

# Englist.me



## Vocabulary Builder Reference from...

Natalie Warne: Being young and making an impact |  
TED Talk

[https://www.ted.com/talks/natalie\\_warne\\_being\\_young\\_and\\_making\\_an\\_impact](https://www.ted.com/talks/natalie_warne_being_young_and_making_an_impact)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### epitome

*n.* a person or thing that is a typical or perfect example of a particular quality or type

*synonym*: embodiment, apotheosis

(1) an **epitome** of history, (2) world's **epitome**

He was the **epitome** of courage, always standing up for his beliefs.

### sibling

*n.* a brother or sister; member of a family born to the same parents

*synonym*: brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

### tiptoe

*n.* a way of walking quietly and cautiously, with the weight balanced mainly on the balls of the feet and the heels lifted off the ground; a type of shoe or slipper that has a thin sole and is designed for quiet walking; (verb) to walk quietly and carefully, balancing on the tips of one's toes or the balls of one's feet

*synonym*: stealth, sneak

(1) **tiptoe** approach, (2) **tiptoe** around the issue

I walked on **tiptoe** to avoid waking up my sleeping baby.

## pretension

*n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

*synonym* : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

## selfless

*adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic

*synonym* : unselfish, altruistic, generous

(1) **selfless** act, (2) **selfless** devotion

Her **selfless** dedication to the community earned her a prestigious award.

## vigorously

*adv.* in a way that is very energetic and enthusiastic

*synonym* : energetically, forcefully, strongly

(1) **vigorously** shake, (2) mix **vigorously** by hand

He **vigorously** scrubbed the stains on the shirt.

## motto

*n.* a phrase or slogan that expresses a guiding principle or goal

*synonym* : slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

## pancreas

*n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

*synonym* : gland, organ, islet

(1) **pancreas** inflammation, (2) **pancreas** function

The endocrine function of the **pancreas** involves the secretion of hormones such as insulin.

## resent

*v.* to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something

*synonym* : dislike, begrudge, envy

(1) **resent** being called a fool, (2) **resent** their success

He couldn't help but **resent** his friend for always taking credit for his ideas.

## fad

*n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze

*synonym* : craze, mania, trend

(1) become a **fad**, (2) computer game **fad**

His interest in music composition is only a **fad**.

## nephew

*n.* a son of your brother or sister

(1) three-year-old **nephew**, (2) nieces and **nephews**

My **nephew** is eight months old and still being breastfed.

## abduct

*v.* to take someone away illegally to an undisclosed location by force, usually to extract a ransom

*synonym* : kidnap, seize, snatch

(1) **abduct** a girl, (2) **abduct** at gunpoint

The passerby witnessed the moment the boy was **abducted**.

## 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.

## filmmaker

*n.* a person who makes films, typically as a profession

*synonym* : director, producer, cinematographer

(1) non-fiction **filmmaker**, (2) a successful **filmmaker**

The renowned **filmmaker** won several awards for his latest

film.

## apprehend

v. to arrest or capture a person suspected of a crime; to understand or perceive something; to feel anxious or fearful about something happening in the future

*synonym*: capture, arrest, seize

(1) **apprehend** the meaning, (2) **apprehend** a criminal

The police were able to **apprehend** the suspect after a high-speed chase.

## devastate

v. to wreck a place or an area or cause significant damage

*synonym*: demolish, destroy, crush

(1) **devastate** an area, (2) **devastate** the economy

Earthquakes can also trigger tsunamis, which **devastate** coastal areas.

## idealist

n. a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity

*synonym*: dreamer, idealizer, visionary

(1) **idealist** at heart, (2) an **idealist** perspective

As a dedicated **idealist**, she always fought for what was right, no matter the cost.

## intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

*synonym*: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

## postpone

v. to delay or reschedule something to a later time or date

*synonym*: delay, defer, reschedule

(1) **postpone** meeting, (2) **postpone** event

Due to inclement weather, the game has been **postponed**

until next week.

## irresponsible

*adj.* not showing a proper sense of responsibility; not reliable  
*synonym* : careless, reckless, thoughtless

(1) **irresponsible** actions, (2) **irresponsible** behavior

It was **irresponsible** of him to drive home after drinking so much alcohol.

## overconsumption

*n.* the act of consuming too much of something, or the condition of consuming more than is necessary or advisable

(1) age of **overconsumption**, (2) **overconsumption** of alcohol

**Overconsumption** of sugar can contribute to obesity.

## pinnacle

*n.* the highest point or peak of something, particularly a mountain or a career; the greatest or highest level of achievement or success

*synonym* : summit, peak, apex

(1) architectural **pinnacle**, (2) reached the **pinnacle**

Climbing to the **pinnacle** of the mountain is a challenge that many outdoor enthusiasts strive to achieve.

## sleeplessness

*n.* the condition of being unable to sleep or having difficulty sleeping

*synonym* : insomnia, wakefulness, restlessness

(1) **sleeplessness** disorder, (2) beat **sleeplessness**

He tried various treatments for his **sleeplessness**, but nothing seemed to work.

## swine

*n.* a domestic pig, especially one bred for its meat

*synonym* : pig, hog, porker

(1) **swine** flu, (2) **swine** industry

The farmer raises **swine** on his farm for the market.

## checkpoint

*n.* a designated location or point along a route or journey where travelers are required to stop and undergo a

security or documentation check

(1) **checkpoint** security, (2) military **checkpoint**

The airport security **checkpoint** was crowded with passengers waiting to board their flights.

## confer

*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

*synonym*: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

## nanny

*n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis

*synonym*: childcare provider, babysitter, nurse

(1) part-time **nanny**, (2) professional **nanny**

She works as a **nanny** for a family with two young children.

## monotonous

*adj.* lacking in variety, excitement, or interest; repetitive and tedious

*synonym*: tedious, dull, boring

(1) **monotonous** routine, (2) **monotonous** job

The **monotonous** task of data entry required intense concentration.

## Session 2: Spelling

1. sw\_\_e industry *n.* a domestic pig, especially one bred for its meat
2. cha\_\_\_\_\_ic personality *adj.* having a strong and magnetic personality that attracts and influences others
3. sle\_\_\_\_\_ess disorder *n.* the condition of being unable to sleep or having difficulty sleeping
4. de\_\_\_\_\_te an area *v.* to wreck a place or an area or cause significant damage
5. play with my si\_\_\_\_\_gs *n.* a brother or sister; member of a family born to the same parents
6. ap\_\_\_\_\_nd the meaning *v.* to arrest or capture a person suspected of a crime; to understand or perceive something; to feel anxious or fearful about something happening in the future
7. company mo\_\_o *n.* a phrase or slogan that expresses a guiding principle or goal
8. co\_\_\_r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
9. co\_\_\_r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
10. medical in\_\_\_n *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 1. swine, 2. charismatic, 3. sleeplessness, 4. devastate, 5. sibling, 6. apprehend, 7. motto, 8. confer, 9. confer, 10. intern

11. world's ep\_\_\_\_\_e *n.* a person or thing that is a typical or perfect example of a particular quality or type
12. po\_\_\_\_\_ne meeting *v.* to delay or reschedule something to a later time or date
13. pa\_\_\_\_\_as function *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
14. military che\_\_\_\_\_nt *n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
15. ab\_\_\_\_t at gunpoint *v.* to take someone away illegally to an undisclosed location by force, usually to extract a ransom
16. professional na\_\_\_\_y *n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis
17. pre\_\_\_\_\_on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
18. a successful fi\_\_\_\_\_er *n.* a person who makes films, typically as a profession
19. id\_\_\_\_\_st at heart *n.* a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity

ANSWERS: 11. epitome, 12. postpone, 13. pancreas, 14. checkpoint, 15. abduct, 16. nanny, 17. pretension, 18. filmmaker, 19. idealist



20. po\_\_\_\_ne event *v.* to delay or reschedule something to a later time or date
21. nieces and ne\_\_\_\_ws *n.* a son of your brother or sister
22. have a si\_\_\_\_g quarrel *n.* a brother or sister; member of a family born to the same parents
23. non-fiction fi\_\_\_\_er *n.* a person who makes films, typically as a profession
24. irr\_\_\_\_ble actions *adj.* not showing a proper sense of responsibility; not reliable
25. vig\_\_\_\_ly shake *adv.* in a way that is very energetic and enthusiastic
26. pa\_\_\_\_as inflammation *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
27. part-time na\_\_y *n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis
28. mon\_\_\_\_us job *adj.* lacking in variety, excitement, or interest; repetitive and tedious
29. mix vig\_\_\_\_ly by hand *adv.* in a way that is very energetic and enthusiastic
30. ti\_\_\_\_e around the issue *n.* a way of walking quietly and cautiously, with the weight balanced mainly on the balls of the feet and the heels lifted off the ground; a type of shoe or slipper that has a thin sole and is designed for quiet walking; (verb) to walk quietly and carefully, balancing on the tips of one's toes or the balls of one's feet

ANSWERS: 20. postpone, 21. nephew, 22. sibling, 23. filmmaker, 24. irresponsible, 25. vigorously, 26. pancreas, 27. nanny, 28. monotonous, 29. vigorously, 30. tiptoe

31. se\_\_\_\_ss devotion *adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic
32. baseless pre\_\_\_\_\_on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
33. an ep\_\_\_\_\_e of history *n.* a person or thing that is a typical or perfect example of a particular quality or type
34. become a f\_d *n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
35. age of ove\_\_\_\_\_ion *n.* the act of consuming too much of something, or the condition of consuming more than is necessary or advisable
36. ove\_\_\_\_\_ion of alcohol *n.* the act of consuming too much of something, or the condition of consuming more than is necessary or advisable
37. ti\_\_\_e approach *n.* a way of walking quietly and cautiously, with the weight balanced mainly on the balls of the feet and the heels lifted off the ground; a type of shoe or slipper that has a thin sole and is designed for quiet walking; (verb) to walk quietly and carefully, balancing on the tips of one's toes or the balls of one's feet

ANSWERS: 31. selfless, 32. pretension, 33. epitome, 34. fad, 35. overconsumption, 36. overconsumption, 37. tiptoe

38. reached the pi\_\_\_\_\_le *n.* the highest point or peak of something, particularly a mountain or a career; the greatest or highest level of achievement or success
39. re\_\_\_t being called a fool *v.* to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
40. architectural pi\_\_\_\_\_le *n.* the highest point or peak of something, particularly a mountain or a career; the greatest or highest level of achievement or success
41. computer game f\_d *n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
42. ab\_\_\_t a girl *v.* to take someone away illegally to an undisclosed location by force, usually to extract a ransom
43. che\_\_\_\_\_nt security *n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
44. de\_\_\_\_\_te the economy *v.* to wreck a place or an area or cause significant damage
45. three-year-old ne\_\_\_w *n.* a son of your brother or sister
46. ap\_\_\_\_\_nd a criminal *v.* to arrest or capture a person suspected of a crime; to understand or perceive something; to feel anxious or fearful about something happening in the future

ANSWERS: 38. pinnacle, 39. resent, 40. pinnacle, 41. fad, 42. abduct, 43. checkpoint, 44. devastate, 45. nephew, 46. apprehend

47. se\_\_\_\_\_ss act *adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic
48. the mo\_\_o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
49. an id\_\_\_\_\_st perspective *n.* a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity
50. re\_\_\_t their success *v.* to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
51. in\_\_\_n civilians *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
52. beat sle\_\_\_\_\_ess *n.* the condition of being unable to sleep or having difficulty sleeping
53. sw\_\_e flu *n.* a domestic pig, especially one bred for its meat
54. cha\_\_\_\_\_ic chairman *adj.* having a strong and magnetic personality that attracts and influences others
55. irr\_\_\_\_\_ble behavior *adj.* not showing a proper sense of responsibility; not reliable

ANSWERS: 47. selfless, 48. motto, 49. idealist, 50. resent, 51. intern, 52. sleeplessness, 53. swine, 54. charismatic, 55. irresponsible

56. mon\_\_\_\_\_us routine

*adj.* lacking in variety, excitement, or interest; repetitive and tedious

ANSWERS: 56. monotonous

## Session 3: Fill in the Blanks

1. The police were able to \_\_\_\_\_ the suspect after a high-speed chase.
  - v.* to arrest or capture a person suspected of a crime; to understand or perceive something; to feel anxious or fearful about something happening in the future
  
2. The endocrine function of the \_\_\_\_\_ involves the secretion of hormones such as insulin.
  - n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
  
3. He \_\_\_\_\_ scrubbed the stains on the shirt.
  - adv.* in a way that is very energetic and enthusiastic
  
4. I walked on \_\_\_\_\_ to avoid waking up my sleeping baby.
  - n.* a way of walking quietly and cautiously, with the weight balanced mainly on the balls of the feet and the heels lifted off the ground; a type of shoe or slipper that has a thin sole and is designed for quiet walking; (verb) to walk quietly and carefully, balancing on the tips of one's toes or the balls of one's feet
  
5. He was the \_\_\_\_\_ of courage, always standing up for his beliefs.
  - n.* a person or thing that is a typical or perfect example of a particular quality or type
  
6. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.
  - n.* a phrase or slogan that expresses a guiding principle or goal
  
7. She works as a \_\_\_\_\_ for a family with two young children.
  - n.* a caregiver, usually a woman, who provides child care services in the home of the children's parents or guardians, either on a part-time or full-time basis

ANSWERS: 1. apprehend, 2. pancreas, 3. vigorously, 4. tiptoe, 5. epitome, 6. motto, 7. nanny

8. The renowned \_\_\_\_\_ won several awards for his latest film.  
*n.* a person who makes films, typically as a profession
9. The leaders of the two countries met to \_\_\_\_\_ on the issue.  
*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
10. Her \_\_\_\_\_ dedication to the community earned her a prestigious award.  
*adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic
11. He tried various treatments for his \_\_\_\_\_ but nothing seemed to work.  
*n.* the condition of being unable to sleep or having difficulty sleeping
12. \_\_\_\_\_ of sugar can contribute to obesity.  
*n.* the act of consuming too much of something, or the condition of consuming more than is necessary or advisable
13. Due to inclement weather, the game has been \_\_\_\_\_ until next week.  
*v.* to delay or reschedule something to a later time or date
14. It was \_\_\_\_\_ of him to drive home after drinking so much alcohol.  
*adj.* not showing a proper sense of responsibility; not reliable
15. Climbing to the \_\_\_\_\_ of the mountain is a challenge that many outdoor enthusiasts strive to achieve.  
*n.* the highest point or peak of something, particularly a mountain or a career; the greatest or highest level of achievement or success

ANSWERS: 8. filmmaker, 9. confer, 10. selfless, 11. sleeplessness, 12. Overconsumption, 13. postponed, 14. irresponsible, 15. pinnacle

16. As a dedicated \_\_\_\_\_ she always fought for what was right, no matter the cost.
- n.* a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity
17. The navy \_\_\_\_\_ ships of defeated nations.
- v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
18. His interest in music composition is only a \_\_\_\_\_.
- n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
19. He couldn't help but \_\_\_\_\_ his friend for always taking credit for his ideas.
- v.* to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
20. My \_\_\_\_\_ is eight months old and still being breastfed.
- n.* a son of your brother or sister
21. The airport security \_\_\_\_\_ was crowded with passengers waiting to board their flights.
- n.* a designated location or point along a route or journey where travelers are required to stop and undergo a security or documentation check
22. 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: 16. idealist, 17. interned, 18. fad, 19. resent, 20. nephew, 21. checkpoint, 22. charismatic



23. The passerby witnessed the moment the boy was \_\_\_\_\_.
- v.* to take someone away illegally to an undisclosed location by force, usually to extract a ransom
24. The farmer raises \_\_\_\_\_ on his farm for the market.
- n.* a domestic pig, especially one bred for its meat
25. The \_\_\_\_\_ task of data entry required intense concentration.
- adj.* lacking in variety, excitement, or interest; repetitive and tedious
26. His \_\_\_\_\_ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
27. Children often copy their parents or elder \_\_\_\_\_.
- n.* a brother or sister; member of a family born to the same parents
28. Earthquakes can also trigger tsunamis, which \_\_\_\_\_ coastal areas.
- v.* to wreck a place or an area or cause significant damage

ANSWERS: 23. abducted, 24. swine, 25. monotonous, 26. pretensions, 27. siblings, 28. devastate