

# Englist.me



## Vocabulary Builder Reference from...

Carol Dweck: The power of believing that you can improve | TED Talk

[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### mindset

*n.* the established set of attitudes or fixed ideas held by someone

*synonym*: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

### catastrophic

*adj.* extremely harmful; causing physical or financial destruction

*synonym*: fatal, disastrous, destructive

(1) victim of **catastrophic** injuries, (2) **catastrophic** climate change

The extinction rate of aquatic animals was **catastrophic**.

### tyranny

*n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

*synonym*: despotism, oppression, dictatorship

(1) brutal **tyranny**, (2) **tyranny** of the majority

The country was ruled by a **tyranny** that oppressed its citizens.

## obsess

*v.* to fill the mind of someone continually so that one can't think of anything else

*synonym*: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

## perseverance

*n.* steadfastness in doing something despite difficulty or delay in achieving success

*synonym*: persistence, tenacity, determination

(1) unwavering **perseverance**, (2) dogged **perseverance**

Despite facing numerous setbacks and obstacles, his **perseverance** and determination led him to success.

## hardy

*adj.* able to withstand harsh conditions or difficult circumstances; robust, sturdy, or resilient

*synonym*: tough, sturdy, resilient

(1) **hardy** plants, (2) **hardy** breed

The **hardy** construction workers worked tirelessly in the scorching heat to complete the project.

## resilient

*adj.* able to withstand or recover quickly from difficult conditions

*synonym*: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

## 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.

## rebound

*v.* to spring back into a former shape or position after being compressed or stretched

*synonym* : spring back, resile, recover

(1) **rebound** from a setback, (2) **rebound** back into positive growth

The basketball bounced off the rim and **rebounded** to the player.

## underperform

*v.* to perform less successfully or effectively than expected, needed, or desired; to fail to meet one's own or others' expectations or standards

*synonym* : underachieve, perform poorly, fall short

(1) **underperform** expectations, (2) **underperform** the market

The team **underperformed** in the championship game, leading to their defeat.

## percentile

*n.* a measure of position in a frequency distribution expressed as a percentage of the total

*synonym* : centile, proportion

(1) **percentile** rank, (2) **percentile** distribution

The student scored in the 90th **percentile** on the exam, which means they scored higher than 90% of the other students.

## affluent

*adj.* rich and wealthy; having a lot of money and material wealth

*synonym* : wealthy, rich, prosperous

(1) **affluent** society, (2) live in **affluent** circumstances

She lived in an **affluent** neighborhood surrounded by wealth and luxury.

## sect

*n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

*synonym* : group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional

religious practices.

**outdo**

v. to do better than someone; to surpass

*synonym*: excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition

He tried to **outdo** his rival by breaking the world record.

## Session 2: Spelling

- |                                    |   |
|------------------------------------|---|
| 1. re_____d from a setback         | <i>v.</i> to spring back into a former shape or position after being compressed or stretched  |
| 2. secret s__t                     | <i>n.</i> a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream |
| 3. und_____orm expectations        | <i>v.</i> to perform less successfully or effectively than expected, needed, or desired; to fail to meet one's own or others' expectations or standards         |
| 4. dogged per_____nce              | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success   |
| 5. per_____le rank                 | <i>n.</i> a measure of position in a frequency distribution expressed as a percentage of the total  |
| 6. unwavering per_____nce          | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success   |
| 7. live in af_____nt circumstances | <i>adj.</i> rich and wealthy; having a lot of money and material wealth   |
| 8. a hard and re_____nt steel      | <i>adj.</i> able to withstand or recover quickly from difficult conditions  |
| 9. ha__y breed                     | <i>adj.</i> able to withstand harsh conditions or difficult circumstances; robust, sturdy, or resilient   |

ANSWERS: 1. rebound, 2. sect, 3. underperform, 4. perseverance, 5. percentile, 6. perseverance, 7. affluent, 8. resilient, 9. hardy

10. s\_\_t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
11. 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
12. ou\_\_o the competition *v.* to do better than someone; to surpass
13. per\_\_\_\_\_le distribution *n.* a measure of position in a frequency distribution expressed as a percentage of the total
14. ob\_\_\_s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
15. brutal ty\_\_\_\_\_y *n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others
16. ty\_\_\_\_\_y of the majority *n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others
17. ou\_\_o him in trickery *v.* to do better than someone; to surpass
18. victim of cat\_\_\_\_\_hic injuries *adj.* extremely harmful; causing physical or financial destruction
19. af\_\_\_\_\_nt society *adj.* rich and wealthy; having a lot of money and material wealth

ANSWERS: 10. sect, 11. neuron, 12. outdo, 13. percentile, 14. obsess, 15. tyranny, 16. tyranny, 17. outdo, 18. catastrophic, 19. affluent

20. the mi\_\_\_\_t in an education system     *n.*    the established set of attitudes or fixed ideas held by someone
21. he is ob\_\_\_sed with the fear            *v.*    to fill the mind of someone continually so that one can't think of anything else
22. re\_\_\_\_d back into positive growth     *v.*    to spring back into a former shape or position after being compressed or stretched
23. flexible mi\_\_\_\_t                            *n.*    the established set of attitudes or fixed ideas held by someone
24. cat\_\_\_\_\_hic climate change         *adj.* extremely harmful; causing physical or financial destruction
25. 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
26. re\_\_\_\_nt population                    *adj.* able to withstand or recover quickly from difficult conditions
27. und\_\_\_\_\_orm the market           *v.*    to perform less successfully or effectively than expected, needed, or desired; to fail to meet one's own or others' expectations or standards
28. ha\_\_y plants                                *adj.* able to withstand harsh conditions or difficult circumstances; robust, sturdy, or resilient

ANSWERS: 20. mindset, 21. obsess, 22. rebound, 23. mindset, 24. catastrophic, 25. neuron, 26. resilient, 27. underperform, 28. hardy

## Session 3: Fill in the Blanks

1. He tried to \_\_\_\_\_ his rival by breaking the world record.  
*v.* to do better than someone; to surpass
2. Despite facing numerous setbacks and obstacles, his \_\_\_\_\_ and determination led him to success.  
*n.* steadfastness in doing something despite difficulty or delay in achieving success
3. The extinction rate of aquatic animals was \_\_\_\_\_.  
*adj.* extremely harmful; causing physical or financial destruction
4. The country was ruled by a \_\_\_\_\_ that oppressed its citizens.  
*n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others
5. She is a \_\_\_\_\_ person and has always bounced back from setbacks.  
*adj.* able to withstand or recover quickly from difficult conditions
6. The \_\_\_\_\_ construction workers worked tirelessly in the scorching heat to complete the project.  
*adj.* able to withstand harsh conditions or difficult circumstances; robust, sturdy, or resilient
7. 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

ANSWERS: 1. outdo, 2. perseverance, 3. catastrophic, 4. tyranny, 5. resilient, 6. hardy, 7. neuron



8. He's utterly \_\_\_\_\_ with his promotion.  
*v.* to fill the mind of someone continually so that one can't think of anything else
9. The basketball bounced off the rim and \_\_\_\_\_ to the player.  
*v.* to spring back into a former shape or position after being compressed or stretched
10. The student scored in the 90th \_\_\_\_\_ on the exam, which means they scored higher than 90% of the other students.  
*n.* a measure of position in a frequency distribution expressed as a percentage of the total
11. The team \_\_\_\_\_ in the championship game, leading to their defeat.  
*v.* to perform less successfully or effectively than expected, needed, or desired; to fail to meet one's own or others' expectations or standards
12. Countries whose goal is economic development often focus on fostering an entrepreneurial \_\_\_\_\_ in each individual.  
*n.* the established set of attitudes or fixed ideas held by someone
13. She lived in an \_\_\_\_\_ neighborhood surrounded by wealth and luxury.  
*adj.* rich and wealthy; having a lot of money and material wealth
14. The minority \_\_\_\_\_ believed in a set of unconventional religious practices.  
*n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 8. obsessed, 9. rebounded, 10. percentile, 11. underperformed, 12. mindset, 13. affluent, 14. sect