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Vocabulary Builder Reference from...

Jessa Gamble: Our natural sleep cycle is nothing like what we do now | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym: develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

develop

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

synonym: evolve, progress, advance

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

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

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

chemical

adj. relating to or connected with chemistry;

synonym : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

hoe

n. a garden tool with a flat blade attached at right angles to a long handle

(1) garden **hoe**, (2) weeding **hoe**

She purchased a **hoe** and a sickle for a backyard vegetable garden.

crab

n. a sea creature with two large claws and a flattened back (e.g., blue crab or king crab); a sour or grumpy person who is prone to complaining or criticizing

synonym : crustacean, shellfish, crusty

(1) **crab** cakes, (2) **crab** legs

I ordered a plate of fresh **crab** at the seafood restaurant.

continent

n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex

synonym : landmass, (adjective) chaste, (adjective) pure

(1) the inland of a **continent**, (2) **continent** urinary diversion

Flight across the **continent** was a daring adventure in its day.

slope

n. a surface with one end or side that is higher than the other

synonym : gradient, pitch, slant

(1) an abrupt **slope**, (2) slide down a **slope** on a ski

The hut stands on the **slope** of a mountain.

cage

n. a structure made of metal bars or wire in which birds or animals can be kept

synonym : enclosure, jail, corral

(1) an insect **cage**, (2) a bird in a **cage**

The trapped bear is running amok in its **cage**.

scramble

v. to move or climb quickly and awkwardly, often using your hands to help you

synonym : jumble, disarrange

(1) **scramble** my mind, (2) **scramble** for support

Local business owners **scrambled** to find skilled workers.

tide

n. the cyclical rise and fall of sea level caused by the moon's gravitational pull

synonym : ripple, surge, swell

(1) **tide** cycle, (2) ride the **tide** of change

Red **tide** is often harmful to the local ecosystem.

shore

n. the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

synonym : coast, seaside, beach

(1) a sandy **shore**, (2) **shore** up demand

The waves are beating against the **shore**.

skit

n. a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance

synonym : sketch, parody, routine

(1) comedy **skit**, (2) political **skit**

The comedy group performed a hilarious **skit** about life in quarantine.

recede

v. to pull back or move away or backward

synonym : move back, retreat, downsize

(1) **recede** from view, (2) **recede** in the darkness

The king's political power **receded** even further.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym : incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

plot

n. a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal

synonym : scheme, plan, design

(1) **plot** twist, (2) **plot** a revolution

The **plot** of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.

incredible

adj. unbelievable; enormous

synonym : unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

psychic

adj. relating to or capable of extrasensory perception or paranormal phenomena; relating to the mind or mental processes

synonym : intuitive, clairvoyant, extrasensory

(1) **psychic** intuition, (2) **psychic** reading

She claimed to have **psychic** powers and could predict the future.

paranormal

adj. relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences

synonym : supernatural, mystical, otherworldly

(1) **paranormal** experience, (2) **paranormal** phenomena

The haunted house was said to be a hotspot for **paranormal** activity.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by

cycle

The food chain causes a material **cycle**.

correspond

v. to match or be similar to something else almost exactly;
to exchange messages

synonym: match, equate, communicate

(1) **correspond** to a standard, (2) **correspond** with a foreign student

The numbers on the sign **correspond** to points on the map.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

bunker

n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel

synonym: shelter, fortification, defense

(1) coal **bunker**, (2) **bunker** facility

The soldiers took cover in the dug-out **bunker** during the bombing.

underground

adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force

synonym: subterranean, subsurface, confidential

(1) water flowing **underground**, (2) **underground** activist

Having **underground** parking has been very beneficial throughout the winter.

volunteer

n. a person who performs or offers to perform a job or service without being paid for or forced to do

synonym: unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work
The teachers make full use of **volunteer** assistance.

rave

v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
synonym: babble, freak out, be enthusiastic

(1) **rave** against the politician, (2) **rave** myself hoarse
You can rant and **rave** at the arrest, but you'll still have to accept it.

productive

adj. resulting in or making a lot or a significant amount of something, especially something of value
synonym: efficient, fruitful, successful

(1) low **productive** capacity, (2) **productive** meeting
The new employee proved extremely **productive**, completing projects ahead of schedule.

atypical

adj. not conforming to the typical or expected pattern; unusual or abnormal or characteristic
synonym: unusual, abnormal, irregular

(1) **atypical** pneumonia, (2) **atypical** weather conditions
Her **atypical** behavior raised concerns among her friends.

drift

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
synonym: float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft
I **drifted** around for years in Europe before going to university.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely
synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

underrate

v. to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something

synonym : underestimate, undervalue, belittle

(1) **underrate** talent, (2) **underrate** the strength of the opposition

Don't **underrate** the importance of a healthy diet and exercise.

equator

n. an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)

(1) south of the **equator**, (2) above the **equator**

Ecuador is on the **equator**.

daylight

n. the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

synonym : sunlight, daytime, day

(1) **daylight** hours, (2) natural **daylight**

The view of the city skyline from the top of the building looked amazing in the **daylight**.

globe

n. the earth or world, mainly used to emphasize its vastness

synonym : Earth, world, sphere

(1) terrestrial **globe**, (2) around the **globe**

His final goal is to sail around the **globe**.

arctic

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

synonym : cold, frozen, polar

(1) **arctic** ice, (2) high **arctic**

Cold temperatures and long, dark winters characterize the

arctic climate.

perpetual

adj. continuing for an extended period in the same way without stopping or being interrupted

synonym : enduring, unchanging, incessant

(1) **perpetual** motion machine, (2) **perpetual** struggle
The company employs a **perpetual** inventory system.

aboriginal

adj. relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous

synonym : native, indigenous, autochthonous

(1) **aboriginal** art, (2) **aboriginal** land

Many **aboriginal** cultures have deep spiritual connections to the land and its natural resources.

traditionally

adv. in accordance with tradition; typically or commonly done in a particular way

synonym : conventionally, commonly, generally

(1) **traditionally** accepted concept, (2) **traditionally** sung at a banquet

Traditionally, the ceremony was held outdoors.

seasonal

adj. occurring or varying according to the season or time of year; related to or affected by the changing seasons

synonym : periodic, cyclic

(1) **seasonal** allergies, (2) **seasonal** fruits

The pumpkin patch only operates during the **seasonal** fall months.

mania

n. a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something

synonym : obsession, craze, frenzy

(1) start-up **mania**, (2) dance **mania**

The **mania** for collecting rare books led him to spend his

savings on a first edition.

hunt

v. to go after and try to catch wild animals to kill them for food, sport, or profit

synonym: chase, pursuit, quest

(1) **hunt** a job, (2) **hunt** after knowledge

Hounds **hunt** their prey by using their keen scent.

rhythm

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym: beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm**

He beat out a jazz **rhythm** on the cajones.

artificial

adj. not natural and made by human beings; not real but produced to resemble something

synonym: synthetic, man-made, manufactured

(1) **artificial** flowers, (2) **artificial** environment

The **artificial** intelligence system has revolutionized the way we live and work.

midnight

n. the middle point of the night, usually defined as 12:00 AM or the start of a new day

synonym: middle of the night, witching hour

(1) **midnight** snack, (2) **midnight** shift

I stayed up until **midnight** watching my favorite movie.

sunrise

n. the time in the morning when the sun first appears in the sky

synonym: daybreak, morning, dawn

(1) beautiful **sunrise**, (2) high-technology **sunrise** industries

I got up early to watch the **sunrise** at the summit.

in-between

adj. occurring or existing between two things or points; intermediate in position, condition, or time

synonym: intermediate, middleman, halfway

(1) **in-between** meals, (2) **in-between** stages

She enjoyed floating in the ocean's **in-between** zone where the waves met the shoreline

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

surge

n. a sudden and great increase of something, such as a feeling, the amount or number, etc.

synonym: rush, spate, deluge

(1) a **surge** of shoppers, (2) the **surge** in foreign tourism

She drowned her **surge** of anger through her creative work.

prolactin

n. a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth

(1) **prolactin** inhibitor, (2) **prolactin** receptor

High levels of **prolactin** in men can cause infertility and decreased libido.

modern

adj. of or belonging to the present time or recent times

synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

jet

n. a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances

synonym: plane, aircraft, flier

(1) private **jet**, (2) commercial **jet**

The **jet** flew over the ocean at high speed, reaching its

destination in hours.

lag

v. to move or develop so slowly that you are behind other people, organizations, etc.

synonym: delay, slow down, fall behind

(1) **lag** a long way behind the progress, (2) **lag** behind its competition

Our interest began to **lag** sharply.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

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

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

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym: benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

Session 2: Spelling

1. re___e in the darkness v. to pull back or move away or backward
2. beautiful su_____e n. the time in the morning when the sun first appears in the sky
3. tra_____lly sung at a banquet adv. in accordance with tradition; typically or commonly done in a particular way
4. r__e against the politician v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
5. a gr_____l process adj. happening slowly over a long period of time or distance; not steep or abrupt
6. slide down a sl__e on a ski n. a surface with one end or side that is higher than the other
7. mo___n poetry adj. of or belonging to the present time or recent times
8. de_____p a skill v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
9. in samba rh___m n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
10. r__e myself hoarse v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically

ANSWERS: 1. recede, 2. sunrise, 3. traditionally, 4. rave, 5. gradual, 6. slope, 7. modern, 8. develop, 9. rhythm, 10. rave

11. sc_____le for support *v.* to move or climb quickly and awkwardly, often using your hands to help you
12. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
13. an abrupt sl___e *n.* a surface with one end or side that is higher than the other
14. pro_____ve meeting *adj.* resulting in or making a lot or a significant amount of something, especially something of value
15. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
16. take ad_____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
17. major paradigm sh__t *n.* a slight transition in position, direction, or trend
18. cor_____nd with a foreign student *v.* to match or be similar to something else almost exactly; to exchange messages
19. pe_____al motion machine *adj.* continuing for an extended period in the same way without stopping or being interrupted

ANSWERS: 11. scramble, 12. meditation, 13. slope, 14. productive, 15. meditation, 16. advantage, 17. shift, 18. correspond, 19. perpetual

20. l_g behind its competition *v.* to move or develop so slowly that you are behind other people, organizations, etc.
21. inc_____le amount *adj.* unbelievable; enormous
22. re___e from view *v.* to pull back or move away or backward
23. private j_t *n.* a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances
24. sc_____le my mind *v.* to move or climb quickly and awkwardly, often using your hands to help you
25. un_____te talent *v.* to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something
26. pre-mo___n agricultural society *adj.* of or belonging to the present time or recent times
27. abo_____al art *adj.* relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous
28. hu_____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
29. political s__t *n.* a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance

ANSWERS: 20. lag, 21. incredible, 22. recede, 23. jet, 24. scramble, 25. underrate, 26. modern, 27. aboriginal, 28. humming, 29. skit

30. pr_____in inhibitor *n.* a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth
31. the inland of a co_____nt *n.* one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
32. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
33. mi_____ht snack *n.* the middle point of the night, usually defined as 12:00 AM or the start of a new day
34. un_____te the strength of the opposition *v.* to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something
35. art_____al environment *adj.* not natural and made by human beings; not real but produced to resemble something
36. south of the eq_____r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
37. h__t after knowledge *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
38. dr__t down the stream *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

ANSWERS: 30. prolactin, 31. continent, 32. advantage, 33. midnight, 34. underrate, 35. artificial, 36. equator, 37. hunt, 38. drift

39. a sandy sh__e *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
40. high ar___c *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
41. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
42. sh__e up demand *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
43. the su__e in foreign tourism *n.* a sudden and great increase of something, such as a feeling, the amount or number, etc.
44. par_____al experience *adj.* relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences
45. high-technology su____e industries *n.* the time in the morning when the sun first appears in the sky
46. comedy s__t *n.* a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance

ANSWERS: 39. shore, 40. arctic, 41. develop, 42. shore, 43. surge, 44. paranormal, 45. sunrise, 46. skit

47. ps____c reading *adj.* relating to or capable of extrasensory perception or paranormal phenomena; relating to the mind or mental processes
48. in-_____en stages *adj.* occurring or existing between two things or points; intermediate in position, condition, or time
49. garden h_e *n.* a garden tool with a flat blade attached at right angles to a long handle
50. natural da____ht *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
51. par_____al phenomena *adj.* relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences
52. t__e cycle *n.* the cyclical rise and fall of sea level caused by the moon's gravitational pull
53. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
54. in____al organs *adj.* of or relating to the inside of something
55. water flowing und_____nd *adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
56. c__b legs *n.* a sea creature with two large claws and a flattened back (e.g., blue crab or king crab); a sour or grumpy person who is prone to complaining or criticizing

ANSWERS: 47. psychic, 48. in-between, 49. hoe, 50. daylight, 51. paranormal, 52. tide, 53. volunteer, 54. internal, 55. underground, 56. crab

57. irregular heart rh___m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
58. at___al weather conditions *adj.* not conforming to the typical or expected pattern; unusual or abnormal or characteristic
59. coal bu___r *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
60. a gr___l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
61. pe___al struggle *adj.* continuing for an extended period in the same way without stopping or being interrupted
62. bu___r facility *n.* a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
63. get inc___ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
64. a ch___al compound *adj.* relating to or connected with chemistry;
65. da___ht hours *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
66. go to the workplace by cy___e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 57. rhythm, 58. atypical, 59. bunker, 60. gradual, 61. perpetual, 62. bunker, 63. incredibly, 64. chemical, 65. daylight, 66. cycle

67. art_____al flowers *adj.* not natural and made by human beings; not real but produced to resemble something
68. und_____nd activist *adj.* under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force
69. at inc_____le speed *adj.* unbelievable; enormous
70. a bird in a c__e *n.* a structure made of metal bars or wire in which birds or animals can be kept
71. h__t a job *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
72. my vo_____er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
73. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
74. a su__e of shoppers *n.* a sudden and great increase of something, such as a feeling, the amount or number, etc.
75. start-up ma__a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
76. ev___e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually

ANSWERS: 67. artificial, 68. underground, 69. incredible, 70. cage, 71. hunt, 72. volunteer, 73. cycle, 74. surge, 75. mania, 76. evolve

77. tra_____lly accepted concept *adv.* in accordance with tradition; typically or commonly done in a particular way
78. co_____nt urinary diversion *n.* one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
79. cor_____nd to a standard *v.* to match or be similar to something else almost exactly; to exchange messages
80. the in_____al economy *adj.* of or relating to the inside of something
81. ev_____e *v.* to develop gradually, or to cause the development of something or someone gradually
82. ar_____c ice *adj.* of or relating to the region around the North Pole or the Arctic Ocean; very cold
83. l_____g a long way behind the progress *v.* to move or develop so slowly that you are behind other people, organizations, etc.
84. low pro_____ve capacity *adj.* resulting in or making a lot or a significant amount of something, especially something of value
85. abo_____al land *adj.* relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous
86. terrestrial gl_____e *n.* the earth or world, mainly used to emphasize its vastness
87. Doppler sh_____t *n.* a slight transition in position, direction, or trend

ANSWERS: 77. traditionally, 78. continent, 79. correspond, 80. internal, 81. evolve, 82. arctic, 83. lag, 84. productive, 85. aboriginal, 86. globe, 87. shift

88. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
89. se_____al allergies *adj.* occurring or varying according to the season or time of year; related to or affected by the changing seasons
90. around the gl__e *n.* the earth or world, mainly used to emphasize its vastness
91. pr_____in receptor *n.* a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth
92. commercial j_t *n.* a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances
93. ride the t__e of change *n.* the cyclical rise and fall of sea level caused by the moon's gravitational pull
94. an insect c__e *n.* a structure made of metal bars or wire in which birds or animals can be kept
95. weeding h_e *n.* a garden tool with a flat blade attached at right angles to a long handle
96. at_____al pneumonia *adj.* not conforming to the typical or expected pattern; unusual or abnormal or characteristic
97. mi_____ht shift *n.* the middle point of the night, usually defined as 12:00 AM or the start of a new day
98. toxic ch_____als *adj.* relating to or connected with chemistry;
99. p__t a revolution *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal

ANSWERS: 88. incredibly, 89. seasonal, 90. globe, 91. prolactin, 92. jet, 93. tide, 94. cage, 95. hoe, 96. atypical, 97. midnight, 98. chemical, 99. plot

100. c__b cakes *n.* a sea creature with two large claws and a flattened back (e.g., blue crab or king crab); a sour or grumpy person who is prone to complaining or criticizing
101. p__t twist *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
102. se____al fruits *adj.* occurring or varying according to the season or time of year; related to or affected by the changing seasons
103. dr__t away on a raft *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
104. above the eq____r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
105. ps____c intuition *adj.* relating to or capable of extrasensory perception or paranormal phenomena; relating to the mind or mental processes
106. in-____en meals *adj.* occurring or existing between two things or points; intermediate in position, condition, or time
107. hu____g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
108. dance ma__a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something

ANSWERS: 100. crab, 101. plot, 102. seasonal, 103. drift, 104. equator, 105. psychic, 106. in-between, 107. humming, 108. mania

ANSWERS:

Session 3: Fill in the Blanks

1. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
2. The soldiers took cover in the dug-out _____ during the bombing.
n. a concrete shelter or underground room, typically for storing ammunition or protecting people from enemy fire; a hazard on a golf course; a large container for storing fuel
3. She claimed to have _____ powers and could predict the future.
adj. relating to or capable of extrasensory perception or paranormal phenomena; relating to the mind or mental processes
4. Her _____ behavior raised concerns among her friends.
adj. not conforming to the typical or expected pattern; unusual or abnormal or characteristic
5. She purchased a ____ and a sickle for a backyard vegetable garden.
n. a garden tool with a flat blade attached at right angles to a long handle
6. I ordered a plate of fresh _____ at the seafood restaurant.
n. a sea creature with two large claws and a flattened back (e.g., blue crab or king crab); a sour or grumpy person who is prone to complaining or criticizing
7. High levels of _____ in men can cause infertility and decreased libido.
n. a hormone secreted by the pituitary gland that stimulates milk production in mammals, especially in females, after giving birth

ANSWERS: 1. incredibly, 2. bunker, 3. psychic, 4. atypical, 5. hoe, 6. crab, 7. prolactin

8. Our interest began to ____ sharply.

- v.* to move or develop so slowly that you are behind other people, organizations, etc.

9. The _____ of the bees filled the air as she walked through the garden.

- adj.* producing a continuous, low, vibrating sound like that of the bee

10. The numbers on the sign _____ to points on the map.

- v.* to match or be similar to something else almost exactly; to exchange messages

11. The trapped bear is running amok in its _____.

- n.* a structure made of metal bars or wire in which birds or animals can be kept

12. Local business owners _____ to find skilled workers.

- v.* to move or climb quickly and awkwardly, often using your hands to help you

13. Hounds ____ their prey by using their keen scent.

- v.* to go after and try to catch wild animals to kill them for food, sport, or profit

14. The view of the city skyline from the top of the building looked amazing in the _____.

- n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

15. The haunted house was said to be a hotspot for _____ activity.

- adj.* relating to phenomena or experiences that are beyond scientific explanation or understanding, often associated with forces or entities that are outside the realm of normal human perception or understanding, such as ghosts, psychic abilities, or supernatural occurrences

ANSWERS: 8. lag, 9. humming, 10. correspond, 11. cage, 12. scrambled, 13. hunt, 14. daylight, 15. paranormal

16. The company employs a _____ inventory system.

adj. continuing for an extended period in the same way without stopping or being interrupted

17. Red _____ is often harmful to the local ecosystem.

n. the cyclical rise and fall of sea level caused by the moon's gravitational pull

18. _____ the ceremony was held outdoors.

adv. in accordance with tradition; typically or commonly done in a particular way

19. Many _____ cultures have deep spiritual connections to the land and its natural resources.

adj. relating to the people, culture, or history of the original inhabitants of a particular region, especially before the arrival of colonizers or settlers; indigenous

20. I stayed up until _____ watching my favorite movie.

n. the middle point of the night, usually defined as 12:00 AM or the start of a new day

21. I _____ around for years in Europe before going to university.

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

22. Cold temperatures and long, dark winters characterize the _____ climate.

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

23. One of the main _____ of the new product is its increased efficiency.

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

ANSWERS: 16. perpetual, 17. tide, 18. Traditionally, 19. aboriginal, 20. midnight, 21. drifted, 22. arctic, 23. advantages

24. The prime minister canceled visits to other countries to resolve _____ disputes.

adj. of or relating to the inside of something

25. The country experienced a _____ increase in population.

adj. happening slowly over a long period of time or distance; not steep or abrupt

26. Flight across the _____ was a daring adventure in its day.

n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex

27. His final goal is to sail around the _____.

n. the earth or world, mainly used to emphasize its vastness

28. The _____ flew over the ocean at high speed, reaching its destination in hours.

n. a type of aircraft that is powered by one or more jet engines and can fly at high speeds, typically over long distances

29. We must _____ a new system to streamline our workflow and increase efficiency.

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

30. The pumpkin patch only operates during the _____ fall months.

adj. occurring or varying according to the season or time of year; related to or affected by the changing seasons

31. The firm has grown into a large _____ manufacturing.

adj. relating to or connected with chemistry;

ANSWERS: 24. internal, 25. gradual, 26. continent, 27. globe, 28. jet, 29. develop, 30. seasonal, 31. chemical

32. The king's political power _____ even further.
v. to pull back or move away or backward
33. The _____ intelligence system has revolutionized the way we live and work.
adj. not natural and made by human beings; not real but produced to resemble something
34. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
35. You can rant and _____ at the arrest, but you'll still have to accept it.
v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
36. The _____ for collecting rare books led him to spend his savings on a first edition.
n. a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
37. The new employee proved extremely _____ completing projects ahead of schedule.
adj. resulting in or making a lot or a significant amount of something, especially something of value
38. He beat out a jazz _____ on the cajones.
n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

ANSWERS: 32. receded, 33. artificial, 34. cycle, 35. rave, 36. mania, 37. productive, 38. rhythm

39. The _____ of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.
- n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
40. Ecuador is on the _____.
- n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
41. Could you help me _____ some furniture?
- n.* a slight transition in position, direction, or trend
42. The teachers make full use of _____ assistance.
- n.* a person who performs or offers to perform a job or service without being paid for or forced to do
43. Don't _____ the importance of a healthy diet and exercise.
- v.* to underestimate or undervalue someone or something; to fail to acknowledge or appreciate the true worth or importance of someone or something
44. The hut stands on the _____ of a mountain.
- n.* a surface with one end or side that is higher than the other
45. The comedy group performed a hilarious _____ about life in quarantine.
- n.* a short, often humorous performative piece or act, typically performed in a comic or satirical tone or style, as part of a variety show or a theatrical or musical performance
46. She enjoyed floating in the ocean's _____ zone where the waves met the shoreline
- adj.* occurring or existing between two things or points; intermediate in position, condition, or time

ANSWERS: 39. plot, 40. equator, 41. shift, 42. volunteer, 43. underrate, 44. slope, 45. skit, 46. in-between

47. Eyeless fish _____ in dark caves.

v. to develop gradually, or to cause the development of something or someone gradually

48. I got up early to watch the _____ at the summit.

n. the time in the morning when the sun first appears in the sky

49. She drowned her _____ of anger through her creative work.

n. a sudden and great increase of something, such as a feeling, the amount or number, etc.

50. Her response revealed _____ idiocy.

adj. unbelievable; enormous

51. The waves are beating against the _____.

n. the land along the edge of a sea, lake, broad river, or other large body of water;
(verb) to support by placing against something solid or rigid

52. The _____ instructor guided the group through the relaxation and breathing exercises.

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

53. Having _____ parking has been very beneficial throughout the winter.

adj. under the surface of the ground; a secret group organized to achieve a specific purpose, such as overthrowing the government or occupying a force

54. Their headquarters are in a _____ skyscraper.

adj. of or belonging to the present time or recent times

ANSWERS: 47. evolved, 48. sunrise, 49. surge, 50. incredible, 51. shore, 52. meditation, 53. underground, 54. modern

ANSWERS: