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Vocabulary Builder Reference from...

Diana Nyad: Extreme swimming with the world's most dangerous jellyfish | TED Talk

https://www.ted.com/talks/diana_nyad_extreme_swimming_with_the_world_s_most_dangerous_jellyfish

Advanced Words Only

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Session 1: Word List

grapple

v. to make a strenuous effort to solve a problem; to engage in a close fight or conflict without weapons

synonym: brawl, scuffle, wrestle

(1) **grapple** with problem, (2) **grapple** with each other

He needed to **grapple** with structural reforms to improve the company's revenue.

angst

n. a feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general

synonym: anxiety, worry, stress

(1) an endless stream of **angst**, (2) with no **angst**

He felt a sense of **angst** about the future and wasn't sure what would happen.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

fleeting

adj. brief or temporary, lasting only a short time

synonym: temporary, brief, transitory

(1) for a **fleeting** moment, (2) **fleeting** opportunity
She savored the **fleeting** happiness she felt during the vacation.

malaise

n. a general feeling of discomfort, illness, or unease whose exact cause is difficult to identify

synonym: unease, discomfort, dissatisfaction

(1) emotional **malaise**, (2) societal **malaise**

The country is experiencing economic **malaise**.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

unwavering

adj. not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment

synonym: steadfast, resolute, firm

(1) **unwavering** commitment, (2) **unwavering** confidence

She showed **unwavering** loyalty to her friend through thick and thin.

lingering

adj. continuing for a long time; persistent; remaining in a place or situation for longer than is usual or necessary; unwilling to leave

synonym: prolonged, persistent, enduring

(1) **lingering** illness, (2) **lingering** doubts

The **lingering** smell of smoke clung to his clothes even after he left the campfire.

daunting

adj. looking challenging to manage in prospect; making someone anxious and less confident about carrying out something

synonym: intimidating, stunning, disheartening

(1) face the **daunting** reality, (2) seem like a **daunting** task

My homework was **daunting** and complex, but it was also intriguing.

arduous

adj. requiring strenuous effort; difficult and tiring, often involving physical or mental labor

synonym: challenging, difficult, strenuous

(1) **arduous** task, (2) an **arduous** journey

The climb up the mountain was **arduous** and took us hours to complete.

deprivation

n. a state of not having something, such as food or money, that you need for a pleasant life

synonym: poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

duress

n. the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way

synonym: coercion, compulsion, pressure

(1) compelled by **duress**, (2) act of **duress**

The hostage made a false confession under **duress**.

armada

n. a large fleet of warships or other vessels, typically organized for a specific military purpose and often under the command of a single admiral; a large group of powerful or influential people or things

synonym: fleet, flotilla, squadron

(1) naval **armada**, (2) **armada** ships

The Spanish **Armada** was a powerful fleet of ships that attempted to invade England in 1588.

gulf

n. a large ocean inlet or deep bay that is partially enclosed by land

synonym: chasm, divide, abyss

(1) **gulf** war, (2) **gulf** stream

The **Gulf** of Mexico is a body of water in the southern United

States.

dehydration

n. a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms

synonym: drying out, desiccation, moisture loss

(1) sign of **dehydration**, (2) **dehydration** as a result of diarrhea

He suffered from **dehydration** after spending the day in the hot sun.

hypothermic

adj. relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures

synonym: cold, chilled, freezing

(1) **hypothermic** condition, (2) **hypothermic** preservation

The hiker suffered from **hypothermic** symptoms after being exposed to extreme cold.

faraway

adj. located at a geographically distant place; remote or separated by distance; distant or not easily accessible

synonym: distant, remote, far-off

(1) **faraway** land, (2) **faraway** dream

The view from the **faraway** hilltop was breathtakingly beautiful.

goggle

v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

synonym: gaze, gawk, gape

(1) **goggle** his eyes, (2) infrared **goggles**

The software company bought the VR **goggles** manufacturer.

bathe

v. to wash or immerse oneself or another person in the water or a liquid; to expose a part of the body to a natural element, such as sunlight or air

synonym : cleanse, soak, immerse

(1) **bathe** in the sea, (2) **bathe** the baby

I always **bathe** my dog after she swims in the lake.

singe

v. to burn something slightly or superficially, usually by mistake

synonym : sear, char, burn

(1) **singe** off the hair over the flames, (2) **singe** the edges of a fabric

I didn't realize the iron was still hot and **singed** my dress.

hallelujah

n. an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship

synonym : praise, worship, exultation

(1) **hallelujah** chorus, (2) **hallelujah** moment

The choir ended the performance with a powerful **hallelujah**.

majesty

n. regal or royal dignity; grandeur or greatness

synonym : grandeur, royalty, eminence

(1) morning **majesty**, (2) **majesty** of nature

The king's **majesty** was apparent in his elegant attire and powerful presence.

cellar

n. a room or space below ground level in a building, typically used for storage of goods, food, or wine; a basement

synonym : basement, cellarage, vault

(1) **cellar** storage, (2) wine **cellar**

Every year, they would store homemade jams and preserves in the **cellar's** cool environment to make them last longer.

hawk

n. a bird of prey typically having short rounded wings and a long tail; an advocate of an aggressive policy on foreign relations

synonym : militarist, jingo, aggressor

(1) cast off a **hawk**, (2) congressional **hawk**

That team signed a center forward who was a ball- **hawk**.

envelop

v. to surround and cover completely; to encase

synonym: wrap, cover, surround

(1) **envelop** the whole world, (2) **envelop** her in a bear hug

The fog **enveloped** the city, making it difficult to see.

yell

v. to shout in a sudden and loud way

synonym: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

glassy

adj. resembling glass in appearance or texture; smooth, shiny, and hard

synonym: shiny, smooth, reflective

(1) **glassy** texture, (2) **glassy** appearance

The **glassy** surface of the lake reflected the colorful autumn leaves.

microcosm

n. a miniature or small-scale version of something that represents the larger whole or system; a representation of society or culture on a smaller scale

synonym: miniature, tiny world, little universe

(1) soil **microcosm**, (2) environmental **microcosm**

The small town felt like a **microcosm** of the larger society.

vomit

v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

synonym: puke, throw up, spew

(1) **vomit** abuse, (2) **vomit** after ingesting

She felt sick and had to run to the bathroom to **vomit**.

saltwater

adj. of or connected with seawater or water containing salt; living in or found in the sea

synonym: marine, naval, maritime

(1) a **saltwater** fish, (2) **saltwater** crocodile

The ecosystem upstream of the river significantly impacts the **saltwater** ecosystem downstream.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym: dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

aft

adj. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

(1) **aft** cabin, (2) **aft** view

The **aft** section of the ship suffered significant damage after the collision with the reef.

wham

n. a sudden, forceful impact or blow; a loud noise or sound effect used in music or film

synonym: bang, crash, slam

(1) **wham** sound effect, (2) **wham** noise

The car hit the curb with a loud **wham**, causing some damage to the tire.

jellyfish

n. a marine creature with a soft, jelly-like body and tentacles for stinging

synonym: medusa, sea nettle, moon jelly

(1) spineless **jellyfish**, (2) **jellyfish** sting

The beach was filled with hundreds of **jellyfish**, so swimming was not recommended.

excruciating

adj. extremely painful, intense, or distressing; causing great physical or emotional suffering

synonym: agonizing, unbearable, torturous

(1) **excruciating** ordeal, (2) **excruciating** embarrassment

The **excruciating** pain in his ankle made it difficult to walk.

tentacle

n. a flexible, mobile, and long arm-like organ used for feeling and holding things, catching food, or moving

(1) a squid's **tentacle**, (2) posterior **tentacle**

The police caught the fugitive criminal in the **tentacles** of an expanded investigation.

barb

n. a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair

synonym: spine, barbed remark, sting

(1) **barb** wire, (2) aim a **barb**

The politician's words were full of **barbs** designed to hurt his opponent.

sting

v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

synonym: bite, prick, poke

(1) **sting** me on the arm, (2) **sting** his face

Bees **sting** as a defense mechanism when they feel threatened.

venom

n. a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging

synonym: poison, toxin, hating

(1) the **venom** of a lizard, (2) injected **venom**

The snake's **venom** is highly toxic and can be fatal to humans.

venomous

adj. extremely poisonous or injurious; containing or producing venom; marked by deep ill will

synonym: poisonous, toxic, lethal

(1) the **venomous** jellyfish's sting, (2) have **venomous** eyes

The **venomous** snake bit him, causing him to go into shock.

fir

n. a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches

synonym: pine, spruce, cedar

(1) **fir** branch, (2) **fir** forest

The smell of fresh **fir** trees filled the air at the Christmas tree farm.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

convulsion

n. a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval

synonym: paroxysm, seizure, turmoil

(1) clonic **convulsion**, (2) economic **convulsion**

The patient's **convulsions** were a side effect of their medication.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

prednisone

n. a synthetic corticosteroid drug commonly used to treat various inflammatory conditions, immune system

disorders, and allergic reactions. It helps reduce swelling, pain, and inflammation in the body

synonym: cortisone, dexamethasone, hydrocortisone

(1) **prednisone** dosage, (2) **prednisone** withdrawal symptoms

The doctor prescribed a **prednisone** regimen to help reduce the patient's severe allergic reaction.

dusk

n. the period of the day just before nightfall when the light begins to fade; the darker part of twilight

synonym: twilight, gloaming, sundown

(1) **dusk** sky, (2) **dusk** falls

The sky turned a beautiful orange hue at **dusk**.

devastation

n. the act of causing great destruction or damage, often on a large scale

synonym: destruction, ruin, havoc

(1) financial **devastation**, (2) **devastation** to life

The economic recession caused **devastation** in the housing market, with many people losing their homes.

cavalier

adj. displaying a lack of concern or seriousness; offhand or disdainful towards important matters; adopting a carefree or arrogant attitude; (noun) a gentleman or a knight, especially one who is gallant or courtly

synonym: careless, offhand, indifferent

(1) **cavalier** dismissal, (2) **cavalier** language

The **cavalier** attitude of the driver caused him to disregard the rules of the road.

invincible

adj. incapable of being conquered, defeated, or overcome; unassailable

synonym: unassailable, unbeatable, indomitable

(1) **invincible** army, (2) **invincible** will

The team felt **invincible** after their winning streak.

gymnasium

n. a large room or building equipped for indoor sports and physical exercise, typically including weights and exercise machines; a school or institution that emphasizes physical education and athletics

synonym : athletic facility, sports center, fitness center

(1) **gymnasium** equipment, (2) high school **gymnasium**

I go to the local **gymnasium** three times a week to stay in shape.

gelatinous

adj. having the texture of jelly; having a translucent, jelly-like consistency

synonym : jelly-like, viscous, slippery

(1) **gelatinous** texture, (2) **gelatinous** substance

The jellyfish's body was transparent and **gelatinous**, making it difficult to see in the water.

scoot

v. to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device

synonym : glide, slide, scurry

(1) **scoot** out of my room, (2) **scoot** over

I have to **scoot** over to the next desk because there's not enough room for me to sit comfortably.

diver

n. a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

synonym : plunger, frogman, loon

(1) professional **diver**, (2) deep-sea **diver**

The search and rescue team sent a team of **divers** to search for the missing plane wreckage.

ache

v. to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

synonym : hurt, throb, smart

(1) **ache** abominably, (2) **ache** all the time

I **ache** all over after running a marathon yesterday.

courageous

adj. able to face and deal with danger or fear without flinching

synonym : brave, valiant, fearless

(1) make a **courageous** decision, (2) **courageous** rescue attempt

He was a **courageous** soldier who had served his country with honor.

accepting

adj. willing to receive or to take something offered

synonym : tolerant, open-minded, receptive

(1) **accepting** attitude, (2) **accepting** of diversity

He was an **accepting** person who believed in diversity and inclusiveness.

Wikipedia

n. an online encyclopedia that allows users to contribute and edit articles collaboratively; a vast and frequently updated repository of information on a wide range of topics

synonym : online encyclopedia, webpedia

(1) **Wikipedia** entry, (2) **Wikipedia** article

Not all teachers accept citing **Wikipedia** as a valid source for academic papers.

paraphrase

v. to restate or reword a passage in one's own words, often to clarify or simplify the original meaning

synonym : rephrase, reword, reinterpret

(1) **paraphrase** a poem into prose, (2) **paraphrase** the meaning

He **paraphrased** the article in his own words to avoid being accused of plagiarism.

Session 2: Spelling

- | | | |
|----------------------------|------|--|
| 1. en____p the whole world | v. | to surround and cover completely; to encase |
| 2. posterior te____le | n. | a flexible, mobile, and long arm-like organ used for feeling and holding things, catching food, or moving |
| 3. act of du____s | n. | the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way |
| 4. congressional h__k | n. | a bird of prey typically having short rounded wings and a long tail; an advocate of an aggressive policy on foreign relations |
| 5. sa____er crocodile | adj. | of or connected with seawater or water containing salt; living in or found in the sea |
| 6. hal____ah moment | n. | an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship |
| 7. hyp____ic preservation | adj. | relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures |
| 8. par____se the meaning | v. | to restate or reword a passage in one's own words, often to clarify or simplify the original meaning |

ANSWERS: 1. envelop, 2. tentacle, 3. duress, 4. hawk, 5. saltwater, 6. hallelujah, 7. hypothermic, 8. paraphrase

9. ba__e in the sea *v.* to wash or immerse oneself or another person in the water or a liquid; to expose a part of the body to a natural element, such as sunlight or air
10. cast off a h__k *n.* a bird of prey typically having short rounded wings and a long tail; an advocate of an aggressive policy on foreign relations
11. Wi_____ia entry *n.* an online encyclopedia that allows users to contribute and edit articles collaboratively; a vast and frequently updated repository of information on a wide range of topics
12. Wi_____ia article *n.* an online encyclopedia that allows users to contribute and edit articles collaboratively; a vast and frequently updated repository of information on a wide range of topics
13. gr_____e with each other *v.* to make a strenuous effort to solve a problem; to engage in a close fight or conflict without weapons
14. sign of deh_____on *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
15. gel_____us substance *adj.* having the texture of jelly; having a translucent, jelly-like consistency
16. professional di__r *n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

ANSWERS: 9. bathe, 10. hawk, 11. Wikipedia, 12. Wikipedia, 13. grapple, 14. dehydration, 15. gelatinous, 16. diver

17. vo__t abuse *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
18. naval ar___a *n.* a large fleet of warships or other vessels, typically organized for a specific military purpose and often under the command of a single admiral; a large group of powerful or influential people or things
19. societal ma_____e *n.* a general feeling of discomfort, illness, or unease whose exact cause is difficult to identify
20. si__e the edges of a fabric *v.* to burn something slightly or superficially, usually by mistake
21. infrared go___es *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
22. el_____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
23. inv_____le will *adj.* incapable of being conquered, defeated, or overcome; unassailable
24. fl_____ng opportunity *adj.* brief or temporary, lasting only a short time
25. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

ANSWERS: 17. vomit, 18. armada, 19. malaise, 20. singe, 21. goggle, 22. elevate, 23. invincible, 24. fleeting, 25. adrenaline

26. a sa_____er fish
adj. of or connected with seawater or water containing salt; living in or found in the sea
27. morning ma_____y
n. regal or royal dignity; grandeur or greatness
28. unw_____ng commitment
adj. not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment
29. emotional ma_____e
n. a general feeling of discomfort, illness, or unease whose exact cause is difficult to identify
30. spineless je_____sh
n. a marine creature with a soft, jelly-like body and tentacles for stinging
31. clonic con_____on
n. a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval
32. inv_____le army
adj. incapable of being conquered, defeated, or overcome; unassailable
33. high school gy_____um
n. a large room or building equipped for indoor sports and physical exercise, typically including weights and exercise machines; a school or institution that emphasizes physical education and athletics
34. ar_____s task
adj. requiring strenuous effort; difficult and tiring, often involving physical or mental labor

ANSWERS: 26. saltwater, 27. majesty, 28. unwavering, 29. malaise, 30. jellyfish, 31. convulsion, 32. invincible, 33. gymnasium, 34. arduous

35. the ve____us jellyfish's sting *adj.* extremely poisonous or injurious; containing or producing venom; marked by deep ill will
36. ch__e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
37. sc__t over *v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
38. gel_____us texture *adj.* having the texture of jelly; having a translucent, jelly-like consistency
39. gy_____um equipment *n.* a large room or building equipped for indoor sports and physical exercise, typically including weights and exercise machines; a school or institution that emphasizes physical education and athletics
40. en____p her in a bear hug *v.* to surround and cover completely; to encase
41. ca____er language *adj.* displaying a lack of concern or seriousness; offhand or disdainful towards important matters; adopting a carefree or arrogant attitude; (noun) a gentleman or a knight, especially one who is gallant or courtly
42. ma____y of nature *n.* regal or royal dignity; grandeur or greatness
43. with no an__t *n.* a feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general

ANSWERS: 35. venomous, 36. choke, 37. scoot, 38. gelatinous, 39. gymnasium, 40. envelop, 41. cavalier, 42. majesty, 43. angst

44. y__l as loud as we can *v.* to shout in a sudden and loud way
45. st__g his face *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
46. pre_____ne withdrawal symptoms *n.* a synthetic corticosteroid drug commonly used to treat various inflammatory conditions, immune system disorders, and allergic reactions. It helps reduce swelling, pain, and inflammation in the body
47. exc_____ing embarrassment *adj.* extremely painful, intense, or distressing; causing great physical or emotional suffering
48. an endless stream of an__t *n.* a feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general
49. a_t cabin *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
50. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
51. ar___a ships *n.* a large fleet of warships or other vessels, typically organized for a specific military purpose and often under the command of a single admiral; a large group of powerful or influential people or things

ANSWERS: 44. yell, 45. sting, 46. prednisone, 47. excruciating, 48. angst, 49. aft, 50. paralysis, 51. armada

52. ca____er dismissal *adj.* displaying a lack of concern or seriousness; offhand or disdainful towards important matters; adopting a carefree or arrogant attitude; (noun) a gentleman or a knight, especially one who is gallant or courtly
53. financial dev_____on *n.* the act of causing great destruction or damage, often on a large scale
54. gr_____e with problem *v.* to make a strenuous effort to solve a problem; to engage in a close fight or conflict without weapons
55. li_____ng illness *adj.* continuing for a long time; persistent; remaining in a place or situation for longer than is usual or necessary; unwilling to leave
56. w__m sound effect *n.* a sudden, forceful impact or blow; a loud noise or sound effect used in music or film
57. for a fl_____ng moment *adj.* brief or temporary, lasting only a short time
58. ac_____ng of diversity *adj.* willing to receive or to take something offered
59. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
60. a__e abominably *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

ANSWERS: 52. cavalier, 53. devastation, 54. grapple, 55. lingering, 56. wham, 57. fleeting, 58. accepting, 59. adrenaline, 60. ache

61. pa_____is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
62. aim a b__b *n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
63. face the da_____ng reality *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
64. par_____se a poem into prose *v.* to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
65. d__k falls *n.* the period of the day just before nightfall when the light begins to fade; the darker part of twilight
66. environmental mi_____sm *n.* a miniature or small-scale version of something that represents the larger whole or system; a representation of society or culture on a smaller scale
67. seem like a da_____ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
68. gl___y appearance *adj.* resembling glass in appearance or texture; smooth, shiny, and hard
69. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something

ANSWERS: 61. paralysis, 62. barb, 63. daunting, 64. paraphrase, 65. dusk, 66. microcosm, 67. daunting, 68. glassy, 69. choke

70. have ve_____us eyes *adj.* extremely poisonous or injurious; containing or producing venom; marked by deep ill will
71. g__f war *n.* a large ocean inlet or deep bay that is partially enclosed by land
72. ac_____ng attitude *adj.* willing to receive or to take something offered
73. si__e off the hair over the flames *v.* to burn something slightly or superficially, usually by mistake
74. a_t view *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
75. fa_____y dream *adj.* located at a geographically distant place; remote or separated by distance; distant or not easily accessible
76. economic con_____on *n.* a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval
77. sc__t out of my room *v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
78. je_____sh sting *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
79. im_____e the cloth in the dye *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

ANSWERS: 70. venomous, 71. gulf, 72. accepting, 73. singe, 74. aft, 75. faraway, 76. convulsion, 77. scoot, 78. jellyfish, 79. immerse

80. ce___r storage *n.* a room or space below ground level in a building, typically used for storage of goods, food, or wine; a basement
81. w__m noise *n.* a sudden, forceful impact or blow; a loud noise or sound effect used in music or film
82. cou_____us rescue attempt *adj.* able to face and deal with danger or fear without flinching
83. b__b wire *n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair
84. g__f stream *n.* a large ocean inlet or deep bay that is partially enclosed by land
85. unw_____ng confidence *adj.* not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment
86. fa_____y land *adj.* located at a geographically distant place; remote or separated by distance; distant or not easily accessible
87. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
88. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
89. a__e all the time *v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

ANSWERS: 80. cellar, 81. wham, 82. courageous, 83. barb, 84. gulf, 85. unwavering, 86. faraway, 87. deprivation, 88. vomit, 89. ache

90. soil mi_____sm *n.* a miniature or small-scale version of something that represents the larger whole or system; a representation of society or culture on a smaller scale
91. injected ve__m *n.* a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging
92. ba__e the baby *v.* to wash or immerse oneself or another person in the water or a liquid; to expose a part of the body to a natural element, such as sunlight or air
93. f_r branch *n.* a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches
94. deh_____on as a result of diarrhea *n.* a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms
95. the ve__m of a lizard *n.* a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging
96. compelled by du___s *n.* the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way
97. el_____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

ANSWERS: 90. microcosm, 91. venom, 92. bathe, 93. fir, 94. dehydration, 95. venom, 96. duress, 97. elevate

98. y__l for help *v.* to shout in a sudden and loud way
99. gl___y texture *adj.* resembling glass in appearance or texture; smooth, shiny, and hard
100. hal_____ah chorus *n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship
101. pre_____ne dosage *n.* a synthetic corticosteroid drug commonly used to treat various inflammatory conditions, immune system disorders, and allergic reactions. It helps reduce swelling, pain, and inflammation in the body
102. completely im_____e the ingredient *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
103. a squid's te_____le *n.* a flexible, mobile, and long arm-like organ used for feeling and holding things, catching food, or moving
104. go___e his eyes *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
105. make a cou_____us decision *adj.* able to face and deal with danger or fear without flinching
106. d__k sky *n.* the period of the day just before nightfall when the light begins to fade; the darker part of twilight

ANSWERS: 98. yell, 99. glassy, 100. hallelujah, 101. prednisone, 102. immerse, 103. tentacle, 104. goggle, 105. courageous, 106. dusk

107. wine ce___r *n.* a room or space below ground level in a building, typically used for storage of goods, food, or wine; a basement
108. f_r forest *n.* a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches
109. exc_____ing ordeal *adj.* extremely painful, intense, or distressing; causing great physical or emotional suffering
110. dev_____on to life *n.* the act of causing great destruction or damage, often on a large scale
111. li_____ng doubts *adj.* continuing for a long time; persistent; remaining in a place or situation for longer than is usual or necessary; unwilling to leave
112. st__g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
113. hyp_____ic condition *adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures
114. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life
115. deep-sea di__r *n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

ANSWERS: 107. cellar, 108. fir, 109. excruciating, 110. devastation, 111. lingering, 112. sting, 113. hypothermic, 114. deprivation, 115. diver

116. an ar____s journey

adj. requiring strenuous effort; difficult and tiring, often involving physical or mental labor

ANSWERS: 116. arduous

Session 3: Fill in the Blanks

1. The software company bought the VR _____ manufacturer.
 - v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

2. The smell of fresh ____ trees filled the air at the Christmas tree farm.
 - n.* a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches

3. The car hit the curb with a loud _____ causing some damage to the tire.
 - n.* a sudden, forceful impact or blow; a loud noise or sound effect used in music or film

4. The sky turned a beautiful orange hue at _____.
 - n.* the period of the day just before nightfall when the light begins to fade; the darker part of twilight

5. The hostage made a false confession under _____.
 - n.* the use of force, coercion, or threat to compel someone to do something against their will; a condition of being forced or constrained to act or behave in a certain way

6. The country is experiencing economic _____.
 - n.* a general feeling of discomfort, illness, or unease whose exact cause is difficult to identify

7. The ____ section of the ship suffered significant damage after the collision with the reef.
 - adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

ANSWERS: 1. goggles, 2. fir, 3. wham, 4. dusk, 5. duress, 6. malaise, 7. aft

8. The _____ pain in his ankle made it difficult to walk.
adj. extremely painful, intense, or distressing; causing great physical or emotional suffering
9. She felt sick and had to run to the bathroom to _____.
v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
10. He needed to _____ with structural reforms to improve the company's revenue.
v. to make a strenuous effort to solve a problem; to engage in a close fight or conflict without weapons
11. The hiker suffered from _____ symptoms after being exposed to extreme cold.
adj. relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures
12. The beach was filled with hundreds of _____ so swimming was not recommended.
n. a marine creature with a soft, jelly-like body and tentacles for stinging
13. The _____ snake bit him, causing him to go into shock.
adj. extremely poisonous or injurious; containing or producing venom; marked by deep ill will
14. The police caught the fugitive criminal in the _____ of an expanded investigation.
n. a flexible, mobile, and long arm-like organ used for feeling and holding things, catching food, or moving

ANSWERS: 8. excruciating, 9. vomit, 10. grapple, 11. hypothermic, 12. jellyfish, 13. venomous, 14. tentacles

15. The fog _____ the city, making it difficult to see.

v. to surround and cover completely; to encase

16. The baby started to _____ on a piece of apple.

v. to prevent or obstruct the normal breathing or swallowing of someone or something

17. The doctor prescribed a _____ regimen to help reduce the patient's severe allergic reaction.

n. a synthetic corticosteroid drug commonly used to treat various inflammatory conditions, immune system disorders, and allergic reactions. It helps reduce swelling, pain, and inflammation in the body

18. Every year, they would store homemade jams and preserves in the _____ cool environment to make them last longer.

n. a room or space below ground level in a building, typically used for storage of goods, food, or wine; a basement

19. She savored the _____ happiness she felt during the vacation.

adj. brief or temporary, lasting only a short time

20. The jellyfish's body was transparent and _____ making it difficult to see in the water.

adj. having the texture of jelly; having a translucent, jelly-like consistency

21. She showed _____ loyalty to her friend through thick and thin.

adj. not changing or becoming weaker in any way; remaining steadily fixed or resolute in purpose or commitment

22. The _____ surface of the lake reflected the colorful autumn leaves.

adj. resembling glass in appearance or texture; smooth, shiny, and hard

ANSWERS: 15. enveloped, 16. choke, 17. prednisone, 18. cellar's, 19. fleeting, 20. gelatinous, 21. unwavering, 22. glassy

23. The _____ smell of smoke clung to his clothes even after he left the campfire.

adj. continuing for a long time; persistent; remaining in a place or situation for longer than is usual or necessary; unwilling to leave

24. The snake's _____ is highly toxic and can be fatal to humans.

n. a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging

25. Massive demonstrations lead to total _____ of transportation.

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

26. The small town felt like a _____ of the larger society.

n. a miniature or small-scale version of something that represents the larger whole or system; a representation of society or culture on a smaller scale

27. The search and rescue team sent a team of _____ to search for the missing plane wreckage.

n. a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

28. The choir ended the performance with a powerful _____.

n. an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship

29. He was a _____ soldier who had served his country with honor.

adj. able to face and deal with danger or fear without flinching

30. He suffered from _____ after spending the day in the hot sun.

n. a condition in which the body lacks sufficient water and fluids, leading to thirst and other symptoms

ANSWERS: 23. lingering, 24. venom, 25. paralysis, 26. microcosm, 27. divers, 28. hallelujah, 29. courageous, 30. dehydration

31. My homework was _____ and complex, but it was also intriguing.
adj. looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
32. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
33. The _____ of Mexico is a body of water in the southern United States.
n. a large ocean inlet or deep bay that is partially enclosed by land
34. The economic recession caused _____ in the housing market, with many people losing their homes.
n. the act of causing great destruction or damage, often on a large scale
35. The king's _____ was apparent in his elegant attire and powerful presence.
n. regal or royal dignity; grandeur or greatness
36. The Spanish _____ was a powerful fleet of ships that attempted to invade England in 1588.
n. a large fleet of warships or other vessels, typically organized for a specific military purpose and often under the command of a single admiral; a large group of powerful or influential people or things
37. The team felt _____ after their winning streak.
adj. incapable of being conquered, defeated, or overcome; unassailable
38. He was an _____ person who believed in diversity and inclusiveness.
adj. willing to receive or to take something offered

ANSWERS: 31. daunting, 32. yelled, 33. Gulf, 34. devastation, 35. majesty, 36. Armada, 37. invincible, 38. accepting

39. I didn't realize the iron was still hot and _____ my dress.
- v.* to burn something slightly or superficially, usually by mistake
40. Eating food in a hurry _____ blood glucose levels.
- v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
41. I go to the local _____ three times a week to stay in shape.
- n.* a large room or building equipped for indoor sports and physical exercise, typically including weights and exercise machines; a school or institution that emphasizes physical education and athletics
42. He felt a sense of _____ about the future and wasn't sure what would happen.
- n.* a feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general
43. The ecosystem upstream of the river significantly impacts the _____ ecosystem downstream.
- adj.* of or connected with seawater or water containing salt; living in or found in the sea
44. I have to _____ over to the next desk because there's not enough room for me to sit comfortably.
- v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
45. I always _____ my dog after she swims in the lake.
- v.* to wash or immerse oneself or another person in the water or a liquid; to expose a part of the body to a natural element, such as sunlight or air

ANSWERS: 39. singed, 40. elevates, 41. gymnasium, 42. angst, 43. saltwater, 44. scoot, 45. bathe

46. He _____ the article in his own words to avoid being accused of plagiarism.
- v.* to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
47. He _____ himself in his research.
- v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
48. The view from the _____ hilltop was breathtakingly beautiful.
- adj.* located at a geographically distant place; remote or separated by distance; distant or not easily accessible
49. The patient's _____ were a side effect of their medication.
- n.* a violent, involuntary contraction or shaking of the muscles, especially those in the limbs or face; a sudden, intense, and often violent disturbance or upheaval
50. Bees _____ as a defense mechanism when they feel threatened.
- v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
51. That team signed a center forward who was a ball-_____.
- n.* a bird of prey typically having short rounded wings and a long tail; an advocate of an aggressive policy on foreign relations
52. The politician's words were full of _____ designed to hurt his opponent.
- n.* a sharp projection or point, often on a plant or animal; a cutting remark or criticism that is meant to hurt or insult; a type of fishing lure that has small hooks and a brightly colored feather or hair

ANSWERS: 46. paraphrased, 47. immersed, 48. faraway, 49. convulsions, 50. sting, 51. hawk, 52. barbs

53. Losing him is great _____ to our team.

- n.* a state of not having something, such as food or money, that you need for a pleasant life

54. I _____ all over after running a marathon yesterday.

- v.* to experience a dull, persistent pain or discomfort, typically of moderate or low intensity; to feel a continuous dull pain

55. The _____ attitude of the driver caused him to disregard the rules of the road.

- adj.* displaying a lack of concern or seriousness; offhand or disdainful towards important matters; adopting a carefree or arrogant attitude; (noun) a gentleman or a knight, especially one who is gallant or courtly

56. The band has released a lot of _____ rock music.

- n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

57. Not all teachers accept citing _____ as a valid source for academic papers.

- n.* an online encyclopedia that allows users to contribute and edit articles collaboratively; a vast and frequently updated repository of information on a wide range of topics

58. The climb up the mountain was _____ and took us hours to complete.

- adj.* requiring strenuous effort; difficult and tiring, often involving physical or mental labor

ANSWERS: 53. deprivation, 54. ache, 55. cavalier, 56. adrenaline-pumping, 57. Wikipedia, 58. arduous