

# Englist.me



## Vocabulary Builder Reference from...

*Baba Shiv: Sometimes it's good to give up the driver's seat | TED Talk*

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### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### somber

*adj.* having a serious or sad atmosphere or character; gloomy or dark

*synonym* : gloomy, dark, dreary

(1) a suit of **somber** black, (2) **somber** atmosphere

The **somber** mood at the funeral was palpable.

### harrowing

*adj.* causing distress or suffering; extremely distressing

*synonym* : traumatic, torturous, distressing

(1) **harrowing** battle, (2) **harrowing** journey

Her **harrowing** experience in the war had left her with deep emotional scars.

### horrify

*v.* to shock or disgust greatly

*synonym* : shock, dismay, terrify

(1) **horrify** audience, (2) **horrify** victims

The series of terrorist attacks **horrify** the entire nation.

### agon

*n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

*synonym* : struggle, conflict, fight

(1) emotional **agon**, (2) an **agon** of creativity

The weightlifting competition brought together athletes from

different countries for an international **agon**.

## mastectomy

*n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors

*synonym*: surgery, breast removal, excision

(1) double **mastectomy**, (2) undergo a **mastectomy**

She had to have a **mastectomy** after being diagnosed with breast cancer.

## lumpectomy

*n.* a surgical operation in which a tumor or lump, especially a cancerous one, is removed from the breast or other part of the body while preserving as much healthy tissue as possible

*synonym*: breast-conserving surgery, excisional biopsy

(1) early-stage **lumpectomy**, (2) **lumpectomy** surgery

She underwent a partial **lumpectomy** to remove the cancerous lump from her breast.

## simplistic

*adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

*synonym*: basic, uncomplicated, elementary

(1) **simplistic** approach, (2) **simplistic** design

The politician's solution to the problem was too **simplistic** to solve the underlying issue.

## adage

*n.* a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim

*synonym*: saying, proverb, maxim

(1) proverbial **adage**, (2) famous **adage**

He lived by the wise **adage** "honesty is the best policy" and was respected for his straightforward approach.

## momentary

*adj.* lasting for only a brief moment or an extremely short period of time; occurring momentarily

*synonym* : fleeting, temporary, brief

(1) **momentary** pause, (2) **momentary** distraction

The **momentary** lapse in concentration caused her to miss the crucial shot.

## chant

*n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

*synonym* : hymn, mantra, (verb) recite

(1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

## agitated

*adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

*synonym* : nervous, troubled, restless

(1) **agitated** state, (2) **agitated** behavior

The **agitated** dog kept barking at the door, wanting to go outside.

## chamomile

*n.* a flowering plant with small daisy-like flowers, typically used to make herbal tea or as an ingredient in traditional medicine for its calming and soothing properties

(1) **chamomile** essential oil, (2) soothing **chamomile**

I enjoy drinking **chamomile** tea before bed to help me relax and sleep better.

## stab

*v.* to cause harm with a sharp, pointed object, such as a knife

*synonym* : poke, thrust, jab

(1) **stab** at the enemy with a knife, (2) **stab** in the chest

He was **stabbed** many times with scissors.

## pulpit

*n.* a raised platform or lectern in a church or synagogue from which a member of the clergy delivers a sermon or

religious address

*synonym* : soapbox, podium, lectern

(1) church **pulpit**, (2) standing at the **pulpit**

The preacher delivered a sermon from the **pulpit**, inspiring the congregation.

## calibrate

v. to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

*synonym* : adjust, fine-tune

(1) **calibrate** machinery, (2) **calibrate** measurements

It's important to **calibrate** the equipment regularly to ensure accurate results.

## 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.

## unstick

v. to free something that is stuck or adhering to something else

*synonym* : detach, remove, free

(1) **unstick** the door, (2) **unstick** the pages of a book

I had to use a knife to **unstick** the envelope from the table.

## embark

v. to go on board a ship or plane; to set out on an enterprise or subject of study; to start something

*synonym* : enter, undertake, commence

(1) **embark** on a trip, (2) **embark** on a foolish adventure

We **embarked** on a new project.

## elapse

v. to pass or go by, especially about time; to slip away unnoticed

*synonym* :

pass, proceed, advance

(1) much time had **elapsed**, (2) **elapse** from the announced start time

Five minutes have **elapsed** since we began the experiment.

## situ

*adj.* short for "situated," meaning located or placed in a particular position or circumstance

*synonym*: situational, contextual, circumstantial

(1) ex- **situ** conservation, (2) in- **situ** control

Melanoma in **situ** is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.

## acronym

*n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)

*synonym*: abbreviation, initialism, shortcut

(1) **acronym** definition, (2) use an **acronym**

RADAR is an **acronym** for radio detection and ranging.

## forego

*v.* to precede or go before something in time or order; to give up, relinquish or do without something, usually by choice or obligation

*synonym*: antecede, precede, relinquish

(1) **forego** dessert, (2) **forego** the privilege

The company decided to **forego** the expensive advertising campaign and instead rely on word of mouth.

## hasten

*v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up

*synonym*: accelerate, hurry, rush

(1) **hasten** the process, (2) **hasten** the arrival

I need to **hasten** my speed to finish the race on time.

## upbeat

*adj.* positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music

*synonym* : optimistic, positive, hopeful

(1) **upbeat** attitude, (2) remain **upbeat** about the future

The **upbeat** music helped to lift her spirits and put her in a good mood.

## remission

*n.* a period of time when a disease or condition is no longer present or active; a lessening or reduction of symptoms or intensity; forgiveness or pardon for sins or debts

*synonym* : forgiveness, amnesty, absolution

(1) complete **remission**, (2) clinical **remission**

The cancer patient was delighted to hear that their disease was in **remission**.

## Session 2: Spelling

1. mo\_\_\_\_\_ry pause *adj.* lasting for only a brief moment or an extremely short period of time; occurring momentarily
2. aggressive in\_\_\_\_\_ct *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
3. much time had el\_\_\_\_ed *v.* to pass or go by, especially about time; to slip away unnoticed
4. ca\_\_\_\_\_te measurements *v.* to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance
5. ha\_\_\_\_\_ng battle *adj.* causing distress or suffering; extremely distressing
6. lum\_\_\_\_\_my surgery *n.* a surgical operation in which a tumor or lump, especially a cancerous one, is removed from the breast or other part of the body while preserving as much healthy tissue as possible
7. mo\_\_\_\_\_ry distraction *adj.* lasting for only a brief moment or an extremely short period of time; occurring momentarily
8. undergo a mas\_\_\_\_\_my *n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors

ANSWERS: 1. momentary, 2. instinct, 3. elapse, 4. calibrate, 5. harrowing, 6. lumpectomy, 7. momentary, 8. mastectomy

9. fo\_\_\_o the privilege *v.* to precede or go before something in time or order; to give up, relinquish or do without something, usually by choice or obligation
10. a suit of so\_\_\_r black *adj.* having a serious or sad atmosphere or character; gloomy or dark
11. ch\_\_t in the chapel *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
12. el\_\_\_e from the announced start time *v.* to pass or go by, especially about time; to slip away unnoticed
13. un\_\_\_\_k the pages of a book *v.* to free something that is stuck or adhering to something else
14. ha\_\_\_n the process *v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up
15. in-s\_\_u control *adj.* short for "situated," meaning located or placed in a particular position or circumstance
16. ch\_\_t melodies *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
17. sim\_\_\_\_\_ic approach *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

ANSWERS: 9. forego, 10. somber, 11. chant, 12. elapse, 13. unstick, 14. hasten, 15. situ, 16. chant, 17. simplistic



18. sim\_\_\_\_\_ic design *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
19. ag\_\_\_\_\_ed state *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
20. ex-s\_\_u conservation *adj.* short for "situated," meaning located or placed in a particular position or circumstance
21. remain up\_\_\_\_t about the future *adj.* positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music
22. s\_\_b at the enemy with a knife *v.* to cause harm with a sharp, pointed object, such as a knife
23. em\_\_\_\_k on a foolish adventure *v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
24. proverbial ad\_\_e *n.* a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim
25. ag\_\_\_\_\_ed behavior *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

ANSWERS: 18. simplistic, 19. agitated, 20. situ, 21. upbeat, 22. stab, 23. embark, 24. adage, 25. agitated

26. complete re\_\_\_\_\_on      *n.* a period of time when a disease or condition is no longer present or active; a lessening or reduction of symptoms or intensity; forgiveness or pardon for sins or debts
27. ha\_\_\_\_\_ng journey      *adj.* causing distress or suffering; extremely distressing
28. emotional a\_\_n      *n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
29. double mas\_\_\_\_\_my      *n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors
30. an a\_\_n of creativity      *n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
31. un\_\_\_\_\_k the door      *v.* to free something that is stuck or adhering to something else
32. early-stage lum\_\_\_\_\_my      *n.* a surgical operation in which a tumor or lump, especially a cancerous one, is removed from the breast or other part of the body while preserving as much healthy tissue as possible
33. ha\_\_\_\_\_n the arrival      *v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up

ANSWERS: 26. remission, 27. harrowing, 28. agon, 29. mastectomy, 30. agon, 31. unstick, 32. lumpectomy, 33. hasten

34. soothing ch\_\_\_\_\_le *n.* a flowering plant with small daisy-like flowers, typically used to make herbal tea or as an ingredient in traditional medicine for its calming and soothing properties
35. clinical re\_\_\_\_\_on *n.* a period of time when a disease or condition is no longer present or active; a lessening or reduction of symptoms or intensity; forgiveness or pardon for sins or debts
36. ho\_\_\_\_\_y audience *v.* to shock or disgust greatly
37. so\_\_\_\_\_r atmosphere *adj.* having a serious or sad atmosphere or character; gloomy or dark
38. use an ac\_\_\_\_\_m *n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
39. famous ad\_\_\_e *n.* a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim
40. ac\_\_\_\_\_m definition *n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
41. ca\_\_\_\_\_te machinery *v.* to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance

ANSWERS: 34. chamomile, 35. remission, 36. horrify, 37. somber, 38. acronym, 39. adage, 40. acronym, 41. calibrate

42. 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
43. ch\_\_\_\_\_le essential oil *n.* a flowering plant with small daisy-like flowers, typically used to make herbal tea or as an ingredient in traditional medicine for its calming and soothing properties
44. ho\_\_\_\_\_y victims *v.* to shock or disgust greatly
45. church pu\_\_\_\_\_t *n.* a raised platform or lectern in a church or synagogue from which a member of the clergy delivers a sermon or religious address
46. s\_\_b in the chest *v.* to cause harm with a sharp, pointed object, such as a knife
47. em\_\_\_\_\_k on a trip *v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
48. standing at the pu\_\_\_\_\_t *n.* a raised platform or lectern in a church or synagogue from which a member of the clergy delivers a sermon or religious address
49. fo\_\_\_\_\_o dessert *v.* to precede or go before something in time or order; to give up, relinquish or do without something, usually by choice or obligation
50. up\_\_\_\_\_t attitude *adj.* positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music

ANSWERS: 42. instinct, 43. chamomile, 44. horrify, 45. pulpit, 46. stab, 47. embark, 48. pulpit, 49. forego, 50. upbeat

ANSWERS:

## Session 3: Fill in the Blanks

1. The company decided to \_\_\_\_\_ the expensive advertising campaign and instead rely on word of mouth.
  - v. to precede or go before something in time or order; to give up, relinquish or do without something, usually by choice or obligation
  
2. The cancer patient was delighted to hear that their disease was in \_\_\_\_\_.
  - n. a period of time when a disease or condition is no longer present or active; a lessening or reduction of symptoms or intensity; forgiveness or pardon for sins or debts
  
3. He was \_\_\_\_\_ many times with scissors.
  - v. to cause harm with a sharp, pointed object, such as a knife
  
4. 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
  
5. It's important to \_\_\_\_\_ the equipment regularly to ensure accurate results.
  - v. to measure or adjust something, typically a machine or device, to ensure accurate functioning or to match a standard or desired level of performance
  
6. The \_\_\_\_\_ music helped to lift her spirits and put her in a good mood.
  - adj. positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music
  
7. He lived by the wise \_\_\_\_\_ "honesty is the best policy" and was respected for his straightforward approach.
  - n. a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim

ANSWERS: 1. forego, 2. remission, 3. stabbed, 4. instinct, 5. calibrate, 6. upbeat, 7. adage

8. The soccer game crowd broke into a \_\_\_\_\_ of "Go, team, go!"  
*n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
9. She underwent a partial \_\_\_\_\_ to remove the cancerous lump from her breast.  
*n.* a surgical operation in which a tumor or lump, especially a cancerous one, is removed from the breast or other part of the body while preserving as much healthy tissue as possible
10. Her \_\_\_\_\_ experience in the war had left her with deep emotional scars.  
*adj.* causing distress or suffering; extremely distressing
11. I need to \_\_\_\_\_ my speed to finish the race on time.  
*v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up
12. I had to use a knife to \_\_\_\_\_ the envelope from the table.  
*v.* to free something that is stuck or adhering to something else
13. The \_\_\_\_\_ mood at the funeral was palpable.  
*adj.* having a serious or sad atmosphere or character; gloomy or dark
14. She had to have a \_\_\_\_\_ after being diagnosed with breast cancer.  
*n.* a surgical operation to remove all or part of a breast, most often as a treatment for breast cancer or other malignant tumors
15. I enjoy drinking \_\_\_\_\_ tea before bed to help me relax and sleep better.  
*n.* a flowering plant with small daisy-like flowers, typically used to make herbal tea or as an ingredient in traditional medicine for its calming and soothing properties

ANSWERS: 8. chant, 9. lumpectomy, 10. harrowing, 11. hasten, 12. unstick, 13. somber, 14. mastectomy, 15. chamomile

16. Five minutes have \_\_\_\_\_ since we began the experiment.  
*v.* to pass or go by, especially about time; to slip away unnoticed
17. The \_\_\_\_\_ lapse in concentration caused her to miss the crucial shot.  
*adj.* lasting for only a brief moment or an extremely short period of time; occurring momentarily
18. The politician's solution to the problem was too \_\_\_\_\_ to solve the underlying issue.  
*adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
19. The \_\_\_\_\_ dog kept barking at the door, wanting to go outside.  
*adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
20. Melanoma in \_\_\_\_\_ is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.  
*adj.* short for "situated," meaning located or placed in a particular position or circumstance
21. The series of terrorist attacks \_\_\_\_\_ the entire nation.  
*v.* to shock or disgust greatly
22. The weightlifting competition brought together athletes from different countries for an international \_\_\_\_\_.  
*n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
23. RADAR is an \_\_\_\_\_ for radio detection and ranging.  
*n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)

ANSWERS: 16. elapsed, 17. momentary, 18. simplistic, 19. agitated, 20. situ, 21. horrify, 22. agon, 23. acronym



24. We \_\_\_\_\_ on a new project.

- v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something

25. The preacher delivered a sermon from the \_\_\_\_\_ inspiring the congregation.

- n.* a raised platform or lectern in a church or synagogue from which a member of the clergy delivers a sermon or religious address

ANSWERS: 24. embarked, 25. pulpit,