus

n. a midline, interbrain structure that forms a major part of the brain's sensory and motor pathways, receiving signals from various body parts and sending them to

appropriate parts of the cerebral cortex for processing
synonym : sensory gateway, brainstem

(1) **thalamus** function, (2) **thalamus** injury

Damage to the **thalamus** can lead to sensory processing disorders and disruptions in perception.

memorize

v. to learn something carefully so that you will remember it exactly

synonym : learn, remember, remind

(1) **memorize** musical scores, (2) try hard to **memorize** the lines

Lawyers need to **memorize** even the most minor provisions of the law.

skimp

v. to be stingy or frugal; to cut corners or reduce expenditure; to do something hastily or incompletely, often to save time or resources

synonym : save, scrimp, economize

(1) **skimp** on expenses, (2) **skimp** my work

I refuse to **skimp** on quality when it comes to my work.

slumber

n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap

synonym : sleep, doze, snooze

(1) fall into a **slumber**, (2) **slumber** in class

She couldn't resist the temptation to **slumber** on the couch after lunch.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

Session 2: Spelling

1. 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
2. br_____em function
n. the part of the vertebrate central nervous system that is continuous with the spinal cord and is composed of the medulla oblongata, pons, and midbrain, which controls many automatic functions of the body, such as heartbeat, breathing, and consciousness
3. sk__p on expenses
v. to be stingy or frugal; to cut corners or reduce expenditure; to do something hastily or incompletely, often to save time or resources
4. res_____on rate
n. the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide
5. give a re_____l at the hall
n. a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts
6. res_____re my debts
v. to organize a company, business, or system in a new and different way to make it work more effectively

ANSWERS: 1. hippocampus, 2. brainstem, 3. skimp, 4. respiration, 5. recital, 6. restructure

- | | |
|-------------------------------------|---|
| 7. excite the ne___ns | <i>n.</i> a cell that is specialized to carry information within the brain and between the brain and other parts of the body |
| 8. sy_____e circuit | <i>n.</i> the fact or state of failing to finish an activity and of stopping using, making, or doing it |
| 9. fl_____ng opportunity | <i>adj.</i> brief or temporary, lasting only a short time |
| 10. try hard to me_____ze the lines | <i>v.</i> to learn something carefully so that you will remember it exactly |
| 11. low-r_v engine | <i>n.</i> a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute |
| 12. res_____re sentence | <i>v.</i> to organize a company, business, or system in a new and different way to make it work more effectively |
| 13. tra_____be notes | <i>v.</i> to copy or reproduce something in written or printed form; to translate spoken language into written text |
| 14. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 15. imp_____ion on stage | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation |
| 16. neu_____ity therapy | <i>n.</i> the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways |

ANSWERS: 7. neuron, 8. synapse, 9. fleeting, 10. memorize, 11. rev, 12. restructure, 13. transcribe, 14. misunderstand, 15. improvisation, 16. neuroplasticity

17. experience-dependent
neu_____ity
18. c__m five people into a car
19. for a fl_____ng moment
20. mis_____and each other
21. c__m more circuits into chips
22. fall into a sl_____r
23. th_____us injury
24. pontine br_____em
- n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
- adj.* brief or temporary, lasting only a short time
- v.* to interpret or understand something in the wrong way
- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
- n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
- n.* a midline, interbrain structure that forms a major part of the brain's sensory and motor pathways, receiving signals from various body parts and sending them to appropriate parts of the cerebral cortex for processing
- n.* the part of the vertebrate central nervous system that is continuous with the spinal cord and is composed of the medulla oblongata, pons, and midbrain, which controls many automatic functions of the body, such as heartbeat, breathing, and consciousness

ANSWERS: 17. neuroplasticity, 18. cram, 19. fleeting, 20. misunderstand, 21. cram, 22. slumber, 23. thalamus, 24. brainstem

25. a cir_____ry disease *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
26. pinch off a b_d *n.* a small swelling on a plant stem or twig containing an undeveloped shoot
27. cause cir_____ry failure shock *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
28. th_____us function *n.* a midline, interbrain structure that forms a major part of the brain's sensory and motor pathways, receiving signals from various body parts and sending them to appropriate parts of the cerebral cortex for processing
29. 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
30. poetry re_____l *n.* a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts
31. me_____ze musical scores *v.* to learn something carefully so that you will remember it exactly
32. tra_____be documents *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text
33. sk__p my work *v.* to be stingy or frugal; to cut corners or reduce expenditure; to do something hastily or incompletely, often to save time or resources

ANSWERS: 25. circulatory, 26. bud, 27. circulatory, 28. thalamus, 29. neuron, 30. recital, 31. memorize, 32. transcribe, 33. skimp

34. 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
35. co_____al activity *adj.* relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
36. sl_____r in class *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
37. dec_____ve statement *adj.* relating to or functioning as a statement or assertion; making a declaration or assertion
38. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
39. co_____al neurons *adj.* relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
40. dec_____ve programming language *adj.* relating to or functioning as a statement or assertion; making a declaration or assertion
41. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
42. artificial res_____on *n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide

ANSWERS: 34. hippocampus, 35. cortical, 36. slumber, 37. declarative, 38. rev, 39. cortical, 40. declarative, 41. improvisation, 42. respiration

43. end at a sy____e

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

44. b_d grafting

n. a small swelling on a plant stem or twig containing an undeveloped shoot

ANSWERS: 43. synapse, 44. bud

Session 3: Fill in the Blanks

1. The doctor carefully monitored the patient's _____ during the surgery.
 - n.* the process of inhaling and exhaling air to exchange oxygen and carbon dioxide with the environment; the total of the physiological processes by which living organisms metabolize oxygen and release carbon dioxide

2. Researchers are currently studying the potential of _____ to treat conditions such as depression and anxiety.
 - n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

3. The MRI showed activity in the _____ region of the patient's brain.
 - adj.* relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain

4. Animals transmit nerve impulses through _____.
 - n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it

5. Damage to the _____ can lead to sensory processing disorders and disruptions in perception.
 - n.* a midline, interbrain structure that forms a major part of the brain's sensory and motor pathways, receiving signals from various body parts and sending them to appropriate parts of the cerebral cortex for processing

6. Lawyers need to _____ even the most minor provisions of the law.
 - v.* to learn something carefully so that you will remember it exactly

ANSWERS: 1. respiration, 2. neuroplasticity, 3. cortical, 4. synapses, 5. thalamus, 6. memorize

7. Her piano _____ was a great success, and she received a standing ovation.
n. a public performance of music or dance, usually by a soloist or a group of performers; a detailed account of events or facts
8. The _____ system of the animal is also responsible for heat transportation.
adj. relating to the system that moves blood through the body, which includes the heart, arteries, and veins
9. She couldn't resist the temptation to _____ on the couch after lunch.
n. a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
10. He stepped on the gas pedal, and the engine released a loud _____.
n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
11. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
12. I refuse to _____ on quality when it comes to my work.
v. to be stingy or frugal; to cut corners or reduce expenditure; to do something hastily or incompletely, often to save time or resources
13. The economic downturn made it necessary to _____ the business.
v. to organize a company, business, or system in a new and different way to make it work more effectively
14. The flower was starting to show its ____ and would soon bloom into a beautiful blossom.
n. a small swelling on a plant stem or twig containing an undeveloped shoot

ANSWERS: 7. recital, 8. circulatory, 9. slumber, 10. rev, 11. misunderstand, 12. skimp, 13. restructure, 14. bud

15. She had to _____ for the final exam and stayed up all night studying.
- v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
16. 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
17. She needs to _____ the interview recording to write the article for the magazine.
- v.* to copy or reproduce something in written or printed form; to translate spoken language into written text
18. 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
19. Using a _____ tone, the teacher clarified that cheating was not tolerated.
- adj.* relating to or functioning as a statement or assertion; making a declaration or assertion
20. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
21. A stroke in the _____ can cause paralysis or even death.
- n.* the part of the vertebrate central nervous system that is continuous with the spinal cord and is composed of the medulla oblongata, pons, and midbrain, which controls many automatic functions of the body, such as heartbeat, breathing, and consciousness

ANSWERS: 15. cram, 16. hippocampus, 17. transcribe, 18. neuron, 19. declarative, 20. improvisation, 21. brainstem

22. She savored the _____ happiness she felt during the vacation.

adj. brief or temporary, lasting only a short time

ANSWERS: 22. fleeting