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Vocabulary Builder Reference from...

Emmanuel Acho: Why you should stop setting goals (yes, really) | TED Talk

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

Advanced Words Only

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Session 1: Word List

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.

multimillionaire

n. a person whose net worth is in millions of dollars

synonym: billionaire, tycoon, magnate

(1) **multimillionaire** businessman, (2) **multimillionaire** investor

He became a **multimillionaire** by the age of 30.

tirelessly

adv. without getting tired or fatigued; persistently, energetically, and continuously working with great effort

synonym: inexhaustibly, indefatigably, unceasingly

(1) dedicated **tirelessly**, (2) **tirelessly** help out

She worked **tirelessly** for hours to finish her project on time.

billionaire

n. a person who has a net worth of at least one billion dollars

synonym: mega-rich, wealthy, tycoon

(1) Silicon Valley **billionaire**, (2) oil **billionaire**

The self-made **billionaire** donated millions to charity.

quad

n. (short for quadrangle) a square or rectangular open area or courtyard, often surrounded by buildings or used for recreational or social purposes

synonym : quadrangle, square, block

(1) **quad** room, (2) **quad** biking

We met at the campus **quad** to study for our upcoming exams.

agony

n. extreme physical or mental pain or suffering, often prolonged or intense

synonym : anguish, torment, suffering

(1) severe **agony**, (2) emotional **agony**

The athlete fell to the ground in **agony** after injuring their ankle.

dehydrated

adj. to remove the water or moisture from something by a natural or artificial process

synonym : dried, desiccated, parched

(1) **dehydrated** skin, (2) **dehydrated** skimmed milk

I need to drink more water because I'm feeling **dehydrated**.

proficient

adj. having a high level of skill or knowledge in a particular area

synonym : expert, skilled, adept

(1) **proficient** speaker, (2) **proficient** skill

She is **proficient** in Spanish and can communicate fluently.

limitless

adj. without end, limit, or boundary; infinite

synonym : boundless, infinite, unrestricted

(1) for a **limitless** time, (2) **limitless** potential

The possibilities for scientific discovery are **limitless**.

indoctrinate

v. to teach a person or group of people to accept a set of beliefs uncritically

synonym : brainwash, educate, instruct

(1) **indoctrinate** youth, (2) **indoctrinate** ideology

The government attempted to **indoctrinate** the population with its propaganda.

popularize

v. to make something more widely known, accepted, or adopted by the general public; to present or promote something in a way that increases its popularity or appeal

synonym: generalize, promote, spread

(1) **popularize** a new fashion trend, (2) **popularize** a scientific concept

The celebrity's endorsement helped **popularize** the new clothing line.

debunk

v. to expose or dismiss as false, exaggerated, or worthless
synonym: expose, discredit, demystify

(1) **debunk** an urban legend, (2) **debunk** theory

The myth was **debunked** by scientists, who provided evidence to the contrary.

writ

n. a written legal order or command

synonym: legal document, order, legal process

(1) a **writ** of summons, (2) issue a **writ**

He was served with a **writ** of eviction, giving him the notice to vacate the property.

causation

n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

synonym: cause, reason, origin

(1) **causation** analysis, (2) direct **causation**

The **causation** of the disease is still under investigation by medical researchers.

insatiable

adj. impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchable

synonym: voracious, unquenchable, insistent

(1) **insatiable** curiosity, (2) **insatiable** appetite
His **insatiable** hunger for success drove him to work countless hours.

tweet

n. a short, high sound made by a small bird; a message sent using Twitter, the social media application

synonym: peep, chirp, post (on Twitter)

(1) a chick's **tweet**, (2) his latest **tweets**

We could hear the **tweet** of baby birds.

tether

v. to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog

synonym: tie, fasten, secure

(1) **tether** a horse, (2) **tether** strap

The hiker **tethered** their dog to a tree while they camped for the night.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

captivity

n. the situation in which a person or animal is kept in prison or a space that they cannot escape from

synonym: confinement, detention, imprisonment

(1) escape from **captivity**, (2) animals in **captivity** in the zoo

Pandas rarely breed in **captivity**.

fixate

v. to focus one's attention or become overly obsessed with someone or something; to become mentally obsessed or preoccupied with a particular idea, thought, or image

synonym: obsess, fix, concentrate

(1) **fixate** on a problem, (2) **fixate** on a picture

She tends to **fixate** on small details, often losing sight of the bigger picture.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

Session 2: Spelling

1. ca_____on analysis *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
2. te___r a horse *v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog
3. his latest tw__ts *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
4. ind_____ate youth *v.* to teach a person or group of people to accept a set of beliefs uncritically
5. co___r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
6. animals in ca_____ty in the zoo *n.* the situation in which a person or animal is kept in prison or a space that they cannot escape from
7. severe ag__y *n.* extreme physical or mental pain or suffering, often prolonged or intense
8. ins_____le curiosity *adj.* impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchable
9. fi___e on a problem *v.* to focus one's attention or become overly obsessed with someone or something; to become mentally obsessed or preoccupied with a particular idea, thought, or image

ANSWERS: 1. causation, 2. tether, 3. tweet, 4. indoctrinate, 5. confer, 6. captivity, 7. agony, 8. insatiable, 9. fixate

10. direct ca_____on *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
11. escape from ca_____ty *n.* the situation in which a person or animal is kept in prison or a space that they cannot escape from
12. tir_____ly help out *adv.* without getting tired or fatigued; persistently, energetically, and continuously working with great effort
13. li_____ss potential *adj.* without end, limit, or boundary; infinite
14. ind_____us student *adj.* hardworking, diligent, and persistent in effort
15. pro_____nt speaker *adj.* having a high level of skill or knowledge in a particular area
16. fi___e on a picture *v.* to focus one's attention or become overly obsessed with someone or something; to become mentally obsessed or preoccupied with a particular idea, thought, or image
17. exc_____ing embarrassment *adj.* extremely painful, intense, or distressing; causing great physical or emotional suffering
18. de___k theory *v.* to expose or dismiss as false, exaggerated, or worthless
19. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
20. pop_____ze a new fashion trend *v.* to make something more widely known, accepted, or adopted by the general public; to present or promote something in a way that increases its popularity or appeal

ANSWERS: 10. causation, 11. captivity, 12. tirelessly, 13. limitless, 14. industrious, 15. proficient, 16. fixate, 17. excruciating, 18. debunk, 19. industrious, 20. popularize

21. mul_____ire investor *n.* a person whose net worth is in millions of dollars
22. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
23. a w__t of summons *n.* a written legal order or command
24. pop_____ze a scientific concept *v.* to make something more widely known, accepted, or adopted by the general public; to present or promote something in a way that increases its popularity or appeal
25. de___k an urban legend *v.* to expose or dismiss as false, exaggerated, or worthless
26. deh_____ed skimmed milk *adj.* to remove the water or moisture from something by a natural or artificial process
27. issue a w__t *n.* a written legal order or command
28. deh_____ed skin *adj.* to remove the water or moisture from something by a natural or artificial process
29. emotional ag__y *n.* extreme physical or mental pain or suffering, often prolonged or intense
30. exc_____ing ordeal *adj.* extremely painful, intense, or distressing; causing great physical or emotional suffering
31. pro_____nt skill *adj.* having a high level of skill or knowledge in a particular area
32. a chick's tw__t *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application

ANSWERS: 21. multimillionaire, 22. confer, 23. writ, 24. popularize, 25. debunk, 26. dehydrated, 27. writ, 28. dehydrated, 29. agony, 30. excruciating, 31. proficient, 32. tweet

33. q__d biking *n.* (short for quadrangle) a square or rectangular open area or courtyard, often surrounded by buildings or used for recreational or social purposes
34. ind_____ate ideology *v.* to teach a person or group of people to accept a set of beliefs uncritically
35. dedicated tir_____ly *adv.* without getting tired or fatigued; persistently, energetically, and continuously working with great effort
36. ins_____le appetite *adj.* impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchable
37. oil bil_____re *n.* a person who has a net worth of at least one billion dollars
38. q__d room *n.* (short for quadrangle) a square or rectangular open area or courtyard, often surrounded by buildings or used for recreational or social purposes
39. for a li_____ss time *adj.* without end, limit, or boundary; infinite
40. mul_____ire businessman *n.* a person whose net worth is in millions of dollars
41. te___r strap *v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog
42. Silicon Valley bil_____re *n.* a person who has a net worth of at least one billion dollars

ANSWERS: 33. quad, 34. indoctrinate, 35. tirelessly, 36. insatiable, 37. billionaire, 38. quad, 39. limitless, 40. multimillionaire, 41. tether, 42. billionaire

ANSWERS:

Session 3: Fill in the Blanks

1. She is _____ in Spanish and can communicate fluently.
adj. having a high level of skill or knowledge in a particular area
2. The athlete fell to the ground in _____ after injuring their ankle.
n. extreme physical or mental pain or suffering, often prolonged or intense
3. We met at the campus _____ to study for our upcoming exams.
n. (short for quadrangle) a square or rectangular open area or courtyard, often surrounded by buildings or used for recreational or social purposes
4. She tends to _____ on small details, often losing sight of the bigger picture.
v. to focus one's attention or become overly obsessed with someone or something; to become mentally obsessed or preoccupied with a particular idea, thought, or image
5. I need to drink more water because I'm feeling _____.
adj. to remove the water or moisture from something by a natural or artificial process
6. The government attempted to _____ the population with its propaganda.
v. to teach a person or group of people to accept a set of beliefs uncritically
7. The leaders of the two countries met to _____ on the issue.
v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

ANSWERS: 1. proficient, 2. agony, 3. quad, 4. fixate, 5. dehydrated, 6. indoctrinate, 7. confer

8. His _____ hunger for success drove him to work countless hours.
adj. impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchable
9. The celebrity's endorsement helped _____ the new clothing line.
v. to make something more widely known, accepted, or adopted by the general public; to present or promote something in a way that increases its popularity or appeal
10. The _____ pain in his ankle made it difficult to walk.
adj. extremely painful, intense, or distressing; causing great physical or emotional suffering
11. The myth was _____ by scientists, who provided evidence to the contrary.
v. to expose or dismiss as false, exaggerated, or worthless
12. We could hear the _____ of baby birds.
n. a short, high sound made by a small bird; a message sent using Twitter, the social media application
13. The _____ of the disease is still under investigation by medical researchers.
n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
14. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
15. The hiker _____ their dog to a tree while they camped for the night.
v. to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog

ANSWERS: 8. insatiable, 9. popularize, 10. excruciating, 11. debunked, 12. tweet, 13. causation, 14. industrious, 15. tethered

16. He was served with a _____ of eviction, giving him the notice to vacate the property.

n. a written legal order or command

17. The possibilities for scientific discovery are _____.

adj. without end, limit, or boundary; infinite

18. She worked _____ for hours to finish her project on time.

adv. without getting tired or fatigued; persistently, energetically, and continuously working with great effort

19. He became a _____ by the age of 30.

n. a person whose net worth is in millions of dollars

20. The self-made _____ donated millions to charity.

n. a person who has a net worth of at least one billion dollars

21. Pandas rarely breed in _____.

n. the situation in which a person or animal is kept in prison or a space that they cannot escape from

ANSWERS: 16. writ, 17. limitless, 18. tirelessly, 19. multimillionaire, 20. billionaire, 21. captivity