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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

All Words

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Session 1: Word List

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

grade

n. a particular level of quality, size, importance, etc.

synonym : score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

fantastic

adj. extremely good; excellent

synonym : incredible, unbelievable, marvelous

(1) a **fantastic** dress, (2) absolutely **fantastic** event

The new amusement park ride was **fantastic**, with twists, turns, and drops that left riders screaming with excitement.

nowhere

adv. not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere**

I've been thinking all day and getting **nowhere**.

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.

insight

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym : wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

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**.

difficulty

n. a condition or state that causes problems

synonym : hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

slightly

adv. in a small degree or extent; a little

synonym : barely, narrowly, scarcely

(1) increase **slightly**, (2) **slightly** alkaline soils

He moved his body **slightly** to the left.

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?

shocking

adj. extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust

synonym: startling, surprising, astounding

(1) **shocking** response, (2) **shocking** revelation

The news of the accident was **shocking** and left many in shock.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

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.

tragic

adj. causing great sadness or suffering; very unfortunate

synonym: calamitous, disastrous, catastrophic

(1) **tragic** love stories, (2) **tragic** death

The **tragic** events of the war left many families torn apart.

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**.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

intelligence

n. the ability to learn, comprehend, or make judgments or conclusions based on reasons

synonym: brains, brightness, cleverness

(1) an **intelligence** test, (2) field of artificial **intelligence**

In terms of **intelligence**, he was head and shoulders above his classmates.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

luxury

n. a state of great comfort or sophistication, mainly provided by expensive and beautiful things

synonym: extravagance, indulgence, opulence

(1) get into the **luxury** car market, (2) **luxury** hotel

His anti- **luxury** practices were quite strict.

grip

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

synonym: grasp, clasp, (verb) hold

(1) **grip** of fear, (2) lose my **grip**

He had a firm **grip** on the rope as he climbed the mountain.

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.

cheat

v. to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws

synonym: deceive, swindle, defraud

(1) **cheat** on my taxes, (2) **cheat** in a game

Even though he knew it was wrong, he **cheated** on the exam.

electrical

adj. relating to electricity

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

Actuators convert **electrical** pulses into motion.

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**.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym: engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

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.

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.

constant

adj. happening repeatedly or all the time

synonym : ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

validate

v. to check or prove that something is true; to make something officially or legally acceptable or approved

synonym : approve, certify, verify

(1) **validate** a hypothesis, (2) **validate** a passport

To **validate** your purchase, please visit the following link.

employer

n. a person or organization that pays workers to work for them

synonym : boss, owner, company

(1) illegal **employer**, (2) **employer** responsibility

An **employer's** attitude toward its employees significantly impacts their productivity.

award

n. a prize or other mark of recognition given in honor of an achievement

synonym : prize, honor, accolade

(1) **award** ceremony, (2) participation **award**

He won the **award** for best actor at the film festival.

praise

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

synonym : acclaim, honor, commendation

(1) attain critical **praise**, (2) universal **praise**

The drama series mainly received **praise**.

talent

n. a natural ability to be good at something; someone who has a natural ability to be good at something

synonym : endowment, aptitude, capability

(1) a person of diverse **talents**, (2) raw **talent**

Numerous great professional sports **talents** have come from this city.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym : approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

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.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

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.

reward

n. a thing given in acknowledgment of service, hard work, achievement, etc.

synonym : compensation, gratuity, bonus

(1) the **reward** for good works, (2) shopping **rewards** cards

Night fishing has a lot of **rewards**.

mathematics

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym : arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym : advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

engagement

n. a mutual promise to marry someone; an agreement to do something, especially at a particular time

synonym : betrothal, promise, commitment

(1) a prior **engagement**, (2) break off an **engagement**
They selected a gorgeous diamond **engagement** ring.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
synonym : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**
Skill and **confidence** are an unconquered army.

persistent

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
synonym : tenacious, steadfast, unrelenting

(1) **persistent** cough, (2) **persistent** data
Despite the setbacks, he remained **persistent** in his pursuit of his dreams.

comfort

n. a state of physical ease and freedom from pain or constraint
synonym : ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level
He found **comfort** in the warm embrace of his loved ones.

zone

n. a specific area, region, or section that is marked off or defined in some way
synonym : area, region, territory

(1) time **zone**, (2) **zone** defense
He was reluctant to leave his comfort **zone** and try something new.

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.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

transition

n. the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

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.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious

diseases.

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.

native

adj. connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place

synonym: endemic, domestic, aboriginal

(1) **native** to Africa, (2) **native** language

The vegetation here is almost wholly **native**.

reserve

v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

synonym: keep, hold, preserve

(1) **reserve** the right, (2) **reserve** a concert ticket

You can easily **reserve** seats over the telephone.

inevitable

adj. certain to happen and unavoidable

synonym: inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result

In times of recession, an increase in unemployment is **inevitable**.

educator

n. a person who teaches or educates people

synonym: teacher, instructor, lecturer

(1) business **educator**, (2) duty as an **educator**

She is an **educator** with progressive ideas.

steep

adj. having a sharp inclination or slope

synonym : sheer, precipitous, abrupt

(1) a **steep** staircase, (2) **steep** discount

The **steep** cliff made it difficult to climb.

kindergarten

n. a school or class for young children, usually between the ages of four and six

synonym : preschool, nursery school, daycare

(1) **kindergarten** class, (2) **kindergarten** teacher

The **kindergarten** students were having a good time playing with toys.

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.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym : country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

achievement

n. a thing that someone has accomplished, primarily through their effort and ability

synonym : accomplishment, attainment, triumph

(1) student **achievement**, (2) a remarkable **achievement**

This **achievement** has never been formally accepted.

district

n. a part of a country or town, especially one with particular features

synonym : territory, dominion, zone

(1) school **districts**, (2) urban **districts**

Since 2001, the **district** has provided training programs for automotive technicians.

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.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

dumb

adj. lacking the power of speech, unable to speak; stupid, or lacking intelligence

synonym: mute, speechless, idiotic

(1) **dumb** creatures, (2) struck **dumb**

He made a **dumb** mistake and forgot to submit the report on time.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym: acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value

We would **appreciate** an early reply.

solid

adj. hard or firm; characterized by good substantial quality

synonym: stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

Session 2: Spelling

- | | |
|-------------------------------------|--|
| 1. kin_____ten teacher | <i>n.</i> a school or class for young children, usually between the ages of four and six |
| 2. unwavering per_____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 3. re_____on of inclusion | <i>n.</i> the way two persons or groups of people feel and act toward one another |
| 4. st_____le to get the job | <i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction |
| 5. tr_____rm an education system | <i>v.</i> to change in outward structure or looks; |
| 6. de___e on a course of action | <i>v.</i> to make up someone's mind about something; to come to a conclusion or judgment after considering options |
| 7. increase sl_____ly | <i>adv.</i> in a small degree or extent; a little |
| 8. d__b creatures | <i>adj.</i> lacking the power of speech, unable to speak; stupid, or lacking intelligence |
| 9. ensure a smooth tra_____on | <i>n.</i> the process or period of changing from one state or circumstance to another |
| 10. de_____e a job offer | <i>v.</i> to become gradually smaller, fewer, worse, etc.; to refuse to accept |
| 11. field of artificial int_____nce | <i>n.</i> the ability to learn, comprehend, or make judgments or conclusions based on reasons |

ANSWERS: 1. kindergarten, 2. perseverance, 3. relation, 4. struggle, 5. transform, 6. decide, 7. slightly, 8. dumb, 9. transition, 10. decline, 11. intelligence

12. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
13. urban di_____cts *n.* a part of a country or town, especially one with particular features
14. 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
15. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
16. absolutely fa_____ic event *adj.* extremely good; excellent
17. so__d employment measures *adj.* hard or firm; characterized by good substantial quality
18. re__t against his way of thinking *v.* to take action in response to something
19. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
20. the re___d for good works *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
21. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
22. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 12. confidence, 13. district, 14. neuron, 15. develop, 16. fantastic, 17. solid, 18. react, 19. engage, 20. reward, 21. mathematics, 22. struggle

23. aw__d ceremony *n.* a prize or other mark of recognition given in honor of an achievement
24. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
25. sh_____ng response *adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
26. na___e to Africa *adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
27. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
28. tr___c death *adj.* causing great sadness or suffering; very unfortunate
29. an int_____nce test *n.* the ability to learn, comprehend, or make judgments or conclusions based on reasons
30. 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
31. honor gr_____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
32. a prior eng_____nt *n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time

ANSWERS: 23. award, 24. obsess, 25. shocking, 26. native, 27. resilient, 28. tragic, 29. intelligence, 30. tyranny, 31. graduate, 32. engagement

33. participation aw__d *n.* a prize or other mark of recognition given in honor of an achievement
34. dif_____ty in breathing *n.* a condition or state that causes problems
35. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
36. ine_____le result *adj.* certain to happen and unavoidable
37. ha__y breed *adj.* able to withstand harsh conditions or difficult circumstances; robust, sturdy, or resilient
38. co_____nt a global warming *v.* to face, meet or deal with a problem or difficult situation or person
39. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
40. come out of no_____e *adv.* not in, at, or to any place; not anywhere
41. de_____e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
42. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
43. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
44. attain critical pr___e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something

ANSWERS: 33. award, 34. difficulty, 35. brain, 36. inevitable, 37. hardy, 38. confront, 39. obsess, 40. nowhere, 41. decline, 42. mathematics, 43. decide, 44. praise

45. re_____e a concert ticket *v.* to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
46. re_____e the right *v.* to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
47. tr_____rm heat into power *v.* to change in outward structure or looks;
48. ine_____le changes of the seasons *adj.* certain to happen and unavoidable
49. shopping re____ds cards *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
50. dogged per_____nce *n.* steadfastness in doing something despite difficulty or delay in achieving success
51. 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
52. na____e language *adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
53. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.

ANSWERS: 45. reserve, 46. reserve, 47. transform, 48. inevitable, 49. reward, 50. perseverance, 51. process, 52. native, 53. strategy

54. permanent br__n damage	<i>n.</i>	the organ inside the head that is responsible for one's movement, thought, memory, and feeling
55. the mi_____t in an education system	<i>n.</i>	the established set of attitudes or fixed ideas held by someone
56. app_____te the value	<i>v.</i>	to value and acknowledge the worth of someone or something; to be grateful for something or someone
57. em_____er responsibility	<i>n.</i>	a person or organization that pays workers to work for them
58. st__p discount	<i>adj.</i>	having a sharp inclination or slope
59. pro_____on of disease	<i>n.</i>	the act or process of changing to the next stage or phase or moving forward
60. flexible mi_____t	<i>n.</i>	the established set of attitudes or fixed ideas held by someone
61. universal pr___e	<i>n.</i>	an expression that shows approval and admiration of the achievements or characteristics of someone or something
62. ch__t on my taxes	<i>v.</i>	to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws
63. duty as an ed_____or	<i>n.</i>	a person who teaches or educates people
64. im_____e a process	<i>v.</i>	to make or become better
65. re__t at a high temperature	<i>v.</i>	to take action in response to something
66. cat_____hic climate change	<i>adj.</i>	extremely harmful; causing physical or financial destruction

ANSWERS: 54. brain, 55. mindset, 56. appreciate, 57. employer, 58. steep, 59. progression, 60. mindset, 61. praise, 62. cheat, 63. educator, 64. improve, 65. react, 66. catastrophic

67. 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
68. school di____cts *n.* a part of a country or town, especially one with particular features
69. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
70. re____d back into positive growth *v.* to spring back into a former shape or position after being compressed or stretched
71. g__p of fear *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
72. und____orm expectations *v.* to perform less successfully or effectively than expected, needed, or desired; to fail to meet one's own or others' expectations or standards
73. a seafaring na____n *n.* a large organized community of people living in a particular country or region and having a particular culture
74. the per____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
75. an emotional ju____nt *n.* the ability to form valuable opinions and make reasonable decisions

ANSWERS: 67. process, 68. district, 69. zone, 70. rebound, 71. grip, 72. underperform, 73. nation, 74. perspective, 75. judgment

76. a person of diverse ta___ts *n.* a natural ability to be good at something; someone who has a natural ability to be good at something
77. per_____le distribution *n.* a measure of position in a frequency distribution expressed as a percentage of the total
78. 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
79. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
80. live in af_____nt circumstances *adj.* rich and wealthy; having a lot of money and material wealth
81. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
82. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
83. break off an eng_____nt *n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time
84. app_____te her feedback *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
85. z__e defense *n.* a specific area, region, or section that is marked off or defined in some way
86. severe cr___c *n.* someone who expresses opinions about the quality of books, music, etc.

ANSWERS: 76. talent, 77. percentile, 78. sect, 79. chronic, 80. affluent, 81. grade, 82. confront, 83. engagement, 84. appreciate, 85. zone, 86. critic

87. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
88. illegal em____er *n.* a person or organization that pays workers to work for them
89. 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
90. deliver a ju____nt *n.* the ability to form valuable opinions and make reasonable decisions
91. business ed____or *n.* a person who teaches or educates people
92. boost my con____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
93. 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
94. va____te a passport *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
95. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
96. a remarkable ach____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
97. tr__c love stories *adj.* causing great sadness or suffering; very unfortunate

ANSWERS: 87. strategy, 88. employer, 89. tyranny, 90. judgment, 91. educator, 92. confidence, 93. curve, 94. validate, 95. relation, 96. achievement, 97. tragic

98. student ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
99. a st__p staircase *adj.* having a sharp inclination or slope
100. struck d__b *adj.* lacking the power of speech, unable to speak; stupid, or lacking intelligence
101. af_____nt society *adj.* rich and wealthy; having a lot of money and material wealth
102. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
103. the degree of dif_____ty *n.* a condition or state that causes problems
104. a fa_____ic dress *adj.* extremely good; excellent
105. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something
106. ou__o him in trickery *v.* to do better than someone; to surpass
107. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
108. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
109. raw ta___t *n.* a natural ability to be good at something; someone who has a natural ability to be good at something
110. lose my g__p *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

ANSWERS: 98. achievement, 99. steep, 100. dumb, 101. affluent, 102. engage, 103. difficulty, 104. fantastic, 105. perspective, 106. outdo, 107. comfort, 108. chronic, 109. talent, 110. grip

111. share my in_____ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
112. va_____te a hypothesis *v.* to check or prove that something is true; to make something officially or legally acceptable or approved
113. re_____d from a setback *v.* to spring back into a former shape or position after being compressed or stretched
114. a profound in_____t *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
115. per_____le rank *n.* a measure of position in a frequency distribution expressed as a percentage of the total
116. per_____nt cough *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
117. ha__y plants *adj.* able to withstand harsh conditions or difficult circumstances; robust, sturdy, or resilient
118. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
119. sh_____ng revelation *adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust

ANSWERS: 111. insight, 112. validate, 113. rebound, 114. insight, 115. percentile, 116. persistent, 117. hardy, 118. grade, 119. shocking

120. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction
121. tra_____on phase *n.* the process or period of changing from one state or circumstance to another
122. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
123. a co_____nt wind *adj.* happening repeatedly or all the time
124. secret s__t *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
125. per_____nt data *adj.* continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time
126. im_____e the test score *v.* to make or become better
127. so__d ally *adj.* hard or firm; characterized by good substantial quality
128. 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
129. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
130. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 120. catastrophic, 121. transition, 122. nation, 123. constant, 124. sect, 125. persistent, 126. improve, 127. solid, 128. neuron, 129. resilient, 130. develop

131. co_____t level *n.* a state of physical ease and freedom from pain or constraint
132. lu____y hotel *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
133. get into the lu____y car market *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
134. ch__t in a game *v.* to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws
135. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
136. no_____e else to go *adv.* not in, at, or to any place; not anywhere
137. a co_____nt temperature *adj.* happening repeatedly or all the time
138. art cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
139. an ele_____al storm *adj.* relating to electricity
140. sl_____ly alkaline soils *adv.* in a small degree or extent; a little
141. gr_____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
142. ou__o the competition *v.* to do better than someone; to surpass
143. learning 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: 131. comfort, 132. luxury, 133. luxury, 134. cheat, 135. progression, 136. nowhere, 137. constant, 138. critic, 139. electrical, 140. slightly, 141. graduate, 142. outdo, 143. curve

144. degree in ele_____al engineering *adj.* relating to electricity
145. 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
146. kin_____ten class *n.* a school or class for young children, usually between the ages of four and six

ANSWERS: 144. electrical, 145. underperform, 146. kindergarten

Session 3: Fill in the Blanks

1. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
2. Advocates for legal reform hear less harsh words from their _____.
n. someone who expresses opinions about the quality of books, music, etc.
3. 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
4. He won the _____ for best actor at the film festival.
n. a prize or other mark of recognition given in honor of an achievement
5. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
6. Our plan includes a comprehensive marketing _____.
n. a detailed plan of action designed to achieve a long-term or overall goal.
7. An _____ attitude toward its employees significantly impacts their productivity.
n. a person or organization that pays workers to work for them
8. Actuators convert _____ pulses into motion.
adj. relating to electricity

ANSWERS: 1. obsessed, 2. critics, 3. curve, 4. award, 5. decide, 6. strategy, 7. employer's, 8. electrical

9. 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
10. The industrial _____ laws were passed with little to no alteration.
- n.* the way two persons or groups of people feel and act toward one another
11. She is a _____ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions
12. The nation's healthcare system is in _____ at the moment.
- n.* the process or period of changing from one state or circumstance to another
13. 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
14. 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
15. 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
16. The company has made great strides in its _____ toward sustainability.
- n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 9. brain, 10. relations, 11. resilient, 12. transition, 13. underperformed, 14. hardy, 15. neuron, 16. progression

17. Despite the setbacks, he remained _____ in his pursuit of his dreams.

adj. continuing firmly or obstinately in the course of action despite difficulty or opposition; lasting or enduring without fading or being lost over time

18. 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

19. Departments may set requirements for a higher _____ point average.

n. a particular level of quality, size, importance, etc.

20. She is an _____ with progressive ideas.

n. a person who teaches or educates people

21. As people age, their digestive capacity also gradually _____.

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

22. He moved his body _____ to the left.

adv. in a small degree or extent; a little

23. The _____ cliff made it difficult to climb.

adj. having a sharp inclination or slope

24. Skill and _____ are an unconquered army.

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

ANSWERS: 17. persistent, 18. process, 19. grade, 20. educator, 21. declines, 22. slightly, 23. steep, 24. confidence

25. In times of recession, an increase in unemployment is _____.
adj. certain to happen and unavoidable
26. He found _____ in the warm embrace of his loved ones.
n. a state of physical ease and freedom from pain or constraint
27. He finally decided to _____ problems directly.
v. to face, meet or deal with a problem or difficult situation or person
28. I've been thinking all day and getting _____.
adv. not in, at, or to any place; not anywhere
29. She lived in an _____ neighborhood surrounded by wealth and luxury.
adj. rich and wealthy; having a lot of money and material wealth
30. Her _____ are consistently rational and sensible.
n. the ability to form valuable opinions and make reasonable decisions
31. In terms of _____ he was head and shoulders above his classmates.
n. the ability to learn, comprehend, or make judgments or conclusions based on reasons
32. Many multinational companies are _____ in the reconstruction of that country.
v. to attract and keep someone's attention and interest; to participate in or obtain services of something
33. He has _____ exercising because of a back injury sustained in an accident.
n. a condition or state that causes problems

ANSWERS: 25. inevitable, 26. comfort, 27. confront, 28. nowhere, 29. affluent, 30. judgments, 31. intelligence, 32. engaged, 33. difficulty

34. He has a flair for _____.

- n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

35. To _____ your purchase, please visit the following link.

- v.* to check or prove that something is true; to make something officially or legally acceptable or approved

36. We would _____ an early reply.

- v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone

37. My father's death _____ my life completely.

- v.* to change in outward structure or looks;

38. You can easily _____ seats over the telephone.

- v.* to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

39. He was reluctant to leave his comfort _____ and try something new.

- n.* a specific area, region, or section that is marked off or defined in some way

40. 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

41. The vegetation here is almost wholly _____.

- adj.* connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place

ANSWERS: 34. mathematics, 35. validate, 36. appreciate, 37. transformed, 38. reserve, 39. zone, 40. rebounded, 41. native

42. 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
43. They selected a gorgeous diamond _____ ring.
n. a mutual promise to marry someone; an agreement to do something, especially at a particular time
44. He had a firm _____ on the rope as he climbed the mountain.
n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
45. He tried to _____ his rival by breaking the world record.
v. to do better than someone; to surpass
46. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
47. He could not _____ against temptation.
v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
48. The extinction rate of aquatic animals was _____.
adj. extremely harmful; causing physical or financial destruction
49. _____ dropping wears away the stone.
adj. happening repeatedly or all the time

ANSWERS: 42. tyranny, 43. engagement, 44. grip, 45. outdo, 46. Chronic, 47. struggle, 48. catastrophic, 49. Constant

50. Many employers hire _____ trainees to train as managers.

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

51. 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

52. We gained various _____ by analyzing the vast amount of data owned by the company.

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

53. The _____ of water is called ice.

adj. hard or firm; characterized by good substantial quality

54. We must _____ a new system to streamline our workflow and increase efficiency.

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

55. Even though he knew it was wrong, he _____ on the exam.

v. to act dishonestly or unfairly to gain an advantage or to deceive someone; to break the rules or laws

56. The new amusement park ride was _____ with twists, turns, and drops that left riders screaming with excitement.

adj. extremely good; excellent

ANSWERS: 50. graduate, 51. sect, 52. insights, 53. solid-state, 54. develop, 55. cheated, 56. fantastic,

57. The _____ students were having a good time playing with toys.
n. a school or class for young children, usually between the ages of four and six
58. His anti-_____ practices were quite strict.
n. a state of great comfort or sophistication, mainly provided by expensive and beautiful things
59. Numerous great professional sports _____ have come from this city.
n. a natural ability to be good at something; someone who has a natural ability to be good at something
60. 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
61. Night fishing has a lot of _____.
n. a thing given in acknowledgment of service, hard work, achievement, etc.
62. The news of the accident was _____ and left many in shock.
adj. extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
63. His father's death changed his whole _____ on life.
n. a confident attitude toward something; a particular style of thinking about something
64. The _____ events of the war left many families torn apart.
adj. causing great sadness or suffering; very unfortunate

ANSWERS: 57. kindergarten, 58. luxury, 59. talents, 60. mindset, 61. rewards, 62. shocking, 63. perspective, 64. tragic

65. We want to _____ ties between our two countries.

v. to make or become better

66. 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

67. Since 2001, the _____ has provided training programs for automotive technicians.

n. a part of a country or town, especially one with particular features

68. This _____ has never been formally accepted.

n. a thing that someone has accomplished, primarily through their effort and ability

69. The drama series mainly received _____.

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

70. He made a _____ mistake and forgot to submit the report on time.

adj. lacking the power of speech, unable to speak; stupid, or lacking intelligence

71. 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

72. How did he _____ to your idea?

v. to take action in response to something

ANSWERS: 65. improve, 66. perseverance, 67. district, 68. achievement, 69. praise, 70. dumb, 71. percentile, 72. react

73. The _____ of Japan is known for its unique culture and advanced technology.
- n.* a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 73. nation