

# Englist.me



## Vocabulary Builder Reference from...

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

[https://www.ted.com/talks/shai\\_marcu\\_the\\_benefits\\_of\\_a\\_good\\_night\\_s\\_sleep](https://www.ted.com/talks/shai_marcu_the_benefits_of_a_good_night_s_sleep)

### All Words

#### IMPORTANT

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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.

### occupy

*v.* to consume all of someone's space, attention, or time

*synonym*: inhabit, settle, populate

(1) **occupy** his time, (2) **occupy** a position

The young prince will soon **occupy** the throne.

## surprisingly

*adv.* in a way that causes amazement or wonder

*synonym*: exceptionally, notably, unusually

(1) **surprisingly** advanced culture, (2) have **surprisingly** little effect

The exam was **surprisingly** tricky for everyone.

## neglect

*v.* to not give enough care or attention to something; to leave something undone

*synonym*: delinquency, carelessness, decay

(1) **neglect** to call, (2) **neglect** ethical issues

He **neglected** his health to make the project a success.

## 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.

## critic

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

*synonym*: pundit, analyst, attacker

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

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

## 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**.

## balance

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

*synonym*: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

## 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.

## 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.

## circulation

*n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold

*synonym*: flow, movement, dissemination

(1) lymphatic **circulation**, (2) **circulation** of money

The **circulation** of the magazine has been steadily declining.

## immune

*adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

*synonym*: resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

## crucial

*adj.* extremely vital or necessary

*synonym* : essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

## 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**.

## 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.

## drift

*v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

*synonym* : float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft

I **drifted** around for years in Europe before going to university.

## intense

*adj.* (especially of a feeling) very strong; extremely sharp or severe

*synonym* : extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense**

international criticism.

## 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.

## glance

*v.* to give a quick or brief look; to hit something at an angle

*synonym*: glimpse, peek, flash

(1) **glance** around nervously, (2) **glance** at him miserably  
I casually **glanced** into the small hut.

## impressive

*adj.* arousing admiration due to size, quality, or skill

*synonym*: impactful, remarkable, exceptional

(1) **impressive** performances, (2) an **impressive** array of facts

The budget reduction was an **impressive** feat for our nation.

## psychology

*n.* the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

## demonstrate

*v.* to display something or give an exhibition to an interested audience

*synonym*: show, illustrate, display

(1) **demonstrate** a difference, (2) **demonstrate** mastery

How can you **demonstrate** that the earth is a sphere?

## normally

*adv.* usually; under normal conditions

*synonym*: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

## phenomenon

*n.* something that exists and can be perceptible, especially one that is not fully understood

*synonym* : marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

## curve

*n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

*synonym* : bend, arc, turn

(1) learning **curve**, (2) yield **curve**

The **curve** in the road was so sharp that I had to slow down to navigate it safely.

## consolidate

*v.* to make something more vital, more solid, or more certain

*synonym* : crystallize, concentrate, cement

(1) **consolidate** his debt, (2) **consolidate** a leadership

The two universities will **consolidate** in July next year.

## 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.

## 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.

## durable

*adj.* capable of lasting and being used for a long time without being damaged or destroyed

*synonym* : enduring, stable, long-lasting

(1) **durable** peace, (2) **durable** materials

Our company's products are made of highly **durable** materials.

## 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.

## patient

*n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

*synonym* : client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

## dam

*n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

*synonym* : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

## repetition

*n.* the act of doing or saying something many times

*synonym* : duplication, iteration, recurrence

(1) **repetition** of the word, (2) habitual **repetition**

**Repetition** is the mother of all learning.

## removal

*n.* the act of taking something away or off from a particular place

*synonym* : extraction, elimination, eradication

(1) dental tartar **removal**, (2) **removal** truck

The **removal** of the statue caused much controversy in the community.

## 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**.

## specifically

*adv.* only associated with or meant for one thing

*synonym*: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

## involve

*v.* to include or affect someone or something as a necessary part of something else

*synonym*: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## 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.



## concept

*n.* an idea or principle associated with something abstract  
*synonym*: idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

## procedure

*n.* a way of doing something, especially the official or well-known way

*synonym*: action, approach, course

(1) undergo a surgical **procedure**, (2) standard **procedure**

The pilot and flight attendant ran through the check-out **procedure**.

## movement

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

*synonym*: motion, progression, action

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

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

## sensory

*adj.* of or relating to the physical senses

*synonym*: receptive, sensuous, neural

(1) a **sensory** organ, (2) a child with **sensory** issues

Sharks have highly developed **sensory** systems and are extremely sensitive creatures.

## initially

*adv.* at the beginning; at first

*synonym*: originally, primarily, firstly

(1) **initially** anticipated, (2) diagnosed **initially** as a tumor

This train departed later than **initially** scheduled.

## 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.

## temporarily

*adv.* for a limited time only or not permanently

*synonym* : for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

## 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.

## strengthen

*v.* to become stronger or more effective; to make someone or something stronger or more effective

*synonym* : reinforce, harden, boost

(1) **strengthen** the immune system, (2) **strengthen** a border patrol

Difficulties **strengthen** the mind, as labor does the body.

## enhance

*v.* to increase or improve the quality, amount, or strength of someone or something

*synonym* : improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla

The new strategy will **enhance** the profitability of our company.

## 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.

## neural

*adj.* of or relating to a nerve or the nervous system that includes the brain

*synonym* : sensory, neuronic, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

## influence

*n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself

*synonym* : power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

## extent

*n.* the point or degree or area to which something extends

*synonym* : amount, degree, intensity

(1) certain **extent**, (2) the **extent** of the damage  
I was amazed at the **extent** of her generosity.

## 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.

## emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others  
*synonym*: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**  
Some **emotions** are common across cultures and backgrounds.

## contribute

v. to give something, especially money or goods, to provide or achieve something together with other people  
*synonym*: donate, devote, commit

(1) **contribute** a large sum of money to the fund,  
(2) **contribute** to society  
Government workers cannot **contribute** to political campaigns.

## compose

v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it  
*synonym*: compile, constitute, build

(1) **compose** an essay, (2) **compose** my thoughts  
The structure is **composed** of three main components.

## slow-wave

n. a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude  
*synonym*: delta wave, delta rhythm

(1) **slow-wave** sleep, (2) **slow-wave** circuit  
The **slow-wave** activity in his brain indicated that he was in a deep sleep phase.

## monitor

*v.* to observe, check, and track the progress or quality of something over a period of time

*synonym* : proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully

They used a special receiver to **monitor** police radio channels.

## electrical

*adj.* relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

## impulse

*n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

*synonym* : stimulation, provocation, urge

(1) a combative **impulse**, (2) profound religious **impulses**

Nerve **impulses** cross a synapse through the action of neurotransmitters.

## 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.

## cortex

*n.* the outermost layer of an organ, especially the brain  
(1) **cortex** cells, (2) visual **cortex** neuron  
The cerebral **cortex** consists of six layers.

## relay

*v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.

*synonym*: pass on, transmit, broadcast

(1) **relay** a scene, (2) **relay** a request

Please **relay** the news to the world.

## REM

*n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

(1) **REM** sleep cycle, (2) **REM** sleep behavior disorder

**REM** sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.

## 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.

## temporary

*adj.* not lasting or be used for a very long

*synonym*: provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing

He managed to get **temporary** jobs during the recession.

## anterior

*adj.* located in or directed toward the front

*synonym*: front, forward, preceding

(1) **anterior** view, (2) **anterior** teeth

The **anterior** part of the skull is the forehead.

## dialogue

*n.* a conversation in a book, play, or film

*synonym*: conversation, discussion, talk

(1) Platonic **dialogues**, (2) the form of a **dialogue**  
He recorded the **dialogue** at the time of the incident.

## react

v. to take action in response to something

*synonym*: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

## gradual

*adj.* happening slowly over a long period of time or distance; not steep or abrupt

*synonym*: incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

## redistribute

v. to share something among people in a different way

*synonym*: rearrange, readjust, reconstruct

(1) **redistribute** income fairly, (2) **redistribute** data

The general **redistributed** the troops more strategically.

## 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**.

## associate

v. to mentally connect someone or something with someone or something else

*synonym*: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

## 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.

## formula

*n.* a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement

*synonym*: expression, recipe, procedure

(1) structural **formula**, (2) a binomial **formula**

The teacher told the students to memorize the math **formula**.

## 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.

## affirm

*v.* to assert that something is true or real; to state positively

*synonym*: declare, avow, assert

(1) **affirm** old traditions, (2) **affirm** strong identity

I **affirm** that I will always stand by my beliefs.

## wisdom

*n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

*synonym*: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

## phrase

*n.* a group of words that mean something specific when used together

*synonym*: expression, idiom, term

(1) ready-made **phrases**, (2) noun **phrase**

We bought a Spanish **phrase** book.



## internal

*adj.* of or relating to the inside of something

*synonym* : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

## 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. 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
2. an\_\_\_\_or teeth  
*adj.* located in or directed toward the front
3. a cr\_\_\_\_l issue for women  
*adj.* extremely vital or necessary
4. rep\_\_\_\_on of the word  
*n.* the act of doing or saying something many times
5. ne\_\_\_\_t to call  
*v.* to not give enough care or attention to something; to leave something undone
6. R\_M sleep cycle  
*n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming
7. res\_\_\_\_re my debts  
*v.* to organize a company, business, or system in a new and different way to make it work more effectively
8. designed spe\_\_\_\_lly for men  
*adv.* only associated with or meant for one thing
9. th\_\_\_\_us injury  
*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

ANSWERS: 1. process, 2. anterior, 3. crucial, 4. repetition, 5. neglect, 6. REM, 7. restructure, 8. specifically, 9. thalamus

10. a binomial fo\_\_\_\_a *n.* a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement
11. pa\_\_\_\_t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
12. con\_\_\_\_\_te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
13. neu\_\_\_\_\_ity therapy *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
14. the ex\_\_\_t of the damage *n.* the point or degree or area to which something extends
15. certain ex\_\_\_t *n.* the point or degree or area to which something extends
16. as\_\_\_\_\_te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
17. a circular mo\_\_\_\_nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
18. tra\_\_\_\_\_be notes *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text

ANSWERS: 10. formula, 11. patient, 12. contribute, 13. neuroplasticity, 14. extent, 15. extent, 16. associate, 17. movement, 18. transcribe

19. 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
20. co\_\_\_\_\_e my thoughts *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
21. 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
22. res\_\_\_\_\_re sentence *v.* to organize a company, business, or system in a new and different way to make it work more effectively
23. structural fo\_\_\_\_\_a *n.* a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement
24. sl\_\_\_\_\_r in class *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
25. a hut made tem\_\_\_\_\_ly *adv.* for a limited time only or not permanently
26. ready-made ph\_\_\_\_\_es *n.* a group of words that mean something specific when used together
27. in\_\_\_\_\_ly anticipated *adv.* at the beginning; at first
28. learn new co\_\_\_\_\_ts *n.* an idea or principle associated with something abstract

ANSWERS: 19. thalamus, 20. compose, 21. respiration, 22. restructure, 23. formula, 24. slumber, 25. temporarily, 26. phrase, 27. initially, 28. concept

29. re\_\_\_n information *v.* to keep or continue to possess or maintain something
30. diagnosed in\_\_\_\_\_ly as a tumor *adv.* at the beginning; at first
31. in\_\_\_\_\_ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
32. mo\_\_\_\_\_r an exam *v.* to observe, check, and track the progress or quality of something over a period of time
33. for a fl\_\_\_\_\_ng moment *adj.* brief or temporary, lasting only a short time
34. cr\_\_\_\_\_l information *adj.* extremely vital or necessary
35. 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
36. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
37. dental tartar re\_\_\_\_\_l *n.* the act of taking something away or off from a particular place
38. re\_\_y a scene *v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
39. 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

ANSWERS: 29. retain, 30. initially, 31. influence, 32. monitor, 33. fleeting, 34. crucial, 35. hippocampus, 36. improvisation, 37. removal, 38. relay, 39. hippocampus

40. an imp\_\_\_\_\_ve array of facts      *adj.* arousing admiration due to size, quality, or skill
41. 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
42. 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
43. psy\_\_\_\_\_gy experiment      *n.* the scientific study of mind and behavior
44. for spe\_\_\_\_\_lly American customers      *adv.* only associated with or meant for one thing
45. mis\_\_\_\_\_and entirely about her      *v.* to interpret or understand something in the wrong way
46. basic br\_\_n function      *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
47. a child with se\_\_\_\_\_y issues      *adj.* of or relating to the physical senses
48. ne\_\_\_\_\_t ethical issues      *v.* to not give enough care or attention to something; to leave something undone

ANSWERS: 40. impressive, 41. brainstem, 42. function, 43. psychology, 44. specifically, 45. misunderstand, 46. brain, 47. sensory, 48. neglect

49. dec\_\_\_\_\_ve programming language  
*adj.* relating to or functioning as a statement or assertion; making a declaration or assertion
50. co\_\_\_\_\_e an essay  
*v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
51. complete no\_\_\_\_\_ly  
*adv.* usually; under normal conditions
52. c\_\_m five people into a car  
*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
53. co\_\_\_\_\_t car  
*n.* an idea or principle associated with something abstract
54. play a vi\_\_l role  
*adj.* necessary for the success or continued existence of something
55. fl\_\_\_\_\_ng opportunity  
*adj.* brief or temporary, lasting only a short time
56. con\_\_\_\_\_te a leadership  
*v.* to make something more vital, more solid, or more certain
57. d\_m collapsing  
*n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
58. te\_\_\_\_\_ry housing  
*adj.* not lasting or be used for a very long
59. R\_M sleep behavior disorder  
*n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

ANSWERS: 49. declarative, 50. compose, 51. normally, 52. cram, 53. concept, 54. vital, 55. fleeting, 56. consolidate, 57. dam, 58. temporary, 59. REM

60. cause cir\_\_\_\_\_ry failure shock *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
61. the form of a di\_\_\_\_\_ue *n.* a conversation in a book, play, or film
62. degree in ele\_\_\_\_\_al engineering *adj.* relating to electricity
63. habitual rep\_\_\_\_\_on *n.* the act of doing or saying something many times
64. dr\_\_t away on a raft *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
65. try hard to me\_\_\_\_\_ze the lines *v.* to learn something carefully so that you will remember it exactly
66. re\_\_\_\_\_l truck *n.* the act of taking something away or off from a particular place
67. du\_\_\_\_\_e materials *adj.* capable of lasting and being used for a long time without being damaged or destroyed
68. 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
69. end at a sy\_\_\_\_\_e *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
70. as\_\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
71. not no\_\_\_\_\_ly drink much *adv.* usually; under normal conditions

ANSWERS: 60. circulatory, 61. dialogue, 62. electrical, 63. repetition, 64. drift, 65. memorize, 66. removal, 67. durable, 68. recital, 69. synapse, 70. associate, 71. normally



72. en\_\_\_\_e value *v.* to increase or improve the quality, amount, or strength of someone or something
73. severe cr\_\_\_\_c *n.* someone who expresses opinions about the quality of books, music, etc.
74. dem\_\_\_\_te a difference *v.* to display something or give an exhibition to an interested audience
75. natural phe\_\_\_\_on *n.* something that exists and can be perceptible, especially one that is not fully understood
76. in\_\_\_\_al organs *adj.* of or relating to the inside of something
77. af\_\_\_\_m strong identity *v.* to assert that something is true or real; to state positively
78. im\_\_\_\_e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
79. art cr\_\_\_\_c *n.* someone who expresses opinions about the quality of books, music, etc.
80. undergo a surgical pr\_\_\_\_re *n.* a way of doing something, especially the official or well-known way
81. af\_\_\_\_m old traditions *v.* to assert that something is true or real; to state positively
82. afraid to show em\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
83. lymphatic cir\_\_\_\_on *n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold

ANSWERS: 72. enhance, 73. critic, 74. demonstrate, 75. phenomenon, 76. internal, 77. affirm, 78. immune, 79. critic, 80. procedure, 81. affirm, 82. emotion, 83. circulation

84. ne\_\_\_l stem cells *adj.* of or relating to a nerve or the nervous system that includes the brain
85. con\_\_\_\_\_te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
86. en\_\_\_\_\_e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
87. the ba\_\_\_\_\_e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
88. en\_\_\_\_\_e data *v.* to convert information into a code or format suitable for storage or transmission
89. tra\_\_\_\_\_be documents *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text
90. me\_\_\_\_\_ze musical scores *v.* to learn something carefully so that you will remember it exactly
91. ne\_\_\_l networks in AI *adj.* of or relating to a nerve or the nervous system that includes the brain
92. fall into a sl\_\_\_\_\_r *n.* a state of sleep, especially a light sleep; (verb) to be asleep, or to take a nap
93. a combative im\_\_\_\_\_e *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
94. cir\_\_\_\_\_on of money *n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold

ANSWERS: 84. neural, 85. contribute, 86. enhance, 87. balance, 88. encode, 89. transcribe, 90. memorize, 91. neural, 92. slumber, 93. impulse, 94. circulation

95. c\_\_m more circuits into chips      *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
96. 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
97. a fountain of wi\_\_\_m      *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
98. mo\_\_\_\_\_r the data carefully      *v.* to observe, check, and track the progress or quality of something over a period of time
99. an\_\_\_\_\_or view      *adj.* located in or directed toward the front
100. imp\_\_\_\_\_ion on stage      *n.* the act of making something up on the spot or creating or performing something without preparation
101. wi\_\_\_m literature      *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
102. 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
103. Platonic di\_\_\_\_\_ues      *n.* a conversation in a book, play, or film
104. co\_\_\_\_\_al neurons      *adj.* relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain

ANSWERS: 95. cram, 96. neuron, 97. wisdom, 98. monitor, 99. anterior, 100. improvisation, 101. wisdom, 102. storage, 103. dialogue, 104. cortical

105. gl\_\_\_e at him miserably      *v.* to give a quick or brief look; to hit something at an angle
106. pinch off a b\_d      *n.* a small swelling on a plant stem or twig containing an undeveloped shoot
107. psy\_\_\_\_\_gy of crowd      *n.* the scientific study of mind and behavior
108. b\_d grafting      *n.* a small swelling on a plant stem or twig containing an undeveloped shoot
109. str\_\_\_\_\_en the immune system      *v.* to become stronger or more effective; to make someone or something stronger or more effective
110. in\_\_\_\_\_e heat      *adj.* (especially of a feeling) very strong; extremely sharp or severe
111. re\_\_\_n a lawyer      *v.* to keep or continue to possess or maintain something
112. vi\_\_l for a healthy society      *adj.* necessary for the success or continued existence of something
113. re\_\_t against his way of thinking      *v.* to take action in response to something
114. sl\_\_\_\_\_ve circuit      *n.* a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude
115. control my em\_\_\_\_\_n      *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
116. red\_\_\_\_\_ute data      *v.* to share something among people in a different way
117. oc\_\_\_y his time      *v.* to consume all of someone's space, attention, or time

ANSWERS: 105. glance, 106. bud, 107. psychology, 108. bud, 109. strengthen, 110. intense, 111. retain, 112. vital, 113. react, 114. slow-wave, 115. emotion, 116. redistribute, 117. occupy

118. fu\_\_\_\_on properly *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
119. noun ph\_\_\_e *n.* a group of words that mean something specific when used together
120. en\_\_\_e information *v.* to convert information into a code or format suitable for storage or transmission
121. 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
122. low-r\_v engine *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
123. yield cu\_\_e *n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

ANSWERS: 118. function, 119. phrase, 120. encode, 121. process, 122. rev, 123. curve

124. the in\_\_\_\_al economy *adj.* of or relating to the inside of something
125. pa\_\_\_\_t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
126. historical phe\_\_\_\_\_on *n.* something that exists and can be perceptible, especially one that is not fully understood
127. have sur\_\_\_\_\_gly little effect *adv.* in a way that causes amazement or wonder
128. st\_\_\_\_\_e at low temperature *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
129. pontine br\_\_\_\_\_em *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
130. con\_\_\_\_\_te his debt *v.* to make something more vital, more solid, or more certain
131. 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

ANSWERS: 124. internal, 125. patient, 126. phenomenon, 127. surprisingly, 128. storage, 129. brainstem, 130. consolidate, 131. neuron

132. a se\_\_\_\_y organ *adj.* of or relating to the physical senses
133. dem\_\_\_\_\_te mastery *v.* to display something or give an exhibition to an interested audience
134. in\_\_\_\_\_e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
135. 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
136. develop in\_\_\_\_\_e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
137. a cir\_\_\_\_\_ry disease *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
138. the cell of the im\_\_\_\_\_e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
139. profound religious im\_\_\_\_\_es *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
140. 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

ANSWERS: 132. sensory, 133. demonstrate, 134. involve, 135. recital, 136. intense, 137. circulatory, 138. immune, 139. impulse, 140. respiration





150. red\_\_\_\_\_ute income fairly      *v.* to share something among people in a different way
151. du\_\_\_\_\_e peace      *adj.* capable of lasting and being used for a long time without being damaged or destroyed
152. imp\_\_\_\_\_ve performances      *adj.* arousing admiration due to size, quality, or skill
153. a te\_\_\_\_\_ry permit      *adj.* not lasting or be used for a very long
154. in\_\_\_\_\_e a lot of paperwork      *v.* to include or affect someone or something as a necessary part of something else
155. asset on the company's ba\_\_\_\_\_e sheet      *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
156. co\_\_\_\_\_x cells      *n.* the outermost layer of an organ, especially the brain
157. re\_\_y a request      *v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
158. 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
159. dec\_\_\_\_\_ve statement      *adj.* relating to or functioning as a statement or assertion; making a declaration or assertion

ANSWERS: 150. redistribute, 151. durable, 152. impressive, 153. temporary, 154. involve, 155. balance, 156. cortex, 157. relay, 158. rev, 159. declarative

160. 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
161. in\_\_\_\_\_ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
162. tem\_\_\_\_\_ly suspend the production *adv.* for a limited time only or not permanently
163. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
164. sl\_\_\_\_\_ve sleep *n.* a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude
165. oc\_\_\_y a position *v.* to consume all of someone's space, attention, or time
166. sy\_\_\_\_\_e circuit *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
167. re\_\_t at a high temperature *v.* to take action in response to something
168. a gr\_\_\_\_\_l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
169. an ele\_\_\_\_\_al storm *adj.* relating to electricity
170. d\_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
171. co\_\_\_\_\_al activity *adj.* relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain

ANSWERS: 160. skimp, 161. influence, 162. temporarily, 163. brain, 164. slow-wave, 165. occupy, 166. synapse, 167. react, 168. gradual, 169. electrical, 170. dam, 171. cortical

172. gl\_\_\_e around nervously

*v.* to give a quick or brief look; to hit something at an angle

173. visual co\_\_\_x neuron

*n.* the outermost layer of an organ, especially the brain

174. dr\_\_t down the stream

*v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

ANSWERS: 172. glance, 173. cortex, 174. drift

## Session 3: Fill in the Blanks

1. This train departed later than \_\_\_\_\_ scheduled.  
*adv.* at the beginning; at first
2. 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
3. Try to keep a \_\_\_\_\_ between work and off.  
*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
4. He recorded the \_\_\_\_\_ at the time of the incident.  
*n.* a conversation in a book, play, or film
5. 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
6. 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
7. The \_\_\_\_\_ activity in his brain indicated that he was in a deep sleep phase.  
*n.* a type of brain wave that occurs during deep sleep, characterized by low frequency and high amplitude

ANSWERS: 1. initially, 2. respiration, 3. balance, 4. dialogue, 5. storage, 6. cortical, 7. slow-wave

8. Computers help people \_\_\_\_\_ specific memories.  
*v.* to keep or continue to possess or maintain something
9. Actuators convert \_\_\_\_\_ pulses into motion.  
*adj.* relating to electricity
10. The doctor carefully examined the \_\_\_\_\_ medical history.  
*n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
11. Difficulties \_\_\_\_\_ the mind, as labor does the body.  
*v.* to become stronger or more effective; to make someone or something stronger or more effective
12. Animals transmit nerve impulses through \_\_\_\_\_.  
*n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
13. You should not \_\_\_\_\_ the meaning of freedom.  
*v.* to interpret or understand something in the wrong way
14. The new strategy will \_\_\_\_\_ the profitability of our company.  
*v.* to increase or improve the quality, amount, or strength of someone or something
15. I casually \_\_\_\_\_ into the small hut.  
*v.* to give a quick or brief look; to hit something at an angle

ANSWERS: 8. retain, 9. electrical, 10. patient's, 11. strengthen, 12. synapses, 13. misunderstand, 14. enhance, 15. glanced

16. 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
17. The general \_\_\_\_\_ the troops more strategically.
- v.* to share something among people in a different way
18. 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
19. 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
20. 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
21. 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
22. The vaccination does not necessarily make you completely \_\_\_\_\_.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 16. brain, 17. redistributed, 18. transcribe, 19. restructure, 20. declarative, 21. thalamus, 22. immune

23. The \_\_\_\_\_ in the road was so sharp that I had to slow down to navigate it safely.  
*n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
24. The two universities will \_\_\_\_\_ in July next year.  
*v.* to make something more vital, more solid, or more certain
25. 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
26. \_\_\_\_\_ is the mother of all learning.  
*n.* the act of doing or saying something many times
27. Some \_\_\_\_\_ are common across cultures and backgrounds.  
*n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
28. The \_\_\_\_\_ of the magazine has been steadily declining.  
*n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold
29. The \_\_\_\_\_ part of the skull is the forehead.  
*adj.* located in or directed toward the front
30. The pilot and flight attendant ran through the check-out \_\_\_\_\_.  
*n.* a way of doing something, especially the official or well-known way
31. 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: 23. curve, 24. consolidate, 25. hippocampus, 26. Repetition, 27. emotions, 28. circulation, 29. anterior, 30. procedure, 31. bud

32. 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
33. A rainbow is a natural \_\_\_\_\_.
- n.* something that exists and can be perceptible, especially one that is not fully understood
34. 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
35. Lawyers need to \_\_\_\_\_ even the most minor provisions of the law.
- v.* to learn something carefully so that you will remember it exactly
36. He managed to get \_\_\_\_\_ jobs during the recession.
- adj.* not lasting or be used for a very long
37. Advocates for legal reform hear less harsh words from their \_\_\_\_\_.
- n.* someone who expresses opinions about the quality of books, music, etc.
38. She had a master's degree in \_\_\_\_\_.
- n.* the scientific study of mind and behavior
39. Please \_\_\_\_\_ the news to the world.
- v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.

ANSWERS: 32. function, 33. phenomenon, 34. slumber, 35. memorize, 36. temporary, 37. critics, 38. psychology, 39. relay



40. The budget reduction was an \_\_\_\_\_ feat for our nation.

*adj.* arousing admiration due to size, quality, or skill

41. How did he \_\_\_\_\_ to your idea?

*v.* to take action in response to something

42. 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

43. Our company's products are made of highly \_\_\_\_\_ materials.

*adj.* capable of lasting and being used for a long time without being damaged or destroyed

44. The \_\_\_\_\_ of the statue caused much controversy in the community.

*n.* the act of taking something away or off from a particular place

45. Some athletes take anabolic steroids to increase muscle size \_\_\_\_\_.

*adv.* for a limited time only or not permanently

46. The break in the \_\_\_\_ threatened the valley.

*n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

47. Government workers cannot \_\_\_\_\_ to political campaigns.

*v.* to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 40. impressive, 41. react, 42. brainstem, 43. durable, 44. removal, 45. temporarily, 46. dam, 47. contribute

48. 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
49. 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
50. How can you \_\_\_\_\_ that the earth is a sphere?
- v. to display something or give an exhibition to an interested audience
51. The majority of consumers \_\_\_\_\_ this brand with quality.
- v. to mentally connect someone or something with someone or something else
52. We bought a Spanish \_\_\_\_\_ book.
- n. a group of words that mean something specific when used together
53. 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
54. He \_\_\_\_\_ his health to make the project a success.
- v. to not give enough care or attention to something; to leave something undone
55. They used a special receiver to \_\_\_\_\_ police radio channels.
- v. to observe, check, and track the progress or quality of something over a period of time

ANSWERS: 48. cram, 49. process, 50. demonstrate, 51. associate, 52. phrase, 53. neuron, 54. neglected, 55. monitor

56. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
57. The cerebral \_\_\_\_\_ consists of six layers.
- n.* the outermost layer of an organ, especially the brain
58. The young prince will soon \_\_\_\_\_ the throne.
- v.* to consume all of someone's space, attention, or time
59. Perseverance and optimism are \_\_\_\_\_ to success.
- adj.* necessary for the success or continued existence of something
60. 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
61. One such rapidly growing \_\_\_\_\_ is quantum cryptography.
- n.* an idea or principle associated with something abstract
62. I was amazed at the \_\_\_\_\_ of her generosity.
- n.* the point or degree or area to which something extends
63. \_\_\_ sleep deprivation has been linked to various adverse effects on mood, memory, and cognitive function.
- n.* (abbreviation for rapid eye movement) a stage of sleep characterized by rapid eye movements, increased brain activity, and dreaming

ANSWERS: 56. involves, 57. cortex, 58. occupy, 59. vital, 60. neuroplasticity, 61. concept, 62. extent, 63. REM

64. The exam was \_\_\_\_\_ tricky for everyone.

*adv.* in a way that causes amazement or wonder

65. The \_\_\_\_\_ of the dancers on stage was graceful and elegant.

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

66. The software can \_\_\_\_\_ and decode encrypted messages.

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

67. I \_\_\_\_\_ that I will always stand by my beliefs.

*v.* to assert that something is true or real; to state positively

68. 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

69. I don't \_\_\_\_\_ take a vacation in the middle of summer.

*adv.* usually; under normal conditions

70. 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

71. The structure is \_\_\_\_\_ of three main components.

*v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

ANSWERS: 64. surprisingly, 65. movement, 66. encode, 67. affirm, 68. rev, 69. normally, 70. improvisation, 71. composed

72. 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
73. I \_\_\_\_\_ around for years in Europe before going to university.  
*v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
74. The country experienced a \_\_\_\_\_ increase in population.  
*adj.* happening slowly over a long period of time or distance; not steep or abrupt
75. The community greatly respected and sought after the older adult's \_\_\_\_\_.  
*n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
76. That statement by the prime minister drew \_\_\_\_\_ international criticism.  
*adj.* (especially of a feeling) very strong; extremely sharp or severe
77. This ad campaign is aimed \_\_\_\_\_ at young women.  
*adv.* only associated with or meant for one thing
78. She savored the \_\_\_\_\_ happiness she felt during the vacation.  
*adj.* brief or temporary, lasting only a short time
79. 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

ANSWERS: 72. recital, 73. drifted, 74. gradual, 75. wisdom, 76. intense, 77. specifically, 78. fleeting, 79. circulatory

80. Sharks have highly developed \_\_\_\_\_ systems and are extremely sensitive creatures.  
*adj.* of or relating to the physical senses
81. The revitalization of technology companies is \_\_\_\_\_ to the country's growth.  
*adj.* extremely vital or necessary
82. Nerve \_\_\_\_\_ cross a synapse through the action of neurotransmitters.  
*n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
83. There was a disturbance of \_\_\_\_\_ function.  
*adj.* of or relating to a nerve or the nervous system that includes the brain
84. The prime minister canceled visits to other countries to resolve \_\_\_\_\_ disputes.  
*adj.* of or relating to the inside of something
85. 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
86. The former emperor had a particular \_\_\_\_\_ even after he abdicated.  
*n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
87. The teacher told the students to memorize the math \_\_\_\_\_.  
*n.* a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement

ANSWERS: 80. sensory, 81. crucial, 82. impulses, 83. neural, 84. internal, 85. skimp, 86. influence, 87. formula

ANSWERS: