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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



All Words

IMPORTANT

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Session 1: Word List

suppose

- v. to think that something is likely to be actual or possible synonym: guess, assume, presume
- (1) **suppose** you're right, (2) **suppose** beforehand What do you **suppose** the culprit's motive was?

shadow

n. a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner

synonym: shade, silhouette, outline

(1) shadow cast, (2) shadow puppetry

The tree cast a **shadow** over the picnic area, providing relief from the sun.

doubt

a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news **Doubt** is the start, not the end, of intelligence.

unfortunately

adv. by bad luck; unluckily

synonym: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

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.

hop

v. to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

synonym: jump, bounce, skip

(1) **hop** on one foot, (2) **hop** from one place to another The rabbit **hopped** over the fence.

convince

v. to persuade someone or make someone believe that something is true

synonym: persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent I am considering what I should do to **convince** him.

multimillionaire

- n. a person whose net worth is in millions of dollarssynonym: billionaire, tycoon, magnate
- (1) multimillionaire businessman, (2) multimillionaire investor

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

declare

v. to say, state, or announce something clearly, officially, or publicly

synonym: announce, state, affirm

(1) declare independence, (2) declare my love

Foreign goods from abroad must be **declared** to customs when entering a country.

nation

a large organized community of people living in a n. particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

league

an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

synonym: association, organization, alliance

- (1) league championship, (2) a baseball league He was recruited to play in the professional **league**.
- a preliminary version of something that is not yet in its final form

synonym: blueprint, outline, rough drawing

(1) a working **draft**, (2) write the first **draft** During debates in the legislature, the draft of the law caused a lot of controversies.

submit

to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

synonym: hand in, present, propose

(1) agree to **submit** the bill, (2) **submit** an application Please **submit** the assignment to me.

resume

- to continue or begin anew after a pause or interruption synonym: continue, reopen, restart
- (1) **resume** an office, (2) **resume** a relationship We **resumed** negotiations after a temporary break.

draft

highlight

v. to make something prominent, mainly so that people give it more attention

synonym: feature, emphasize, stress

(1) **highlight** a string in red, (2) **highlight** an important difference

The introduction **highlighted** the speaker's distinguished career as a consultant

tap

v. to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.

synonym: knock, exploit, use

(1) **tap** a new market, (2) **tap** keyboard with an index finger To expand the company, we must **tap** new human resources.

freshman

- n. a first-year student, typically in college or high school synonym: freshie, newcomer, rookie
- (1) **freshman** orientation, (2) **freshman** year The **freshman** class was excited to start their first year of college.

sophomore

a student in their second year of college or high school;
 used more broadly to refer to someone who is
 experienced in a particular activity or field

synonym: second-year student, junior, apprentice

(1) **sophomore** in high school, (2) **sophomore** slump The university student was now a **sophomore**, having completed their first year of studies.

excuse

 a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt

synonym: apology, justification, reason

(1) **excuse** for inaction, (2) perfect **excuse**He quickly fabricated an **excuse** for not attending the meeting.

commit

- v. to do something illegal or wrong synonym: engage, carry out, execute
- (1) commit suicide, (2) commit mistakesThe military has committed an abuse of human rights.

condo

- n. a type of housing where each unit is individually owned, while common areas are jointly owned and managedsynonym: apartment, unit, flat
- (1) luxury **condo**, (2) **condo** segment The young couple was searching for their first **condo** in the city.

tirelessly

- adv. without getting tired or fatigued; persistently,energetically, and continuously working with great effortsynonym: inexhaustibly, indefatigably, unceasingly
- (1) dedicated **tirelessly**, (2) **tirelessly** help out
 She worked **tirelessly** for hours to finish her project on time.

prestigious

 adj. having a high reputation or status; respected or honored; widely recognized as being of high quality or importance

synonym: esteemed, renowned, eminent

(1) **prestigious** award, (2) **prestigious** event The academy is known for its **prestigious** faculty and rigorous curriculum.

workout

- n. a session of physical exercise or trainingsynonym: exercise, training, physical activity
- (1) **workout** at the health club, (2) boxing **workout** He does a different **workout** every day to keep things interesting.

combine

- v. to join or merge to form a single thing or group synonym: coalesce, cohere, blend
- (1) **combine** chemically with another substance,
- (2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

billionaire

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.

metric

adj. using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic

synonym: metrical, measured

(1) **metric** units, (2) key performance **metrics** In the **metric** system, measurements are made in meters and liters.

doll

a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

synonym: puppet, dolly, toy

(1) plastic doll, (2) rag doll

The antique **doll** was worth thousands of dollars.

proceed

to move forward or to continue with a process or action; ν. to advance or progress

synonym: advance, progress, move ahead

- (1) **proceed** with caution, (2) **proceed** to the next step We can now **proceed** with the next item on our agenda.
- the rounded back part of the foot below the ankle; n. someone who is morally reprehensible; (verb) to follow someone or something

synonym: hindfoot

(1) **heel** bone, (2) **heel** wrestler She wore high **heels** to the party.

heel

clutch

- v. to grasp and hold somebody or something tightly synonym: grip, hold, grab
- (1) **clutch** at any straw, (2) **clutched** her daughter to her breast

The boy **clutched** his mother's hand tightly as they walked in the dark.

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.

rip

- v. to tear something or be torn violently or suddenly synonym: tear, cut, slit
- (1) **rip** a notebook apart, (2) **rip** a hole in the roof During transit, the stuff may **rip** off the luggage tag.

agony

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.

decision

 the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

- decision authority, (2) a selfish decision
 She was struggling to make a decision between two job
- offers.

esteem

 great respect and approval for or a good opinion of someone synonym: respect, admiration, regard

- (1) **esteem** for the other person, (2) boost my self- **esteem**. He is our loyal customer who should be held in high **esteem**.
- to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

synonym: bankrupt, demolish, destroy

- ruin the plan, (2) ruin the reputation
 He knocked over the red wine and ruined the tablecloth.
- v. to speak or write about something or someone briefly synonym: reference, allude, cite
 (1) mention name, (2) mention in a report
- I **mentioned** to him that I had seen his sister at the grocery store earlier that day.
- v. to have a particular weight; to carefully evaluate things before making a conclusionsynonym: consider, cogitate, count
- (1) **weigh** heavily on stock prices, (2) **weigh** a cargo The baby **weighs** 1 pound 3 oz.
- the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
- three-fourths of a pound, (2) thousands of pounds
 the car's front bumper cost fifteen hundred pounds.
- 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 milkI need to drink more water because I'm feeling dehydrated.
- n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

ruin

mention

weigh

pound

dehydrated

diet

(1) eat a vegetarian **diet**, (2) **Diet** approval A balanced **diet** is more important for health than supplements.

reward

 a thing given in acknowledgment of service, hard work, achievement, etc.

synonym: compensation, gratuity, bonus

(1) the **reward** for good works, (2) shopping **rewards** cards Night fishing has a lot of **rewards**.

relation

 the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

ignore

- v. to intentionally not listen or pay attention to synonym: neglect, disregard, shun
- ignore her advice, (2) ignore a ban
 Since independence, the area has been completely ignored.

toxic

adj. of or relating to or caused by a poison; poisonous synonym: poisonous, harmful, contaminated

(1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

accomplishment

 the successful completion of a task or goal; an ability that has been acquired by training

synonym: success, achievement, complete

proud of his accomplishments, (2) the accomplishment of a social goal

Graduating from college was a major **accomplishment** for her.

ultimate

adj. furthest or highest in degree or ordersynonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury Management must take **ultimate** responsibility for the accident.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number The movie has received almost universally **negative** criticism.

proficient

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

synonym: expert, skilled, adept

proficient speaker, (2) proficient skill
 She is proficient in Spanish and can communicate fluently.

thrive

- v. to grow vigorously; to make steady progress synonym: bloom, flourish, prosper
- (1) **thrive** in a society, (2) **thrive** on pressure Without investment, a business cannot **thrive**.

entrepreneur

 an individual who creates or invests in one or more businesses, especially when this involves taking financial risks

synonym: founder, executive

 a successful entrepreneur, (2) billionaire entrepreneur Entrepreneurs willingly accept business risks to achieve success.

limitless

adj. without end, limit, or boundary; infinite *synonym*: boundless, infinite, unrestricted

for a limitless time, (2) limitless potential
 The possibilities for scientific discovery are limitless.

define

 to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

definition

 a concise explanation of the meaning of a word, phrase, or symbol

synonym: description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word Parallel lines are, by **definition**, lines on the same plane that never cross.

aim

v. to try or plan to get or achieve something synonym: aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse We **aim** for an overseas expansion.

degree

 a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

bachelor's degree, (2) degree centigrade
 she received her degree in psychology from the university.

psychology

- n. the scientific study of mind and behavior
- (1) **psychology** experiment, (2) **psychology** of crowd She had a master's degree in **psychology**.

thesis

 a written essay, especially one submitted for a university degree, that sets out the author's findings on a particular subject

synonym: dissertation, argument, treatise

(1) a drift of a thesis, (2) master thesis

His **thesis** on the effects of climate change won several

awards.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym: chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

indoctrinate

 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.

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym: accomplish, attain, reach

(1) achieve success, (2) achieve milestones

I will work hard to achieve my goals and realize my dreams.

popularize

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 commandsynonym: 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.

identify

 to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences I will introduce you to how to **identify** the leading causes of the malfunction.

causation

 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.

correlation

 a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.

synonym: relationship, connection, association

(1) ecological **correlation**, (2) **correlation** coefficient There is a strong **correlation** between education level and income.

motivation

the reason or enthusiasm for acting or behaving in a particular way

synonym: inspiration, incentive, reason

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(1) understand his **motivation**, (2) **motivation** for a change A significant amount of **motivation** is required to be a teacher.

wander

v. to walk around slowly or to a place, often without any clear purpose or direction

synonym: ramble, roam, stroll

(1) **wander** alone in a strange country, (2) **wander** far from home

I often wander around the park for half an hour.

insatiable

- adj. impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchablesynonym: voracious, unquenchable, insistent
- (1) **insatiable** curiosity, (2) **insatiable** appetite
 His **insatiable** hunger for success drove him to work
 countless hours.

desire

- n. a strong feeling of wanting to have or do somethingsynonym: ambition, appetite, greed
- unsatisfied desire, (2) fleshly desire
 Low sexual desire typically correlates with low testosterone levels.

predecessor

 a person who held a position or office before the current holder

synonym: antecedent, forerunner, precursor

(1) the words of a **predecessor**, (2) **predecessor** model The new CEO is the **predecessor** of the former CEO.

aspect

- n. one part or feature of a situation, problem, subject, etc.synonym: characteristic, element, factor
- (1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

tweet

 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.

honesty

n. the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles

synonym: sincerity, integrity, truthfulness

(1) honesty policy, (2) honesty box

A culture of **honesty** in the workplace leads to better communication and productivity.

occupation

a person's job or profession; the act of taking possession

synonym: job, profession, vocation

(1) **occupation** disease, (2) **occupation** of a building The police stopped the suspicious person and asked him to give his name, address, and **occupation**.

educational

adj. relating to education or providing knowledge or instruction

synonym: instructional, informative, enlightening

(1) **educational** system, (2) elevate **educational** standards The museum offers a variety of **educational** programs for children and adults.

divorce

- n. the legal dissolution of a marriagesynonym: separation, dissolution, breakup
- (1) **divorce** settlement, (2) a consensual **divorce**The couple decided to get a **divorce** after many years of marriage.

tether

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.

objective

a goal, aim, or purpose that is intended or sought after; a goal that is based on facts, evidence, or unbiased reasoning rather than personal opinions, feelings, or beliefs; (adjective) of or relating something that is based on facts and not influenced by personal feelings or biases

synonym: goal, purpose, aim

(1) **objective** assessment, (2) financial **objective**The study's main **objective** is to identify risk factors for heart disease.

limitation

- n. a rule or act that restricts the scope of somethingsynonym: restriction, constraint, burden
- (1) impose **limitation**, (2) **limitation** of exercise Disability is a physical **limitation** to living everyday life.

semantics

 the branch of linguistics and logic concerned with meaning

synonym: meaning, connotation, denotation

(1) lexical **semantics**, (2) information **semantics**The **semantics** of the sentence could have been clearer and easier to understand.

subjective

 adj. based on a personal perspective or feeling rather than an unbiased or objective view; influenced by personal opinions, interpretations, or feelings

synonym: personal, individual, experiential

(1) **subjective** opinion, (2) **subjective** interpretation The concept of time is **subjective** and can feel longer or shorter depending on the situation.

interpretation

an explanation or opinion of something, especially that is not immediately obvious

synonym: rendering, explanation, understanding

(1) the **interpretation** of history, (2) open to **interpretation** His **interpretations** of literary works are often unique.

theme

- a subject or topic of discourse or artistic representation synonym: subject, topic, motif
- (1) theme park, (2) central theme

The **theme** of the novel is the corrupting influence of power.

confer

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.

possibility

- a chance that something may happen or be true *synonym*: chance, prospect, likelihood
- (1) possibility for growth, (2) possibility of a major earthquake

The **possibility** of getting the disease will drastically increase.

subscribe

- to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program
- synonym: sign up, enroll, register
- (1) **subscribe** to the service, (2) **subscribe** a petition I want to **subscribe** to the newsletter to stay up-to-date on industry news.

notion

a general idea or understanding of something, n. particularly an abstract or complex concept; a belief or opinion, often one that is not based on solid evidence or facts

synonym: idea, concept, belief

(1) **notion** of success, (2) vague **notion**

The **notion** of time travel has long fascinated scientists and fiction writers alike.

simultaneously

adv. at the same time

synonym: concurrently, coincidently, together

(1) **simultaneously** affected, (2) take several inputs **simultaneously**

Two students answered the teacher's question **simultaneously**.

captivity

 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.

undermine

v. to make someone or something less powerful, less effective, weaker gradually; to make someone's fame, confidence, or authority less effective or weaker gradually

synonym: damage, subvert, weaken

(1) **undermine** a good relationship, (2) **undermine** their adversary's reputation

They tried to undermine her position by slandering her.

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.

marathon

n. a long-distance race of 42.195 kilometers

synonym: endurance, race, event

run a marathon, (2) watch a marathon
 She successfully completed her first marathon with a

personal best time.

practically

adv. almost or nearly

synonym: almost, nearly, virtually

(1) **practically** constant, (2) **practically** impossible to find a parking spot

The store is **practically** empty.

quotation

 a group of words taken from a text or speech and repeated by someone other than the original author or speaker

synonym: excerpt, passage, quote

(1) double **quotation** marks, (2) take a **quotation** He included a **quotation** from the book in his essay.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym: intrinsic, natural, innate

(1) inherent risk, (2) have an inherent dislike

Honesty is an **inherent** quality that everyone should strive to possess.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

- (1) **damage** a relationship, (2) **damage** assessment During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.
- *n.* the ability or power to produce a desired effect or result; effectiveness

synonym: potency, effectiveness, efficiency

efficacy

(1) efficacy rate, (2) vaccine efficacy

The **efficacy** of this medication is still being tested in clinical trials.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) creative writing, (2) barren of creative spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

industrious

adj. hardworking, diligent, and persistent in effortsynonym: diligent, hardworking, assiduous

(1) industrious worker, (2) industrious student

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

prime

adj. main or most important; basic; (prime number, noun) a natural number greater than 1 that cannot be formed by multiplying two smaller natural numbers (e.g., 2, 3, 5, 7, 11 and 13)

synonym: excellent, exceptional, premium

(1) **prime** number, (2) deputy **prime** minister

After a thorough investigation, she has been named as the **prime** suspect.

award

a prize or other mark of recognition given in honor of an achievement

synonym: prize, honor, accolade

(1) award ceremony, (2) participation award

He won the award for best actor at the film festival.

standing

 adj. existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation

synonym: upright, vertical, (noun) position

(1) standing water, (2) his social standing

The **standing** concert was packed with fans.

beg

- v. to ask for something urgently or earnestly; to appeal to someone to do something
- synonym: plead, implore, entreat
- (1) **beg** the question, (2) **beg** for help

She **begged** her parents to let her go to the concert.

penalty

- n. a punishment for violating a law, rule, or contractsynonym: punishment, sentence, fine
- (1) death **penalty**, (2) corner of the **penalty** area The lawyer was reinstated after paying the **penalty**.

Session 2: Spelling

plastic d__l

2. ig e a ban

3. exc____ing embarrassment

4. cr ve writing

5. the ul___te luxury

6. fr____an orientation

7. de____e independence

8. a chick's tw__t

9. su be a petition

10. perfect ex e

- a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
- v. to intentionally not listen or pay attention to
- adj. extremely painful, intense, or distressing; causing great physical or emotional suffering
- adj. relating to or involving the use of skill and original and unusual ideas to create something

adj. furthest or highest in degree or order

- a first-year student, typically in college or high school
- v. to say, state, or announce something clearly, officially, or publicly
- a short, high sound made by a small bird; a message sent using Twitter, the social media application
- v. to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program
- a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt

ANSWERS: 1. doll, 2. ignore, 3. excruciating, 4. creative, 5. ultimate, 6. freshman, 7. declare, 8. tweet, 9. subscribe, 10. excuse

11.	dispel dots	n.	a feeling of being uncertain about something, especially about how good or accurate it is
12.	take a quon	n.	a group of words taken from a text or speech and repeated by someone other than the original author or speaker
13.	elevate edual standards	adj.	relating to education or providing knowledge or instruction
14.	agree to sut the bill	ν.	to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
15.	indus student	adj.	hardworking, diligent, and persistent in effort
16.	indate ideology	<i>v</i> .	to teach a person or group of people to accept a set of beliefs uncritically
17.	luxury coo	n.	a type of housing where each unit is individually owned, while common areas are jointly owned and managed
18.	unsatisfied dee	n.	a strong feeling of wanting to have or do something
19.	idfy handwriting	<i>v</i> .	to recognize someone or something and say or prove who or what they are
20.	watch a maon	n.	a long-distance race of 42.195 kilometers
21.	pry school	adj.	first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

ANSWERS: 11. doubt, 12. quotation, 13. educational, 14. submit, 15. industrious, 16. indoctrinate, 17. condo, 18. desire, 19. identify, 20. marathon, 21. primary

- 30. ind____ate youth
- 31. his latest tw ts
- 32. ins le curiosity

- and original and unusual ideas to create
- adj. having a high level of skill or knowledge in a particular area
- to teach a person or group of people to accept a set of beliefs uncritically
- a short, high sound made by a small bird; a message sent using Twitter, the social media application
- adj. impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchable

ANSWERS: 22. multimillionaire, 23. rip, 24. predecessor, 25. inherent, 26. creative, 27. negative, 28. damage, 29. proficient, 30. indoctrinate, 31. tweet, 32. insatiable

33. ins le appetite adj. impossible to satisfy or content; having a strong desire or craving that is excessive or unquenchable 34. hi____ht a string in red to make something prominent, mainly ν. so that people give it more attention a feeling of being uncertain about 35. no do t about the news n. something, especially about how good or accurate it is 36. co t suicide to do something illegal or wrong 37. severe ag__y extreme physical or mental pain or n. suffering, often prolonged or intense (short for quadrangle) a square or 38. q d biking n. rectangular open area or courtyard, often surrounded by buildings or used for recreational or social purposes 39. as ts of social, political, and one part or feature of a situation, n. economic life problem, subject, etc. 40. exposure to to c chemicals adj. of or relating to or caused by a poison; poisonous

41. vague no___n

42. de e a word

43. re___e a relationship

v. to state or explain precisely the nature, scope, or meaning of something

evidence or facts

a general idea or understanding of

something, particularly an abstract or complex concept; a belief or opinion, often one that is not based on solid

v. to continue or begin anew after a pause or interruption

ANSWERS: 33. insatiable, 34. highlight, 35. doubt, 36. commit, 37. agony, 38. quad, 39. aspect, 40. toxic, 41. notion, 42. define, 43. resume

n.

ANSWERS: 44. agony, 45. correlation, 46. causation, 47. define, 48. penalty, 49. inherent, 50. damage, 51. efficacy, 52. accomplishment

by training

goal

goal; an ability that has been acquired

- 53. death pe____y
- 54. animals in ca____ty in the zoo
- 55. psy____gy experiment
- 56. a seafaring na___n
- 57. sh___w cast

- 58. b g the question
- 59. te___r strap

60. h I bone

- a punishment for violating a law, rule, or contract
- the situation in which a person or animal is kept in prison or a space that they cannot escape from
- n. the scientific study of mind and behavior
- a large organized community of people living in a particular country or region and having a particular culture
- n. a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
- v. to ask for something urgently or earnestly; to appeal to someone to do something
- 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
- the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something

ANSWERS: 53. penalty, 54. captivity, 55. psychology, 56. nation, 57. shadow, 58. beg, 59. tether, 60. heel

61.	participation awd	n.	a prize or other mark of recognition given in honor of an achievement
62.	lexical secs	n.	the branch of linguistics and logic concerned with meaning
63.	stng water	adj.	existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
64.	a successful enteur	n.	an individual who creates or invests in one or more businesses, especially when this involves taking financial risks
65.	coron coefficient	n.	a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.
66.	fie on a picture	ν.	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
67.	hoy box	n.	the quality of being truthful, sincere, and morally upright; adherence to moral and ethical principles
68.	understand his moton	n.	the reason or enthusiasm for acting or behaving in a particular way
69.	a drift of a ths	n.	a written essay, especially one submitted for a university degree, that sets out the author's findings on a particular subject

ANSWERS: 61. award, 62. semantics, 63. standing, 64. entrepreneur, 65. correlation, 66. fixate, 67. honesty, 68. motivation, 69. thesis

70.	the on pressure	ν.	to grow vigorously; to make steady progress
71.	proud of his accents	n.	the successful completion of a task or goal; an ability that has been acquired by training
72.	pry education	adj.	first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
73.	write the first drt	n.	a preliminary version of something that is not yet in its final form
74.	edual system	adj.	relating to education or providing knowledge or instruction
75.	h_p from one place to another	ν.	to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
76.	fleshly dee	n.	a strong feeling of wanting to have or desomething
77.	simsly affected	adv.	at the same time
78.	nan-state	n.	a large organized community of people living in a particular country or region and having a particular culture
79.	a wt of summons	n.	a written legal order or command
80.	even more unfely	adv.	by bad luck; unluckily
81.	coe augmented reality	<i>v</i> .	to join or merge to form a single thing o group

ANSWERS: 70. thrive, 71. accomplishment, 72. primary, 73. draft, 74. educational, 75. hop, 76. desire, 77. simultaneously, 78. nation, 79. writ, 80. unfortunately, 81. combine

82.	cor honor	<i>v</i> .	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
83.	indus worker	adj.	hardworking, diligent, and persistent in effort
84.	coo segment	n.	a type of housing where each unit is individually owned, while common areas are jointly owned and managed
85.	fran year	n.	a first-year student, typically in college or high school
86.	wot at the health club	n.	a session of physical exercise or training
87.	fie on a problem	ν.	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
88.	moton for a change	n.	the reason or enthusiasm for acting or behaving in a particular way
89.	the in a society	<i>v</i> .	to grow vigorously; to make steady progress
90.	preus award	adj.	having a high reputation or status; respected or honored; widely recognized as being of high quality or importance
91.	boost my self-esm	n.	great respect and approval for or a good opinion of someone
92.	unfely caught in a shower	adv.	by bad luck; unluckily

ANSWERS: 82. confer, 83. industrious, 84. condo, 85. freshman, 86. workout, 87. fixate, 88. motivation, 89. thrive, 90. prestigious, 91. esteem, 92. unfortunately

ν.	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
n.	the legal dissolution of a marriage
adj.	main or most important; basic; (prime number, noun) a natural number greater than 1 that cannot be formed by multiplying two smaller natural numbers (e.g., 2, 3, 5, 7, 11 and 13)
v.	to make someone or something less powerful, less effective, weaker gradually; to make someone's fame, confidence, or authority less effective or weaker gradually
ν.	to walk around slowly or to a place, often without any clear purpose or direction
n.	a preliminary version of something that is not yet in its final form
<i>v</i> .	to intentionally not listen or pay attention to
n.	a session of physical exercise or training
n.	a goal, aim, or purpose that is intended or sought after; a goal that is based on facts, evidence, or unbiased reasoning rather than personal opinions, feelings, or beliefs; (adjective) of or relating something that is based on facts and not influenced by personal feelings or biases
	n. adj. v. n. v. n.

ANSWERS: 93. popularize, 94. divorce, 95. prime, 96. undermine, 97. wander, 98. draft, 99. ignore, 100. workout, 101. objective

102. r_n the plan	v.	to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
103. weh heavily on stock prices	v.	to have a particular weight; to carefully evaluate things before making a conclusion
104. deon authority	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
105. open to intion	n.	an explanation or opinion of something, especially that is not immediately obvious
106. eat a vegetarian dt	n.	the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
107. war alone in a strange country	v.	to walk around slowly or to a place, often without any clear purpose or direction
108. key performance mecs	adj.	using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
109. dedicated tirly	adv.	without getting tired or fatigued; persistently, energetically, and continuously working with great effort
110. mec units	adj.	using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic

ANSWERS: 102. ruin, 103. weigh, 104. decision, 105. interpretation, 106. diet, 107. wander, 108. metric, 109. tirelessly, 110. metric

tended sed on soning elings, eg and
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ANSWERS: 111. prestigious, 112. objective, 113. highlight, 114. theme, 115. relation, 116. divorce, 117. notion, 118. honesty, 119. thesis

120.	cot mistakes	<i>v</i> .	to do something illegal or wrong
121.	praly impossible to find a parking spot	adv.	almost or nearly
122.	dee centigrade	n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
123.	prd to the next step	ν.	to move forward or to continue with a process or action; to advance or progress
124.	tirly help out	adv.	without getting tired or fatigued; persistently, energetically, and continuously working with great effort
125.	toc molecule	adj.	of or relating to or caused by a poison; poisonous
126.	idfy gene sequences	<i>v</i> .	to recognize someone or something and say or prove who or what they are
127.	shopping reds cards	n.	a thing given in acknowledgment of service, hard work, achievement, etc.
128.	r_p a notebook apart	<i>v</i> .	to tear something or be torn violently or suddenly
129.	oil bilre	n.	a person who has a net worth of at least one billion dollars
130.	sube to the service	v.	to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program

ANSWERS: 120. commit, 121. practically, 122. degree, 123. proceed, 124. tirelessly, 125. toxic, 126. identify, 127. reward, 128. rip, 129. billionaire, 130. subscribe

131. qd room	n.	(short for quadrangle) a square or rectangular open area or courtyard, often surrounded by buildings or used for recreational or social purposes
132. men in a report	ν.	to speak or write about something or someone briefly
133. preor model	n.	a person who held a position or office before the current holder
134. unne their adversary's reputation	v.	to make someone or something less powerful, less effective, weaker gradually; to make someone's fame, confidence, or authority less effective or weaker gradually
135. Dt approval	n.	the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
136. liss potential	adj.	without end, limit, or boundary; infinite
137. central the	n.	a subject or topic of discourse or artistic representation
138. dee my love	ν.	to say, state, or announce something clearly, officially, or publicly
139. ace success	v.	to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
140. vaccine efcy	n.	the ability or power to produce a desired effect or result; effectiveness
141. posty of a major earthquake	n.	a chance that something may happen or be true

ANSWERS: 131. quad, 132. mention, 133. predecessor, 134. undermine, 135. diet, 136. limitless, 137. theme, 138. declare, 139. achieve, 140. efficacy, 141. possibility

142. coce her to go with us	<i>v</i> .	to persuade someone or make someone believe that something is true
143. men name	<i>v</i> .	to speak or write about something or someone briefly
144. praly constant	adv.	almost or nearly
145. rag dl	n.	a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
146. exe for inaction	n.	a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
147. the ulte goal in life	adj.	furthest or highest in degree or order
148. a_m at a specific target	<i>v</i> .	to try or plan to get or achieve something
149. billionaire enteur	n.	an individual who creates or invests in one or more businesses, especially when this involves taking financial risks
150. clhed her daughter to her breast	<i>v</i> .	to grasp and hold somebody or something tightly
151. reon of inclusion	n.	the way two persons or groups of people feel and act toward one another
152. awd ceremony	n.	a prize or other mark of recognition given in honor of an achievement
153. nontechnical asts of the job	n.	one part or feature of a situation, problem, subject, etc.

ANSWERS: 142. convince, 143. mention, 144. practically, 145. doll, 146. excuse, 147. ultimate, 148. aim, 149. entrepreneur, 150. clutch, 151. relation, 152. award, 153. aspect

154. Silicon Valley bilre	n.	a person who has a net worth of at least one billion dollars
155. impose limon	n.	a rule or act that restricts the scope of something
156. dek an urban legend	<i>v</i> .	to expose or dismiss as false, exaggerated, or worthless
157. take several inputs simsly	adv.	at the same time
158. posty for growth	n.	a chance that something may happen or be true
159. limon of exercise	n.	a rule or act that restricts the scope of something
160. pront speaker	adj.	having a high level of skill or knowledge in a particular area
161. deputy pre minister	adj.	main or most important; basic; (prime number, noun) a natural number greater than 1 that cannot be formed by multiplying two smaller natural numbers (e.g., 2, 3, 5, 7, 11 and 13)
162. t_p a new market	v.	to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
163. his social stng	adj.	existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
164. the red for good works	n.	a thing given in acknowledgment of service, hard work, achievement, etc.
165. weh a cargo	v.	to have a particular weight; to carefully evaluate things before making a conclusion

ANSWERS: 154. billionaire, 155. limitation, 156. debunk, 157. simultaneously, 158. possibility, 159. limitation, 160. proficient, 161. prime, 162. tap, 163. standing, 164. reward, 165. weigh

166. dehed skin	adj.	to remove the water or moisture from something by a natural or artificial process
167. popze 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
168. psygy of crowd	n.	the scientific study of mind and behavior
169. excing ordeal	adj.	extremely painful, intense, or distressing; causing great physical or emotional suffering
170. run a maon	n.	a long-distance race of 42.195 kilometers
171. clh at any straw	v.	to grasp and hold somebody or something tightly
172. shw puppetry	n.	a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
173. coe chemically with another substance	v.	to join or merge to form a single thing or group
174. a baseball lee	n.	an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

ANSWERS: 166. dehydrated, 167. popularize, 168. psychology, 169. excruciating, 170. marathon, 171. clutch, 172. shadow, 173. combine, 174. league

175. mul	_ire investor	n.	a person whose net worth is in millions of dollars
176. three-fourths of	a pod	n.	the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
177. dek theory		v.	to expose or dismiss as false, exaggerated, or worthless
178. thousands of po	ods	n.	the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
179. sue you're	right	v.	to think that something is likely to be actual or possible
180. for a liss	time	adj.	without end, limit, or boundary; infinite
181. double qu	_on marks	n.	a group of words taken from a text or speech and repeated by someone other than the original author or speaker
182. a selfish de	_on	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options
183. occon di	sease	n.	a person's job or profession; the act of taking possession
184. the defo	n of a word	n.	a concise explanation of the meaning of a word, phrase, or symbol
185. subve op	pinion	adj.	based on a personal perspective or feeling rather than an unbiased or objective view; influenced by personal

ANSWERS: 175. multimillionaire, 176. pound, 177. debunk, 178. pound, 179. suppose, 180. limitless, 181. quotation, 182. decision, 183. occupation, 184. definition, 185. subjective

opinions, interpretations, or feelings

186. coce an opponent	<i>v</i> .	to persuade someone or make someone believe that something is true
187. a neve number	adj.	having the quality of something bad or harmful; expressing refusal
188. subve interpretation	adj.	based on a personal perspective or feeling rather than an unbiased or objective view; influenced by personal opinions, interpretations, or feelings
189. sue beforehand	<i>v</i> .	to think that something is likely to be actual or possible
190. h_p on one foot	ν.	to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
191. a precise defon	n.	a concise explanation of the meaning of a word, phrase, or symbol
192. t_p keyboard with an index finger	ν.	to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
193. sore in high school	n.	a student in their second year of college or high school; used more broadly to refer to someone who is experienced in a particular activity or field
194. a_m to be a nurse	v.	to try or plan to get or achieve something
195. ace milestones	v.	to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 186. convince, 187. negative, 188. subjective, 189. suppose, 190. hop, 191. definition, 192. tap, 193. sophomore, 194. aim, 195. achieve

196. ter 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
197. caon analysis	n.	the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
198. bachelor's dee	n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
199. r_n the reputation	v.	to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
200. the intion of history	n.	an explanation or opinion of something, especially that is not immediately obvious
201. hl wrestler	n.	the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something
202. issue a wt	n.	a written legal order or command
203. lee championship	n.	an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

ANSWERS: 196. tether, 197. causation, 198. degree, 199. ruin, 200. interpretation, 201. heel, 202. writ, 203. league

204. cor degree	v.	to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
205. escape from caty	n.	the situation in which a person or animal is kept in prison or a space that they cannot escape from
206. sore slump	n.	a student in their second year of college or high school; used more broadly to refer to someone who is experienced in a particular activity or field
207. information secs	n.	the branch of linguistics and logic concerned with meaning
208. ree an office	<i>v</i> .	to continue or begin anew after a pause or interruption
209. b_g for help	ν.	to ask for something urgently or earnestly; to appeal to someone to do something
210. esm for the other person	n.	great respect and approval for or a good opinion of someone
211. prd with caution	ν.	to move forward or to continue with a process or action; to advance or progress
212. dehed skimmed milk	adj.	to remove the water or moisture from something by a natural or artificial process
213. sut an application	v.	to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
214. occon of a building	n.	a person's job or profession; the act of taking possession

ANSWERS: 204. confer, 205. captivity, 206. sophomore, 207. semantics, 208. resume, 209. beg, 210. esteem, 211. proceed, 212. dehydrated, 213. submit, 214. occupation

Vocab-Builder Ref from	"Emmanuel Ach	o: Why you shou	ıld stop setting (goals (yes, really)	TED Talk" (107 words)
ANSWERS:					
_					

Session 3: Fill in the Blanks

1.	willingly accept business risks to achieve success.
n.	an individual who creates or invests in one or more businesses, especially when this involves taking financial risks
2.	Disability is a physical to living everyday life.
n.	a rule or act that restricts the scope of something
3.	Graduating from college was a major for her.
n.	the successful completion of a task or goal; an ability that has been acquired by training
4.	He knocked over the red wine and the tablecloth.
<i>v</i> .	to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
5.	The lawyer was reinstated after paying the
n.	a punishment for violating a law, rule, or contract
6.	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
7.	The possibilities for scientific discovery are
adj	i. without end, limit, or boundary; infinite
8.	He included a from the book in his essay.
n.	a group of words taken from a text or speech and repeated by someone other than the original author or speaker
	SWERS: 1. Entrepreneurs, 2. limitation, 3. accomplishment, 4. ruined, 5. penalty, quad, 7. limitless, 8. quotation

ANSWERS: 9. prestigious, 10. damage, 11. suppose, 12. proceed, 13. fixate, 14. interpretations, 15. aim, 16. debunked

ANSWERS: 50. marathon, 51. negative, 52. efficacy, 53. convince, 54. agony, 55. define, 56. captivity, 57. semantics, 58. creative

106. The	class was	excited	to start	their	first v	year (of col	lege.

n. a first-year student, typically in college or high school

107. The _____ of the novel is the corrupting influence of power.

n. a subject or topic of discourse or artistic representation

ANSWERS: 106. freshman, 107. theme