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Vocabulary Builder Reference from...

Bruce Feiler: Agile programming -- for your family |

TED Talk

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All Words

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Session 1: Word List

revolution

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

synonym: coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

blend

v. to mix or combine two or more substances

synonym: combine, mix, intermingle

(1) **blend** all the elements, (2) **blend** milk and cream

The toad altered its appearance to better **blend** in with its new environments.

adopt

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

nuclear

adj. of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic

energy

synonym : atomic

(1) **nuclear** fusion, (2) use of **nuclear** power

Many countries have now agreed to a treaty banning the use of **nuclear** weapons.

separate

v. to force, take, or pull apart; mark as different

synonym : disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

divorce

n. the legal dissolution of a marriage

synonym : separation, dissolution, breakup

(1) **divorce** settlement, (2) a consensual **divorce**

The couple decided to get a **divorce** after many years of marriage.

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.

chaos

n. a state of complete confusion or disorder, often characterized by a lack of predictability or control

synonym : disorder, turmoil, confusion

(1) **chaos** theory, (2) midst of **chaos**

The conference room was in **chaos** as everyone tried to speak at once.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly**

varying mind

The mobile application industry is **constantly** changing.

defend

v. to protect someone or something from attack, criticism, danger, etc.

synonym: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

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.

institute

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

synonym : academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

grant

v. to agree to give or allow somebody

synonym : allocate, authorize, give

(1) **grant** a new license, (2) **grant** a land

The chairperson **granted** him the right to speak.

par

n. a state of being equal to someone or something

synonym : equality, standard, balance

(1) above **par** performance, (2) not up to **par**

Shares in the company finally fell below their **par** value.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym : forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

dynamic

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

synonym : energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person

The sprinter has a **dynamic** way of running.

concrete

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

synonym : actual, factual, hardened

(1) a **concrete** noun, (2) **concrete** examples

The president asked for a more **concrete** plan.

scholar

n. professor; a person who studies a topic in considerable depth, particularly in a university

synonym: professor, pupil, learner

(1) **scholar** in international politics, (2) noted **scholar**

You won't have to pay college tuition if you're a **scholar**.

elite

adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

synonym: privileged, favored, elect

(1) earn **elite** status, (2) **elite** athlete

Very few educational **elites** go to Oxford or Cambridge.

negotiate

v. to have formal discussions with someone to reach an agreement

synonym: discuss, mediate, bargain

(1) **negotiate** a settlement, (2) **negotiate** the price of the house

We are always happy to **negotiate** a discount.

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.

clue

n. an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery

synonym: hint, indication, inkling

(1) a **clue** about the crime, (2) a **clue** to the diagnosis

The police couldn't find a **clue** to her whereabouts.

highlight

v. to make something prominent, mainly so that people give it more attention

synonym: feature, emphasize, stress

(1) **highlight** a string in red, (2) **highlight** an important difference

The introduction **highlighted** the speaker's distinguished career as a consultant

software

n. a set of computer programs and associated documentation and data for doing particular computational jobs

synonym: program, system, operating system

(1) **software** architect, (2) copyrighted **software**

The company specializes in both hardware and **software**.

engineer

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software

synonym: architect, creator, builder

(1) a civil **engineer**, (2) **engineer** shortage

The **engineer** will repair my telephone tomorrow morning.

tutor

n. a person who teaches or gives private instruction in a particular subject or skill

synonym: teacher, instructor, mentor

(1) freelance **tutor**, (2) **tutor** student

The skillful **tutor** helped me improve my grades in math.

mathematics

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

synonym: arithmetic, calculation, calculus

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

He has a flair for **mathematics**.

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.

syndrome

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

synonym: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

relative

adj. considered and evaluated through comparison with something else

synonym: comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

cutting-edge

adj. being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity

synonym: state-of-the-art, innovative, advanced

(1) **cutting-edge** molecular biology, (2) **cutting-edge** design

The **cutting-edge** technology was revolutionary in its field.

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.

develop

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

synonym: evolve, progress, advance

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

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

manufacture

v. to make goods in large numbers, usually in a factory using machines

synonym: create, fabricate, assemble

(1) **manufacture** an enzyme, (2) **manufacture** a product

The majority of synthetic vitamins are **manufactured** from oil.

start-up

n. a newly established company or business

(1) **start-up** business, (2) early-stage **start-up**

Our company's services are targeted at **start-up** executives.

silicon

n. a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers

(1) **silicon** wafer, (2) crystalline **silicon**

Silicon is the second most abundant element on earth after oxygen.

valley

n. a long depression on the surface of the land, which typically contains a river

synonym: canyon, gorge, dale

(1) **valley** bottom, (2) basin-shaped **valley**

The **valley** had received a mild snowfall the previous week.

organ

n. a part of the body of an animal or plant that has a particular purpose and performs a specific job

synonym: function, structure

(1) **organ** bleeding, (2) damage to internal **organs**

These infections have the potential to impact practically every **organ** system.

span

n. the entire length of something, such as time or space from beginning to end; the amount of space that

something covers

synonym : interval, period, length

(1) the **span** of a bird's wings, (2) the average life **span**
He slightly modified the **span** of training because it was just before a match.

executive

n. a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

synonym : administrator, manager, director

(1) **executive** editor at the publishing house, (2) **executive** vice president

As the **executive** director of the non-profit, it's her responsibility to make sure they're meeting their mission goals.

grand

adj. important and large in size, scope, or extent

synonym : impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

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.

constant

adj. happening repeatedly or all the time

synonym : ceaseless, stable, unchanging

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

Constant dropping wears away the stone.

session

n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a

particular activity

synonym : conference, gathering

(1) the morning **session**, (2) the court **session**
Parliament is now in **session**.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,
(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

twin

n. either of two children born at the same time from the same mother

(1) a **twin-lens** camera, (2) a **twin** room

Its **twin** brothers are difficult to tell apart except for their parents.

technological

adj. based on scientific and industrial progress

synonym : specialized, technical

(1) **technological** advancement, (2) **technological** policy
Technological advances have disrupted many industries.

firm

adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

synonym : stable, secure, steadfast

(1) **firm** grip, (2) accounting **firm**

The **firm** deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.

frustrate

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym: hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

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.

consult

v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

synonym: confer, consider, see

(1) regularly **consult** with a doctor, (2) **consult** my wallet
Always **consult** a lawyer before launching a business.

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.

adjust

v. to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

synonym : adapt, alter, acclimate

(1) **adjust** a schedule, (2) **adjust** the rearview mirror

You have to **adjust** your content to the age of the audience.

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.

pace

n. the speed at which someone or something moves, or the rate at which something happens or changes

synonym : gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**

The economy is growing at a supercharged **pace**.

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.

flexible

adj. able to change or be changed to suit new conditions or situations; able to bend easily

synonym : adaptable, elastic, pliable

(1) **flexible** schedules, (2) a **flexible** wire

You can be more **flexible** and creative in your approach.

canon

n. a set of rules, principles, or standards by which something is judged or measured

synonym : rule, principle, standard

(1) **canon** law, (2) strict **canon**

The **canon** of classical literature includes works by Shakespeare, Chaucer, and Homer.

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.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym : closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

knit

v. to make a garment or fabric by interlocking loops of yarn with needles or a machine
synonym: weave, crochet, knot

(1) **knit** my eyebrows, (2) **knit** a pair of socks

The grandmother **knit** a warm sweater for her grandchild.

rugby

n. a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line

(1) **rugby** match, (2) **rugby** team

He was a passionate fan of **rugby** and loved watching matches.

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.

massive

adj. enormous amount; very heavy and solid
synonym: enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

chunk

n. a thick and solid mass or piece of something
synonym: block, lump, piece

(1) a **chunk** of money, (2) a tiny **chunk** of meat

The new start-up company carved out a large **chunk** of the market within a year.

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.

element

n. a fundamental or essential part of something

synonym: component, feature, essence

(1) new design **elements**, (2) nonmetallic **elements**

Natural selection is an essential **element** in Darwin's theory of evolution.

adapt

v. to make fit for or change to suit a new purpose or environment

synonym: adjust, acclimate, accustom

(1) **adapt** fully to the environment, (2) **adapt** as needed

I advised him to **adapt** to his new surroundings.

succeed

v. to accomplish or achieve a desired or intended result or goal; to prosper or attain success in a given field or endeavor

synonym: achieve, accomplish, triumph

(1) **succeed** beyond expectations, (2) **succeed** academically

I hope to **succeed** in my career and live a happy life.

sweeping

adj. extensive, broad, or far-reaching in scope or impact; characterized by a vigorous or forceful movement, often involving wide motions or gestures

synonym: broad, extensive, vast

(1) **sweeping** changes, (2) **sweeping** landscapes

The **sweeping** views from the mountaintop were breathtaking.

suite

n. a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person

synonym: set, series, collection

(1) **suite** room, (2) **suite** of products

The presidential **suite** is the most luxurious room in the hotel.

inevitably

adv. in a manner that cannot be avoided or prevented

synonym: unavoidably, necessarily, surely

(1) **inevitably** decline with age, (2) **inevitably** reach the consumer

Because of his excellent performance, he will **inevitably** be promoted.

manual

adj. done by hand rather than by machine; (noun) a book of instructions, especially for operating a machine or learning a subject

synonym: by hand, (noun) handbook, (noun) tutorial

(1) car with **manual** transmissions, (2) look at the **manual**

This machine cuts metal by **manual** control.

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.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

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.

accountability

n. the state of being responsible for one's actions or decisions; the obligation to explain, justify, or take ownership of one's actions or their consequences; the expectation of being answerable and liable for the outcomes of one's behavior or performance

synonym : responsibility, answerability, liability

(1) government **accountability**, (2) individual

accountability

Activists questioned the company's **accountability** for the environmental impact of its operations.

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.

checklist

n. a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken

synonym : inventory, list, roll call

(1) **checklist** for evaluating, (2) audit **checklist**

I made a **checklist** of things to do before my vacation.

tick

n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis

synonym : sound, noise, beat

(1) **tick** of the clock, (2) **tick** fever

I always put a **tick** mark next to the items on my grocery list after buying them.

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.

pet

n. an animal that you have at home as a companion and treated kindly

(1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym : fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

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.

dynamics

n. the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change

synonym : mechanics, kinetics, kinematics

(1) **dynamics** of group, (2) **dynamics** of economy

The relationship **dynamics** between the two countries were complex and constantly changing.

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.

monitor

v. to observe, check, and track the progress or quality of something over a period of time

synonym : proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully

They used a special receiver to **monitor** police radio channels.

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.

heaven

n. (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

synonym : paradise, nirvana, utopia

(1) ascend to **heaven**, (2) **heaven** on earth

He felt like **heaven** when he tasted the delicious chocolate cake.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym : initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

parental

adj. of or relating to parent or parents

synonym : maternal, paternal

(1) **parental** duties, (2) **parental** consent

She plans to take six months of **parental** leave.

scream

v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

synonym : cry, shout, yell

(1) **scream** a profanity, (2) **scream** at him to be quiet

She kept **screaming** for an ambulance.

quest

n. a long or challenging search for something

synonym : exploration, inquisition, pursuit

(1) the **quest** for truth, (2) on a **quest** for happiness

That adventurer traveled in **quest** of buried treasure.

suddenly

adv. quickly and unexpectedly

synonym : abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym : exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

- 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.
- essentially** *adv.* relating to the essential features or concepts of anything
synonym : fundamentally, basically, virtually
(1) **essentially** correct, (2) become **essentially** same
Essentially, a society is an organism.
- process** *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
synonym : procedure, method, system
(1) **process** improvement, (2) decision-making **process**
The **process** for applying for a visa can be lengthy and complicated.
- dessert** *n.* a sweet food served as the last course of a meal
synonym : sweet, cake, confection
(1) **dessert** knife, (2) easy **dessert** recipe
Let's go to an all-you-can-eat **dessert** restaurant.

- dial**
- v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
- synonym* : adjust, set, turn
- (1) **dial** up the volume, (2) **dial** down the tension
He **dialed** the phone number and waited for an answer.
- naturally**
- adv.* as might be expected; by natural manners
- synonym* : by nature, inherently, intrinsically
- (1) **naturally** arising, (2) **naturally** regenerated forest
He was **naturally** gifted.
- gap**
- n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
- synonym* : opening, lacuna, spread
- (1) the **gap** between ideal and reality, (2) distance **gap**
Many people are working together to close the gender **gap**.
- conduct**
- v. to organize and carry out a particular activity
- synonym* : behave, lead, carry on
- (1) **conduct** a background check, (2) **conduct** research
Police will **conduct** random breath testing for drunk driving.
- bother**
- v. to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something
- synonym* : annoy, pester, irritate
- (1) **bother** the neighbors, (2) **bother** with details
Please don't **bother** me while I'm trying to concentrate.
- underground**
- adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
- synonym* : subterranean, subsurface, confidential
- (1) water flowing **underground**, (2) **underground** activist
Having **underground** parking has been very beneficial

throughout the winter.

able

n. a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

synonym: wire, cord, rope

(1) **able** television, (2) coaxial **able**

This system uses submarine **ables** to exchange information between continents.

treasure

n. a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected

synonym: hoard, fortune, gem

(1) **treasure** hunt, (2) **treasure** island

The pirates searched for buried **treasure** in the dunes.

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.

propose

v. to make a proposal, declare a plan for something

synonym: suggest, offer, recommend

(1) **propose** the amendment, (2) **propose** changes

I want to **propose** a toast in honor of our longstanding

relationship.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

anticipate

v. to expect or predict that something will happen; to tell in advance

synonym: forecast, predict, expect

(1) **anticipate** your kind cooperation, (2) **anticipate** a black future

We **anticipate** heavy snowfall tomorrow.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

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.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

guru

n. a spiritual teacher or leader, notably in Hindu and Sikh traditions; a person who has knowledge and expertise in a particular area

synonym : sage, mentor, master

(1) **guru** meditation, (2) spiritual **guru**

He was considered a **guru** in economics and consulted by many leaders.

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.

celebrity

n. someone who is well-known, particularly in the entertainment industry

synonym : figure, star, VIP

(1) baseball **celebrity**, (2) **celebrity** known worldwide

The popularity of the show made her an instant **celebrity**.

chef

n. a cook, especially the chief cook in a restaurant or hotel

synonym : cook, culinary artist, gastronomer

(1) **chef** knife, (2) master **chef**

The **chef** at the restaurant was known for his creative and delicious dishes.

shift

n. a slight transition in position, direction, or trend
synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

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.

productive

adj. resulting in or making a lot or a significant amount of something, especially something of value

synonym: efficient, fruitful, successful

(1) low **productive** capacity, (2) **productive** meeting

The new employee proved extremely **productive**, completing projects ahead of schedule.

elbow

n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint

synonym: joint, bend, cubitus

(1) **elbow** bone, (2) **elbow-length** sleeves

She bruised her **elbow** after falling off her bike.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

rigid

adj. extremely strict and difficult to change or adapt;
incapable of or resistant to bending

synonym : strict, inflexible, stringent

(1) **rigid** rules, (2) **rigid** structure

He was unpopular because of his **rigid** adherence to the rules.

cushion

n. a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage

synonym : pad, pillow, bolster

(1) **cushion** against inflation, (2) rear seat **cushions**

He placed a **cushion** on the floor for his dog to lie on.

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.

upright

adj. perpendicular to a horizontal surface or line; (adverb) in a vertical position

synonym : vertical, perpendicular, plumb

(1) **upright** posture, (2) sit **upright** in a chair

The bookcase was **upright** against the wall.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

hook

n. a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook

synonym : buckle, pin, curve

(1) a hat **hook**, (2) the curved shape of a **hook**

Please hang your towel on a **hook**.

open-minded

adj. willing to listen to or consider new or different ideas

synonym : receptive, impartial, approachable

(1) an **open-minded** person, (2) adopt an **open-minded** attitude

Both parties were pleased with the **open-minded** discussion.

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.

frank

adj. honest and sincere; open and candid in expression

synonym : candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym : overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

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.

reward

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

synonym: compensation, gratuity, bonus

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

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

punishment

n. a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing

synonym: penalty, discipline, retribution

(1) **punishment** for a crime, (2) humiliating **punishment**

The judge gave severe **punishment** to the criminal who committed the heinous crime.

push-ups

n. a type of exercise that involves placing one's hands palms-down on the ground shoulder-width apart, lowering the body, and pushing up again repeatedly, typically used to build strength in the upper body and arms

synonym: press-ups, floor exercises

(1) military **push-ups**, (2) wide-arm **push-ups**

She does forty **push-ups** every morning as part of her workout routine.

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.

independence

n. freedom from another's or others' control or influence

synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony

There is nothing more valuable than **independence** and freedom.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

certify

v. to formally state, especially in writing, that something is true

synonym: accredit, approve, authorize

(1) **certify** product quality, (2) **certify** the authenticity of the painting

As a witness, I can **certify** his innocence.

miracle

n. an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by

God

synonym: wonder, marvel, phenomenon

(1) **miracle** person, (2) economic **miracle**

The doctors said that her recovery was a **miracle**.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym: agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

evaluate

v. to assess or estimate the quality, significance, quantity, or value of something

synonym: assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation

The meeting aims to **evaluate** possible choices.

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.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

occasion

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym: event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands

She wore her best dress for the special **occasion**.

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.

allowance

n. a set amount of money or resources given regularly or periodically; a granted permission or privilege; the act of allowing or giving permission

synonym: portion, stipend, grant

(1) meal **allowance**, (2) travel **allowance**

As parents, we must teach our children about financial responsibility by giving them a weekly **allowance**.

ditch

n. a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away

synonym: trench, channel, furrow

(1) agricultural **ditch**, (2) **ditch** my career

The farmers used **ditches** to drain water from their fields.

salary

n. a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month

synonym: compensation, earnings, pay

(1) a handsome **salary**, (2) **salary** after taxes

What are your annual **salary** expectations?

inheritance

n. the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors

synonym: legacy, estate, heritage

(1) paternal **inheritance**, (2) **inheritance** tax

His vast **inheritance** was equitably divided among the brothers.

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.

organization

n. a group of people who work together for a shared purpose

synonym: association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

preserve

v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed

synonym: conserve, care for, maintain

(1) **preserve** my strength, (2) **preserve** a country's heritage

They worked hard to **preserve** the nature of their native lands.

core

n. the most essential or fundamental part of something

synonym: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

progression

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

synonym: advancement, development, evolution

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

The company has made great strides in its **progression**

toward sustainability.

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.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

equivalent

n. having the same value, quality, meaning, purpose, etc.

synonym: equal, counterpart, match

(1) **equivalent** amounts, (2) **equivalent** in meaning

The European Central Bank is Europe's **equivalent** of the Federal Reserve.

corporate

adj. of or relating to a large company

synonym: business, commercial, organizational

(1) **corporate** right, (2) **corporate** environment

The **corporate** office has decided to lay off 10% of the workforce.

retreat

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

synonym: escape, withdrawal, vacation

(1) **retreat** deeper into their territory, (2) **retreat** in a mountain region

Many people go on a **retreat** to recharge and reconnect with themselves.

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.

flip

v. to turn over into a different position quickly; to throw or toss with a light motion

synonym: throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

chart

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

synonym: diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

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.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

dilemma

n. a situation in which a difficult choice has to be made between two or more options, especially that are equally unfavorable ones

synonym: difficulty, plight, predicament

(1) chicken-and-egg **dilemma**, (2) be in a **dilemma**

The choice between bureaucracy and adhococracy represents a common **dilemma**.

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.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym : beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

esteem

n. great respect and approval for or a good opinion of someone

synonym : respect, admiration, regard

(1) **esteem** for the other person, (2) boost my self- **esteem**

He is our loyal customer who should be held in high **esteem**.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

narrative

n. a story or a description of a series of events or process of telling a story

synonym : the tale, chronology, annals

(1) **narrative** poetry, (2) personal **narrative**

The **narrative** handles multiple plot lines and has unpredictable ends.

confidence

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

synonym : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

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.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym :

minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

alike

adv. similar or identical in nature or appearance

synonym : similar, identical, comparable

(1) young and old **alike**, (2) **alike** in nature

The two paintings looked **alike** as if the same artist had done them.

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.

scholarship

n. a grant or payment made to support a student's education usually awarded based on academic or other achievements

synonym : grant, award, stipend

(1) a **scholarship** association, (2) college **scholarship**

She received a full **scholarship** to study abroad.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

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.

universal

adj. existing or affecting everywhere or everyone

synonym: common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design

The picture earned near- **universal** acclaim from critics.

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.

estate

n. a large piece of land with an impressive house on it, often owned by a wealthy family; all of a person's possessions and assets at the time of their death; an area of land considered as a unit in terms of ownership, use or taxation

synonym: property, domain, land

(1) **estate** agent, (2) real **estate** transaction

The wealthy businessman left his entire **estate** to his children when he died.

humankind

n. the whole of the living human inhabitants of the earth

synonym: humanity, human race, society

(1) **humankind** as a species, (2) history of **humankind**

On the geological time scale, **humankind** has existed for a brief moment.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

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.

layer

n. a sheet, quantity, or thickness of the material, typically one of several, covering a surface or body; a level or part within a system or set of ideas

synonym: stratum, sheet, coating

(1) **layer** cake, (2) **layer** of paint

The **layer** of frost on the ground was so thick it was difficult to walk on.

capture

v. to catch a person or an animal and confine them in an area which they cannot escape

synonym: catch, arrest, imprison

(1) **capture** a glimpse, (2) **capture** customers' hearts

I was able to **capture** the moment on film.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

accumulate

v. to collect or acquire a large number of things over a long period of time

synonym: amass, stash, earn

(1) **accumulate** cash value, (2) **accumulate** evidence

He has **accumulated** his wealth through real estate investments.

Session 2: Spelling

1. ri__d structure *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
2. 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
3. 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
4. rear seat cu_____ns *n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage
5. de___d my country *v.* to protect someone or something from attack, criticism, danger, etc.
6. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
7. b__y emotion *v.* to place a dead body in the ground, grave, or tomb
8. pun_____nt for a crime *n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
9. financial ind_____nce *n.* freedom from another's or others' control or influence

ANSWERS: 1. rigid, 2. bloated, 3. waterfall, 4. cushion, 5. defend, 6. confidence, 7. bury, 8. punishment, 9. independence

- | | | |
|--|------|--|
| 10. ov_____me all difficulties | v. | to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone |
| 11. or__n bleeding | n. | a part of the body of an animal or plant that has a particular purpose and performs a specific job |
| 12. ch__e list | n. | a routine or tedious task, often related to household or manual labor |
| 13. pro_____on of disease | n. | the act or process of changing to the next stage or phase or moving forward |
| 14. co_____de a meeting | v. | to come to an end or close; to reach a judgment or opinion by reasoning |
| 15. a con_____ly innovative enterprise | adv. | all the time |
| 16. fr__k and open discussion | adj. | honest and sincere; open and candid in expression |
| 17. ad__t fully to the environment | v. | to make fit for or change to suit a new purpose or environment |
| 18. pr_____t when she will arrive | v. | to state beforehand that something will happen in the future, mainly based on knowledge or experience |
| 19. ad__t a bill | v. | to choose to follow something; to legally take a child from another family and care for them as if they were one's own |
| 20. tec_____cal policy | adj. | based on scientific and industrial progress |
| 21. ine_____ly decline with age | adv. | in a manner that cannot be avoided or prevented |

ANSWERS: 10. overcome, 11. organ, 12. chore, 13. progression, 14. conclude, 15. constantly, 16. frank, 17. adapt, 18. predict, 19. adopt, 20. technological, 21. inevitably

22. 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
23. a fl____le wire
adj. able to change or be changed to suit new conditions or situations; able to bend easily
24. sc____r in international politics
n. professor; a person who studies a topic in considerable depth, particularly in a university
25. em____al health
adj. relating to people's feelings
26. re__t against his way of thinking
v. to take action in response to something
27. the c__e of an apple
n. the most essential or fundamental part of something
28. ra____e an aura
v. to spread out or emit something, such as light or heat, in all directions
29. va____y bottom
n. a long depression on the surface of the land, which typically contains a river
30. st____e through life
v. to miss a step and fall or nearly fall; to walk unsteadily
31. a con____ly varying mind
adv. all the time
32. the curved shape of a h__k
n. a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook
33. nu____r fusion
adj. of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy

ANSWERS: 22. liken, 23. flexible, 24. scholar, 25. emotional, 26. react, 27. core, 28. radiate, 29. valley, 30. stumble, 31. constantly, 32. hook, 33. nuclear

34. inh_____ce tax *n.* the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors
35. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
36. na_____ve poetry *n.* a story or a description of a series of events or process of telling a story
37. official sta_____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
38. a remote re_____ve *adj.* considered and evaluated through comparison with something else
39. self-int_____ion *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
40. f__p a coin *v.* to turn over into a different position quickly; to throw or toss with a light motion
41. government acc_____ity *n.* the state of being responsible for one's actions or decisions; the obligation to explain, justify, or take ownership of one's actions or their consequences; the expectation of being answerable and liable for the outcomes of one's behavior or performance

ANSWERS: 34. inheritance, 35. develop, 36. narrative, 37. statistics, 38. relative, 39. introduction, 40. flip, 41. accountability

42. ant_____te your kind cooperation *v.* to expect or predict that something will happen; to tell in advance
43. regularly co_____t with a doctor *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
44. 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
45. su_____d beyond expectations *v.* to accomplish or achieve a desired or intended result or goal; to prosper or attain success in a given field or endeavor
46. ri__d rules *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
47. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
48. use of nu_____r power *adj.* of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy
49. k__t my eyebrows *v.* to make a garment or fabric by interlocking loops of yarn with needles or a machine
50. a cr__y scheme *adj.* stupid or not sensible; very angry
51. coaxial ca__e *n.* a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

ANSWERS: 42. anticipate, 43. consult, 44. bunker, 45. succeed, 46. rigid, 47. technique, 48. nuclear, 49. knit, 50. crazy, 51. cable

52. co___x cells *n.* the outermost layer of an organ, especially the brain
53. tu__r student *n.* a person who teaches or gives private instruction in a particular subject or skill
54. history of hu_____nd *n.* the whole of the living human inhabitants of the earth
55. se_____te cream from milk *v.* to force, take, or pull apart; mark as different
56. b__y in the earth *v.* to place a dead body in the ground, grave, or tomb
57. a glad oc_____on *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
58. ov_____ct with anger *v.* to react more strongly or excessively than is necessary or appropriate
59. ca_____e a glimpse *v.* to catch a person or an animal and confine them in an area which they cannot escape
60. hi_____ht a string in red *v.* to make something prominent, mainly so that people give it more attention
61. 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
62. temper ta_____m *n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays

ANSWERS: 52. cortex, 53. tutor, 54. humankind, 55. separate, 56. bury, 57. occasion, 58. overreact, 59. capture, 60. highlight, 61. bunker, 62. tantrum

63. el__e athlete *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
64. crystalline si____n *n.* a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers
65. 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
66. a st__e joke *adj.* no longer fresh, new, or interesting; dull or uninteresting
67. ov_____ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
68. ad__t a schedule *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
69. basin-shaped va____y *n.* a long depression on the surface of the land, which typically contains a river
70. a handsome sa____y *n.* a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month
71. na_____ly regenerated forest *adv.* as might be expected; by natural manners

ANSWERS: 63. elite, 64. silicon, 65. manifesto, 66. stale, 67. overreact, 68. adjust, 69. valley, 70. salary, 71. naturally

72. so_____re architect *n.* a set of computer programs and associated documentation and data for doing particular computational jobs
73. ev_____te a situation *v.* to assess or estimate the quality, significance, quantity, or value of something
74. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
75. young and old al___e *adv.* similar or identical in nature or appearance
76. am_____e personality *adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others
77. st___e smell *adj.* no longer fresh, new, or interesting; dull or uninteresting
78. the ul_____te goal in life *adj.* furthest or highest in degree or order
79. equ_____nt in meaning *n.* having the same value, quality, meaning, purpose, etc.
80. 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
81. 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
82. damage to internal or___ns *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job

ANSWERS: 72. software, 73. evaluate, 74. communicate, 75. alike, 76. amiable, 77. stale, 78. ultimate, 79. equivalent, 80. overwhelm, 81. percolate, 82. organ

83. be____k geology *n.* the solid rock underlying soil or alluvium
84. central ba____rs *n.* a person who is in charge of or has an important job in a bank
85. the g_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
86. dy____cs of group *n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change
87. spiritual g__u *n.* a spiritual teacher or leader, notably in Hindu and Sikh traditions; a person who has knowledge and expertise in a particular area
88. agricultural di__h *n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
89. be____g to a group *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
90. tr____e down my cheek *v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities
91. an ad____le person *adj.* able or willing to modify or be modified to deal with new situations
92. in__e conversation *adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding

ANSWERS: 83. bedrock, 84. banker, 85. gap, 86. dynamics, 87. guru, 88. ditch, 89. belong, 90. trickle, 91. adaptable, 92. inane

93. la__r cake *n.* a sheet, quantity, or thickness of the material, typically one of several, covering a surface or body; a level or part within a system or set of ideas
94. arrange my sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
95. 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
96. es___e agent *n.* a large piece of land with an impressive house on it, often owned by a wealthy family; all of a person's possessions and assets at the time of their death; an area of land considered as a unit in terms of ownership, use or taxation
97. 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
98. cut_____dge molecular biology *adj.* being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity
99. accounting f__m *adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

ANSWERS: 93. layer, 94. schedule, 95. stimming, 96. estate, 97. quicken, 98. cutting-edge, 99. firm

100. a tiny ch__k of meat *n.* a thick and solid mass or piece of something
101. sc___m a profanity *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
102. water flowing und_____nd *adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
103. audit ch_____st *n.* a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken
104. em_____al distress *adj.* relating to people's feelings
105. 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
106. re__t at a high temperature *v.* to take action in response to something
107. acute sy_____me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
108. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 100. chunk, 101. scream, 102. underground, 103. checklist, 104. emotional, 105. rev, 106. react, 107. syndrome, 108. stick

109. ine_____ly reach the consumer *adv.* in a manner that cannot be avoided or prevented
110. el__w bone *n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
111. an ag__e mind *adj.* able to move quickly and easily, often in a way that is graceful and controlled
112. fl_____le schedules *adj.* able to change or be changed to suit new conditions or situations; able to bend easily
113. a political rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
114. 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
115. re_____e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
116. a teacher's p_t *n.* an animal that you have at home as a companion and treated kindly
117. a co_____nt wind *adj.* happening repeatedly or all the time
118. 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
119. 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

ANSWERS: 109. inevitably, 110. elbow, 111. agile, 112. flexible, 113. revolution, 114. chide, 115. reverse, 116. pet, 117. constant, 118. overwhelm, 119. instinct

120. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
121. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
122. a heavy sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
123. me_____n in a report *v.* to speak or write about something or someone briefly
124. co_____t research *v.* to organize and carry out a particular activity
125. major paradigm sh__t *n.* a slight transition in position, direction, or trend
126. a t__n-lens camera *n.* either of two children born at the same time from the same mother
127. the morning se_____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
128. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 120. separate, 121. process, 122. schedule, 123. mention, 124. conduct, 125. shift, 126. twin, 127. session, 128. mathematics

129. cut_____dge design *adj.* being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity
130. psy_____gy experiment *n.* the scientific study of mind and behavior
131. d__l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
132. 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
133. Doppler sh__t *n.* a slight transition in position, direction, or trend
134. dy_____c person *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
135. mi_____e person *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

ANSWERS: 129. cutting-edge, 130. psychology, 131. dial, 132. stalk, 133. shift, 134. dynamic, 135. miracle

136. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
137. tec_____cal advancement *adj.* based on scientific and industrial progress
138. ascend to he___n *n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty
139. su_____d academically *v.* to accomplish or achieve a desired or intended result or goal; to prosper or attain success in a given field or endeavor
140. em_____r my life *v.* to give someone the power or authority to do something
141. al__e in nature *adv.* similar or identical in nature or appearance
142. f__p over the pork chop *v.* to turn over into a different position quickly; to throw or toss with a light motion
143. de_____t knife *n.* a sweet food served as the last course of a meal
144. master c__f *n.* a cook, especially the chief cook in a restaurant or hotel
145. research in_____tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

ANSWERS: 136. tight, 137. technological, 138. heaven, 139. succeed, 140. empower, 141. alike, 142. flip, 143. dessert, 144. chef, 145. institute

146. co_____t my wallet *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
147. ra_____e in all directions *v.* to spread out or emit something, such as light or heat, in all directions
148. man_____re an enzyme *v.* to make goods in large numbers, usually in a factory using machines
149. ex_____ve vice president *n.* a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations
150. mo_____r the data carefully *v.* to observe, check, and track the progress or quality of something over a period of time
151. make a fr__k apology *adj.* honest and sincere; open and candid in expression
152. po_____n kernels *n.* a type of corn that expands and puffs up when heated, often used for making a snack
153. 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
154. visual co___x neuron *n.* the outermost layer of an organ, especially the brain

ANSWERS: 146. consult, 147. radiate, 148. manufacture, 149. executive, 150. monitor, 151. frank, 152. popcorn, 153. frontal, 154. cortex

155. college sch_____ip *n.* a grant or payment made to support a student's education usually awarded based on academic or other achievements
156. man_____re a product *v.* to make goods in large numbers, usually in a factory using machines
157. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
158. re_____t deeper into their territory *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
159. a p_t bird *n.* an animal that you have at home as a companion and treated kindly
160. the re___d for good works *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
161. low pro_____ve capacity *adj.* resulting in or making a lot or a significant amount of something, especially something of value
162. su__e of products *n.* a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person

ANSWERS: 155. scholarship, 156. manufacture, 157. stick, 158. retreat, 159. pet, 160. reward, 161. productive, 162. suite

163. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
164. gr__d bargain *adj.* important and large in size, scope, or extent
165. a statistical ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
166. mo_____r an exam *v.* to observe, check, and track the progress or quality of something over a period of time
167. en___t for a soldier *v.* to sign up to serve in the military or a particular organization
168. co_____te environment *adj.* of or relating to a large company
169. 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
170. ne_____te a settlement *v.* to have formal discussions with someone to reach an agreement
171. cr__y about cars and racing *adj.* stupid or not sensible; very angry
172. up___d tradition *v.* to support or defend something, such as a law, idea, decision, etc.
173. id___fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
174. bl__d all the elements *v.* to mix or combine two or more substances

ANSWERS: 163. progression, 164. grand, 165. chart, 166. monitor, 167. enlist, 168. corporate, 169. rev, 170. negotiate, 171. crazy, 172. uphold, 173. identify, 174. blend

175. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
176. fr_____te other team members *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
177. sw_____ng changes *adj.* extensive, broad, or far-reaching in scope or impact; characterized by a vigorous or forceful movement, often involving wide motions or gestures
178. argue str_____ly *adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
179. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
180. 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
181. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
182. ad_____le enough for the environment *adj.* able or willing to modify or be modified to deal with new situations
183. l_x attitude *adj.* not strict or severe; relaxed or lenient
184. gr__t a new license *v.* to agree to give or allow somebody

ANSWERS: 175. confidence, 176. frustrate, 177. sweeping, 178. strenuously, 179. conversation, 180. straitjacket, 181. tight, 182. adaptable, 183. lax, 184. grant

185. the ul____te luxury *adj.* furthest or highest in degree or order
186. d__l down the tension *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
187. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
188. a c__e about the crime *n.* an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery
189. und_____nd activist *adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
190. k__t a pair of socks *v.* to make a garment or fabric by interlocking loops of yarn with needles or a machine
191. 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
192. ce_____ty known worldwide *n.* someone who is well-known, particularly in the entertainment industry
193. steep ra___e *n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide
194. ca__n law *n.* a set of rules, principles, or standards by which something is judged or measured

ANSWERS: 185. ultimate, 186. dial, 187. technique, 188. clue, 189. underground, 190. knit, 191. innermost, 192. celebrity, 193. ravine, 194. canon

195. di__h my career *n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
196. 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
197. su____ly attacked by an enemy *adv.* quickly and unexpectedly
198. 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
199. ce____y the authenticity of the painting *v.* to formally state, especially in writing, that something is true
200. 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
201. a good grounding in mat____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
202. the qu__t for truth *n.* a long or challenging search for something
203. as___e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

ANSWERS: 195. ditch, 196. liken, 197. suddenly, 198. quicken, 199. certify, 200. spat, 201. mathematics, 202. quest, 203. assume

204. beginning of the industrial
rev_____on
205. di_____le of Buddha
206. military pu_____ps
207. ast_____ng achievement
208. pr_____e changes
209. aggressive in_____ct
210. es_____m for the other person
211. st_____up business
212. sc_____m at him to be quiet
213. pr_____ve my strength
- n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
- n.* a person who learns from another, especially one who then teaches others
- n.* a type of exercise that involves placing one's hands palms-down on the ground shoulder-width apart, lowering the body, and pushing up again repeatedly, typically used to build strength in the upper body and arms
- adj.* surprising or shocking; difficult to believe
- v.* to make a proposal, declare a plan for something
- 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
- n.* great respect and approval for or a good opinion of someone
- n.* a newly established company or business
- v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
- v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed

ANSWERS: 204. revolution, 205. disciple, 206. push-ups, 207. astonishing, 208. propose, 209. instinct, 210. esteem, 211. start-up, 212. scream, 213. preserve

214. ov____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
215. sw____ng landscapes *adj.* extensive, broad, or far-reaching in scope or impact; characterized by a vigorous or forceful movement, often involving wide motions or gestures
216. 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
217. 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
218. pa____al duties *adj.* of or relating to parent or parents
219. gr__t a customer *v.* to say hello to someone; to express welcome on meeting someone
220. not up to p_r *n.* a state of being equal to someone or something
221. st____e financially *v.* to miss a step and fall or nearly fall; to walk unsteadily
222. investment ba____r *n.* a person who is in charge of or has an important job in a bank
223. 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: 214. overcome, 215. sweeping, 216. lacrosse, 217. straitjacket, 218. parental, 219. greet, 220. par, 221. stumble, 222. banker, 223. scrum

224. re_____e on the sofa *v.* to lean or lie back in a relaxed or comfortable position
225. in__e remark *adj.* lacking significance, meaning, or substance; silly or frivolous in nature; lacking intelligence or understanding
226. cir_____nce of injury *n.* the specific conditions or events that surround a particular situation or occurrence
227. ca_____e customers' hearts *v.* to catch a person or an animal and confine them in an area which they cannot escape
228. principles of un_____al design *adj.* existing or affecting everywhere or everyone
229. re_____t in a mountain region *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
230. as___e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
231. ev_____te the grant proposal *v.* to assess or estimate the quality, significance, quantity, or value of something
232. a dy_____c market *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

ANSWERS: 224. recline, 225. inane, 226. circumstance, 227. capture, 228. universal, 229. retreat, 230. assume, 231. evaluate, 232. dynamic

233. un_____al life *adj.* existing or affecting everywhere or everyone
234. a consensual di_____e *n.* the legal dissolution of a marriage
235. the s__n of a bird's wings *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
236. 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
237. ru__y match *n.* a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line
238. org_____ion chart *n.* a group of people who work together for a shared purpose
239. nullify a pro_____ion *n.* an official announcement or statement
240. in_____te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
241. enthusiastic di_____le *n.* a person who learns from another, especially one who then teaches others
242. co_____t a background check *v.* to organize and carry out a particular activity

ANSWERS: 233. universal, 234. divorce, 235. span, 236. spat, 237. rugby, 238. organization, 239. proclamation, 240. institute, 241. disciple, 242. conduct

243. an ope_____ed person *adj.* willing to listen to or consider new or different ideas
244. be in a di_____a *n.* a situation in which a difficult choice has to be made between two or more options, especially that are equally unfavorable ones
245. tr_____re hunt *n.* a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected
246. re_____e on my side *v.* to lean or lie back in a relaxed or comfortable position
247. baseball ce_____ty *n.* someone who is well-known, particularly in the entertainment industry
248. re____l a story *v.* to tell someone about something again or differently
249. travel al_____ce *n.* a set amount of money or resources given regularly or periodically; a granted permission or privilege; the act of allowing or giving permission
250. 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
251. de____d against a threat *v.* to protect someone or something from attack, criticism, danger, etc.
252. 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

ANSWERS: 243. open-minded, 244. dilemma, 245. treasure, 246. recline, 247. celebrity, 248. retell, 249. allowance, 250. innermost, 251. defend, 252. stimming

253. pro_____ve meeting *adj.* resulting in or making a lot or a significant amount of something, especially something of value
254. ex_____ve editor at the publishing house *n.* a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations
255. su__e room *n.* a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person
256. creep dow_____rs *adv.* on or to a lower or ground floor of a building
257. equ_____nt amounts *n.* having the same value, quality, meaning, purpose, etc.
258. acc_____te evidence *v.* to collect or acquire a large number of things over a long period of time
259. he___n on earth *n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

ANSWERS: 253. productive, 254. executive, 255. suite, 256. downstairs, 257. equivalent, 258. accumulate, 259. heaven

260. 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
261. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
262. pa_____al consent *adj.* of or relating to parent or parents
263. make ast_____ng gains *adj.* surprising or shocking; difficult to believe
264. 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
265. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
266. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
267. ad__t as needed *v.* to make fit for or change to suit a new purpose or environment
268. on a qu__t for happiness *n.* a long or challenging search for something
269. economic mi_____e *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

ANSWERS: 260. bedtime, 261. define, 262. parental, 263. astonishing, 264. lacrosse, 265. empower, 266. define, 267. adapt, 268. quest, 269. miracle

270. strict ca__n *n.* a set of rules, principles, or standards by which something is judged or measured
271. 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
272. pa___a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
273. gr__t a land *v.* to agree to give or allow somebody
274. me_____n name *v.* to speak or write about something or someone briefly
275. dy_____cs of economy *n.* the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change
276. ant_____te a black future *v.* to expect or predict that something will happen; to tell in advance
277. person of gra_____nt age *n.* a parent of one's father or mother
278. a gr__d meal *adj.* important and large in size, scope, or extent
279. ma_____e amounts *adj.* enormous amount; very heavy and solid

ANSWERS: 270. canon, 271. thanksgiving, 272. pajama, 273. grant, 274. mention, 275. dynamics, 276. anticipate, 277. grandparent, 278. grand, 279. massive

280. ess_____ly correct *adv.* relating to the essential features or concepts of anything
281. early-stage st_____up *n.* a newly established company or business
282. 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
283. tr_____e from his eyes *v.* to flow or drip slowly and in small amounts; to happen or occur gradually or in small quantities
284. le_____n of business phrases *n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical
285. f__m grip *adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
286. a co_____te noun *adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
287. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

ANSWERS: 280. essentially, 281. start-up, 282. stalk, 283. trickle, 284. lexicon, 285. firm, 286. concrete, 287. gap

288. 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
289. 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
290. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
291. a hat h__k *n.* a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook
292. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
293. pr_____ve a country's heritage *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
294. ind_____nce ceremony *n.* freedom from another's or others' control or influence
295. co_____te right *adj.* of or relating to a large company

ANSWERS: 288. engrave, 289. thanksgiving, 290. statistics, 291. hook, 292. environment, 293. preserve, 294. independence, 295. corporate

296. ch_____st for evaluating *n.* a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken
297. 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
298. el__w-length sleeves *n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
299. 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
300. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
301. co_____te examples *adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
302. 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
303. the court se_____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

ANSWERS: 296. checklist, 297. plank, 298. elbow, 299. bully, 300. environment, 301. concrete, 302. bloated, 303. session

304. ne_____te the price of the house *v.* to have formal discussions with someone to reach an agreement
305. a civil en_____er *n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
306. bo____r with details *v.* to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something
307. 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
308. die su_____ly *adv.* quickly and unexpectedly
309. real es____e transaction *n.* a large piece of land with an impressive house on it, often owned by a wealthy family; all of a person's possessions and assets at the time of their death; an area of land considered as a unit in terms of ownership, use or taxation
310. di_____e settlement *n.* the legal dissolution of a marriage
311. hu_____nd as a species *n.* the whole of the living human inhabitants of the earth
312. individual acc_____ity *n.* the state of being responsible for one's actions or decisions; the obligation to explain, justify, or take ownership of one's actions or their consequences; the expectation of being answerable and liable for the outcomes of one's behavior or performance

ANSWERS: 304. negotiate, 305. engineer, 306. bother, 307. waterfall, 308. suddenly, 309. estate, 310. divorce, 311. humankind, 312. accountability

313. escort him dow_____rs
adv. on or to a lower or ground floor of a building
314. the most am_____g feeling
adj. extremely surprising, especially in a way that you like or admire
315. t__k fever
n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis
316. earn el__e status
adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
317. psy_____gy of crowd
n. the scientific study of mind and behavior
318. pro_____ion of innocence
n. an official announcement or statement
319. t__k of the clock
n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis
320. sit up_____t in a chair
adj. perpendicular to a horizontal surface or line; (adverb) in a vertical position
321. a friendly con_____ion
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
322. ru__y team
n. a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line

ANSWERS: 313. downstairs, 314. amazing, 315. tick, 316. elite, 317. psychology, 318. proclamation, 319. tick, 320. upright, 321. conversation, 322. rugby

323. freelance tu__r *n.* a person who teaches or gives private instruction in a particular subject or skill
324. personal na_____ve *n.* a story or a description of a series of events or process of telling a story
325. acc_____te cash value *v.* to collect or acquire a large number of things over a long period of time
326. hi_____ht an important difference *v.* to make something prominent, mainly so that people give it more attention
327. paternal inh_____ce *n.* the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors
328. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
329. pr_____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
330. id_____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
331. cu_____n against inflation *n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage
332. 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
333. c__f knife *n.* a cook, especially the chief cook in a restaurant or hotel

ANSWERS: 323. tutor, 324. narrative, 325. accumulate, 326. highlight, 327. inheritance, 328. rid, 329. predict, 330. identify, 331. cushion, 332. percolate, 333. chef

334. up___d the law *v.* to support or defend something, such as a law, idea, decision, etc.
335. chicken-and-egg di_____a *n.* a situation in which a difficult choice has to be made between two or more options, especially that are equally unfavorable ones
336. 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
337. a ch__k of money *n.* a thick and solid mass or piece of something
338. c__e business activity *n.* the most essential or fundamental part of something
339. copyrighted so_____re *n.* a set of computer programs and associated documentation and data for doing particular computational jobs
340. nonmetallic el_____ts *n.* a fundamental or essential part of something
341. become ess_____ly same *adv.* relating to the essential features or concepts of anything
342. cir_____nce of birth *n.* the specific conditions or events that surround a particular situation or occurrence
343. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 334. uphold, 335. dilemma, 336. upbringing, 337. chunk, 338. core, 339. software, 340. element, 341. essentially, 342. circumstance, 343. process

344. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
345. pr_____e the amendment *v.* to make a proposal, declare a plan for something
346. a sch_____ip association *n.* a grant or payment made to support a student's education usually awarded based on academic or other achievements
347. 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
348. l_x border controls *adj.* not strict or severe; relaxed or lenient
349. 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
350. a co_____nt temperature *adj.* happening repeatedly or all the time
351. adopt an ope_____ed attitude *adj.* willing to listen to or consider new or different ideas
352. si_____n wafer *n.* a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers

ANSWERS: 344. amazing, 345. propose, 346. scholarship, 347. dishwasher, 348. lax, 349. scrum, 350. constant, 351. open-minded, 352. silicon

353. ad__t a child *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
354. above p_r performance *n.* a state of being equal to someone or something
355. tr_____re island *n.* a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected
356. as oc_____on demands *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
357. ce_____y product quality *v.* to formally state, especially in writing, that something is true
358. a weather ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
359. ra___e trail *n.* a deep, narrow gorge or valley with steep sides, often carved by the flow of water or a landslide
360. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
361. great-gra_____nt *n.* a parent of one's father or mother
362. 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: 353. adopt, 354. par, 355. treasure, 356. occasion, 357. certify, 358. chart, 359. ravine, 360. underestimate, 361. grandparent, 362. dishwasher

363. Greek-English le____n *n.* all the words and phrases of a particular language or branch of knowledge, such as nautical or medical
364. ma____e stars *adj.* enormous amount; very heavy and solid
365. st_____te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions
366. meal al_____ce *n.* a set amount of money or resources given regularly or periodically; a granted permission or privilege; the act of allowing or giving permission
367. co____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
368. ag__e in his movements *adj.* able to move quickly and easily, often in a way that is graceful and controlled
369. g__u meditation *n.* a spiritual teacher or leader, notably in Hindu and Sikh traditions; a person who has knowledge and expertise in a particular area
370. 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
371. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
372. bo___r the neighbors *v.* to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something

ANSWERS: 363. lexicon, 364. massive, 365. stimulate, 366. allowance, 367. consume, 368. agile, 369. guru, 370. upbringing, 371. communicate, 372. bother

373. midst of ch__s *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
374. look at the ma___l *adj.* done by hand rather than by machine; (noun) a book of instructions, especially for operating a machine or learning a subject
375. en___t in a cause *v.* to sign up to serve in the military or a particular organization
376. be___g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
377. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
378. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
379. wide-arm pu____ps *n.* a type of exercise that involves placing one's hands palms-down on the ground shoulder-width apart, lowering the body, and pushing up again repeatedly, typically used to build strength in the upper body and arms
380. humiliating pun_____nt *n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
381. car with ma___l transmissions *adj.* done by hand rather than by machine; (noun) a book of instructions, especially for operating a machine or learning a subject

ANSWERS: 373. chaos, 374. manual, 375. enlist, 376. belong, 377. shrink, 378. rid, 379. push-ups, 380. punishment, 381. manual

382. int_____ion education *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
383. new design el_____ts *n.* a fundamental or essential part of something
384. la__r of paint *n.* a sheet, quantity, or thickness of the material, typically one of several, covering a surface or body; a level or part within a system or set of ideas
385. ch__e gently *v.* to scold or rebuke someone, typically mildly or gently; to express disapproval or disappointment towards someone's behavior or actions
386. a t__n room *n.* either of two children born at the same time from the same mother
387. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
388. 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
389. at your own p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
390. 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: 382. introduction, 383. element, 384. layer, 385. chide, 386. twin, 387. consume, 388. manifesto, 389. pace, 390. frontal

391. na_____ly arising *adv.* as might be expected; by natural manners
392. re_____ve factors *adj.* considered and evaluated through comparison with something else
393. the runner's p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
394. am_____e smile *adj.* having a friendly, pleasant, and likable disposition; characterized by warmth, goodwill, and kindness toward others
395. re_____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
396. easy de_____t recipe *n.* a sweet food served as the last course of a meal
397. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
398. throw a ta_____m *n.* an outburst of anger or frustration, typically characterized by yelling, crying, or other emotional displays
399. gr__t an idea *v.* to say hello to someone; to express welcome on meeting someone
400. re___l an old tale *v.* to tell someone about something again or differently
401. sy_____me of dementia *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
402. 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: 391. naturally, 392. relative, 393. pace, 394. amiable, 395. reverse, 396. dessert, 397. underestimate, 398. tantrum, 399. greet, 400. retell, 401. syndrome, 402. bully

403. noted sc____r *n.* professor; a person who studies a topic in considerable depth, particularly in a university
404. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
405. ad___t the rearview mirror *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
406. household ch__es *n.* a routine or tedious task, often related to household or manual labor
407. agricultural org_____ion *n.* a group of people who work together for a shared purpose
408. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
409. en_____er shortage *n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
410. bl__d milk and cream *v.* to mix or combine two or more substances
411. fr_____te the advancement *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
412. a c__e to the diagnosis *n.* an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery

ANSWERS: 403. scholar, 404. shrink, 405. adjust, 406. chore, 407. organization, 408. conclude, 409. engineer, 410. blend, 411. frustrate, 412. clue

413. 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
414. 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
415. exercise str____ly *adv.* with great energy, effort, or force; in a way that requires vigorous exertion or determination
416. 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
417. sa___y after taxes *n.* a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month
418. the average life s__n *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
419. be____k foundation *n.* the solid rock underlying soil or alluvium
420. ch__s theory *n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control

ANSWERS: 413. engrave, 414. plank, 415. strenuously, 416. bedtime, 417. salary, 418. span, 419. bedrock, 420. chaos

421. boost my self-es___m *n.* great respect and approval for or a good opinion of someone
422. up_____t posture *adj.* perpendicular to a horizontal surface or line; (adverb) in a vertical position
423. a po_____n vendor *n.* a type of corn that expands and puffs up when heated, often used for making a snack
424. shopping re___ds cards *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
425. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
426. ca__e television *n.* a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire
427. care pa___a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
428. st_____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
429. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal
430. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal

ANSWERS: 421. esteem, 422. upright, 423. popcorn, 424. reward, 425. develop, 426. cable, 427. pajama, 428. stimulate, 429. negative, 430. negative

Session 3: Fill in the Blanks

1. 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

2. The _____ demonstrate that poverty and unemployment are genuine problems.
n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

3. What are your annual _____ expectations?
n. a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month

4. Parliament is now in _____.
n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

5. The _____ had received a mild snowfall the previous week.
n. a long depression on the surface of the land, which typically contains a river

6. 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

7. The wealthy businessman left his entire _____ to his children when he died.
n. a large piece of land with an impressive house on it, often owned by a wealthy family; all of a person's possessions and assets at the time of their death; an area of land considered as a unit in terms of ownership, use or taxation

ANSWERS: 1. popcorn, 2. statistics, 3. salary, 4. session, 5. valley, 6. lacrosse, 7. estate

8. The grandmother _____ a warm sweater for her grandchild.
v. to make a garment or fabric by interlocking loops of yarn with needles or a machine
9. He has _____ his wealth through real estate investments.
v. to collect or acquire a large number of things over a long period of time
10. 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
11. Natural selection is an essential _____ in Darwin's theory of evolution.
n. a fundamental or essential part of something
12. Because of his excellent performance, he will _____ be promoted.
adv. in a manner that cannot be avoided or prevented
13. Many people go on a _____ to recharge and reconnect with themselves.
n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
14. 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
15. Having _____ parking has been very beneficial throughout the winter.
adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force

ANSWERS: 8. knit, 9. accumulated, 10. waterfall, 11. element, 12. inevitably, 13. retreat, 14. amiable, 15. underground

16. The restaurant _____ a ban on smoking.
v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
17. _____ are only willing to lend with good security.
n. a person who is in charge of or has an important job in a bank
18. The bread was _____ and not fit for eating.
adj. no longer fresh, new, or interesting; dull or uninteresting
19. Its _____ brothers are difficult to tell apart except for their parents.
n. either of two children born at the same time from the same mother
20. Dolphins use sound to _____ with each other.
v. to share or exchange information with others by speaking, writing, moving your body, or using other signals
21. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
22. She bruised her _____ after falling off her bike.
n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
23. The _____ by the citizen resulted in a redistribution of wealth.
n. a large-scale attempt to overthrow the government of a country, often using violence or war;
24. The following example _____ that the capacity of each battery is the same.
v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

ANSWERS: 16. reversed, 17. Bankers, 18. stale, 19. twin, 20. communicate, 21. amazing, 22. elbow, 23. revolution, 24. assumes

25. The news of her sudden death was _____ to everyone who knew her.
adj. surprising or shocking; difficult to believe
26. This shirt will _____ in the wash.
v. to become smaller, or to make something smaller in size or amount
27. The majority of synthetic vitamins are _____ from oil.
v. to make goods in large numbers, usually in a factory using machines
28. The _____ of frost on the ground was so thick it was difficult to walk on.
n. a sheet, quantity, or thickness of the material, typically one of several, covering a surface or body; a level or part within a system or set of ideas
29. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal
30. You won't have to pay college tuition if you're a _____.
n. professor; a person who studies a topic in considerable depth, particularly in a university
31. Activists questioned the company's _____ for the environmental impact of its operations.
n. the state of being responsible for one's actions or decisions; the obligation to explain, justify, or take ownership of one's actions or their consequences; the expectation of being answerable and liable for the outcomes of one's behavior or performance
32. We seek a candidate who possesses _____ fighting potential.
adj. able or willing to modify or be modified to deal with new situations

ANSWERS: 25. astonishing, 26. shrink, 27. manufactured, 28. layer, 29. negative, 30. scholar, 31. accountability, 32. adaptable

33. The meeting aims to _____ possible choices.
v. to assess or estimate the quality, significance, quantity, or value of something
34. 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
35. The introduction _____ the speaker's distinguished career as a consultant
v. to make something prominent, mainly so that people give it more attention
36. We must _____ a new system to streamline our workflow and increase efficiency.
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
37. Please get the desk _____.
adv. on or to a lower or ground floor of a building
38. I want to _____ a toast in honor of our longstanding relationship.
v. to make a proposal, declare a plan for something
39. 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
40. She explained the _____ surrounding the accident.
n. the specific conditions or events that surround a particular situation or occurrence

ANSWERS: 33. evaluate, 34. bully, 35. highlighted, 36. develop, 37. downstairs, 38. propose, 39. pajama, 40. circumstances

41. She had a master's degree in _____.
n. the scientific study of mind and behavior
42. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
43. He was _____ gifted.
adv. as might be expected; by natural manners
44. The picture earned near-_____ acclaim from critics.
adj. existing or affecting everywhere or everyone
45. Full involvement means _____ and prompt responses.
adj. honest and sincere; open and candid in expression
46. The _____ views from the mountaintop were breathtaking.
adj. extensive, broad, or far-reaching in scope or impact; characterized by a vigorous or forceful movement, often involving wide motions or gestures
47. He became a _____ of a well-known spiritual leader.
n. a person who learns from another, especially one who then teaches others
48. The new start-up company carved out a large _____ of the market within a year.
n. a thick and solid mass or piece of something
49. He _____ his friends with a warm smile and a hug.
v. to say hello to someone; to express welcome on meeting someone
50. We must _____ ourselves of pollution.
v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

ANSWERS: 41. psychology, 42. mentioned, 43. naturally, 44. universal, 45. frank, 46. sweeping, 47. disciple, 48. chunk, 49. greeted, 50. rid

51. I advised him to _____ to his new surroundings.
v. to make fit for or change to suit a new purpose or environment
52. _____ is the second most abundant element on earth after oxygen.
n. a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers
53. 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
54. He _____ the phone number and waited for an answer.
v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
55. The company has made great strides in its _____ toward sustainability.
n. the act or process of changing to the next stage or phase or moving forward
56. Most countries prohibit sexual activity between certain close _____.
adj. considered and evaluated through comparison with something else
57. On the geological time scale, _____ has existed for a brief moment.
n. the whole of the living human inhabitants of the earth
58. She received a full _____ to study abroad.
n. a grant or payment made to support a student's education usually awarded based on academic or other achievements

ANSWERS: 51. adapt, 52. Silicon, 53. radiate, 54. dialed, 55. progression, 56. relatives, 57. humankind, 58. scholarship

59. 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

60. Night fishing has a lot of _____.

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

61. So far, the meeting is going according to _____.

- n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

62. The pirates searched for buried _____ in the dunes.

- n.* a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected

63. 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

64. The chairperson _____ him the right to speak.

- v.* to agree to give or allow somebody

65. The ___ security measures allowed the thief to enter the building easily.

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

66. Very few educational _____ go to Oxford or Cambridge.

- adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

ANSWERS: 59. dishwasher, 60. rewards, 61. schedule, 62. treasure, 63. trickle, 64. granted, 65. lax, 66. elites

67. Cleaning the house is a _____ that only some enjoy.

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

68. 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

69. The sprinter has a _____ way of running.

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

70. This year's _____ gathering will be held in Canada.

adj. important and large in size, scope, or extent

71. The bookcase was _____ against the wall.

adj. perpendicular to a horizontal surface or line; (adverb) in a vertical position

72. As the _____ director of the non-profit, it's her responsibility to make sure they're meeting their mission goals.

n. a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

73. 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

74. 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

ANSWERS: 67. chore, 68. manifesto, 69. dynamic, 70. grand, 71. upright, 72. executive, 73. empowered, 74. ravine

75. The presidential _____ is the most luxurious room in the hotel.
- n.* a set of rooms designated for a particular purpose or activity, especially a set of rooms in a hotel or private residence used as a living unit; a musical composition of several movements only loosely connected; the group following and attending to some important person
76. A smaller car will _____ less fuel.
- v.* to spend something, especially fuel, energy, or time, in a large amount
77. She _____ to the situation and caused unnecessary stress.
- v.* to react more strongly or excessively than is necessary or appropriate
78. Could you help me _____ some furniture?
- n.* a slight transition in position, direction, or trend
79. How did he _____ to your idea?
- v.* to take action in response to something
80. 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
81. 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
82. It's notoriously challenging to _____ birth rates.
- v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience

ANSWERS: 75. suite, 76. consume, 77. overreacted, 78. shift, 79. react, 80. instinct, 81. thanksgiving, 82. predict

83. 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
84. He was considered a _____ in economics and consulted by many leaders.
- n.* a spiritual teacher or leader, notably in Hindu and Sikh traditions; a person who has knowledge and expertise in a particular area
85. The national election was held amid _____ security.
- adj.* fixed, fastened, or kept together firmly or closely
86. His vast _____ was equitably divided among the brothers.
- n.* the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors
87. These infections have the potential to impact practically every _____ system.
- n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
88. The king made a _____ declaring war on the neighboring country.
- n.* an official announcement or statement
89. 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
90. Jockey's superior _____ brought him victory.
- n.* a particular way or art of doing something that needs skill

ANSWERS: 83. lexicon, 84. guru, 85. tight, 86. inheritance, 87. organ, 88. proclamation, 89. chided, 90. technique

91. International law allows each nation to _____ itself when its rights and interests are illegally violated.
- v.* to protect someone or something from attack, criticism, danger, etc.
92. Every human is responsible for taking care of the Earth's _____.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
93. The ____ deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.
- adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
94. They frequently _____ their abilities and felt inferior.
- v.* to think or suppose that a quantity, price, or size is smaller than it is
95. We _____ a cease-fire.
- v.* to come to an end or close; to reach a judgment or opinion by reasoning
96. Please don't _____ me while I'm trying to concentrate.
- v.* to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something
97. You have to _____ your content to the age of the audience.
- v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
98. Many countries have now agreed to a treaty banning the use of _____ weapons.
- adj.* of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy

ANSWERS: 91. defend, 92. environment, 93. firm, 94. underestimated, 95. concluded, 96. bother, 97. adjust, 98. nuclear

99. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

100. I always put a _____ mark next to the items on my grocery list after buying them.

n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis

101. This region has many _____ offering higher education.

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

102. 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

103. He _____ when he heard that he had been accepted into the university.

v. to turn over into a different position quickly; to throw or toss with a light motion

104. She _____ her seat and relaxed for the flight.

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

105. 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

ANSWERS: 99. ultimate, 100. tick, 101. institutes, 102. engrave, 103. flipped, 104. reclined, 105. plank

106. She was close to her paternal _____ and often spent summers with them.
n. a parent of one's father or mother
107. Always _____ a lawyer before launching a business.
v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
108. I was able to _____ the moment on film.
v. to catch a person or an animal and confine them in an area which they cannot escape
109. The judge gave severe _____ to the criminal who committed the heinous crime.
n. a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
110. 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
111. The recent economic downturn has resulted in _____ layoffs.
adj. enormous amount; very heavy and solid
112. She does forty _____ every morning as part of her workout routine.
n. a type of exercise that involves placing one's hands palms-down on the ground shoulder-width apart, lowering the body, and pushing up again repeatedly, typically used to build strength in the upper body and arms

ANSWERS: 106. grandparents, 107. consult, 108. capture, 109. punishment, 110. frontal, 111. massive, 112. push-ups

113. The _____ handles multiple plot lines and has unpredictable ends.

n. a story or a description of a series of events or process of telling a story

114. The _____ of classical literature includes works by Shakespeare, Chaucer, and Homer.

n. a set of rules, principles, or standards by which something is judged or measured

115. He _____ the truth to plead not guilty.

v. to tell someone about something again or differently

116. The mobile application industry is _____ changing.

adv. all the time

117. She _____ over the tree root.

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

118. 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

119. He has a flair for _____.

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

120. She plans to take six months of _____ leave.

adj. of or relating to parent or parents

121. They used a special receiver to _____ police radio channels.

v. to observe, check, and track the progress or quality of something over a period of time

ANSWERS: 113. narrative, 114. canon, 115. retells, 116. constantly, 117. stumbled, 118. upbringing, 119. mathematics, 120. parental, 121. monitor

122. He felt like _____ when he tasted the delicious chocolate cake.

- n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

123. The rain and thunder are _____ today.

- adj.* stupid or not sensible; very angry

124. You _____ a bill in the change machine, and the coins pop out.

- v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

125. I hope to _____ in my career and live a happy life.

- v.* to accomplish or achieve a desired or intended result or goal; to prosper or attain success in a given field or endeavor

126. That adventurer traveled in _____ of buried treasure.

- n.* a long or challenging search for something

127. The European Central Bank is Europe's _____ of the Federal Reserve.

- n.* having the same value, quality, meaning, purpose, etc.

128. He placed a _____ on the floor for his dog to lie on.

- n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage

129. This pie _____ represents our market share.

- n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

ANSWERS: 122. heaven, 123. crazy, 124. stick, 125. succeed, 126. quest, 127. equivalent, 128. cushion, 129. chart

130. You can be more _____ and creative in your approach.

adj. able to change or be changed to suit new conditions or situations; able to bend easily

131. The skillful _____ helped me improve my grades in math.

n. a person who teaches or gives private instruction in a particular subject or skill

132. Our company's services are targeted at _____ executives.

n. a newly established company or business

133. As a witness, I can _____ his innocence.

v. to formally state, especially in writing, that something is true

134. He decided to _____ in the military after graduating from high school.

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

135. Both parties were pleased with the _____ discussion.

adj. willing to listen to or consider new or different ideas

136. We _____ heavy snowfall tomorrow.

v. to expect or predict that something will happen; to tell in advance

137. The national assembly has _____ the budget.

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

138. There is plenty of space to _____ everyone.

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

ANSWERS: 130. flexible, 131. tutor, 132. start-up, 133. certify, 134. enlist, 135. open-minded, 136. anticipate, 137. adopted, 138. bury

139. The economy is growing at a supercharged _____.

- n.* the speed at which someone or something moves, or the rate at which something happens or changes

140. He tried to _____ a bad reputation and win the election.

- v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

141. He was a passionate fan of _____ and loved watching matches.

- n.* a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line

142. He slightly modified the _____ of training because it was just before a match.

- n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers

143. The conference room was in _____ as everyone tried to speak at once.

- n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control

144. 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

145. There is nothing more valuable than _____ and freedom.

- n.* freedom from another's or others' control or influence

146. Human _____ responses vary widely depending on the society to which they belong.

- adj.* relating to people's feelings

ANSWERS: 139. pace, 140. overcome, 141. rugby, 142. span, 143. chaos, 144. percolated, 145. independence, 146. emotional

147. The president asked for a more _____ plan.

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

148. The _____ will repair my telephone tomorrow morning.

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software

149. They worked hard to _____ the nature of their native lands.

v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed

150. He was unpopular because of his _____ adherence to the rules.

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

151. The _____ beneath the soil is extremely solid and stable.

n. the solid rock underlying soil or alluvium

152. The _____ technology was revolutionary in its field.

adj. being at the forefront of a particular field or development; (noun) the latest or most advanced stage in the development of a specific type of work or activity

153. The book _____ my imagination.

v. to encourage something to develop or become more active; to stir the feelings or emotions

154. _____ a society is an organism.

adv. relating to the essential features or concepts of anything

ANSWERS: 147. concrete, 148. engineer, 149. preserve, 150. rigid, 151. bedrock, 152. cutting-edge, 153. stimulated, 154. Essentially,

155. The _____ office has decided to lay off 10% of the workforce.
adj. of or relating to a large company
156. The relationship _____ between the two countries were complex and constantly changing.
n. the branch of mechanics that deals with the motion of bodies under the action of forces, including the particular case in which a body remains at rest; forces that produce or stimulate movement, growth, or change
157. 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
158. She kept _____ for an ambulance.
v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
159. The choice between bureaucracy and adhocacy represents a common _____.
n. a situation in which a difficult choice has to be made between two or more options, especially that are equally unfavorable ones
160. 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
161. To advance this discussion, we must _____ "success" rigorously.
v. to state or explain precisely the nature, scope, or meaning of something

ANSWERS: 155. corporate, 156. dynamics, 157. liken, 158. screaming, 159. dilemma, 160. bunker, 161. define

162. I made a _____ of things to do before my vacation.

- n.* a list of items, tasks, or points to be considered or acted upon, used as a reminder and to ensure that all necessary steps have been taken

163. 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

164. Skill and _____ are an unconquered army.

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

165. 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

166. 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

167. The popularity of the show made her an instant _____.

- n.* someone who is well-known, particularly in the entertainment industry

168. All the books in this section _____ to the library's rare collection and must be handled carefully.

- v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

ANSWERS: 162. checklist, 163. innermost, 164. confidence, 165. scrum, 166. rev, 167. celebrity, 168. belong

169. Police will _____ random breath testing for drunk driving.

v. to organize and carry out a particular activity

170. Shares in the company finally fell below their ____ value.

n. a state of being equal to someone or something

171. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

172. The couple decided to get a _____ after many years of marriage.

n. the legal dissolution of a marriage

173. The _____ to the new class was informative and engaging.

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

174. Let's go to an all-you-can-eat _____ restaurant.

n. a sweet food served as the last course of a meal

175. 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

176. I have a parrot as a _____.

n. an animal that you have at home as a companion and treated kindly

ANSWERS: 169. conduct, 170. par, 171. Constant, 172. divorce, 173. introduction, 174. dessert, 175. stimming, 176. pet

177. She wore her best dress for the special _____.

- n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

178. He is our loyal customer who should be held in high _____.

- n.* great respect and approval for or a good opinion of someone

179. 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

180. The _____ for applying for a visa can be lengthy and complicated.

- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

181. The _____ at the restaurant was known for his creative and delicious dishes.

- n.* a cook, especially the chief cook in a restaurant or hotel

182. The new employee proved extremely _____ completing projects ahead of schedule.

- adj.* resulting in or making a lot or a significant amount of something, especially something of value

183. 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

ANSWERS: 177. occasion, 178. esteem, 179. overwhelm, 180. process, 181. chef, 182. productive, 183. inane

184. 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

185. 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

186. The judge may _____ the decision of the lower court.

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

187. The toad altered its appearance to better _____ in with its new environments.

v. to mix or combine two or more substances

188. The police couldn't find a _____ to her whereabouts.

n. an object, a piece of evidence, or some information that helps someone to find the answer to a problem, question, or mystery

189. The farmers used _____ to drain water from their fields.

n. a long, narrow, and shallow depression or channel that is dug into the ground;
(verb) to throw away

190. 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

191. Who answers _____ knows little.

adv. quickly and unexpectedly

ANSWERS: 184. strenuously, 185. bloated, 186. uphold, 187. blend, 188. clue, 189. ditches, 190. quicken, 191. suddenly

192. Please hang your towel on a _____.

- n.* a curved device used for suspending, holding, or pulling something, especially one attached to a surface for hanging things on; a sharp curve or crook

193. As parents, we must teach our children about financial responsibility by giving them a weekly _____.

- n.* a set amount of money or resources given regularly or periodically; a granted permission or privilege; the act of allowing or giving permission

194. This machine cuts metal by _____ control.

- adj.* done by hand rather than by machine; (noun) a book of instructions, especially for operating a machine or learning a subject

195. 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

196. Your _____ reflects your thoughts.

- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

197. The cerebral _____ consists of six layers.

- n.* the outermost layer of an organ, especially the brain

198. The two paintings looked _____ as if the same artist had done them.

- adv.* similar or identical in nature or appearance

199. 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

ANSWERS: 192. hook, 193. allowance, 194. manual, 195. tantrum, 196. conversation, 197. cortex, 198. alike, 199. spat

200. The patient was diagnosed with a rare genetic _____.
- n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
201. Many people are working together to close the gender ____.
- n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
202. These gas nebulas are merely newborn galactic _____.
- n.* the most essential or fundamental part of something
203. 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
204. The company specializes in both hardware and _____.
- n.* a set of computer programs and associated documentation and data for doing particular computational jobs
205. I will introduce you to how to _____ the leading causes of the malfunction.
- v.* to recognize someone or something and say or prove who or what they are
206. The coach explained a strategy to _____ the opponent's schemes to the players.
- v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
207. 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

ANSWERS: 200. syndrome, 201. gap, 202. cores, 203. straitjacket, 204. software, 205. identify, 206. frustrate, 207. agile

208. _____ advances have disrupted many industries.

adj. based on scientific and industrial progress

209. This system uses submarine _____ to exchange information between continents.

n. a set of wires covered by plastic or rubber that carries electricity, phone signals, etc.; a solid thick rope made of twisted hemp or steel wire

210. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.

v. to force, take, or pull apart; mark as different

211. 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

212. 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

213. The doctors said that her recovery was a _____.

n. an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

214. She is the president of a large international _____.

n. a group of people who work together for a shared purpose

ANSWERS: 208. Technological, 209. cables, 210. separate, 211. bedtime, 212. stalked, 213. miracle, 214. organization

215. We are always happy to _____ a discount.

v. to have formal discussions with someone to reach an agreement

ANSWERS: 215. negotiate