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Vocabulary Builder Reference from...

Kim Gorgens: Protecting the brain against concussion

| TED Talk

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

Advanced Words Only

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Session 1: Word List

neuropsychology

n. the branch of psychology that deals with the relationships between brain function and behavior

(1) **neuropsychology** research, (2) **neuropsychology** field

The study of **neuropsychology** is essential in understanding the relationship between the brain and behavior.

astute

adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

synonym : perceptive, shrewd, keen

(1) **astute** decision-making, (2) **astute** businessman

His **astute** observation allowed him to catch the mistake before anyone else did.

neurotic

adj. suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances

synonym : anxious, obsessive, compulsive

(1) **neurotic** behavior, (2) **neurotic** disorder

The **neurotic** character is always anxious and worries about everything.

unicycle

n. a vehicle consisting of a single wheel, typically with pedals and a seat affixed to the axle

synonym : monocycle, one-wheeler

(1) ride a **unicycle**, (2) **unicycle** balance

I watched in awe as he rode his **unicycle** across the tightrope.

concuss

v. to cause a violent shaking or jarring, often referring to the brain or body; to cause a sudden disturbance or disruption

synonym : shake, jolt, impact

(1) **concuss** brain, (2) **concuss** on the pavement

The blast was powerful enough to **concuss** those standing nearby.

concussion

n. a violent blow or jolt to the head or body that jars the brain, often resulting in temporary or prolonged unconsciousness, confusion, or memory loss; a shock or upheaval caused by a sudden change or event

synonym : shock, trauma, head injury

(1) **concussion** symptoms, (2) **concussion** resistance

The football player suffered a **concussion** after being tackled during the game.

ding

v. to make a ringing, chiming, or knocking sound; to damage or dent a surface through impact or collision; (noun, Chinese) a type of ancient cooking vessel that was used for cooking, boiling, and steaming food

synonym : hit, smack, bump

(1) **ding** a bell, (2) **ding** a ling

I accidentally **dinged** my new car door in the parking lot.

hut

n. a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud

synonym : shack, cabin, cottage

(1) shepherd's **hut**, (2) fishing **hut**

The little girl lived in a small **hut** in the woods with her family.

foggy

adj. characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

synonym : misty, hazy, murky

(1) **foggy** morning, (2) **foggy** memory

The **foggy** weather made it difficult to see the road ahead.

dizzy

adj. having or causing a whirling sensation and not able to keep balance

synonym : addled, confounded, unsteady

(1) feel **dizzy**, (2) had a **dizzy** spell

Professional skaters can spin fast on the ice without getting **dizzy**.

impulsive

adj. acting suddenly without any planning and without considering the effects they may have

synonym : abrupt, hasty, capricious

(1) an **impulsive** force, (2) do **impulsive** buying

He regrets the **impulsive** behavior he took in his drunken state.

darn

v. to mend a piece of clothing by sewing over a hole or tear with small, tight stitches

synonym : mend, repair, patch

(1) **darn** stockings, (2) **darn** hole

I have to **darn** these socks before they become unwearable.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

forbid

v. to order somebody not to do something, especially officially; to keep something from happening or arising

synonym : prohibit, ban, outlaw

(1) **forbid** smoking in public areas, (2) **forbid** the use of

chemical weapons

God **forbid** you should regret your marriage.

catastrophic

adj. extremely harmful; causing physical or financial destruction

synonym: fatal, disastrous, destructive

(1) victim of **catastrophic** injuries, (2) **catastrophic** climate change

The extinction rate of aquatic animals was **catastrophic**.

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.

alarming

adj. causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

synonym: forbidding, concerning, disturbing

(1) **alarming** news, (2) **alarming** statistics

The sudden rise in crime rates in our neighborhood is quite **alarming**.

nutshell

n. the hard, outer covering or protective casing that encloses the kernel or fruit of certain types of nuts, such as walnuts or acorns; a concise and condensed summary or explanation of something

synonym: summary, essence, covering

(1) move into a **nutshell**, (2) **nutshell** version

Can you explain your argument in a **nutshell**?

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym: cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the

onset of **dementia** in older age.

spearhead

v. to lead or initiate an effort or campaign

synonym: lead, initiate, begin

(1) **spearhead** campaign, (2) **spearhead** movement

The CEO decided to **spearhead** the new project to ensure its success.

senator

n. a member of a legislative body, especially a member of the U.S. Senate

synonym: legislator, politician, representative

(1) junior **senator**, (2) **senator** term

The hawkish **senator** gave a speech on the new bill in the Senate.

legislator

n. a member of a group of people who has the power to make or enact laws

synonym: lawmaker, lawgiver, administrator

(1) a **legislator** appointed by the party, (2) incumbent **legislator**

Corporate executives and **legislators** are still overwhelmingly men.

crusade

n. a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end

synonym: holy war, religious war, expedition

(1) a **crusade** against smoking, (2) environmental **crusade**

During the **Crusade** period, many European Christians went on a pilgrimage to the Holy Land.

epiphany

n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus

synonym: revelation, enlightenment, insight

(1) **epiphany** about life, (2) Feast of **Epiphany**

She had an **epiphany** while meditating and realized the answer to her problem.

Session 2: Spelling

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|----------------------------------|--|
| 1. fo__d smoking in public areas | v. to order somebody not to do something, especially officially; to keep something from happening or arising |
| 2. a_t view | <i>adj.</i> (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle |
| 3. had a di__y spell | <i>adj.</i> having or causing a whirling sensation and not able to keep balance |
| 4. shepherd's h_t | <i>n.</i> a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud |
| 5. Feast of Ep____ny | <i>n.</i> a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus |
| 6. feel di__y | <i>adj.</i> having or causing a whirling sensation and not able to keep balance |
| 7. do im____ve buying | <i>adj.</i> acting suddenly without any planning and without considering the effects they may have |
| 8. al____ng news | <i>adj.</i> causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing |
| 9. as__e businessman | <i>adj.</i> having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness |

ANSWERS: 1. forbid, 2. aft, 3. dizzy, 4. hut, 5. epiphany, 6. dizzy, 7. impulsive, 8. alarming, 9. astute

10. junior se____r *n.* a member of a legislative body, especially a member of the U.S. Senate
11. d__g a bell *v.* to make a ringing, chiming, or knocking sound; to damage or dent a surface through impact or collision; (noun, Chinese) a type of ancient cooking vessel that was used for cooking, boiling, and steaming food
12. an im_____ve force *adj.* acting suddenly without any planning and without considering the effects they may have
13. ne____ic disorder *adj.* suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances
14. probably have de____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
15. nu____ll version *n.* the hard, outer covering or protective casing that encloses the kernel or fruit of certain types of nuts, such as walnuts or acorns; a concise and condensed summary or explanation of something
16. con_____on resistance *n.* a violent blow or jolt to the head or body that jars the brain, often resulting in temporary or prolonged unconsciousness, confusion, or memory loss; a shock or upheaval caused by a sudden change or event
17. environmental cr____e *n.* a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end

ANSWERS: 10. senator, 11. ding, 12. impulsive, 13. neurotic, 14. dementia, 15. nutshell, 16. concussion, 17. crusade

18. victim of cat_____hic injuries *adj.* extremely harmful; causing physical or financial destruction
19. as___e decision-making *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
20. fishing h_t *n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud
21. al_____ng statistics *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
22. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
23. ne_____ic behavior *adj.* suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances
24. sp_____ad movement *v.* to lead or initiate an effort or campaign
25. a cr_____e against smoking *n.* a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end
26. d__n stockings *v.* to mend a piece of clothing by sewing over a hole or tear with small, tight stitches

ANSWERS: 18. catastrophic, 19. astute, 20. hut, 21. alarming, 22. dementia, 23. neurotic, 24. spearhead, 25. crusade, 26. darn

27. neu_____ogy research *n.* the branch of psychology that deals with the relationships between brain function and behavior
28. co_____s on the pavement *v.* to cause a violent shaking or jarring, often referring to the brain or body; to cause a sudden disturbance or disruption
29. con_____on symptoms *n.* a violent blow or jolt to the head or body that jars the brain, often resulting in temporary or prolonged unconsciousness, confusion, or memory loss; a shock or upheaval caused by a sudden change or event
30. d__g a ling *v.* to make a ringing, chiming, or knocking sound; to damage or dent a surface through impact or collision; (noun, Chinese) a type of ancient cooking vessel that was used for cooking, boiling, and steaming food
31. cat_____hic climate change *adj.* extremely harmful; causing physical or financial destruction
32. fo__y morning *adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
33. ep_____ny about life *n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
34. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions

ANSWERS: 27. neuropsychology, 28. concuss, 29. concussion, 30. ding, 31. catastrophic, 32. foggy, 33. epiphany, 34. resilient

35. a leg_____or appointed by the party *n.* a member of a group of people who has the power to make or enact laws
36. fo___d the use of chemical weapons *v.* to order somebody not to do something, especially officially; to keep something from happening or arising
37. move into a nu_____ll *n.* the hard, outer covering or protective casing that encloses the kernel or fruit of certain types of nuts, such as walnuts or acorns; a concise and condensed summary or explanation of something
38. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
39. se_____r term *n.* a member of a legislative body, especially a member of the U.S. Senate
40. neu_____ogy field *n.* the branch of psychology that deals with the relationships between brain function and behavior
41. co_____s brain *v.* to cause a violent shaking or jarring, often referring to the brain or body; to cause a sudden disturbance or disruption
42. sp_____ad campaign *v.* to lead or initiate an effort or campaign
43. ride a un_____le *n.* a vehicle consisting of a single wheel, typically with pedals and a seat affixed to the axle
44. d__n hole *v.* to mend a piece of clothing by sewing over a hole or tear with small, tight stitches
45. a_t cabin *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

ANSWERS: 35. legislator, 36. forbid, 37. nutshell, 38. resilient, 39. senator, 40. neuropsychology, 41. concuss, 42. spearhead, 43. unicycle, 44. darn, 45. aft

46. un____le balance *n.* a vehicle consisting of a single wheel, typically with pedals and a seat affixed to the axle
47. incumbent leg_____or *n.* a member of a group of people who has the power to make or enact laws
48. fo__y memory *adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

ANSWERS: 46. unicycle, 47. legislator, 48. foggy

Session 3: Fill in the Blanks

1. The study of _____ is essential in understanding the relationship between the brain and behavior.
 - n.* the branch of psychology that deals with the relationships between brain function and behavior
2. The _____ character is always anxious and worries about everything.
 - adj.* suffering from neurosis or excessive and irrational anxiety or distress, often about everyday situations and circumstances
3. Professional skaters can spin fast on the ice without getting _____.
 - adj.* having or causing a whirling sensation and not able to keep balance
4. She had an _____ while meditating and realized the answer to her problem.
 - n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
5. The extinction rate of aquatic animals was _____.
 - adj.* extremely harmful; causing physical or financial destruction
6. The sudden rise in crime rates in our neighborhood is quite _____.
 - adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
7. The _____ weather made it difficult to see the road ahead.
 - adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

ANSWERS: 1. neuropsychology, 2. neurotic, 3. dizzy, 4. epiphany, 5. catastrophic, 6. alarming, 7. foggy

8. The little girl lived in a small ____ in the woods with her family.
- n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud
9. The football player suffered a _____ after being tackled during the game.
- n.* a violent blow or jolt to the head or body that jars the brain, often resulting in temporary or prolonged unconsciousness, confusion, or memory loss; a shock or upheaval caused by a sudden change or event
10. God _____ you should regret your marriage.
- v.* to order somebody not to do something, especially officially; to keep something from happening or arising
11. I have to ____ these socks before they become unwearable.
- v.* to mend a piece of clothing by sewing over a hole or tear with small, tight stitches
12. He regrets the _____ behavior he took in his drunken state.
- adj.* acting suddenly without any planning and without considering the effects they may have
13. The CEO decided to _____ the new project to ensure its success.
- v.* to lead or initiate an effort or campaign
14. During the _____ period, many European Christians went on a pilgrimage to the Holy Land.
- n.* a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end

ANSWERS: 8. hut, 9. concussion, 10. forbid, 11. darn, 12. impulsive, 13. spearhead, 14. Crusade

15. 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
16. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
17. The hawkish _____ gave a speech on the new bill in the Senate.
n. a member of a legislative body, especially a member of the U.S. Senate
18. His _____ observation allowed him to catch the mistake before anyone else did.
adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
19. Can you explain your argument in a _____
n. the hard, outer covering or protective casing that encloses the kernel or fruit of certain types of nuts, such as walnuts or acorns; a concise and condensed summary or explanation of something
20. I accidentally _____ my new car door in the parking lot.
v. to make a ringing, chiming, or knocking sound; to damage or dent a surface through impact or collision; (noun, Chinese) a type of ancient cooking vessel that was used for cooking, boiling, and steaming food
21. I watched in awe as he rode his _____ across the tightrope.
n. a vehicle consisting of a single wheel, typically with pedals and a seat affixed to the axle

ANSWERS: 15. aft, 16. resilient, 17. senator, 18. astute, 19. nutshell?, 20. dinged, 21. unicycle

22. Corporate executives and _____ are still overwhelmingly men.
- n.* a member of a group of people who has the power to make or enact laws
23. The blast was powerful enough to _____ those standing nearby.
- v.* to cause a violent shaking or jarring, often referring to the brain or body; to cause a sudden disturbance or disruption
24. The study found that regular exercise can help to prevent the onset of _____ in older age.
- n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

ANSWERS: 22. legislators, 23. concuss, 24. dementia