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Vocabulary Builder Reference from...

Lewis Pugh: My mind-shifting Everest swim | TED Talk

https://www.ted.com/talks/lewis_pugh_my_mind_shifti
[ng_everest_swim](https://www.ted.com/talks/lewis_pugh_my_mind_shifti)

All Words

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Session 1: Word List

pole

n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

synonym : rod, staff, shaft

(1) a fishing **pole**, (2) the plus **pole**

The North **Pole** is the northernmost point on Earth.

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.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym : dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience
The news of the pandemic was a **frightening** reminder of the fragility of human health.

minus

adj. subtracting or taking away; having a value less than zero

synonym: without, lacking, negative

(1) **minus** sign, (2) **minus** temperature

The recipe calls for four cups of flour **minus** one tablespoon.

degree

n. 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

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

centigrade

n. a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale

(1) **centigrade** scale, (2) **centigrade** thermometer

The temperature reached a peak of 35 degrees **centigrade**.

flip

v. to turn over into a different position quickly; to throw or toss with a light motion

synonym: throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

sink

v. to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

synonym: descend, drop, plummet

(1) **sink** a lot of capital, (2) **sink** a buzzer-beater

The abandoned ship slowly began to **sink** into the murky waters of the harbor.

rev *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
synonym: revolution, RPM, speed
(1) low- **rev** engine, (2) **rev** up the crowd
He stepped on the gas pedal, and the engine released a loud **rev**.

opera *n.* a drama set to music, in which the words are sung rather than spoken
synonym: musical, operetta, oratorio
(1) ballad **opera**, (2) **opera** performance
She loves going to the **opera** house and hearing the beautiful music.

puffy *adj.* swollen or distended, especially with air or gas;
synonym: swollen, distended, inflated
(1) **puffy** off-shore winds, (2) **puffy** eyes
His cheeks looked **puffy** after he overate junk food.

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

literally *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
synonym: actually, truly, verily
(1) translate **literally**, (2) bite his tongue **literally**
He **literally** jumped out of his chair when he heard the news.

sausage *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of

skin, then cooked or served cold in thin slices

synonym : bratwurst, wurst, frankfurter

(1) beef **sausage**, (2) German **sausage**

The mother sliced off a piece of **sausage**.

partial

adj. not complete; fragmentary; favoring somebody or something very much

synonym : limited, incomplete, partisan

(1) **partial** withdrawal, (2) **partial** knowledge

Although some progress had been made, the study's findings were **partial**.

expand

v. to increase or to make something greater in size, number, or importance

synonym : extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output

They hope to **expand** their business worldwide.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym : prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

melt

v. to turn from something solid into something soft or liquid as a result of heating

synonym : disintegrate, soften, disappear

(1) **melt** the ice, (2) **melt** down gold

Her resistance **melted** under his persuasion.

glacier

n. a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole

synonym : iceberg, ice floe

(1) **glacier** retreat, (2) **glaciers** move tardily

The **glaciers** of the ice age have shaped Fjord.

climate

n. the weather in a particular location averaged over some long period

synonym: atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

Climate and weather have an impact on every part of our lifestyles.

firm

adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

synonym: stable, secure, steadfast

(1) **firm** grip, (2) accounting **firm**

The **firm** deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.

battleground

n. a place where a battle is fought

synonym: arena, field, theater

(1) **battleground** states, (2) the legal **battleground**

The city became a **battleground** during the war.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym: depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

population

n. the total number of people in a country, region, or location

synonym: people, inhabitants, folk

(1) **population** change, (2) labor **population**

In just four years, the **population** has doubled.

supple

adj. flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas

synonym: flexible, pliable, bendable

(1) **supple** muscles, (2) **supple** leather

The ballerina's **supple** movements left the audience mesmerized.

instability

n. the state of being unstable or uncertain and likely to change suddenly

synonym: imbalance, fluctuation, unstableness

(1) political **instability**, (2) **instability** in currency markets

Lack of sleep and overwork often lead to emotional **instability**.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

symbol

n. something visible that is used to represent something else

synonym: mark, character, insignia

(1) **symbol** color, (2) **symbol** for happiness

The dragon is considered a **symbol** of bravery.

underneath

adv. under or below something else

synonym: below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell **underneath** the piano.

summit

n. the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

synonym: peak, top, crest

(1) reach the **summit**, (2) **summit** talks

The climbers reached the mountain's **summit** after a long

and challenging journey.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

ordeal

n. a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience

synonym: trial, hardship, torment

(1) **ordeal** by fire, (2) emotional **ordeal**

The car accident was a traumatic **ordeal** for everyone involved.

yak

v. to talk at length, often without a particular purpose or direction; (noun) a long-haired bovine mammal native to central Asia that is often domesticated and used for its meat, milk, and wool

synonym: chatter, cackle

(1) domestic **yak**, (2) sit and **yak** about life

The friends met at the local pub every Friday to **yak** about their week.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

crew

n. a group of people who work together, especially on a ship or airplane

synonym: team, group, squad

(1) the film **crew**, (2) the **crew** of a fishing boat

The ship's **crew** worked hard to repair the damaged sails

before the next storm hit.

challenging

adj. difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle

synonym : difficult, demanding, arduous

(1) **challenging** task, (2) mentally **challenging**

The advanced math problem was **challenging**, but the student was determined to solve it.

altitude

n. the height of an object or point in relation to sea level or ground level

synonym : height, elevation, tallness

(1) the meridian **altitude**, (2) low **altitude**

The plane flew at a high **altitude** to avoid turbulence.

meter

n. a device used to measure the amount of a particular substance or attribute, such as length, volume, or time; (prosody) the accent in a metrical foot of verse

synonym : gauge, indicator, rhythm

(1) a gas **meter**, (2) poetic **meter**

The **meter** on the wall showed that the room was three meters long.

heaven

n. (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

synonym : paradise, nirvana, utopia

(1) ascend to **heaven**, (2) **heaven** on earth

He felt like **heaven** when he tasted the delicious chocolate cake.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym : air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

sickness

n. the state of being ill or unhealthy; a physical or mental condition characterized by symptoms of discomfort or disease; the general term for any illness or medical condition

synonym: illness, ailment, disease

(1) chronic **sickness**, (2) mental **sickness**

The travelers were advised to take precautions against waterborne **sickness** while visiting the region.

cleanup

n. an act or process of cleaning up a particular area, space, or mess; the removal of dirt, debris, or other unwanted materials

synonym: tidying up, cleaning, maintenance

(1) **cleanup** crew, (2) roadside **cleanup**

After the party, a massive **cleanup** was needed to restore the house.

operate

v. to work in a particular way; to supervise something

synonym: work, use, employ

(1) **operate** 24 hours a day, (2) manually **operate** a machine

This machine is too difficult to **operate** for me.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

mountaineer

n. a person who climbs or explores mountains as a hobby or profession; someone skilled in or experienced with mountain climbing or outdoor activities in mountainous regions

synonym: climber, hiker, alpinist

(1) aspiring **mountaineer**, (2) amateur **mountaineer**

The experienced **mountaineer** scaled the treacherous peak

with ease.

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

humble

adj. having or showing a modest or low estimate of one's quality or importance

synonym: modest, unpretentious, abject

(1) a **humble** cottage, (2) **humble** opinion

The nobler, the more **humble**.

pathway

n. a track that constitutes or serves as a path; an approach or a way of doing something

synonym: route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling **pathways**

When the first molecule in the **pathway** receives a signal, it activates other molecules.

aggressive

adj. behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly

synonym: assertive, combative, threatening

(1) an **aggressive** war, (2) an **aggressive** tumor

An **aggressive** tide wrecked the ship.

aggression

n. the act of attacking or assaulting; hostile or violent behavior

synonym: hostility, assertiveness, antagonism

(1) **aggression** by a hostile country, (2) naked **aggression**

The dog's **aggression** made it difficult for its owners to take it for a walk.

- hurl** v. to throw something with great force
synonym: throw, fling, launch
(1) **hurl** a brickbat, (2) **hurl** a cup out of the window
She angrily **hurled** the book across the room.
- barely** *adv.* just enough; hardly; with great difficulty or effort
synonym: scarcely, hardly, only just
(1) **barely** noticeable, (2) **barely** finished
I **barely** made it to the meeting on time, rushing from another appointment across town.
- gasp** v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
synonym: breathe, pant, heave
(1) **gasp** for air, (2) **gasp** in shock
The audience **gasped** when the magician made the rabbit disappear from the hat.
- choke** v. to prevent or obstruct the normal breathing or swallowing of someone or something
synonym: strangle, suffocate, clog
(1) **choke** with anger, (2) **choke** off the blood supply
The baby started to **choke** on a piece of apple.
- vomit** v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
synonym: puke, throw up, spew
(1) **vomit** abuse, (2) **vomit** after ingesting
She felt sick and had to run to the bathroom to **vomit**.
- underwater** *adv.* below or under the surface of the water
synonym: submerged, undersea, submarine
(1) hold my breath **underwater**, (2) seals sleep **underwater**
He is good at swimming **underwater**.

shallow

adj. not having much distance from the top to the bottom

synonym : superficial, external, surface

(1) **shallow** people, (2) **shallow** water

Shallow brooks are noisier than deep rivers.

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

drown

v. to die or cause to die by being unable to breathe underwater

synonym : douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

peaceful

adj. not involving violence, conflict, or war

synonym : friendly, pacific, amicable

(1) **peaceful** country, (2) **peaceful** coexistence

Plutonium has limited **peaceful** applications.

utter

adj. complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

synonym : absolute, complete, total

(1) **utter** nonsense, (2) **utter** a big sigh

The **utter** chaos of the concert crowd made it seem like a wild animal was in the room.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

grab

v. to take hold of something or someone suddenly with a hand, especially in a violent way

synonym: clutch, snatch, grasp

(1) **grab** an audience, (2) **grab** an opportunity

Shall we **grab** a bite to eat?

rubble

n. fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed

synonym: debris, ruins, wreckage

(1) clear away **rubble**, (2) **rubble-strewn** road

After the earthquake, the city was left in a pile of **rubble**.

debrief

v. to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance

synonym: brief, summarize, rehash

(1) **debrief** their business trip, (2) **debrief** the result

After the mission, the team gathered to **debrief** and discuss their success and areas for improvement.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym: linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

radical

adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

synonym: extreme, revolutionary

(1) a **radical** flaw in the plan, (2) a **radical** cure

The government established by the coup was more **radical**

than before.

tactical

adj. relating to or constituting actions, plans, or strategies designed to achieve a particular purpose, especially an aggressive or political purpose; characterized by calculated planning, organization, and effectiveness

synonym: strategic, calculated, planned

(1) **tactical** decision, (2) **tactical** move

The army used **tactical** maneuvers to gain an advantage in battle.

shift

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

synonym: transition, change, modification

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

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

crawl

v. to move forward slowly, as people or animals with their bodies near the ground

synonym: creep, drag

(1) **crawl** across the floor, (2) **crawl** away from a car

Along the gravel roads, sizeable yellow school buses **crawl**.

breast

n. either of the two round soft parts of a woman's chest which secrete milk after childbirth

synonym: bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

humility

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

synonym: humbleness, modesty, unpretentiousness

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

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

similarly

adv. in almost the same way

synonym: also, likewise, ditto

(1) **similarly** situated, (2) have **similarly** great abilities

We argue that wages for temporary workers should **similarly** rise.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

frank

adj. honest and sincere; open and candid in expression

synonym : candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym : absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

populate

v. to inhabit or occupy a particular area, region, or environment with a certain number or type of people, animals, or plants; to fill out or complete a form, document, or database with relevant information

synonym : inhabit, occupy, dwell

(1) **populate** the countryside, (2) **populate** the spreadsheet

Deer, squirrels, and birds primarily **populate** the forest.

warn

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

synonym : alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan

I attempted to **warn** him, but he ignored me.

relation

n. 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.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

grandchild

n. a child of someone's son or daughter

synonym: offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

security

n. the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation

synonym: safety, protection, stock

(1) national **security**, (2) **security** analyst

The building's **security** system includes cameras, alarms, and security guards.

sustainable

adj. able to continue or be continued for a long time

synonym: continuable, enduring, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

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.

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.

Session 2: Spelling

1. ta____al move *adj.* relating to or constituting actions, plans, or strategies designed to achieve a particular purpose, especially an aggressive or political purpose; characterized by calculated planning, organization, and effectiveness
2. cellular signaling pa____ys *n.* a track that constitutes or serves as a path; an approach or a way of doing something
3. br____t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
4. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
5. poetic me__r *n.* a device used to measure the amount of a particular substance or attribute, such as length, volume, or time; (prosody) the accent in a metrical foot of verse
6. a reckless at____t *n.* an act or effort of trying to do something, especially something difficult
7. translate li____ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

ANSWERS: 1. tactical, 2. pathway, 3. breast, 4. rely, 5. meter, 6. attempt, 7. literally

8. w__n a reckless driver *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
9. pe____ul coexistence *adj.* not involving violence, conflict, or war
10. pa____y to understanding *n.* a track that constitutes or serves as a path; an approach or a way of doing something
11. Doppler sh__t *n.* a slight transition in position, direction, or trend
12. manually op____e a machine *v.* to work in a particular way; to supervise something
13. principles of sus____le development *adj.* able to continue or be continued for a long time
14. pu__y eyes *adj.* swollen or distended, especially with air or gas;
15. eq__p an army *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
16. s__k a buzzer-beater *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
17. he____n on earth *n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

ANSWERS: 8. warn, 9. peaceful, 10. pathway, 11. shift, 12. operate, 13. sustainable, 14. puffy, 15. equip, 16. sink, 17. heaven

18. cr__l across the floor *v.* to move forward slowly, as people or animals with their bodies near the ground
19. sh____w people *adj.* not having much distance from the top to the bottom
20. cen____de scale *n.* a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale
21. the c__w of a fishing boat *n.* a group of people who work together, especially on a ship or airplane
22. sy___l for happiness *n.* something visible that is used to represent something else
23. a ra____l cure *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
24. a hu___e cottage *adj.* having or showing a modest or low estimate of one's quality or importance
25. ut__r nonsense *adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice
26. a st___e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 18. crawl, 19. shallow, 20. centigrade, 21. crew, 22. symbol, 23. radical, 24. humble, 25. utter, 26. stroke

27. ac____e 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
28. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
29. accounting f__m *adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
30. low al____de *n.* the height of an object or point in relation to sea level or ground level
31. chronic si____ss *n.* the state of being ill or unhealthy; a physical or mental condition characterized by symptoms of discomfort or disease; the general term for any illness or medical condition
32. the mi____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
33. und____th the surface of the water *adv.* under or below something else
34. sh____w water *adj.* not having much distance from the top to the bottom
35. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
36. naked agg____on *n.* the act of attacking or assaulting; hostile or violent behavior

ANSWERS: 27. achieve, 28. choke, 29. firm, 30. altitude, 31. sickness, 32. mindset, 33. underneath, 34. shallow, 35. drown, 36. aggression

37. co___t mistakes *v.* to do something illegal or wrong
38. g__b an opportunity *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
39. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
40. a cold cl_____e *n.* the weather in a particular location averaged over some long period
41. op_____e 24 hours a day *v.* to work in a particular way; to supervise something
42. a ra_____l flaw in the plan *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
43. reach the su____t *n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues
44. clear away ru____e *n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
45. ba____y finished *adv.* just enough; hardly; with great difficulty or effort
46. su____e leather *adj.* flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
47. und_____th the laughter *adv.* under or below something else

ANSWERS: 37. commit, 38. grab, 39. panic, 40. climate, 41. operate, 42. radical, 43. summit, 44. rubble, 45. barely, 46. supple, 47. underneath

48. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
49. h__l a cup out of the window *v.* to throw something with great force
50. ballad op__a *n.* a drama set to music, in which the words are sung rather than spoken
51. co___t suicide *v.* to do something illegal or wrong
52. su___t talks *n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues
53. effects of cl_____e change *n.* the weather in a particular location averaged over some long period
54. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
55. ex___d a lineup *v.* to increase or to make something greater in size, number, or importance
56. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
57. cr__l away from a car *v.* to move forward slowly, as people or animals with their bodies near the ground
58. re_____r a loss *v.* to return to a former condition, health, mind, or strength
59. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
60. ta_____al decision *adj.* relating to or constituting actions, plans, or strategies designed to achieve a particular purpose, especially an aggressive or political purpose; characterized by calculated planning, organization, and effectiveness

ANSWERS: 48. decide, 49. hurl, 50. opera, 51. commit, 52. summit, 53. climate, 54. opportune, 55. expand, 56. dive, 57. crawl, 58. recover, 59. consume, 60. tactical

61. su___e muscles *adj.* flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
62. sit and y_k about life *v.* to talk at length, often without a particular purpose or direction; (noun) a long-haired bovine mammal native to central Asia that is often domesticated and used for its meat, milk, and wool
63. take im_____te effect *adj.* happening or done without delay or occurring shortly after something else
64. beef sa_____e *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices
65. the mountain's br___t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
66. his social st_____ng *adj.* existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
67. a chick's tw__t *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
68. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
69. ins_____ty in currency markets *n.* the state of being unstable or uncertain and likely to change suddenly
70. ba___y noticeable *adv.* just enough; hardly; with great difficulty or effort

ANSWERS: 61. supple, 62. yak, 63. immediate, 64. sausage, 65. breast, 66. standing, 67. tweet, 68. sustainable, 69. instability, 70. barely

71. eq__p our children with some special skills
v. to provide a person or a place with the things that are needed for a particular purpose or activity
72. fr__k and open discussion
adj. honest and sincere; open and candid in expression
73. ru___e-strewn road
n. fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
74. hu___e opinion
adj. having or showing a modest or low estimate of one's quality or importance
75. sy___l color
n. something visible that is used to represent something else
76. f__p over the pork chop
v. to turn over into a different position quickly; to throw or toss with a light motion
77. low-r_v engine
n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
78. pop_____on change
n. the total number of people in a country, region, or location
79. op__a performance
n. a drama set to music, in which the words are sung rather than spoken
80. h__l a brickbat
v. to throw something with great force
81. cast fri_____ng eyes
adj. causing fear or alarm, or very surprising and alarming

ANSWERS: 71. equip, 72. frank, 73. rubble, 74. humble, 75. symbol, 76. flip, 77. rev, 78. population, 79. opera, 80. hurl, 81. frightening

82. de____f their business trip *v.* to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance
83. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
84. develop an attitude of hu____ty *n.* the quality or condition of being humble; a low estimate of one's self
85. ascend to he____n *n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty
86. bat_____und states *n.* a place where a battle is fought
87. lack of hu____ty *n.* the quality or condition of being humble; a low estimate of one's self
88. the plus p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
89. g__p for air *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
90. m__t the ice *v.* to turn from something solid into something soft or liquid as a result of heating

ANSWERS: 82. debrief, 83. opportune, 84. humility, 85. heaven, 86. battleground, 87. humility, 88. pole, 89. gasp, 90. melt

91. st____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
92. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
93. gl____rs move tardily *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
94. a gas me__r *n.* a device used to measure the amount of a particular substance or attribute, such as length, volume, or time; (prosody) the accent in a metrical foot of verse
95. vo__t abuse *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
96. the im____te past *adj.* happening or done without delay or occurring shortly after something else
97. cl____p crew *n.* an act or process of cleaning up a particular area, space, or mess; the removal of dirt, debris, or other unwanted materials
98. pa____l withdrawal *adj.* not complete; fragmentary; favoring somebody or something very much
99. his latest tw__ts *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
100. g__p in shock *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

ANSWERS: 91. straight, 92. mindset, 93. glacier, 94. meter, 95. vomit, 96. immediate, 97. cleanup, 98. partial, 99. tweet, 100. gasp

101. m__t down gold *v.* to turn from something solid into something soft or liquid as a result of heating
102. mental si_____ss *n.* the state of being ill or unhealthy; a physical or mental condition characterized by symptoms of discomfort or disease; the general term for any illness or medical condition
103. s__k a lot of capital *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
104. f__m grip *adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
105. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
106. gl_____r retreat *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
107. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
108. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 101. melt, 102. sickness, 103. sink, 104. firm, 105. grandchild, 106. glacier, 107. dive, 108. decide

109. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
110. bite his tongue li_____ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
111. emotional or____l *n.* a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience
112. mi__s temperature *adj.* subtracting or taking away; having a value less than zero
113. domestic y_k *v.* to talk at length, often without a particular purpose or direction; (noun) a long-haired bovine mammal native to central Asia that is often domesticated and used for its meat, milk, and wool
114. agg_____on by a hostile country *n.* the act of attacking or assaulting; hostile or violent behavior
115. br____h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
116. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
117. si_____ly situated *adv.* in almost the same way
118. make a fr__k apology *adj.* honest and sincere; open and candid in expression
119. hold your br____h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

ANSWERS: 109. environment, 110. literally, 111. ordeal, 112. minus, 113. yak, 114. aggression, 115. breath, 116. frightening, 117. similarly, 118. frank, 119. breath

120. gra_____ld development *n.* a child of someone's son or daughter
121. ch__e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
122. po_____te the countryside *v.* to inhabit or occupy a particular area, region, or environment with a certain number or type of people, animals, or plants; to fill out or complete a form, document, or database with relevant information
123. cha_____ng task *adj.* difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle
124. an agg_____ve tumor *adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly
125. w__ned me of the plan *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
126. national se_____ty *n.* the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation
127. or___l by fire *n.* a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience

ANSWERS: 120. grandchild, 121. choke, 122. populate, 123. challenging, 124. aggressive, 125. warn, 126. security, 127. ordeal

128. po____te the spreadsheet *v.* to inhabit or occupy a particular area, region, or environment with a certain number or type of people, animals, or plants; to fill out or complete a form, document, or database with relevant information
129. political ins____ty *n.* the state of being unstable or uncertain and likely to change suddenly
130. a fishing p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
131. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
132. roadside cl____p *n.* an act or process of cleaning up a particular area, space, or mess; the removal of dirt, debris, or other unwanted materials
133. pe____ul country *adj.* not involving violence, conflict, or war
134. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
135. f__p a coin *v.* to turn over into a different position quickly; to throw or toss with a light motion
136. st____ng water *adj.* existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation

ANSWERS: 128. populate, 129. instability, 130. pole, 131. rely, 132. cleanup, 133. peaceful, 134. panic, 135. flip, 136. standing

137. se_____ty analyst *n.* the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation
138. the at_____t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
139. dr__n in a bath *v.* to die or cause to die by being unable to breathe underwater
140. amateur mou_____er *n.* a person who climbs or explores mountains as a hobby or profession; someone skilled in or experienced with mountain climbing or outdoor activities in mountainous regions
141. aspiring mou_____er *n.* a person who climbs or explores mountains as a hobby or profession; someone skilled in or experienced with mountain climbing or outdoor activities in mountainous regions
142. the film c__w *n.* a group of people who work together, especially on a ship or airplane
143. mentally cha_____ng *adj.* difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle
144. German sa_____e *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices

ANSWERS: 137. security, 138. attempt, 139. drown, 140. mountaineer, 141. mountaineer, 142. crew, 143. challenging, 144. sausage

145. the meridian al_____de *n.* the height of an object or point in relation to sea level or ground level
146. labor pop_____on *n.* the total number of people in a country, region, or location
147. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
148. have si_____ly great abilities *adv.* in almost the same way
149. mi__s sign *adj.* subtracting or taking away; having a value less than zero
150. an agg_____ve war *adj.* behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly
151. suffer st___e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
152. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
153. major paradigm sh__t *n.* a slight transition in position, direction, or trend
154. g__b an audience *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
155. re_____r approval ratings *v.* to return to a former condition, health, mind, or strength
156. ac_____e 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

ANSWERS: 145. altitude, 146. population, 147. consume, 148. similarly, 149. minus, 150. aggressive, 151. stroke, 152. environment, 153. shift, 154. grab, 155. recover, 156. achieve

157. cen_____de thermometer *n.* a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale
158. pa_____l knowledge *adj.* not complete; fragmentary; favoring somebody or something very much
159. bachelor's de____e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
160. hold my breath und_____er *adv.* below or under the surface of the water
161. ex____d agricultural output *v.* to increase or to make something greater in size, number, or importance
162. pu__y off-shore winds *adj.* swollen or distended, especially with air or gas;
163. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
164. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
165. de____e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
166. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations

ANSWERS: 157. centigrade, 158. partial, 159. degree, 160. underwater, 161. expand, 162. puffy, 163. relation, 164. vomit, 165. degree, 166. straight

167. de____f the result *v.* to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance
168. ut__r a big sigh *adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice
169. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
170. the legal bat_____und *n.* a place where a battle is fought
171. seals sleep und_____er *adv.* below or under the surface of the water
172. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 167. debrief, 168. utter, 169. relation, 170. battleground, 171. underwater, 172. rev

Session 3: Fill in the Blanks

1. The advanced math problem was _____ but the student was determined to solve it.
adj. difficult, demanding, or requiring a high degree of skill or effort; presenting a difficult problem or obstacle
2. The temperature reached a peak of 35 degrees _____.
n. a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale
3. He _____ when he heard that he had been accepted into the university.
v. to turn over into a different position quickly; to throw or toss with a light motion
4. The climbers reached the mountain's _____ after a long and challenging journey.
n. the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues
5. The news of the pandemic was a _____ reminder of the fragility of human health.
adj. causing fear or alarm, or very surprising and alarming
6. When the first molecule in the _____ receives a signal, it activates other molecules.
n. a track that constitutes or serves as a path; an approach or a way of doing something
7. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 1. challenging, 2. centigrade, 3. flipped, 4. summit, 5. frightening, 6. pathway, 7. environment

8. A smaller car will _____ less fuel.
v. to spend something, especially fuel, energy, or time, in a large amount
9. Babies heavily _____ on others for food.
v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
10. The city became a _____ during the war.
n. a place where a battle is fought
11. The dragon is considered a _____ of bravery.
n. something visible that is used to represent something else
12. The _____ of the ice age have shaped Fjord.
n. a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
13. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
14. The audience _____ when the magician made the rabbit disappear from the hat.
v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
15. After the mission, the team gathered to _____ and discuss their success and areas for improvement.
v. to question, investigate, or discuss with someone after an event or task to share information and evaluate the performance

ANSWERS: 8. consume, 9. rely, 10. battleground, 11. symbol, 12. glaciers, 13. opportune, 14. gasped, 15. debrief

16. Shall we _____ a bite to eat?

- v.* to take hold of something or someone suddenly with a hand, especially in a violent way

17. He bated his _____ when talking about this affair.

- n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

18. The third _____ was far more successful.

- n.* an act or effort of trying to do something, especially something difficult

19. The plane flew at a high _____ to avoid turbulence.

- n.* the height of an object or point in relation to sea level or ground level

20. Although some progress had been made, the study's findings were _____.

- adj.* not complete; fragmentary; favoring somebody or something very much

21. The _____ on the wall showed that the room was three meters long.

- n.* a device used to measure the amount of a particular substance or attribute, such as length, volume, or time; (prosody) the accent in a metrical foot of verse

22. The _____ chaos of the concert crowd made it seem like a wild animal was in the room.

- adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

23. She felt sick and had to run to the bathroom to _____.

- v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

ANSWERS: 16. grab, 17. breath, 18. attempt, 19. altitude, 20. partial, 21. meter, 22. utter, 23. vomit

24. After the earthquake, the city was left in a pile of _____.
- n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
25. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
- n.* the established set of attitudes or fixed ideas held by someone
26. We argue that wages for temporary workers should _____ rise.
- adv.* in almost the same way
27. His cheeks looked _____ after he overate junk food.
- adj.* swollen or distended, especially with air or gas;
28. The mother sliced off a piece of _____.
- n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices
29. The army used _____ maneuvers to gain an advantage in battle.
- adj.* relating to or constituting actions, plans, or strategies designed to achieve a particular purpose, especially an aggressive or political purpose; characterized by calculated planning, organization, and effectiveness
30. This year's extreme heat has resulted in many heat _____ cases.
- n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
31. Her resistance _____ under his persuasion.
- v.* to turn from something solid into something soft or liquid as a result of heating

ANSWERS: 24. rubble, 25. mindset, 26. similarly, 27. puffy, 28. sausage, 29. tactical, 30. stroke, 31. melted

32. 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

33. They hope to _____ their business worldwide.

- v.* to increase or to make something greater in size, number, or importance

34. In just four years, the _____ has doubled.

- n.* the total number of people in a country, region, or location

35. The abandoned ship slowly began to _____ into the murky waters of the harbor.

- v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

36. Could you help me _____ some furniture?

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

37. Floods have the potential to _____ any subsurface animals easily.

- v.* to die or cause to die by being unable to breathe underwater

38. He is good at swimming _____.

- adv.* below or under the surface of the water

39. The participation of oil-producing countries in the war caused _____ in the financial markets.

- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

ANSWERS: 32. tweet, 33. expand, 34. population, 35. sink, 36. shift, 37. drown, 38. underwater, 39. panic

40. I will work hard to _____ my goals and realize my dreams.
- 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
41. The military has _____ an abuse of human rights.
- v. to do something illegal or wrong
42. The baby started to _____ on a piece of apple.
- v. to prevent or obstruct the normal breathing or swallowing of someone or something
43. I attempted to _____ him, but he ignored me.
- v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future
44. The North _____ is the northernmost point on Earth.
- n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
45. She angrily _____ the book across the room.
- v. to throw something with great force
46. I _____ made it to the meeting on time, rushing from another appointment across town.
- adv. just enough; hardly; with great difficulty or effort
47. The building's _____ system includes cameras, alarms, and security guards.
- n. the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation

ANSWERS: 40. achieve, 41. committed, 42. choke, 43. warn, 44. Pole, 45. hurled, 46. barely, 47. security

48. After the party, a massive _____ was needed to restore the house.
n. an act or process of cleaning up a particular area, space, or mess; the removal of dirt, debris, or other unwanted materials
49. The industrial _____ laws were passed with little to no alteration.
n. the way two persons or groups of people feel and act toward one another
50. She is still _____ from a shot to her shoulder.
v. to return to a former condition, health, mind, or strength
51. We were filled with _____ at the sight of the Queen.
n. the quality or condition of being humble; a low estimate of one's self
52. The construction company _____ the building with an earthquake-resistant device.
v. to provide a person or a place with the things that are needed for a particular purpose or activity
53. The car accident was a traumatic _____ for everyone involved.
n. a painful, difficult, or dangerous experience or trial; a severe test of endurance or patience
54. He was sick for five _____ days.
adj. extending or moving in one direction without bending or curving; having no deviations
55. Along the gravel roads, sizeable yellow school buses _____.
v. to move forward slowly, as people or animals with their bodies near the ground

ANSWERS: 48. cleanup, 49. relations, 50. recovering, 51. humility, 52. equipped, 53. ordeal, 54. straight, 55. crawl

56. Full involvement means _____ and prompt responses.

adj. honest and sincere; open and candid in expression

57. Deer, squirrels, and birds primarily _____ the forest.

v. to inhabit or occupy a particular area, region, or environment with a certain number or type of people, animals, or plants; to fill out or complete a form, document, or database with relevant information

58. _____ brooks are noisier than deep rivers.

adj. not having much distance from the top to the bottom

59. The friends met at the local pub every Friday to ____ about their week.

v. to talk at length, often without a particular purpose or direction; (noun) a long-haired bovine mammal native to central Asia that is often domesticated and used for its meat, milk, and wool

60. The sperm whale can _____ to 1,000 meters.

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

61. He _____ jumped out of his chair when he heard the news.

adv. in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

62. He felt like _____ when he tasted the delicious chocolate cake.

n. (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

63. Plutonium has limited _____ applications.

adj. not involving violence, conflict, or war

ANSWERS: 56. frank, 57. populate, 58. Shallow, 59. yak, 60. dive, 61. literally, 62. heaven, 63. peaceful

64. He stepped on the gas pedal, and the engine released a loud ____.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
65. Both forts were subject to _____ attacks.
- adj.* happening or done without delay or occurring shortly after something else
66. He grilled the _____ meat of a chicken.
- n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
67. The government should do more to support environmentally _____ agriculture.
- adj.* able to continue or be continued for a long time
68. The government established by the coup was more _____ than before.
- adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
69. The grandparents take care of their _____ while the parents are at work.
- n.* a child of someone's son or daughter
70. The travelers were advised to take precautions against waterborne _____ while visiting the region.
- n.* the state of being ill or unhealthy; a physical or mental condition characterized by symptoms of discomfort or disease; the general term for any illness or medical condition
71. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 64. rev, 65. immediate, 66. breast, 67. sustainable, 68. radical, 69. grandchild, 70. sickness, 71. decide

72. The penny fell _____ the piano.

adv. under or below something else

73. An _____ tide wrecked the ship.

adj. behaving in an angry, energetic, or threatening way towards another person; tending to spread quickly

74. The dog's _____ made it difficult for its owners to take it for a walk.

n. the act of attacking or assaulting; hostile or violent behavior

75. She received her _____ in psychology from the university.

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

76. She loves going to the _____ house and hearing the beautiful music.

n. a drama set to music, in which the words are sung rather than spoken

77. The nobler, the more _____.

adj. having or showing a modest or low estimate of one's quality or importance

78. Lack of sleep and overwork often lead to emotional _____.

n. the state of being unstable or uncertain and likely to change suddenly

79. _____ and weather have an impact on every part of our lifestyles.

n. the weather in a particular location averaged over some long period

80. The ballerina's _____ movements left the audience mesmerized.

adj. flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas

ANSWERS: 72. underneath, 73. aggressive, 74. aggression, 75. degree, 76. opera, 77. humble, 78. instability, 79. Climate, 80. supple

81. The _____ concert was packed with fans.

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

82. The experienced _____ scaled the treacherous peak with ease.

n. a person who climbs or explores mountains as a hobby or profession; someone skilled in or experienced with mountain climbing or outdoor activities in mountainous regions

83. The ____ deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.

adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

84. This machine is too difficult to _____ for me.

v. to work in a particular way; to supervise something

85. The recipe calls for four cups of flour _____ one tablespoon.

adj. subtracting or taking away; having a value less than zero

86. The ship's ____ worked hard to repair the damaged sails before the next storm hit.

n. a group of people who work together, especially on a ship or airplane

ANSWERS: 81. standing, 82. mountaineer, 83. firm, 84. operate, 85. minus, 86. crew