

# Englist.me



## Vocabulary Builder Reference from...

Bruce Feiler: Agile programming -- for your family |  
TED Talk

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### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

*synonym*: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

### tantrum

n. an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays

*synonym*: outburst, fit, explosion

(1) throw a **tantrum**, (2) temper **tantrum**

The toddler had a **tantrum** and refused to take a nap.

### 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

## bully

*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful  
*synonym*: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

## banker

*n.* a person who is in charge of or has an important job in a bank

*synonym*: dealer, broker, financier

(1) central **bankers**, (2) investment **banker**

**Bankers** are only willing to lend with good security.

## lacrosse

*n.* a team sport played with a small rubber ball and long-handled sticks with a netted pouch, in which players try to score points by throwing the ball into the opposing team's goal

*synonym*: stickball, lax, field hockey

(1) **lacrosse** coach, (2) **lacrosse** game

The high school's **lacrosse** team won the state championship for the third year.

## agile

*adj.* able to move quickly and easily, often in a way that is graceful and controlled

*synonym*: nimble, quick, flexible

(1) an **agile** mind, (2) **agile** in his movements

The **agile** development process allowed the team to make changes quickly.

## proclamation

*n.* an official announcement or statement

*synonym*: announcement, declamation, edict

(1) **proclamation** of innocence, (2) nullify a **proclamation**

The king made a **proclamation** declaring war on the neighboring country.

## waterfall

*n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock

*synonym* : cascade, falls, rapids

(1) scenic **waterfall**, (2) a **waterfall** with a fall of ten feet  
Years of river erosion have formed the uniquely shaped **waterfall** basin.

## trickle

*v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities

*synonym* : dribble, flow, seep

(1) **trickle** down my cheek, (2) **trickle** from his eyes  
Water was beginning to **trickle** into the basement after the heavy rain.

## bloated

*adj.* having an abnormally swollen or enlarged appearance, often due to an accumulation of fluid or excessive consumption of food or drink

*synonym* : swollen, inflated, puffed-up

(1) **bloated** budget, (2) **bloated** feeling  
Her stomach was visibly **bloated** after eating a large meal.

## percolate

*v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker

*synonym* : filter, strain, drip

(1) **percolate** around the web, (2) **percolate** through the whole industry  
The coffee slowly **percolated** through the filter and into the cup.

## stumble

*v.* to miss a step and fall or nearly fall; to walk unsteadily

*synonym* : bumble, struggle, misstep

(1) **stumble** financially, (2) **stumble** through life  
She **stumbled** over the tree root.

## quicken

*v.* to make or become faster or more rapid; to accelerate or speed up; to stimulate or stimulate something to happen

or occur more quickly

*synonym* : accelerate, hasten, speed up

(1) **quicken** the process, (2) **quicken** heart rate

I need to **quicken** my pace to finish this project on time.

## liken

v. to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way

*synonym* : compare, equate, analogize

(1) **liken** to a flower, (2) **liken** to a bird

Some people **liken** meditation to a mental shower, refreshing and rejuvenating the mind.

## adaptable

*adj.* able or willing to modify or be modified to deal with new situations

*synonym* : flexible, adjustable, elastic

(1) **adaptable** enough for the environment, (2) an **adaptable** person

We seek a candidate who possesses **adaptable** fighting potential.

## scrum

n. (of sports, especially rugby) a tightly formed group of players who are bound together and work collectively to gain possession of the ball; (of business management or software development) a collaborative and iterative approach to work or problem-solving

*synonym* : pile-up, cluster

(1) rugby **scrum**, (2) **scrum** master

The **scrum** methodology encourages frequent collaboration and adaptability in software development projects.

## bunker

n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel

*synonym* : shelter, fortification, defense

(1) coal **bunker**, (2) **bunker** facility

The soldiers took cover in the dug-out **bunker** during the bombing.

## thanksgiving

*n.* an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year

*synonym*: gratitude, appreciation, recognition

(1) **thanksgiving** traditions, (2) **thanksgiving** parade

My family gathers together every year for **thanksgiving** dinner.

## greet

*v.* to say hello to someone; to express welcome on meeting someone

*synonym*: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

## plank

*n.* a long, flat piece of wood or other material that is used for construction or as a platform; an exercise in which a person holds their body in a straight line supported by their hands and toes

*synonym*: board, timber, beam

(1) oak **plank**, (2) **plank** exercise

He was ordered to walk the **plank** by the pirate captain.

## radiate

*v.* to spread out or emit something, such as light or heat, in all directions

*synonym*: give off, scatter, beam

(1) **radiate** an aura, (2) **radiate** in all directions

Roads **radiate** from the famous building in the center of the city.

## chore

*n.* a routine or tedious task, often related to household or manual labor

*synonym* : task, duty, job

(1) **chore** list, (2) household **chores**

Cleaning the house is a **chore** that only some enjoy.

## downstairs

*adv.* on or to a lower or ground floor of a building

*synonym* : below

(1) creep **downstairs**, (2) escort him **downstairs**

Please get the desk **downstairs**.

## recline

*v.* to lean or lie back in a relaxed or comfortable position

*synonym* : lounge, lie down, relax

(1) **recline** on the sofa, (2) **recline** on my side

She **reclined** her seat and relaxed for the flight.

## amiable

*adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others

*synonym* : friendly, good-natured, cordial

(1) **amiable** personality, (2) **amiable** smile

The **amiable** host welcomed us to their home with open arms.

## dishwasher

*n.* a machine or device used for washing dishes typically found in a kitchen; a person who washes dishes as a profession, often in a restaurant or catering setting

*synonym* : dish machine, dish cleaner

(1) **dishwasher** installation, (2) commercial **dishwasher**

The **dishwasher** detergent cleans the dishes more effectively than regular dish soap.

## astonishing

*adj.* surprising or shocking; difficult to believe

*synonym* : surprising, shocking, astounding

(1) **astonishing** achievement, (2) make **astonishing** gains

The news of her sudden death was **astonishing** to everyone who knew her.

## strenuously

*adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination

*synonym*: vigorously, energetically, strenuously

(1) exercise **strenuously**, (2) argue **strenuously**

She trained for the marathon **strenuously**, pushing her limits every day.

## underestimate

*v.* to think or suppose that a quantity, price, or size is smaller than it is

*synonym*: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

## rev

*n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

*synonym*: revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

## innermost

*adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

*synonym*: deepest, inner, intimate

(1) **innermost** secrets, (2) **innermost** longings

It took years of therapy before the patient could reveal their **innermost** thoughts and feelings.

## lexicon

*n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical

*synonym*: glossary, dictionary, vocabulary

(1) Greek-English **lexicon**, (2) **lexicon** of business phrases

This bilingual **lexicon** was essential for his language

improvement.

## manifesto

*n.* a public declaration or statement of policy and aims, usually issued by a political party or government; a written statement or proclamation of one's beliefs or intentions

*synonym* : declaration, proclamation, statement

(1) **manifesto** statement, (2) environmental **manifesto**

The political party issued a **manifesto** outlining its plans for the country's future.

## straitjacket

*n.* a garment or device designed to restrain a person's arms and body, typically used in psychiatric or medical settings to prevent a patient from harming themselves or others

*synonym* : restraining garment, strait-waistcoat

(1) mental **straitjacket**, (2) **straitjacket** therapy

The patient was put in a **straitjacket** to prevent self-harm.

## stale

*adj.* no longer fresh, new, or interesting; dull or uninteresting

*synonym* : old, uninteresting, dull

(1) a **stale** joke, (2) **stale** smell

The bread was **stale** and not fit for eating.

## bedtime

*n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

*synonym* : sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

## disciple

*n.* a person who learns from another, especially one who then teaches others

*synonym* : student, follower, apprentice

(1) enthusiastic **disciple**, (2) **disciple** of Buddha



He became a **disciple** of a well-known spiritual leader.

## empower

v. to give someone the power or authority to do something  
*synonym*: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

*synonym*: intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

## enlist

v. to sign up to serve in the military or a particular organization

*synonym*: join, sign up, appoint

(1) **enlist** in a cause, (2) **enlist** for a soldier

He decided to **enlist** in the military after graduating from high school.

## upbringing

n. the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development

*synonym*: childhood, background, nurturing

(1) Catholic **upbringing**, (2) family **upbringing**

His strict **upbringing** instilled in him a strong sense of responsibility.

## overreact

v. to react more strongly or excessively than is necessary or appropriate

*synonym*: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism

She **overreacted** to the situation and caused unnecessary stress.

## **lax**

*adj.* not strict or severe; relaxed or lenient

*synonym* : loose, slack, relaxed

(1) **lax** border controls, (2) **lax** attitude

The **lax** security measures allowed the thief to enter the building easily.

## **frontal**

*adj.* relating to the front; situated at or directed towards the front; frontal can also refer to a meteorological term for a weather system that is moving from west to east

*synonym* : anterior, fore, forward

(1) **frontal** assault, (2) **frontal** attack

He suffered a severe **frontal** collision in the car accident.

## **chide**

*v.* to scold or rebuke someone, typically mildly or gently; to express disapproval or disappointment towards someone's behavior or actions

*synonym* : scold, reprimand, admonish

(1) **chide** with reproach, (2) **chide** gently

She **chided** her child for not completing the homework on time.

## **bedrock**

*n.* the solid rock underlying soil or alluvium

*synonym* : foundation, foundation stone, base

(1) **bedrock** foundation, (2) **bedrock** geology

The **bedrock** beneath the soil is extremely solid and stable.

## **stimming**

*n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

*synonym* : self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

## pajama

*n.* a pair of loose pants with a matching top, worn for sleeping or lounging

*synonym*: nightgown, nightdress

(1) care **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

## popcorn

*n.* a type of corn that expands and puffs up when heated, often used for making a snack

*synonym*: popped corn, puffed corn, corn kernels

(1) a **popcorn** vendor, (2) **popcorn** kernels

We popped some **popcorn** and settled in to watch a movie.

## uphold

*v.* to support or defend something, such as a law, idea, decision, etc.

*synonym*: defend, maintain, sustain

(1) **uphold** the law, (2) **uphold** tradition

The judge may **uphold** the decision of the lower court.

## spat

*n.* a minor quarrel or dispute, often one that is short-lived or insignificant; a sudden burst of activity or energy; a young oyster, clam, or other bivalves that has recently attached itself to a surface in its natural habitat

*synonym*: argument, disagreement, oyster

(1) minor **spat**, (2) clean up the **spat**

The **spat** between the two neighbors escalated into a heated argument.

## grandparent

*n.* a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age

She was close to her paternal **grandparents** and often spent summers with them.

## retell

*v.* to tell someone about something again or differently

*synonym*: reiterate, repeat, restate

(1) **retell** a story, (2) **retell** an old tale

He **retells** the truth to plead not guilty.

## inane

*adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding

*synonym*: silly, senseless, foolish

(1) **inane** conversation, (2) **inane** remark

The speaker's **inane** comments made the audience lose interest in the presentation.

## engrave

*v.* to carve, cut, or etch a design, message, or image onto a surface, often using a sharp tool or laser; to permanently record or mark something in a lasting manner

*synonym*: carve, inscribe, etch

(1) **engrave** initials, (2) **engrave** metal

He wanted to **engrave** his wedding ring with their initials as a lasting symbol of their love.

## ravine

*n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide

*synonym*: canyon, gorge, gulch

(1) **ravine** trail, (2) steep **ravine**

The hiker fell into a **ravine** and had to be rescued by a helicopter.

## bury

*v.* to place a dead body in the ground, grave, or tomb

*synonym*: entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

## Session 2: Spelling

- |                                |   |
|--------------------------------|---|
| 1. le____n of business phrases | <i>n.</i> all the words and phrases of a particular language or branch of knowledge, such as nautical or medical  |
| 2. bu__y the weak              | <i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful   |
| 3. ag__e in his movements      | <i>adj.</i> able to move quickly and easily, often in a way that is graceful and controlled   |
| 4. scenic wa_____ll            | <i>n.</i> a point in a river or stream where water falls from a high place, for example, over a cliff or rock   |
| 5. am_____e personality        | <i>adj.</i> having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others   |
| 6. autistic st_____ng          | <i>n.</i> a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation |
| 7. qu_____n heart rate         | <i>v.</i> to make or become faster or more rapid; to accelerate or speed up; to stimulate or stimulate something to happen or occur more quickly  |
| 8. Catholic upb_____ng         | <i>n.</i> the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development   |

ANSWERS: 1. lexicon, 2. bully, 3. agile, 4. waterfall, 5. amiable, 6. stimming, 7. quicken, 8. upbringing

9. li\_\_n to a bird *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
10. ma\_\_\_\_\_to statement *n.* a public declaration or statement of policy and aims, usually issued by a political party or government; a written statement or proclamation of one's beliefs or intentions
11. nullify a pro\_\_\_\_\_ion *n.* an official announcement or statement
12. und\_\_\_\_\_ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
13. dis\_\_\_\_\_er installation *n.* a machine or device used for washing dishes typically found in a kitchen; a person who washes dishes as a profession, often in a restaurant or catering setting
14. l\_x border controls *adj.* not strict or severe; relaxed or lenient
15. be\_\_\_\_\_e meditation *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
16. st\_\_\_\_\_e financially *v.* to miss a step and fall or nearly fall; to walk unsteadily
17. coal bu\_\_\_\_r *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel

ANSWERS: 9. liken, 10. manifesto, 11. proclamation, 12. underestimate, 13. dishwasher, 14. lax, 15. bedtime, 16. stumble, 17. bunker

18. li\_\_n to a flower      *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
19. environmental ma\_\_\_\_\_to      *n.* a public declaration or statement of policy and aims, usually issued by a political party or government; a written statement or proclamation of one's beliefs or intentions
20. pl\_\_k exercise      *n.* a long, flat piece of wood or other material that is used for construction or as a platform; an exercise in which a person holds their body in a straight line supported by their hands and toes
21. sc\_\_m master      *n.* (of sports, especially rugby) a tightly formed group of players who are bound together and work collectively to gain possession of the ball; (of business management or software development) a collaborative and iterative approach to work or problem-solving
22. up\_\_\_d tradition      *v.* to support or defend something, such as a law, idea, decision, etc.
23. low-r\_v engine      *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
24. en\_\_\_t in a cause      *v.* to sign up to serve in the military or a particular organization

ANSWERS: 18. liken, 19. manifesto, 20. plank, 21. scrum, 22. uphold, 23. rev, 24. enlist

25. throw a ta\_\_\_\_\_m *n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays
26. 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
27. bu\_\_\_r facility *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
28. tha\_\_\_\_\_ing parade *n.* an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year
29. creep dow\_\_\_\_\_rs *adv.* on or to a lower or ground floor of a building
30. re\_\_\_\_\_e on my side *v.* to lean or lie back in a relaxed or comfortable position
31. ra\_\_\_e trail *n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide

ANSWERS: 25. tantrum, 26. stalk, 27. bunker, 28. thanksgiving, 29. downstairs, 30. recline, 31. ravine



32. tr\_\_\_\_\_e down my cheek      *v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities
33. person of gra\_\_\_\_\_nt age      *n.* a parent of one's father or mother
34. la\_\_\_\_\_se coach      *n.* a team sport played with a small rubber ball and long-handled sticks with a netted pouch, in which players try to score points by throwing the ball into the opposing team's goal
35. qu\_\_\_\_\_n the process      *v.* to make or become faster or more rapid; to accelerate or speed up; to stimulate or stimulate something to happen or occur more quickly
36. enthusiastic di\_\_\_\_\_le      *n.* a person who learns from another, especially one who then teaches others
37. up\_\_\_\_\_d the law      *v.* to support or defend something, such as a law, idea, decision, etc.
38. en\_\_\_\_t for a soldier      *v.* to sign up to serve in the military or a particular organization
39. temper ta\_\_\_\_\_m      *n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays
40. re\_\_\_\_l a story      *v.* to tell someone about something again or differently
41. ov\_\_\_\_\_lm opponents by numbers      *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
42. commercial dis\_\_\_\_\_er      *n.* a machine or device used for washing dishes typically found in a kitchen; a person who washes dishes as a profession, often in a restaurant or catering setting

ANSWERS: 32. trickle, 33. grandparent, 34. lacrosse, 35. quicken, 36. disciple, 37. uphold, 38. enlist, 39. tantrum, 40. retell, 41. overwhelm, 42. dishwasher

43. st\_\_e smell *adj.* no longer fresh, new, or interesting; dull or uninteresting
44. di\_\_\_\_le of Buddha *n.* a person who learns from another, especially one who then teaches others
45. bu\_\_y bystander *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
46. re\_\_\_\_e on the sofa *v.* to lean or lie back in a relaxed or comfortable position
47. l\_x attitude *adj.* not strict or severe; relaxed or lenient
48. po\_\_\_\_n kernels *n.* a type of corn that expands and puffs up when heated, often used for making a snack
49. gr\_\_t an idea *v.* to say hello to someone; to express welcome on meeting someone
50. bl\_\_\_\_d budget *adj.* having an abnormally swollen or enlarged appearance, often due to an accumulation of fluid or excessive consumption of food or drink
51. care pa\_\_\_\_a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
52. a st\_\_e joke *adj.* no longer fresh, new, or interesting; dull or uninteresting
53. escort him dow\_\_\_\_rs *adv.* on or to a lower or ground floor of a building
54. ra\_\_\_\_e an aura *v.* to spread out or emit something, such as light or heat, in all directions

ANSWERS: 43. stale, 44. disciple, 45. bully, 46. recline, 47. lax, 48. popcorn, 49. greet, 50. bloated, 51. pajama, 52. stale, 53. downstairs, 54. radiate

55. r\_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
56. pa\_\_\_a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
57. re\_\_\_l an old tale *v.* to tell someone about something again or differently
58. he was ov\_\_\_\_\_lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
59. ch\_\_e list *n.* a routine or tedious task, often related to household or manual labor
60. fr\_\_\_\_\_l assault *adj.* relating to the front; situated at or directed towards the front; frontal can also refer to a meteorological term for a weather system that is moving from west to east
61. in\_\_e remark *adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding
62. ast\_\_\_\_\_ng achievement *adj.* surprising or shocking; difficult to believe
63. Greek-English le\_\_\_\_\_n *n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical
64. great-gra\_\_\_\_\_nt *n.* a parent of one's father or mother
65. family upb\_\_\_\_\_ng *n.* the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development

ANSWERS: 55. rev, 56. pajama, 57. retell, 58. overwhelm, 59. chore, 60. frontal, 61. inane, 62. astonishing, 63. lexicon, 64. grandparent, 65. upbringing

66. ch\_\_e with reproach      *v.* to scold or rebuke someone, typically mildly or gently; to express disapproval or disappointment towards someone's behavior or actions
67. mental str\_\_\_\_\_ket      *n.* a garment or device designed to restrain a person's arms and body, typically used in psychiatric or medical settings to prevent a patient from harming themselves or others
68. oak pl\_\_k      *n.* a long, flat piece of wood or other material that is used for construction or as a platform; an exercise in which a person holds their body in a straight line supported by their hands and toes
69. aggressive in\_\_\_\_\_ct      *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
70. make ast\_\_\_\_\_ng gains      *adj.* surprising or shocking; difficult to believe
71. steep ra\_\_\_e      *n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide
72. a po\_\_\_\_\_n vendor      *n.* a type of corn that expands and puffs up when heated, often used for making a snack
73. pro\_\_\_\_\_ion of innocence      *n.* an official announcement or statement
74. in\_\_\_\_\_st secrets      *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

ANSWERS: 66. chide, 67. straitjacket, 68. plank, 69. instinct, 70. astonishing, 71. ravine, 72. popcorn, 73. proclamation, 74. innermost

75. ad\_\_\_\_\_le enough for the environment  
*adj.* able or willing to modify or be modified to deal with new situations
76. pe\_\_\_\_\_te through the whole industry  
*v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
77. ch\_\_e gently  
*v.* to scold or rebuke someone, typically mildly or gently; to express disapproval or disappointment towards someone's behavior or actions
78. str\_\_\_\_\_ket therapy  
*n.* a garment or device designed to restrain a person's arms and body, typically used in psychiatric or medical settings to prevent a patient from harming themselves or others
79. bl\_\_\_\_\_d feeling  
*adj.* having an abnormally swollen or enlarged appearance, often due to an accumulation of fluid or excessive consumption of food or drink
80. an ag\_\_e mind  
*adj.* able to move quickly and easily, often in a way that is graceful and controlled
81. clean up the s\_\_t  
*n.* a minor quarrel or dispute, often one that is short-lived or insignificant; a sudden burst of activity or energy; a young oyster, clam, or other bivalves that has recently attached itself to a surface in its natural habitat
82. in\_\_e conversation  
*adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding

ANSWERS: 75. adaptable, 76. percolate, 77. chide, 78. straitjacket, 79. bloated, 80. agile, 81. spat, 82. inane

83. tha\_\_\_\_\_ing traditions
- n.* an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year
84. ra\_\_\_\_\_e in all directions
- v.* to spread out or emit something, such as light or heat, in all directions
85. an ad\_\_\_\_\_le person
- adj.* able or willing to modify or be modified to deal with new situations
86. fr\_\_\_\_\_l attack
- adj.* relating to the front; situated at or directed towards the front; frontal can also refer to a meteorological term for a weather system that is moving from west to east
87. st\_\_\_\_\_ng therapy
- n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
88. am\_\_\_\_\_e smile
- adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others
89. in\_\_\_\_\_st longings
- adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

ANSWERS: 83. thanksgiving, 84. radiate, 85. adaptable, 86. frontal, 87. stimming, 88. amiable, 89. innermost

90. la\_\_\_\_se game *n.* a team sport played with a small rubber ball and long-handled sticks with a netted pouch, in which players try to score points by throwing the ball into the opposing team's goal
91. minor s\_\_t *n.* a minor quarrel or dispute, often one that is short-lived or insignificant; a sudden burst of activity or energy; a young oyster, clam, or other bivalves that has recently attached itself to a surface in its natural habitat
92. investment ba\_\_\_\_r *n.* a person who is in charge of or has an important job in a bank
93. em\_\_\_\_r my life *v.* to give someone the power or authority to do something
94. regular be\_\_\_\_e *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
95. argue str\_\_\_\_ly *adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
96. 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

ANSWERS: 90. lacrosse, 91. spat, 92. banker, 93. empower, 94. bedtime, 95. strenuously, 96. stalk

97. tr\_\_\_\_\_e from his eyes      *v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities
98. exercise str\_\_\_\_\_ly      *adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
99. central ba\_\_\_\_rs      *n.* a person who is in charge of or has an important job in a bank
100. household ch\_\_es      *n.* a routine or tedious task, often related to household or manual labor
101. em\_\_\_\_\_r the secretary to do the same      *v.* to give someone the power or authority to do something
102. ov\_\_\_\_\_ct to the criticism      *v.* to react more strongly or excessively than is necessary or appropriate
103. in\_\_\_\_\_ct for self-preservation      *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
104. und\_\_\_\_\_ate an enemy      *v.* to think or suppose that a quantity, price, or size is smaller than it is
105. a wa\_\_\_\_\_ll with a fall of ten feet      *n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
106. pe\_\_\_\_\_te around the web      *v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
107. ov\_\_\_\_\_ct with anger      *v.* to react more strongly or excessively than is necessary or appropriate

ANSWERS: 97. trickle, 98. strenuously, 99. banker, 100. chore, 101. empower, 102. overreact, 103. instinct, 104. underestimate, 105. waterfall, 106. percolate, 107. overreact



108. st\_\_\_\_e through life                    *v.*    to miss a step and fall or nearly fall; to walk unsteadily
109. rugby sc\_\_m                            *n.*    (of sports, especially rugby)a tightly formed group of players who are bound together and work collectively to gain possession of the ball; (of business management or software development) a collaborative and iterative approach to work or problem-solving
110. be\_\_\_\_k foundation                   *n.*    the solid rock underlying soil or alluvium
111. gr\_\_t a customer                       *v.*    to say hello to someone; to express welcome on meeting someone
112. b\_\_y emotion                           *v.*    to place a dead body in the ground, grave, or tomb
113. en\_\_\_\_e metal                         *v.*    to carve, cut, or etch a design, message, or image onto a surface, often using a sharp tool or laser; to permanently record or mark something in a lasting manner
114. b\_\_y in the earth                       *v.*    to place a dead body in the ground, grave, or tomb
115. be\_\_\_\_k geology                       *n.*    the solid rock underlying soil or alluvium
116. en\_\_\_\_e initials                       *v.*    to carve, cut, or etch a design, message, or image onto a surface, often using a sharp tool or laser; to permanently record or mark something in a lasting manner

ANSWERS: 108. stumble, 109. scrum, 110. bedrock, 111. greet, 112. bury, 113. engrave, 114. bury, 115. bedrock, 116. engrave

## Session 3: Fill in the Blanks

1. The \_\_\_\_\_ development process allowed the team to make changes quickly.  
*adj.* able to move quickly and easily, often in a way that is graceful and controlled
2. They frequently \_\_\_\_\_ their abilities and felt inferior.  
*v.* to think or suppose that a quantity, price, or size is smaller than it is
3. She \_\_\_\_\_ her child for not completing the homework on time.  
*v.* to scold or rebuke someone, typically mildly or gently; to express disapproval or disappointment towards someone's behavior or actions
4. The soldiers took cover in the dug-out \_\_\_\_\_ during the bombing.  
*n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
5. He became a \_\_\_\_\_ of a well-known spiritual leader.  
*n.* a person who learns from another, especially one who then teaches others
6. There is plenty of space to \_\_\_\_\_ everyone.  
*v.* to place a dead body in the ground, grave, or tomb
7. The \_\_\_\_\_ methodology encourages frequent collaboration and adaptability in software development projects.  
*n.* (of sports, especially rugby) a tightly formed group of players who are bound together and work collectively to gain possession of the ball; (of business management or software development) a collaborative and iterative approach to work or problem-solving

ANSWERS: 1. agile, 2. underestimated, 3. chided, 4. bunker, 5. disciple, 6. bury, 7. scrum

8. The patient was put in a \_\_\_\_\_ to prevent self-harm.  
*n.* a garment or device designed to restrain a person's arms and body, typically used in psychiatric or medical settings to prevent a patient from harming themselves or others
9. The bread was \_\_\_\_\_ and not fit for eating.  
*adj.* no longer fresh, new, or interesting; dull or uninteresting
10. He was ordered to walk the \_\_\_\_\_ by the pirate captain.  
*n.* a long, flat piece of wood or other material that is used for construction or as a platform; an exercise in which a person holds their body in a straight line supported by their hands and toes
11. The \_\_\_\_\_ between the two neighbors escalated into a heated argument.  
*n.* a minor quarrel or dispute, often one that is short-lived or insignificant; a sudden burst of activity or energy; a young oyster, clam, or other bivalves that has recently attached itself to a surface in its natural habitat
12. Water was beginning to \_\_\_\_\_ into the basement after the heavy rain.  
*v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities
13. She \_\_\_\_\_ over the tree root.  
*v.* to miss a step and fall or nearly fall; to walk unsteadily
14. The \_\_\_\_\_ beneath the soil is extremely solid and stable.  
*n.* the solid rock underlying soil or alluvium
15. The coffee slowly \_\_\_\_\_ through the filter and into the cup.  
*v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker

ANSWERS: 8. straitjacket, 9. stale, 10. plank, 11. spat, 12. trickle, 13. stumbled, 14. bedrock, 15. percolated

16. 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
17. Her stomach was visibly \_\_\_\_\_ after eating a large meal.
- adj.* having an abnormally swollen or enlarged appearance, often due to an accumulation of fluid or excessive consumption of food or drink
18. Years of river erosion have formed the uniquely shaped \_\_\_\_\_ basin.
- n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
19. The hiker fell into a \_\_\_\_\_ and had to be rescued by a helicopter.
- n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide
20. The high school's \_\_\_\_\_ team won the state championship for the third year.
- n.* a team sport played with a small rubber ball and long-handled sticks with a netted pouch, in which players try to score points by throwing the ball into the opposing team's goal
21. I need to \_\_\_\_\_ my pace to finish this project on time.
- v.* to make or become faster or more rapid; to accelerate or speed up; to stimulate or stimulate something to happen or occur more quickly
22. He stepped on the gas pedal, and the engine released a loud \_\_\_\_\_.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 16. stalked, 17. bloated, 18. waterfall, 19. ravine, 20. lacrosse, 21. quicken, 22. rev

23. He \_\_\_\_\_ his friends with a warm smile and a hug.

*v.* to say hello to someone; to express welcome on meeting someone

24. We popped some \_\_\_\_\_ and settled in to watch a movie.

*n.* a type of corn that expands and puffs up when heated, often used for making a snack

25. The king made a \_\_\_\_\_ declaring war on the neighboring country.

*n.* an official announcement or statement

26. The \_\_\_\_\_ detergent cleans the dishes more effectively than regular dish soap.

*n.* a machine or device used for washing dishes typically found in a kitchen; a person who washes dishes as a profession, often in a restaurant or catering setting

27. He suffered a severe \_\_\_\_\_ collision in the car accident.

*adj.* relating to the front; situated at or directed towards the front; frontal can also refer to a meteorological term for a weather system that is moving from west to east

28. She \_\_\_\_\_ to the situation and caused unnecessary stress.

*v.* to react more strongly or excessively than is necessary or appropriate

29. It took years of therapy before the patient could reveal their \_\_\_\_\_ thoughts and feelings.

*adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

30. \_\_\_\_\_ are only willing to lend with good security.

*n.* a person who is in charge of or has an important job in a bank

ANSWERS: 23. greeted, 24. popcorn, 25. proclamation, 26. dishwasher, 27. frontal, 28. overreacted, 29. innermost, 30. Bankers

31. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.
- v.* to give someone the power or authority to do something
32. The political party issued a \_\_\_\_\_ outlining its plans for the country's future.
- n.* a public declaration or statement of policy and aims, usually issued by a political party or government; a written statement or proclamation of one's beliefs or intentions
33. Too much variety may \_\_\_\_\_ and confuse viewers.
- v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
34. The speaker's \_\_\_\_\_ comments made the audience lose interest in the presentation.
- adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding
35. The schoolyard \_\_\_\_\_ terrorized the other children and made their lives miserable.
- n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
36. When faced with a dangerous situation, his initial \_\_\_\_\_ was to flee.
- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
37. Please get the desk \_\_\_\_\_.
- adv.* on or to a lower or ground floor of a building

ANSWERS: 31. empowered, 32. manifesto, 33. overwhelm, 34. inane, 35. bully, 36. instinct, 37. downstairs

38. The news of her sudden death was \_\_\_\_\_ to everyone who knew her.  
*adj.* surprising or shocking; difficult to believe
39. He \_\_\_\_\_ the truth to plead not guilty.  
*v.* to tell someone about something again or differently
40. The \_\_\_\_\_ host welcomed us to their home with open arms.  
*adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others
41. The toddler had a \_\_\_\_\_ and refused to take a nap.  
*n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays
42. She \_\_\_\_\_ her seat and relaxed for the flight.  
*v.* to lean or lie back in a relaxed or comfortable position
43. He decided to \_\_\_\_\_ in the military after graduating from high school.  
*v.* to sign up to serve in the military or a particular organization
44. My family gathers together every year for \_\_\_\_\_ dinner.  
*n.* an annual holiday celebrated primarily in the United States and Canada, typically observed on the fourth Thursday in November in the U.S. and on the second Monday in October in Canada, that commemorates the giving of thanks for the blessings of the previous year
45. This bilingual \_\_\_\_\_ was essential for his language improvement.  
*n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical

ANSWERS: 38. astonishing, 39. retells, 40. amiable, 41. tantrum, 42. reclined, 43. enlist, 44. thanksgiving, 45. lexicon

46. She was close to her paternal \_\_\_\_\_ and often spent summers with them.  
*n.* a parent of one's father or mother
47. Some people \_\_\_\_\_ meditation to a mental shower, refreshing and rejuvenating the mind.  
*v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
48. My little sister loves to have \_\_\_\_\_ parties with her friends on the weekends.  
*n.* a pair of loose pants with a matching top, worn for sleeping or lounging
49. His strict \_\_\_\_\_ instilled in him a strong sense of responsibility.  
*n.* the conditions and experiences in which a child is cared for and taught, especially in relation to their moral and social development
50. Roads \_\_\_\_\_ from the famous building in the center of the city.  
*v.* to spread out or emit something, such as light or heat, in all directions
51. The \_\_\_\_\_ security measures allowed the thief to enter the building easily.  
*adj.* not strict or severe; relaxed or lenient
52. She trained for the marathon \_\_\_\_\_ pushing her limits every day.  
*adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
53. Reading \_\_\_\_\_ stories can help children relax and fall asleep faster.  
*n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

ANSWERS: 46. grandparents, 47. liken, 48. pajama, 49. upbringing, 50. radiate, 51. lax, 52. strenuously, 53. bedtime



54. We seek a candidate who possesses \_\_\_\_\_ fighting potential.  
*adj.* able or willing to modify or be modified to deal with new situations
55. The judge may \_\_\_\_\_ the decision of the lower court.  
*v.* to support or defend something, such as a law, idea, decision, etc.
56. Autistic children may engage in \_\_\_\_\_ behaviors, such as rocking or hand flapping, to self-regulate.  
*n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
57. Cleaning the house is a \_\_\_\_\_ that only some enjoy.  
*n.* a routine or tedious task, often related to household or manual labor
58. He wanted to \_\_\_\_\_ his wedding ring with their initials as a lasting symbol of their love.  
*v.* to carve, cut, or etch a design, message, or image onto a surface, often using a sharp tool or laser; to permanently record or mark something in a lasting manner

ANSWERS: 54. adaptable, 55. uphold, 56. stimming, 57. chore, 58. engrave