

# 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. am\_\_\_\_e personality *adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others
2. l\_x attitude *adj.* not strict or severe; relaxed or lenient
3. und\_\_\_\_\_ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
4. be\_\_\_\_k geology *n.* the solid rock underlying soil or alluvium
5. nullify a pro\_\_\_\_\_ion *n.* an official announcement or statement
6. 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
7. in\_\_e conversation *adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding
8. central ba\_\_\_\_rs *n.* a person who is in charge of or has an important job in a bank
9. 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
10. 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

ANSWERS: 1. amiable, 2. lax, 3. underestimate, 4. bedrock, 5. proclamation, 6. overwhelm, 7. inane, 8. banker, 9. straitjacket, 10. spat

11. tr\_\_\_\_\_e from his eyes      *v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities
12. re\_\_\_\_l an old tale      *v.* to tell someone about something again or differently
13. 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
14. 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
15. 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
16. 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
17. pro\_\_\_\_\_ion of innocence      *n.* an official announcement or statement
18. po\_\_\_\_\_n kernels      *n.* a type of corn that expands and puffs up when heated, often used for making a snack

ANSWERS: 11. trickle, 12. retell, 13. thanksgiving, 14. upbringing, 15. liken, 16. bloated, 17. proclamation, 18. popcorn

19. a po\_\_\_\_\_n vendor *n.* a type of corn that expands and puffs up when heated, often used for making a snack
20. be\_\_\_\_\_k foundation *n.* the solid rock underlying soil or alluvium
21. ast\_\_\_\_\_ng achievement *adj.* surprising or shocking; difficult to believe
22. st\_\_\_\_\_e through life *v.* to miss a step and fall or nearly fall; to walk unsteadily
23. re\_\_\_\_\_e on the sofa *v.* to lean or lie back in a relaxed or comfortable position
24. exercise str\_\_\_\_\_ly *adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
25. up\_\_\_\_d tradition *v.* to support or defend something, such as a law, idea, decision, etc.
26. an ad\_\_\_\_\_le person *adj.* able or willing to modify or be modified to deal with new situations
27. argue str\_\_\_\_\_ly *adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
28. 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
29. enthusiastic di\_\_\_\_\_le *n.* a person who learns from another, especially one who then teaches others

ANSWERS: 19. popcorn, 20. bedrock, 21. astonishing, 22. stumble, 23. recline, 24. strenuously, 25. uphold, 26. adaptable, 27. strenuously, 28. spat, 29. disciple

30. 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
31. ch\_\_e list *n.* a routine or tedious task, often related to household or manual labor
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. 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
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. ra\_\_\_e trail *n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide
36. 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
37. 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

ANSWERS: 30. scrum, 31. chore, 32. trickle, 33. dishwasher, 34. lacrosse, 35. ravine, 36. innermost, 37. frontal



38. temper ta\_\_\_\_m *n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays
39. creep dow\_\_\_\_rs *adv.* on or to a lower or ground floor of a building
40. make ast\_\_\_\_ng gains *adj.* surprising or shocking; difficult to believe
41. up\_\_\_\_d the law *v.* to support or defend something, such as a law, idea, decision, etc.
42. 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
43. 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
44. 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: 38. tantrum, 39. downstairs, 40. astonishing, 41. uphold, 42. bully, 43. stalk, 44. stalk

45. und\_\_\_\_\_ate an enemy      *v.* to think or suppose that a quantity, price, or size is smaller than it is
46. ag\_\_e in his movements      *adj.* able to move quickly and easily, often in a way that is graceful and controlled
47. 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
48. great-gra\_\_\_\_\_nt      *n.* a parent of one's father or mother
49. in\_\_e remark      *adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding
50. 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
51. 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
52. escort him dow\_\_\_\_\_rs      *adv.* on or to a lower or ground floor of a building
53. st\_\_e smell      *adj.* no longer fresh, new, or interesting; dull or uninteresting
54. bu\_\_y the weak      *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

ANSWERS: 45. underestimate, 46. agile, 47. rev, 48. grandparent, 49. inane, 50. liken, 51. straitjacket, 52. downstairs, 53. stale, 54. bully

55. ra\_\_\_\_\_e an aura  
*v.* to spread out or emit something, such as light or heat, in all directions
56. 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
57. 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
58. household ch\_\_es  
*n.* a routine or tedious task, often related to household or manual labor
59. st\_\_\_\_\_e financially  
*v.* to miss a step and fall or nearly fall; to walk unsteadily
60. gr\_\_t a customer  
*v.* to say hello to someone; to express welcome on meeting someone
61. scenic wa\_\_\_\_\_ll  
*n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
62. throw a ta\_\_\_\_\_m  
*n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays
63. 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
64. care pa\_\_\_\_a  
*n.* a pair of loose pants with a matching top, worn for sleeping or lounging

ANSWERS: 55. radiate, 56. bunker, 57. manifesto, 58. chore, 59. stumble, 60. greet, 61. waterfall, 62. tantrum, 63. quicken, 64. pajama

65. 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
66. ov\_\_\_\_\_ct with anger *v.* to react more strongly or excessively than is necessary or appropriate
67. 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
68. b\_\_y emotion *v.* to place a dead body in the ground, grave, or tomb
69. 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
70. 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
71. 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
72. 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

ANSWERS: 65. instinct, 66. overreact, 67. rev, 68. bury, 69. bunker, 70. manifesto, 71. instinct, 72. chide

73. Greek-English le\_\_\_\_n *n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical
74. an ag\_\_e mind *adj.* able to move quickly and easily, often in a way that is graceful and controlled
75. ch\_\_e gently *v.* to scold or rebuke someone, typically mildly or gently; to express disapproval or disappointment towards someone's behavior or actions
76. steep ra\_\_\_\_e *n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide
77. 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
78. 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
79. re\_\_\_l a story *v.* to tell someone about something again or differently
80. re\_\_\_\_e on my side *v.* to lean or lie back in a relaxed or comfortable position
81. 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

ANSWERS: 73. lexicon, 74. agile, 75. chide, 76. ravine, 77. thanksgiving, 78. lacrosse, 79. retell, 80. recline, 81. stimming

82. 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
83. b\_\_y in the earth *v.* to place a dead body in the ground, grave, or tomb
84. le\_\_\_\_\_n of business phrases *n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical
85. investment ba\_\_\_\_r *n.* a person who is in charge of or has an important job in a bank
86. ra\_\_\_\_\_e in all directions *v.* to spread out or emit something, such as light or heat, in all directions
87. 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
88. 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
89. 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
90. 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

ANSWERS: 82. frontal, 83. bury, 84. lexicon, 85. banker, 86. radiate, 87. plank, 88. dishwasher, 89. waterfall, 90. percolate

91. Catholic 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
92. a st\_\_e joke *adj.* no longer fresh, new, or interesting; dull or uninteresting
93. l\_x border controls *adj.* not strict or severe; relaxed or lenient
94. 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
95. en\_\_\_t in a cause *v.* to sign up to serve in the military or a particular organization
96. en\_\_\_t for a soldier *v.* to sign up to serve in the military or a particular organization
97. ad\_\_\_\_\_le enough for the environment *adj.* able or willing to modify or be modified to deal with new situations
98. em\_\_\_\_\_r my life *v.* to give someone the power or authority to do something
99. pa\_\_\_a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
100. gr\_\_t an idea *v.* to say hello to someone; to express welcome on meeting someone
101. 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

ANSWERS: 91. upbringing, 92. stale, 93. lax, 94. percolate, 95. enlist, 96. enlist, 97. adaptable, 98. empower, 99. pajama, 100. greet, 101. bedtime

102. 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
103. 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
104. qu\_\_\_\_\_n heart rate *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
105. 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
106. am\_\_\_\_\_e smile *adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others
107. ov\_\_\_\_\_ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
108. person of gra\_\_\_\_\_nt age *n.* a parent of one's father or mother
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

ANSWERS: 102. innermost, 103. plank, 104. quicken, 105. overwhelm, 106. amiable, 107. overreact, 108. grandparent, 109. scrum



110. 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
111. 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
112. em\_\_\_\_r the secretary to do the same      *v.* to give someone the power or authority to do something
113. autistic st\_\_\_\_ng      *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
114. di\_\_\_\_le of Buddha      *n.* a person who learns from another, especially one who then teaches others
115. 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
116. 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

ANSWERS: 110. engrave, 111. bloated, 112. empower, 113. stimming, 114. disciple, 115. bedtime, 116. engrave

ANSWERS:

## Session 3: Fill in the Blanks

1. 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
  
2. The news of her sudden death was \_\_\_\_\_ to everyone who knew her.
  - adj.* surprising or shocking; difficult to believe
  
3. She \_\_\_\_\_ over the tree root.
  - v.* to miss a step and fall or nearly fall; to walk unsteadily
  
4. 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
  
5. He \_\_\_\_\_ his friends with a warm smile and a hug.
  - v.* to say hello to someone; to express welcome on meeting someone
  
6. 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
  
7. 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

ANSWERS: 1. scrum, 2. astonishing, 3. stumbled, 4. upbringing, 5. greeted, 6. waterfall, 7. bloated

8. 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
9. 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
10. 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
11. Cleaning the house is a \_\_\_\_\_ that only some enjoy.
- n.* a routine or tedious task, often related to household or manual labor
12. 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
13. 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
14. 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
15. 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: 8. ravine, 9. bedtime, 10. radiate, 11. chore, 12. overwhelm, 13. lacrosse, 14. quicken, 15. rev

16. There is plenty of space to \_\_\_\_\_ everyone.  
*v.* to place a dead body in the ground, grave, or tomb
17. 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
18. We seek a candidate who possesses \_\_\_\_\_ fighting potential.  
*adj.* able or willing to modify or be modified to deal with new situations
19. 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
20. 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
21. The \_\_\_\_\_ beneath the soil is extremely solid and stable.  
*n.* the solid rock underlying soil or alluvium
22. 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
23. 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: 16. bury, 17. plank, 18. adaptable, 19. instinct, 20. straitjacket, 21. bedrock, 22. inane, 23. stalked

24. He \_\_\_\_\_ the truth to plead not guilty.

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

25. 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

26. 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

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

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

28. 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

29. 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

30. 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

ANSWERS: 24. retells, 25. popcorn, 26. manifesto, 27. Bankers, 28. engrave, 29. frontal, 30. liken

31. 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
32. She was close to her paternal \_\_\_\_\_ and often spent summers with them.  
*n.* a parent of one's father or mother
33. He decided to \_\_\_\_\_ in the military after graduating from high school.  
*v.* to sign up to serve in the military or a particular organization
34. 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
35. 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
36. The judge may \_\_\_\_\_ the decision of the lower court.  
*v.* to support or defend something, such as a law, idea, decision, etc.
37. 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
38. 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: 31. innermost, 32. grandparents, 33. enlist, 34. trickle, 35. agile, 36. uphold, 37. spat, 38. percolated

39. They frequently \_\_\_\_\_ their abilities and felt inferior.  
*v.* to think or suppose that a quantity, price, or size is smaller than it is
40. Please get the desk \_\_\_\_\_.  
*adv.* on or to a lower or ground floor of a building
41. 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
42. He became a \_\_\_\_\_ of a well-known spiritual leader.  
*n.* a person who learns from another, especially one who then teaches others
43. 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
44. She \_\_\_\_\_ to the situation and caused unnecessary stress.  
*v.* to react more strongly or excessively than is necessary or appropriate
45. 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
46. 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

ANSWERS: 39. underestimated, 40. downstairs, 41. empowered, 42. disciple, 43. lexicon, 44. overreacted, 45. thanksgiving, 46. chided



47. 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

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. The \_\_\_ security measures allowed the thief to enter the building easily.

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

50. 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

51. The bread was \_\_\_\_\_ and not fit for eating.

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

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. 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

54. She \_\_\_\_\_ her seat and relaxed for the flight.

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

ANSWERS: 47. amiable, 48. pajama, 49. lax, 50. bully, 51. stale, 52. strenuously, 53. dishwasher, 54. reclined

55. The king made a \_\_\_\_\_ declaring war on the neighboring country.
- n.* an official announcement or statement
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. 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
58. 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

ANSWERS: 55. proclamation, 56. stimming, 57. tantrum, 58. bunker