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## Vocabulary Builder Reference from...

Paolo Cardini: Forget multitasking, try monotasking |  
TED Talk  
[https://www.ted.com/talks/paolo\\_cardini\\_forget\\_multitasking\\_try\\_monotasking](https://www.ted.com/talks/paolo_cardini_forget_multitasking_try_monotasking)

### All Words

#### IMPORTANT

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## Session 1: Word List

### educator

*n.* a person who teaches or educates people

*synonym*: teacher, instructor, lecturer

(1) business **educator**, (2) duty as an **educator**

She is an **educator** with progressive ideas.

### multitasking

*n.* the ability to do more than one task at the same time;  
the state of doing more than one task at the same time

*synonym*: juggling, multihandling, parallelism

(1) computer **multitasking**, (2) **multitasking** ability

She could finish all her work on time because of her **multitasking** skills.

### stud

*n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

*synonym*: beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

## creative

*adj.* relating to or involving the use of skill and original and unusual ideas to create something

*synonym* : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

## 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.

## efficient

*adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

*synonym* : productive, effective, competent

(1) **efficient** operation, (2) energy- **efficient** appliances

The new washing machine is much more **efficient** than the old one.

## monotone

*n.* a sound or voice that does not vary in pitch or tone; a sequence of words or phrases that are delivered without variation in pitch or tone, often resulting in a dull or boring quality

*synonym* : sameness, monotony, uniformity

(1) **monotone** rhythm, (2) speak in a **monotone**

The professor spoke for hours in a **monotone**, putting his students to sleep.

## writ

*n.* a written legal order or command

*synonym* : legal document, order, legal process

(1) a **writ** of summons, (2) issue a **writ**

He was served with a **writ** of eviction, giving him the notice to vacate the property.

## upload

v. to transfer digital data or files from a local computer or device to a remote server or network; the act of transferring such data or files

*synonym*: transfer, load up

(1) **upload** files, (2) **upload** documents to the portal

I need to **upload** these pictures to my computer to edit them.

## awesome

*adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.

*synonym*: miraculous, marvelous, astounding

(1) **awesome** mental faculty, (2) have an **awesome** birthday

There is a lot of **awesome** nature and food in Hawaii.

## barbecue

n. a cooking method or apparatus that uses open flames or heated coals to grill or smoke meat, fish, or vegetables; a social gathering or meal characterized by outdoor grilling or barbecuing of food

*synonym*: grill, cookout, outdoor cooking

(1) **barbecue** sauce, (2) **barbecue** grill

The **barbecue** at the park was a hit with all the families who attended.

## 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**.

## downgrade

v. to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating;  
(noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a

### rating agency

*synonym* : demote, lower, reduce

(1) economic **downgrade**, (2) **downgrade** expectations

The company had to **downgrade** its earnings forecast for the quarter.

### essence

*n.* the basic or most important part or quality of something that makes it what it is

*synonym* : core, nature, disposition

(1) vanilla **essence**, (2) universal **essence**

University teaches the art of understanding the **essence** of the matter.

### function

*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

*synonym* : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

### rediscover

*v.* to discover or find again something that was previously known but lost

*synonym* : recover, get back, revive

(1) **rediscover** a value, (2) **rediscover** an old truth

The painting was **rediscovered** in an attic and turned out to be a long-lost masterpiece.

### adventure

*n.* a journey or a series of events that is unusual, exciting, or dangerous

*synonym* : experience, happening, incident

(1) gastronomic **adventures**, (2) **adventure** film

He sailed the Atlantic Ocean multiple times during his

## adventures.

### weird

*adj.* extraordinary, unexpected, or difficult to explain  
*synonym* : bizarre, creepy, peculiar

(1) a **weird** dress, (2) the state of being **weird**  
My computer has been acting **weird** recently.

### possibility

*n.* a chance that something may happen or be true  
*synonym* : chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

### digital

*adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet

*synonym* : numerical, computerized, cyber

(1) a **digital** watch, (2) **digital** electronic signature  
Sensors convert physical phenomena into **digital** signals.

### nowadays

*adv.* at the current time, in comparison to the past  
*synonym* : currently, presently, today

(1) young people **nowadays**, (2) not to be seen **nowadays**  
People can clone a sheep **nowadays**.

### spot

*n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

*synonym* : dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor  
This remote **spot** is rarely visited.

## Session 2: Spelling

1. aw\_\_\_\_\_e mental faculty  
*adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
2. env\_\_\_\_\_nt affairs  
*n.* the natural world such as air, water, and land in which humans, animals, and plants live
3. immune fu\_\_\_\_\_on  
*n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
4. cr\_\_\_\_\_ve writing  
*adj.* relating to or involving the use of skill and original and unusual ideas to create something
5. a s\_\_t on his honor  
*n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
6. computer mul\_\_\_\_\_ing  
*n.* the ability to do more than one task at the same time; the state of doing more than one task at the same time
7. ad\_\_\_\_\_re film  
*n.* a journey or a series of events that is unusual, exciting, or dangerous
8. red\_\_\_\_\_er an old truth  
*v.* to discover or find again something that was previously known but lost

ANSWERS: 1. awesome, 2. environment, 3. function, 4. creative, 5. spot, 6. multitasking, 7. adventure, 8. rediscover

9. pos\_\_\_\_\_ty for growth *n.* a chance that something may happen or be true
10. mo\_\_\_\_\_ne rhythm *n.* a sound or voice that does not vary in pitch or tone; a sequence of words or phrases that are delivered without variation in pitch or tone, often resulting in a dull or boring quality
11. have an aw\_\_\_\_\_e birthday *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
12. a di\_\_\_\_\_l watch *adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet
13. beauty s\_\_t *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
14. do\_\_\_\_\_de expectations *v.* to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating; (noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a rating agency
15. up\_\_\_\_\_d files *v.* to transfer digital data or files from a local computer or device to a remote server or network; the act of transferring such data or files
16. a w\_\_t of summons *n.* a written legal order or command

ANSWERS: 9. possibility, 10. monotone, 11. awesome, 12. digital, 13. spot, 14. downgrade, 15. upload, 16. writ

17. chaotic env\_\_\_\_\_nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
18. ef\_\_\_\_\_nt operation *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
19. up\_\_\_d documents to the portal *v.* to transfer digital data or files from a local computer or device to a remote server or network; the act of transferring such data or files
20. mul\_\_\_\_\_ing ability *n.* the ability to do more than one task at the same time; the state of doing more than one task at the same time
21. barren of cr\_\_\_\_\_ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
22. duty as an ed\_\_\_\_\_or *n.* a person who teaches or educates people
23. issue a w\_\_t *n.* a written legal order or command
24. economic do\_\_\_\_\_de *v.* to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating; (noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a rating agency
25. energy-ef\_\_\_\_\_nt appliances *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

ANSWERS: 17. environment, 18. efficient, 19. upload, 20. multitasking, 21. creative, 22. educator, 23. writ, 24. downgrade, 25. efficient



26. red\_\_\_\_\_er a value *v.* to discover or find again something that was previously known but lost
27. not to be seen no\_\_\_\_\_ys *adv.* at the current time, in comparison to the past
28. ba\_\_\_\_\_ue grill *n.* a cooking method or apparatus that uses open flames or heated coals to grill or smoke meat, fish, or vegetables; a social gathering or meal characterized by outdoor grilling or barbecuing of food
29. horse s\_\_d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
30. universal es\_\_\_\_\_e *n.* the basic or most important part or quality of something that makes it what it is
31. gastronomic ad\_\_\_\_\_res *n.* a journey or a series of events that is unusual, exciting, or dangerous
32. pos\_\_\_\_\_ty of a major earthquake *n.* a chance that something may happen or be true
33. wall s\_\_d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

ANSWERS: 26. rediscover, 27. nowadays, 28. barbecue, 29. stud, 30. essence, 31. adventure, 32. possibility, 33. stud

34. speak in a mo\_\_\_\_ne      *n.* a sound or voice that does not vary in pitch or tone; a sequence of words or phrases that are delivered without variation in pitch or tone, often resulting in a dull or boring quality
35. the state of being we\_\_d      *adj.* extraordinary, unexpected, or difficult to explain
36. a we\_\_d dress      *adj.* extraordinary, unexpected, or difficult to explain
37. 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
38. ba\_\_\_\_ue sauce      *n.* a cooking method or apparatus that uses open flames or heated coals to grill or smoke meat, fish, or vegetables; a social gathering or meal characterized by outdoor grilling or barbecuing of food
39. business ed\_\_\_\_or      *n.* a person who teaches or educates people
40. 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

ANSWERS: 34. monotone, 35. weird, 36. weird, 37. process, 38. barbecue, 39. educator, 40. process

41. vanilla es\_\_\_\_e *n.* the basic or most important part or quality of something that makes it what it is
42. di\_\_\_\_l electronic signature *adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet
43. young people no\_\_\_\_ys *adv.* at the current time, in comparison to the past
44. fu\_\_\_\_on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 41. essence, 42. digital, 43. nowadays, 44. function

## Session 3: Fill in the Blanks

1. 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
2. He sailed the Atlantic Ocean multiple times during his \_\_\_\_\_.  
*n.* a journey or a series of events that is unusual, exciting, or dangerous
3. 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
4. University teaches the art of understanding the \_\_\_\_\_ of the matter.  
*n.* the basic or most important part or quality of something that makes it what it is
5. The \_\_\_\_\_ of getting the disease will drastically increase.  
*n.* a chance that something may happen or be true
6. Sensors convert physical phenomena into \_\_\_\_\_ signals.  
*adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet
7. The new washing machine is much more \_\_\_\_\_ than the old one.  
*adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

ANSWERS: 1. process, 2. adventures, 3. environment, 4. essence, 5. possibility, 6. digital, 7. efficient

8. She could finish all her work on time because of her \_\_\_\_\_ skills.  
*n.* the ability to do more than one task at the same time; the state of doing more than one task at the same time
9. She is an \_\_\_\_\_ with progressive ideas.  
*n.* a person who teaches or educates people
10. The painting was \_\_\_\_\_ in an attic and turned out to be a long-lost masterpiece.  
*v.* to discover or find again something that was previously known but lost
11. The company had to \_\_\_\_\_ its earnings forecast for the quarter.  
*v.* to reduce in importance, rank, or status; to decrease the quality or value of something; to lower a score or rating; (noun) a negative change in the rating of a security, a company's stock, or a country's sovereign debt by a rating agency
12. The professor spoke for hours in a \_\_\_\_\_ putting his students to sleep.  
*n.* a sound or voice that does not vary in pitch or tone; a sequence of words or phrases that are delivered without variation in pitch or tone, often resulting in a dull or boring quality
13. All the supervisor has to do is assign tasks that make his subordinates more \_\_\_\_\_.  
*adj.* relating to or involving the use of skill and original and unusual ideas to create something
14. People can clone a sheep \_\_\_\_\_.  
*adv.* at the current time, in comparison to the past
15. He was served with a \_\_\_\_\_ of eviction, giving him the notice to vacate the property.  
*n.* a written legal order or command

ANSWERS: 8. multitasking, 9. educator, 10. rediscovered, 11. downgrade, 12. monotone, 13. creative, 14. nowadays, 15. writ

16. The brain is an incredibly complex organ that controls the body's \_\_\_\_\_.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
17. My computer has been acting \_\_\_\_\_ recently.
- adj.* extraordinary, unexpected, or difficult to explain
18. There is a lot of \_\_\_\_\_ nature and food in Hawaii.
- adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
19. I need to \_\_\_\_\_ these pictures to my computer to edit them.
- v.* to transfer digital data or files from a local computer or device to a remote server or network; the act of transferring such data or files
20. This remote \_\_\_\_\_ is rarely visited.
- n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
21. The \_\_\_\_\_ at the park was a hit with all the families who attended.
- n.* a cooking method or apparatus that uses open flames or heated coals to grill or smoke meat, fish, or vegetables; a social gathering or meal characterized by outdoor grilling or barbecuing of food
22. He bought a new \_\_\_\_\_ to attach the strap to his watch.
- n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

ANSWERS: 16. function, 17. weird, 18. awesome, 19. upload, 20. spot, 21. barbecue, 22. stud

ANSWERS: