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Vocabulary Builder Reference from...

Mikael Cho: The science of stage fright (and how to overcome it) | TED Talk

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

Advanced Words Only

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Session 1: Word List

embarrass

v. to cause someone to feel awkward, worried, or ashamed
synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project
He looked for an opportunity to **embarrass** that actor in public.

stalk

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

synonym: follow, creep up on, (noun) stem

(1) **stalk** of celery, (2) **stalk** from the room

The hunter quietly **stalked** the deer for hours before taking the shot

deem

v. to consider or decide something in a particular way
synonym: believe, consider, suppose

(1) **deem** socially responsible, (2) **deem** wrong or inappropriate

Regarding earthquakes, some commercial buildings were **deemed** unsafe.

podium

n. a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards

synonym : lectern, stand, dais

(1) win a **podium** position, (2) **podium** finisher

The speaker stood confidently on the **podium** while delivering their speech.

fright

n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

synonym : terror, panic, fear

(1) **fright** response, (2) shiver in **fright**

The dog's barking gave the mailperson a terrible **fright**.

fret

v. to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material

synonym : worry, agonize, fuss

(1) **fret** over every little thing, (2) **fret** about the future

I couldn't help but **fret** over the presentation I have to give tomorrow.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym : helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

unaffected

adj. not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable

synonym : untouched, unaffected, unaltered

(1) **unaffected** by weather, (2) emotionally **unaffected**

Despite the chaos around her, she remained **unaffected** and focused.

nuance

n. a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

synonym: shading, refinement, subtlety

(1) rich in **nuance**, (2) subtle cultural **nuance**

The painter has tried to express every **nuance** of the woman's expression in his work.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

vertebrate

adj. relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish

synonym: animal, chordate, backboned

(1) the muscle tissue of a **vertebrate**, (2) **vertebrate** biology

The presence of a backbone is a defining characteristic of **vertebrate** animals.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym: hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the

heart beat faster and prepares the body to react to danger

synonym : epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

slouch

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

synonym : slump, crouch, droop

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

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

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym : absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

dilate

v. to make something wider, larger, or more open

synonym : widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

autonomic

n. relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion

synonym : involuntary, automatic, self-regulating

(1) **autonomic** imbalance, (2) **autonomic** response

The **autonomic** nervous system controls involuntary bodily functions.

autopilot

n. a system that automatically controls the operation of an aircraft or spacecraft

synonym : self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

vomit

v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

synonym : puke, throw up, spew

(1) **vomit** abuse, (2) **vomit** after ingesting

She felt sick and had to run to the bathroom to **vomit**.

beforehand

adv. ahead of time; in advance

synonym : in advance, preceding, earlier

(1) take a seat **beforehand**, (2) three months **beforehand**

She packed her sunscreen **beforehand** to remember it on the beach trip.

rehearse

v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

synonym : practice, recite, drill

(1) **rehearse** an opera, (2) **rehearse** a speech

The actors needed to **rehearse** their lines before the performance.

predator

n. an animal whose natural behavior is to prey on others

synonym : vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

unprepared

adj. not properly or adequately prepared; lacking preparation; not ready

synonym : inexperienced, caught off-guard, ill-equipped

(1) **unprepared** speech, (2) **unprepared** for the exam
The **unprepared** student struggled on the test and received a low grade.

charismatic

adj. having a strong and magnetic personality that attracts and influences others

synonym: mesmerizing, alluring, captivating

(1) **charismatic** chairman, (2) **charismatic** personality
He was a **charismatic** leader and could persuade others to follow his ideas.

Session 2: Spelling

1. st__k of celery
v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework
2. three months bef_____nd
adv. ahead of time; in advance
3. em_____ss political enemy
v. to cause someone to feel awkward, worried, or ashamed
4. shiver in fr____t
n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
5. au_____ot function
n. a system that automatically controls the operation of an aircraft or spacecraft
6. the muscle tissue of a ver_____te
adj. relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish
7. hyp_____mus hemorrhage
n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
8. anterior hyp_____mus
n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

ANSWERS: 1. stalk, 2. beforehand, 3. embarrass, 4. fright, 5. autopilot, 6. vertebrate, 7. hypothalamus, 8. hypothalamus

9. di___e the bronchial tubes *v.* to make something wider, larger, or more open
10. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
11. di___e blood vessel *v.* to make something wider, larger, or more open
12. apex pr____or *n.* an animal whose natural behavior is to prey on others
13. aircraft au_____ot *n.* a system that automatically controls the operation of an aircraft or spacecraft
14. cha_____ic personality *adj.* having a strong and magnetic personality that attracts and influences others
15. po___m finisher *n.* a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards
16. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
17. au_____ic response *n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
18. poor di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

ANSWERS: 9. dilate, 10. pituitary, 11. dilate, 12. predator, 13. autopilot, 14. charismatic, 15. podium, 16. adrenaline, 17. autonomic, 18. digestion

19. cha_____ic chairman *adj.* having a strong and magnetic personality that attracts and influences others
20. win a po___m position *n.* a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards
21. st__k from the room *v.* to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework
22. sl___h along the street *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
23. anterior pi_____ry *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
24. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
25. una_____ed by weather *adj.* not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable
26. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

ANSWERS: 19. charismatic, 20. podium, 21. stalk, 22. slouch, 23. pituitary, 24. embarrass, 25. unaffected, 26. adrenaline

27. sl___h down in a chair *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
28. d__m socially responsible *v.* to consider or decide something in a particular way
29. unpre___ed speech *adj.* not properly or adequately prepared; lacking preparation; not ready
30. unpre___ed for the exam *adj.* not properly or adequately prepared; lacking preparation; not ready
31. f__t about the future *v.* to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material
32. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
33. re___se a speech *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
34. ver___te biology *adj.* relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish
35. sexual pr___ors *n.* an animal whose natural behavior is to prey on others

ANSWERS: 27. slouch, 28. deem, 29. unprepared, 30. unprepared, 31. fret, 32. vomit, 33. rehearse, 34. vertebrate, 35. predator

36. re____se an opera *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
37. ad____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
38. ad____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
39. po____ss position *adj.* lacking power, strength, or authority; unable to act or affect change
40. subtle cultural nu____e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
41. f__t over every little thing *v.* to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material
42. rich in nu____e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
43. impaired di____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
44. fr____t response *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

ANSWERS: 36. rehearse, 37. adrenal, 38. adrenal, 39. powerless, 40. nuance, 41. fret, 42. nuance, 43. digestion, 44. fright

45. po_____ss in the organization *adj.* lacking power, strength, or authority; unable to act or affect change
46. take a seat bef_____nd *adv.* ahead of time; in advance
47. au_____ic imbalance *n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
48. d__m wrong or inappropriate *v.* to consider or decide something in a particular way
49. vo__t abuse *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
50. emotionally una_____ed *adj.* not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable

ANSWERS: 45. powerless, 46. beforehand, 47. autonomic, 48. deem, 49. vomit, 50. unaffected

Session 3: Fill in the Blanks

1. Despite the chaos around her, she remained _____ and focused.
adj. not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable

2. The dog's barking gave the mailperson a terrible _____.
n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

3. After hearing the results, he _____ against a wall.
v. to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward

4. The doctor ordered tests to check the patient's _____ function.
adj. relating to two glands situated above the kidneys, called the adrenal gland

5. The painter has tried to express every _____ of the woman's expression in his work.
n. a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

6. The actors needed to _____ their lines before the performance.
v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

7. He was a _____ leader and could persuade others to follow his ideas.
adj. having a strong and magnetic personality that attracts and influences others

ANSWERS: 1. unaffected, 2. fright, 3. slouched, 4. adrenal, 5. nuance, 6. rehearse, 7. charismatic

8. She felt sick and had to run to the bathroom to _____.
- v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
9. The pupils of the eyes _____ in low light.
- v. to make something wider, larger, or more open
10. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.
- n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
11. The _____ nervous system controls involuntary bodily functions.
- n. relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
12. I couldn't help but _____ over the presentation I have to give tomorrow.
- v. to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material
13. The band has released a lot of _____ rock music.
- n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
14. The airplane was on _____ during the long flight.
- n. a system that automatically controls the operation of an aircraft or spacecraft
15. The hunter quietly _____ the deer for hours before taking the shot
- v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

ANSWERS: 8. vomit, 9. dilate, 10. pituitary, 11. autonomic, 12. fret, 13.

adrenaline-pumping, 14. autopilot, 15. stalked

16. During the hurricane, we felt _____ against the winds and rain.
adj. lacking power, strength, or authority; unable to act or affect change
17. The _____ student struggled on the test and received a low grade.
adj. not properly or adequately prepared; lacking preparation; not ready
18. The presence of a backbone is a defining characteristic of _____ animals.
adj. relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish
19. Overeating can lead to discomfort and slower _____.
n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
20. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
21. The speaker stood confidently on the _____ while delivering their speech.
n. a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards
22. Oxytocin is also produced in the nucleus of the _____.
n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
23. The native South American animals were in danger because of the _____ arrival.
n. an animal whose natural behavior is to prey on others

ANSWERS: 16. powerless, 17. unprepared, 18. vertebrate, 19. digestion, 20. embarrass, 21. podium, 22. hypothalamus, 23. predator's

24. Regarding earthquakes, some commercial buildings were _____ unsafe.

v. to consider or decide something in a particular way

25. She packed her sunscreen _____ to remember it on the beach trip.

adv. ahead of time; in advance

ANSWERS: 24. deemed, 25. beforehand