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Chade-Meng Tan: Everyday compassion at Google | TED Talk

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Advanced Words Only

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Session 1: Word List

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

MRI

n. (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body

(1) **MRI** brain image, (2) cardiac **MRI**

The **MRI** machine uses powerful magnets to produce detailed images of the inside of the body.

pivotal

adj. relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something

synonym: crucial, essential, important

(1) **pivotal** moment, (2) **pivotal** role

The CEO's decision was **pivotal** in the success of the company's expansion plans.

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.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym : redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

compassionate

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

synonym : empathetic, sympathetic, merciful

(1) a **compassionate** heart, (2) **compassionate** leave

My father has a serious and **compassionate** personality.

idealist

n. a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity

synonym : dreamer, idealizer, visionary

(1) **idealist** at heart, (2) an **idealist** perspective

As a dedicated **idealist**, she always fought for what was right, no matter the cost.

spontaneously

adv. in a way that is natural, not planned or forced, and often sudden

synonym : impromptu, automatically, immediately

(1) recover **spontaneously** after five days, (2) this shift occurs **spontaneously**

The electrical cord **spontaneously** combusted.

affective

adj. relating to emotions or feelings; able to influence or evoke emotions

synonym : emotive, heartfelt, touching

(1) **affective** communication, (2) **affective** response

The **affective** bond between the mother and child was

evident.

humility

n. the quality or condition of being humble; a low estimate of one's self

synonym: humbleness, modesty, unpretentiousness

(1) develop an attitude of **humility**, (2) lack of **humility**

We were filled with **humility** at the sight of the Queen.

inflate

v. to fill something with air or gas so that it becomes bigger and rounder

synonym: blow up, expand, puff up

(1) **inflate** a tire, (2) **inflate** expense reports

She **inflated** the balloons for the party.

empath

n. a person who can understand and share the feelings and experiences of others, often described as having a high degree of empathy

(1) **empath** skills, (2) **empath** in a corporate environment

Being an **empath** in a relationship requires the partner to understand the empath's unique emotional needs.

obsession

n. the state in which a person's mind is filled with thoughts of one single object or particular person

synonym: compulsion, fixation, enthusiasm

(1) **obsession** with character, (2) national **obsession**

Gambling became an **obsession** for him, and he eventually lost everything.

coworker

n. a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

brew

v. to make beer or tea by mixing a substance with hot water

synonym : make, prepare

(1) **brew** a cup of tea, (2) **brew** beer

I am going to **brew** some coffee this morning.

fertile

adj. capable of producing abundant vegetation or crops; intellectually productive

synonym : fruitful, productive, rich

(1) **fertile** ground, (2) **fertile** market

Herbs require **fertile** soil in a sunny, sheltered location.

inmate

n. a person who is confined to an institution such as a prison, hospital, or mental health facility

synonym : prisoner, convict, detainee

(1) **inmate** population, (2) **inmate** rights

The prison implemented a new educational program for **inmates** to learn skills and prepare for life after release.

roam

v. to move about or travel aimlessly or without a fixed destination; to wander

synonym : wander, ramble, meander

(1) **roam** freely, (2) **roam** the countryside

I love to **roam** around the city and discover new neighborhoods.

mastery

n. complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

synonym : proficiency, aptitude, domination

(1) **mastery** of mathematics, (2) strive for **mastery**

The country finally gained **mastery** over the whole land of its neighbors.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym : compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

jokingly

adv. done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously

synonym: tongue-in-cheek, jestingly, facetiously

(1) **jokingly** mocked, (2) **jokingly** asked

She **jokingly** suggested they quit their jobs and run to a tropical island.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

supercharge

v. to increase the power or energy of something

synonym: boost, enhance, power up

(1) **supercharge** economic growth, (2) **supercharge** the battery

They **supercharged** the engine to get more power.

emote

v. to communicate through facial expressions, gestures, and body language to express strong feelings or emotions

synonym: express, communicate, convey

(1) **emote** salute, (2) **emote** through art

The actor could **emote** a wide range of emotions on screen, earning them critical acclaim.

habitual

adj. commonly used or repeated

synonym: chronic, frequent, accustomed

(1) **habitual** absence, (2) **habitual** overeating

Habitual smoking and drinking cause lifestyle disease.

instinctive

adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency

synonym : spontaneous, intuitive, natural

(1) **instinctive** reaction, (2) **instinctive** behavior

It was **instinctive** for the mother to protect her child from harm.

robe

n. a loose-fitting garment, typically a long flowing outer garment, often worn as a ceremonial or formal attire

synonym : gown, cloak, dress

(1) silk **robe**, (2) velvet **robe**

The wizard's **robe** was embroidered with golden stars and moons.

Session 2: Spelling

1. an id____st perspective *n.* a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity
2. r__m the countryside *v.* to move about or travel aimlessly or without a fixed destination; to wander
3. velvet r__e *n.* a loose-fitting garment, typically a long flowing outer garment, often worn as a ceremonial or formal attire
4. id____st at heart *n.* a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity
5. em__e through art *v.* to communicate through facial expressions, gestures, and body language to express strong feelings or emotions
6. re____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
7. in____e population *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility

ANSWERS: 1. idealist, 2. roam, 3. robe, 4. idealist, 5. emote, 6. reframe, 7. inmate

8. in_____e expense reports *v.* to fill something with air or gas so that it becomes bigger and rounder
9. in_____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
10. ob_____on with character *n.* the state in which a person's mind is filled with thoughts of one single object or particular person
11. co_____er relationship *n.* a person who works with another in the same company or organization
12. ha_____al overeating *adj.* commonly used or repeated
13. ins_____ve reaction *adj.* relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency
14. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
15. ha_____al absence *adj.* commonly used or repeated
16. this shift occurs spo_____sly *adv.* in a way that is natural, not planned or forced, and often sudden
17. af_____ve response *adj.* relating to emotions or feelings; able to influence or evoke emotions
18. argue with a co_____er *n.* a person who works with another in the same company or organization
19. pi_____l moment *adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
20. jo_____ly asked *adv.* done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously

ANSWERS: 8. inflate, 9. instruct, 10. obsession, 11. coworker, 12. habitual, 13. instinctive, 14. reframe, 15. habitual, 16. spontaneously, 17. affective, 18. coworker, 19. pivotal, 20. jokingly

21. silk r__e *n.* a loose-fitting garment, typically a long flowing outer garment, often worn as a ceremonial or formal attire
22. ins_____ve behavior *adj.* relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency
23. in___e rights *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
24. full of em_____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
25. em__e salute *v.* to communicate through facial expressions, gestures, and body language to express strong feelings or emotions
26. jo_____ly mocked *adv.* done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously
27. strive for ma_____y *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
28. ch__e list *n.* a routine or tedious task, often related to household or manual labor
29. b__w beer *v.* to make beer or tea by mixing a substance with hot water
30. af_____ve communication *adj.* relating to emotions or feelings; able to influence or evoke emotions

ANSWERS: 21. robe, 22. instinctive, 23. inmate, 24. empathy, 25. emote, 26. jokingly, 27. mastery, 28. chore, 29. brew, 30. affective

31. em___h in a corporate environment *n.* a person who can understand and share the feelings and experiences of others, often described as having a high degree of empathy
32. fe_____e market *adj.* capable of producing abundant vegetation or crops; intellectually productive
33. in_____ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
34. develop an attitude of hu_____ty *n.* the quality or condition of being humble; a low estimate of one's self
35. recover spo_____sly after five days *adv.* in a way that is natural, not planned or forced, and often sudden
36. cardiac M_l *n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body
37. com_____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
38. lack of hu_____ty *n.* the quality or condition of being humble; a low estimate of one's self
39. fe_____e ground *adj.* capable of producing abundant vegetation or crops; intellectually productive
40. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others

ANSWERS: 31. empath, 32. fertile, 33. instruct, 34. humility, 35. spontaneously, 36. MRI, 37. compassionate, 38. humility, 39. fertile, 40. compassionate

41. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
42. household ch__es *n.* a routine or tedious task, often related to household or manual labor
43. ma____y of mathematics *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
44. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
45. in_____e a tire *v.* to fill something with air or gas so that it becomes bigger and rounder
46. b__w a cup of tea *v.* to make beer or tea by mixing a substance with hot water
47. M_I brain image *n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body
48. r__m freely *v.* to move about or travel aimlessly or without a fixed destination; to wander
49. sup_____ge economic growth *v.* to increase the power or energy of something
50. sup_____ge the battery *v.* to increase the power or energy of something
51. em___h skills *n.* a person who can understand and share the feelings and experiences of others, often described as having a high degree of empathy

ANSWERS: 41. empathy, 42. chore, 43. mastery, 44. prefrontal, 45. inflate, 46. brew, 47. MRI, 48. roam, 49. supercharge, 50. supercharge, 51. empath

52. national ob_____on

n. the state in which a person's mind is filled with thoughts of one single object or particular person

53. pre_____al region

adj. in or about the foremost part of the frontal lobe of the brain

54. pi_____l role

adj. relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something

ANSWERS: 52. obsession, 53. prefrontal, 54. pivotal

Session 3: Fill in the Blanks

1. As a dedicated _____ she always fought for what was right, no matter the cost.
n. a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity
2. They _____ the engine to get more power.
v. to increase the power or energy of something
3. We were filled with _____ at the sight of the Queen.
n. the quality or condition of being humble; a low estimate of one's self
4. The facility manager _____ the security guards to be on high alert.
v. to teach someone practical skills or knowledge; to formally order or tell someone to do something
5. _____ smoking and drinking cause lifestyle disease.
adj. commonly used or repeated
6. My ex-_____ and I had different working styles but managed to get along.
n. a person who works with another in the same company or organization
7. The country finally gained _____ over the whole land of its neighbors.
n. complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
8. It was _____ for the mother to protect her child from harm.
adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency

ANSWERS: 1. idealist, 2. supercharged, 3. humility, 4. instructed, 5. Habitual, 6. coworker, 7. mastery, 8. instinctive

9. Research shows that damage to the _____ cortex leads to increased aggression.

adj. in or about the foremost part of the frontal lobe of the brain

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

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

11. I am going to _____ some coffee this morning.

v. to make beer or tea by mixing a substance with hot water

12. The _____ bond between the mother and child was evident.

adj. relating to emotions or feelings; able to influence or evoke emotions

13. She _____ the balloons for the party.

v. to fill something with air or gas so that it becomes bigger and rounder

14. Herbs require _____ soil in a sunny, sheltered location.

adj. capable of producing abundant vegetation or crops; intellectually productive

15. The electrical cord _____ combusted.

adv. in a way that is natural, not planned or forced, and often sudden

16. The prison implemented a new educational program for _____ to learn skills and prepare for life after release.

n. a person who is confined to an institution such as a prison, hospital, or mental health facility

17. I love to _____ around the city and discover new neighborhoods.

v. to move about or travel aimlessly or without a fixed destination; to wander

ANSWERS: 9. prefrontal, 10. chore, 11. brew, 12. affective, 13. inflated, 14. fertile, 15. spontaneously, 16. inmates, 17. roam

18. The ____ machine uses powerful magnets to produce detailed images of the inside of the body.
- n.* (abbreviation for magnetic resonance imaging) a medical imaging technique that uses a strong magnetic field and radio waves to produce detailed images of the inside of the body
19. The wizard's _____ was embroidered with golden stars and moons.
- n.* a loose-fitting garment, typically a long flowing outer garment, often worn as a ceremonial or formal attire
20. _____ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
21. The actor could _____ a wide range of emotions on screen, earning them critical acclaim.
- v.* to communicate through facial expressions, gestures, and body language to express strong feelings or emotions
22. The CEO's decision was _____ in the success of the company's expansion plans.
- adj.* relating to or acting as a pivot or central point; crucial or essential to the success or outcome of something
23. My father has a serious and _____ personality.
- adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
24. Being an _____ in a relationship requires the partner to understand the empath's unique emotional needs.
- n.* a person who can understand and share the feelings and experiences of others, often described as having a high degree of empathy

ANSWERS: 18. MRI, 19. robe, 20. Empathy, 21. emote, 22. pivotal, 23. compassionate, 24. empath

25. Gambling became an _____ for him, and he eventually lost everything.
- n.* the state in which a person's mind is filled with thoughts of one single object or particular person
26. She _____ suggested they quit their jobs and run to a tropical island.
- adv.* done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously
27. The therapist tried to _____ his negative thoughts.
- v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

ANSWERS: 25. obsession, 26. jokingly, 27. reframe