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TED-Ed: Why is it so hard to break a bad habit? |

TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

- nail**
- n.* a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
- synonym* : pin, tack, fastener
- (1) rusty **nail**, (2) **nail** clipper
- He used a hammer and round **nail** to fix the loose board on the fence.
- employ**
- v.* to give somebody a job and pay them for it; to make use of
- synonym* : hire, engage, use
- (1) **employ** job seekers, (2) **employ** a new method
- When making arrests, police officers frequently **employ** excessive force.
- strategy**
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
- synonym* : approach, procedure, scenario
- (1) military **strategy**, (2) develop a **strategy**
- Our plan includes a comprehensive marketing **strategy**.
- rub**
- v.* to move one's hand or an object over the surface of something with pressure

synonym : scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

chili

n. a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers

synonym : capsicum, pepper

(1) **chili** sauce, (2) red **chili** powder

I love making a big pot of **chili** on a cold winter day.

pep

n. energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness

synonym : energy, enthusiasm, liveliness

(1) **pep** me up, (2) have a lot of **peps**

The coach gave a **pep** talk to the team before the game to boost their spirits.

cuticle

n. the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects

synonym : skin, epidermis, membrane

(1) protective **cuticle**, (2) nail **cuticle**

Dry and cracking **cuticles** can be a sign of vitamin deficiency.

glove

n. a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger

synonym : mitt

(1) a right-hand **glove**, (2) 5-finger **glove**

She was wearing a black **glove**.

dip

v. to put something into a liquid for a short time and take it out again

synonym : dunk, dive, plunge

(1) **dip** a pen in ink, (2) **dip** a chip in the sauce

Please **dip** up a bucketful of water from the well.

envision

v. to imagine or expect what a situation will be like in the future

synonym: anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success

We cannot **envision** her as President.

bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

synonym: microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

Bacteria prevalent in hospitals are often resistant to antibiotics.

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**.

define

v. 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.

regularly

adv. at regular intervals or times

synonym: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

cue

n. a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

synonym: signal, sign, hint

(1) **cue** card, (2) visual **cue**

The director gave the actor a **cue** to begin the scene.

subconsciously

adv. in a way that is not fully conscious or aware of

synonym: unconsciously, without thinking

(1) **subconsciously** influenced, (2) controlled **subconsciously**

He **subconsciously** picked at his cuticles while he was on the phone.

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**.

locate

v. to specify or determine the exact position of someone or something

synonym: discover, find, place

(1) **locate** a missing pet, (2) **locate** a tumor

The robot can accurately **locate** construction material.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

ingrained

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

synonym: inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

brew

v. to make beer or tea by mixing a substance with hot water

synonym: make, prepare

(1) **brew** a cup of tea, (2) **brew** beer

I am going to **brew** some coffee this morning.

frequent

adj. happening constantly

synonym: periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

deliberate

adj. done with full consciousness of nature and effects rather than by accident

synonym: intentional, planned, careful

(1) the **deliberate** act of provocation, (2) **deliberate** attempt

Despite its advanced science and technology, the empire was **deliberate** about invasion.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

beneficial

adj. helpful, useful, or sound; promoting or enhancing well-being

synonym : useful, advantageous, fruitful

(1) a **beneficial** result, (2) **beneficial** to all countries

Laughing is **beneficial** to our health.

reward

n. 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**.

curb

v. to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk

synonym : restrain, limit, control

(1) **curb** appetite, (2) **curb** anxiety

He tried to **curb** his anger during the argument with his friend.

fuel

n. a substance that is typically burned to generate heat or energy

synonym : energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**

The **fuel** scarcity most severely impacted the manufacturing sector

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym : activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation
The incident **triggered** a political controversy.

release

v. to set free or allow to escape from confinement
synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air
The animal rights group worked to **release** the dolphins back into the wild.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

mediate

v. to try to bring about an agreement or understanding between people who are in conflict
synonym: arbitrate, reconcile, intervene

(1) **mediate** allergic reaction, (2) **mediate** a negotiation
The teacher had to **mediate** a disagreement between two students over a stolen pencil.

neuroplasticity

n. the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
synonym: brain plasticity, neural remodeling, synaptic plasticity

(1) **neuroplasticity** therapy, (2) experience-dependent **neuroplasticity**

Researchers are currently studying the potential of **neuroplasticity** to treat conditions such as depression and anxiety.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
synonym : nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym : background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

relief

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

synonym : remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

loop

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

synonym: circle, curl, spiral

(1) exit from a **loop**, (2) positive feedback **loop**

Many people in this city use the **loop** railway for transportation.

outpace

v. to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability

synonym: outdistance, outstrip, overtake

(1) **outpace** market share, (2) **outpace** economic growth

Her running speed allowed her to **outpace** her competitors and win the race.

decision-maker

n. a person who makes important decisions, especially at a high level in an organization

(1) policy **decision-maker**, (2) act as a **decision-maker**

A wealth of information does not always have a positive impact on **decision-makers**.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

engaging

adj. attracting, pleasant, or charming

synonym: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile
She was disbarred for her **engaging** in fraud.

swift

adj. happening, moving, or capable of moving quickly
synonym : quick, speedy, brisk

(1) take **swift** action, (2) a **swift** current of a river
Her voice was **swift**, yet ever the last words fell lingeringly.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym : calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

occupy

v. to consume all of someone's space, attention, or time

synonym : inhabit, settle, populate

(1) **occupy** his time, (2) **occupy** a position

The young prince will soon **occupy** the throne.

automated

adj. carried out by machines or computers to replace or decrease human labor

synonym : computerized, mechanical, laborsaving

(1) **automated** manual transmission, (2) **automated** way

The plant will continue operating through an **automated** system 24 hours a day.

precious

adj. uncommon and extremely valuable

synonym : adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

intention

n. something you want to do and are going to do

synonym : purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**

Our CEO's **intentions** are always transparent and

straightforward.

basis

n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

synonym: foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation

This evidence will form the **basis** for our discussion.

lye

n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance

synonym: caustic soda, sodium hydroxide, alkaline solution

(1) **lye** soap, (2) **lye** water

The drain cleaner contains caustic **lye**, and should be handled with care.

endlessly

adv. in a way that continues for a long time or seems to have no end or limit

synonym: ceaselessly, interminably, unceasingly

(1) repeat **endlessly**, (2) worry **endlessly** about our future

The procession of demonstrators was **endlessly** continuing.

scroll

n. a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them

synonym: manuscript, document, parchment

(1) roll up a **scroll**, (2) **scroll** through a document

The house owner loved the large hanging **scroll** in the guest room.

couch

n. a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

synonym: sofa, settee, divan

(1) leather **couch**, (2) a **couch** potato

I love to relax on the **couch** and watch movies on the

weekends.

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?

sugary

adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere

synonym: sweet, syrupy, saccharine

(1) **sugary** treat, (2) excessively **sugary**

I avoid eating **sugary** foods to maintain a healthy diet.

identify

v. 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.

modify

v. to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

synonym: adjust, alter, revise

(1) genetically **modify** food, (2) **modify** my behavior

We use adverbs to **modify** verbs and adjectives.

obstacle

n. a thing that blocks one's way or prevents or hinders progress

synonym: hindrance, barrier, block

(1) an **obstacle** to progress, (2) **obstacle** avoidance

The **obstacle** course was challenging but fun.

moving

adj. causing strong emotions or feelings, especially sadness or sympathy

synonym : emotional, poignant, touching

(1) **moving** experience, (2) **moving** ceremony

His **moving** speech about his struggles with addiction brought tears to the audience's eyes.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym : agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

stud

n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

synonym : beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym : move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym : overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

develop

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

synonym: evolve, progress, advance

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

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

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

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.

replace

v. to take the place of something

synonym: substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone

Eventually, the new design will **replace** all older models.

detrimental

adj. causing harm or damage

synonym: harmful, damaging, injurious

(1) **detrimental** eating habits, (2) **detrimental** to good health

The new policy had a **detrimental** impact on small businesses.

analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

intervene

v. to intentionally get involved in a situation to improve it or prevent it from getting worse

synonym: interfere, mediate, intercede

(1) **intervene** in a dispute, (2) **intervene** between quarreling parties

Following international law, our country does not **intervene** in the internal affairs of our neighbors.

preempt

v. to act in advance to prevent something or to replace it with something else

synonym: forestall, head off, anticipate

(1) **preempt** a financial crisis, (2) **preempt** trouble

The government **preempted** the release of sensitive information.

fidget

v. to make small, restless movements; to be unable to sit still

synonym: fiddle, jiggle, squirm

(1) **fidget** with hands, (2) **fidget** on my lap

He **fidgeted** with his pen while waiting for the interview to begin.

toy

n. a thing, typically a small model or replica of something that is played with, especially by children

synonym: plaything, game, trinket

(1) **toy** store, (2) **toy** box

He gave his daughter a new **toy** for her birthday.

urge

v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist

synonym: push for, advise, (noun) impulse

(1) **urge** a total ban, (2) a sexual **urge**

The lobbyist **urged** Congress not to approve the measure.

grace

n. a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal

synonym: charm, poise, elegance

(1) say a **grace**, (2) end of the **grace** period

The old oak tree stood with **grace** and majesty in the park's center.

patience

n. the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry

synonym: forbearance, endurance, tolerance

(1) test my **patience**, (2) show **patience**

Healing a broken heart requires **patience**, as it takes time to heal.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym: praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

Session 2: Spelling

1. ne___n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
2. em_____al distress *adj.* relating to people's feelings
3. re_____e a phone *v.* to take the place of something
4. in_____on behind his decision *n.* something you want to do and are going to do
5. re_____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
6. g__b an audience *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
7. say a gr__e *n.* a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal
8. tr_____er a file *v.* to move, pass, or change from one person, place, or situation to another
9. del_____te attempt *adj.* done with full consciousness of nature and effects rather than by accident
10. en_____on the project's success *v.* to imagine or expect what a situation will be like in the future

ANSWERS: 1. neuron, 2. emotional, 3. replace, 4. intention, 5. reverse, 6. grab, 7. grace, 8. transfer, 9. deliberate, 10. envision

11. mo___g ceremony *adj.* causing strong emotions or feelings, especially sadness or sympathy
12. ro_____e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
13. au_____ed manual transmission *adj.* carried out by machines or computers to replace or decrease human labor
14. oc___y his time *v.* to consume all of someone's space, attention, or time
15. a sw__t current of a river *adj.* happening, moving, or capable of moving quickly
16. a_m to be a nurse *v.* to try or plan to get or achieve something
17. an_____e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
18. harmless ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
19. l_e water *n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
20. neu_____ity therapy *n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways

ANSWERS: 11. moving, 12. routine, 13. automated, 14. occupy, 15. swift, 16. aim, 17. analyze, 18. bacteria, 19. lye, 20. neuroplasticity

21. id____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
22. excessively su____y *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
23. protective cu____e *n.* the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects
24. clear in____on *n.* something you want to do and are going to do
25. price of pr____us metals *adj.* uncommon and extremely valuable
26. as____te with people widely *v.* to mentally connect someone or something with someone or something else
27. a heavy sc____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
28. c_e card *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
29. tr____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
30. a co__h potato *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

ANSWERS: 21. identify, 22. sugary, 23. cuticle, 24. intention, 25. precious, 26. associate, 27. schedule, 28. cue, 29. trigger, 30. couch

31. c__b appetite
v. to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk
32. lo___e a tumor
v. to specify or determine the exact position of someone or something
33. in_____ed prejudice
adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
34. worry en_____ly about our future
adv. in a way that continues for a long time or seems to have no end or limit
35. wall s__d
n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
36. neu_____ter receptor
n. a chemical that carries nerve impulses between neurons or between neurons and muscles
37. au_____ed way
adj. carried out by machines or computers to replace or decrease human labor
38. biomass f__l
n. a substance that is typically burned to generate heat or energy
39. re_____e a prisoner
v. to set free or allow to escape from confinement

ANSWERS: 31. curb, 32. locate, 33. ingrained, 34. endlessly, 35. stud, 36. neurotransmitter, 37. automated, 38. fuel, 39. release

40. d_p a chip in the sauce *v.* to put something into a liquid for a short time and take it out again
41. leather co__h *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
42. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
43. ou_____e market share *v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
44. re_____e one word with another *v.* to take the place of something
45. show pa_____ce *n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
46. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
47. 5-finger gl__e *n.* a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
48. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 40. dip, 41. couch, 42. neuron, 43. outpace, 44. replace, 45. patience, 46. strategy, 47. glove, 48. environment

49. pathogenic ba____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
50. exit from a l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
51. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
52. a built-in diagnostic ro_____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
53. sc___l through a document *n.* a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them
54. r_b a glass window *v.* to move one's hand or an object over the surface of something with pressure
55. arrange my sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
56. antagonism of do_____ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

ANSWERS: 49. bacteria, 50. loop, 51. celebrate, 52. routine, 53. scroll, 54. rub, 55. schedule, 56. dopamine

57. l_e soap *n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
58. b__w a cup of tea *v.* to make beer or tea by mixing a substance with hot water
59. pr____t a financial crisis *v.* to act in advance to prevent something or to replace it with something else
60. su____y treat *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
61. de____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
62. historical co____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
63. the re____d for good works *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
64. me____e a negotiation *v.* to try to bring about an agreement or understanding between people who are in conflict
65. act as a dec_____ker *n.* a person who makes important decisions, especially at a high level in an organization

ANSWERS: 57. lye, 58. brew, 59. preempt, 60. sugary, 61. develop, 62. context, 63. reward, 64. mediate, 65. decision-maker

66. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
67. es_____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
68. fr_____nt absence *adj.* happening constantly
69. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
70. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
71. en_____on the future *v.* to imagine or expect what a situation will be like in the future
72. pr_____us information *adj.* uncommon and extremely valuable
73. a_m at a specific target *v.* to try or plan to get or achieve something
74. genetically mo_____y food *v.* to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
75. have a lot of p_ps *n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
76. en_____ng story *adj.* attracting, pleasant, or charming
77. end of the gr__e period *n.* a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal

ANSWERS: 66. define, 67. estimate, 68. frequent, 69. associate, 70. anxiety, 71. envision, 72. precious, 73. aim, 74. modify, 75. pep, 76. engaging, 77. grace

78. sigh of re___f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
79. id_____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
80. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
81. test my pa_____ce *n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
82. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
83. an en_____ng smile *adj.* attracting, pleasant, or charming
84. an ob_____le to progress *n.* a thing that blocks one's way or prevents or hinders progress
85. em_____y job seekers *v.* to give somebody a job and pay them for it; to make use of
86. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
87. p_p me up *n.* energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness
88. a right-hand gl__e *n.* a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger

ANSWERS: 78. relief, 79. identify, 80. context, 81. patience, 82. neurotransmitter, 83. engaging, 84. obstacle, 85. employ, 86. eventually, 87. pep, 88. glove

89. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
90. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
91. psy_____gy of crowd *n.* the scientific study of mind and behavior
92. tr_____er power *v.* to move, pass, or change from one person, place, or situation to another
93. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
94. shopping re____ds cards *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
95. a sexual u__e *v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
96. visual c_e *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
97. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
98. nail cu_____e *n.* the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects
99. t_y box *n.* a thing, typically a small model or replica of something that is played with, especially by children

ANSWERS: 89. ingrained, 90. brain, 91. psychology, 92. transfer, 93. estimate, 94. reward, 95. urge, 96. cue, 97. define, 98. cuticle, 99. toy

100. positive feedback l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
101. horse s__d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
102. fr_____nt use *adj.* happening constantly
103. fi__t with hands *v.* to make small, restless movements; to be unable to sit still
104. ba__s for calculation *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
105. experience-dependent neu_____ity *n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
106. psy_____gy experiment *n.* the scientific study of mind and behavior
107. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 100. loop, 101. stud, 102. frequent, 103. fidget, 104. basis, 105. neuroplasticity, 106. psychology, 107. process

108. post re_____ly to a blog *adv.* at regular intervals or times
109. det_____al to good health *adj.* causing harm or damage
110. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
111. ou_____e economic growth *v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
112. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
113. ch__i sauce *n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers
114. lo___e a missing pet *v.* to specify or determine the exact position of someone or something
115. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
116. rusty n__l *n.* a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
117. a ben_____al result *adj.* helpful, useful, or sound; promoting or enhancing well-being

ANSWERS: 108. regularly, 109. detrimental, 110. eventually, 111. outpace, 112. strategy, 113. chili, 114. locate, 115. develop, 116. nail, 117. beneficial

118. in_____ne in a dispute *v.* to intentionally get involved in a situation to improve it or prevent it from getting worse
119. fi___t on my lap *v.* to make small, restless movements; to be unable to sit still
120. in_____ne between quarreling parties *v.* to intentionally get involved in a situation to improve it or prevent it from getting worse
121. ben_____al to all countries *adj.* helpful, useful, or sound; promoting or enhancing well-being
122. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
123. b__w beer *v.* to make beer or tea by mixing a substance with hot water
124. re_____ly arranged *adv.* at regular intervals or times
125. mo___y my behavior *v.* to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
126. on an equal ba__s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

ANSWERS: 118. intervene, 119. fidget, 120. intervene, 121. beneficial, 122. process, 123. brew, 124. regularly, 125. modify, 126. basis

127. re____e CO2 into the air *v.* to set free or allow to escape from confinement
128. cr__l away from a car *v.* to move forward slowly, as people or animals with their bodies near the ground
129. pr____t trouble *v.* to act in advance to prevent something or to replace it with something else
130. an____e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
131. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
132. n__l clipper *n.* a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
133. t_y store *n.* a thing, typically a small model or replica of something that is played with, especially by children
134. d_p a pen in ink *v.* to put something into a liquid for a short time and take it out again
135. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
136. sub_____sly influenced *adv.* in a way that is not fully conscious or aware of
137. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand

ANSWERS: 127. release, 128. crawl, 129. preempt, 130. analyze, 131. celebrate, 132. nail, 133. toy, 134. dip, 135. environment, 136. subconsciously, 137. complexity

138. repeat en_____ly *adv.* in a way that continues for a long time or seems to have no end or limit
139. u__e a total ban *v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
140. policy dec_____ker *n.* a person who makes important decisions, especially at a high level in an organization
141. tax re___f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
142. do_____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
143. me_____e allergic reaction *v.* to try to bring about an agreement or understanding between people who are in conflict
144. c__b anxiety *v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk
145. red ch__i powder *n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers
146. em_____al health *adj.* relating to people's feelings

ANSWERS: 138. endlessly, 139. urge, 140. decision-maker, 141. relief, 142. dopamine, 143. mediate, 144. curb, 145. chili, 146. emotional

147. smokeless f__l	<i>n.</i> a substance that is typically burned to generate heat or energy
148. take sw__t action	<i>adj.</i> happening, moving, or capable of moving quickly
149. ob____le avoidance	<i>n.</i> a thing that blocks one's way or prevents or hinders progress
150. com____ty theory	<i>n.</i> the state or quality of being complicated or intricate and difficult to understand
151. an____y for knowledge	<i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
152. re____e the order	<i>v.</i> to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
153. controlled sub_____sly	<i>adv.</i> in a way that is not fully conscious or aware of
154. tr____r inflation	<i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function
155. oc___y a position	<i>v.</i> to consume all of someone's space, attention, or time
156. det_____al eating habits	<i>adj.</i> causing harm or damage
157. mo___g experience	<i>adj.</i> causing strong emotions or feelings, especially sadness or sympathy
158. g__b an opportunity	<i>v.</i> to take hold of something or someone suddenly with a hand, especially in a violent way

ANSWERS: 147. fuel, 148. swift, 149. obstacle, 150. complexity, 151. anxiety, 152. reverse, 153. subconsciously, 154. trigger, 155. occupy, 156. detrimental, 157. moving, 158. grab

159. cr__l across the floor *v.* to move forward slowly, as people or animals with their bodies near the ground
160. em___y a new method *v.* to give somebody a job and pay them for it; to make use of
161. the del_____te act of provocation *adj.* done with full consciousness of nature and effects rather than by accident
162. r_b shoulders *v.* to move one's hand or an object over the surface of something with pressure
163. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
164. roll up a sc___l *n.* a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them

ANSWERS: 159. crawl, 160. employ, 161. deliberate, 162. rub, 163. brain, 164. scroll

Session 3: Fill in the Blanks

1. Along the gravel roads, sizeable yellow school buses _____.
v. to move forward slowly, as people or animals with their bodies near the ground
2. I avoid eating _____ foods to maintain a healthy diet.
adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
3. She studies gardening on a _____ basis.
n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
4. Many people in this city use the _____ railway for transportation.
n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
5. The _____ course was challenging but fun.
n. a thing that blocks one's way or prevents or hinders progress
6. She was wearing a black _____.
n. a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
7. To advance this discussion, we must _____ "success" rigorously.
v. to state or explain precisely the nature, scope, or meaning of something
8. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 1. crawl, 2. sugary, 3. routine, 4. loop, 5. obstacle, 6. glove, 7. define, 8. triggered

9. The drain cleaner contains caustic _____ and should be handled with care.
n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
10. The new policy had a _____ impact on small businesses.
adj. causing harm or damage
11. Night fishing has a lot of _____.
n. a thing given in acknowledgment of service, hard work, achievement, etc.
12. The majority of consumers _____ this brand with quality.
v. to mentally connect someone or something with someone or something else
13. She had a master's degree in _____.
n. the scientific study of mind and behavior
14. His _____ speech about his struggles with addiction brought tears to the audience's eyes.
adj. causing strong emotions or feelings, especially sadness or sympathy
15. We _____ the season's total trade deficit at \$50 billion.
v. to guess or calculate the cost, size, value, etc. of something
16. She _____ the money from her savings account to her checking account.
v. to move, pass, or change from one person, place, or situation to another
17. The procession of demonstrators was _____ continuing.
adv. in a way that continues for a long time or seems to have no end or limit

ANSWERS: 9. lye, 10. detrimental, 11. rewards, 12. associate, 13. psychology, 14. moving, 15. estimated, 16. transferred, 17. endlessly

18. Our body transfers information along each _____ using an electrical impulse.
- n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
19. Healing a broken heart requires _____ as it takes time to heal.
- n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
20. Human _____ responses vary widely depending on the society to which they belong.
- adj.* relating to people's feelings
21. We must _____ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
22. The animal rights group worked to _____ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
23. I love making a big pot of _____ on a cold winter day.
- n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers
24. The old oak tree stood with _____ and majesty in the park's center.
- n.* a quality of being pleasing, especially in appearance or manner; a temporary exemption, especially an extended period granted as a special favor; a short prayer of thanks before a meal

ANSWERS: 18. neuron, 19. patience, 20. emotional, 21. develop, 22. release, 23. chili, 24. grace

25. Our plan includes a comprehensive marketing _____.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
26. He gave his daughter a new ____ for her birthday.
- n.* a thing, typically a small model or replica of something that is played with, especially by children
27. It's important to understand the _____ of a situation before making a decision.
- n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
28. She waited for her daughter with _____.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
29. The director gave the actor a ____ to begin the scene.
- n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
30. So far, the meeting is going according to _____.
- n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
31. Despite its advanced science and technology, the empire was _____ about invasion.
- adj.* done with full consciousness of nature and effects rather than by accident
32. Her fear of dogs was _____ after a traumatic experience in childhood.
- adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

ANSWERS: 25. strategy, 26. toy, 27. context, 28. anxiety, 29. cue, 30. schedule, 31. deliberate, 32. ingrained

33. The _____ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
34. His heartaches are less _____ now.
- adj.* happening constantly
35. The _____ scarcity most severely impacted the manufacturing sector
- n.* a substance that is typically burned to generate heat or energy
36. Eventually, the new design will _____ all older models.
- v.* to take the place of something
37. Shall we _____ a bite to eat?
- v.* to take hold of something or someone suddenly with a hand, especially in a violent way
38. 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
39. The teacher had to _____ a disagreement between two students over a stolen pencil.
- v.* to try to bring about an agreement or understanding between people who are in conflict
40. I am going to _____ some coffee this morning.
- v.* to make beer or tea by mixing a substance with hot water

ANSWERS: 33. process, 34. frequent, 35. fuel, 36. replace, 37. grab, 38. environment, 39. mediate, 40. brew

41. The young prince will soon _____ the throne.
- v. to consume all of someone's space, attention, or time
42. He bought a new _____ to attach the strap to his watch.
- n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
43. He _____ with his pen while waiting for the interview to begin.
- v. to make small, restless movements; to be unable to sit still
44. Her running speed allowed her to _____ her competitors and win the race.
- v. to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
45. Following international law, our country does not _____ in the internal affairs of our neighbors.
- v. to intentionally get involved in a situation to improve it or prevent it from getting worse
46. X-rays revealed a small tumor in his _____.
- n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
47. The government _____ the release of sensitive information.
- v. to act in advance to prevent something or to replace it with something else
48. Dry and cracking _____ can be a sign of vitamin deficiency.
- n. the outermost layer of skin, hair, or nails; a thin protective layer covering the surface of plants or insects

ANSWERS: 41. occupy, 42. stud, 43. fidgeted, 44. outpace, 45. intervene, 46. brain, 47. preempted, 48. cuticles

49. We use adverbs to _____ verbs and adjectives.

- v.* to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

50. The restaurant _____ a ban on smoking.

- v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

51. He devoted his life to establishing a humanitarian _____ fund.

- n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

52. This evidence will form the _____ for our discussion.

- n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

53. Laughing is _____ to our health.

- adj.* helpful, useful, or sound; promoting or enhancing well-being

54. The drug controls the level of _____ in the brain.

- n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

55. Our CEO's _____ are always transparent and straightforward.

- n.* something you want to do and are going to do

56. I love to relax on the _____ and watch movies on the weekends.

- n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

ANSWERS: 49. modify, 50. reversed, 51. relief, 52. basis, 53. beneficial, 54. dopamine, 55. intentions, 56. couch

57. We ____ for an overseas expansion.

v. to try or plan to get or achieve something

58. When making arrests, police officers frequently _____ excessive force.

v. to give somebody a job and pay them for it; to make use of

59. We cannot _____ her as President.

v. to imagine or expect what a situation will be like in the future

60. He _____ picked at his cuticles while he was on the phone.

adv. in a way that is not fully conscious or aware of

61. Endorphins are a type of _____ that gives a sense of well-being.

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

62. The house owner loved the large hanging _____ in the guest room.

n. a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them

63. The coach gave a ____ talk to the team before the game to boost their spirits.

n. energy, enthusiasm, or liveliness; (verb) to give someone energy, enthusiasm, or liveliness

64. She _____ the sore spot on her leg to ease the pain.

v. to move one's hand or an object over the surface of something with pressure

65. The plant will continue operating through an _____ system 24 hours a day.

adj. carried out by machines or computers to replace or decrease human labor

ANSWERS: 57. aim, 58. employ, 59. envision, 60. subconsciously, 61. neurotransmitter, 62. scroll, 63. pep, 64. rubbed, 65. automated

66. The project's _____ made it difficult for the team to complete it on time.
n. the state or quality of being complicated or intricate and difficult to understand
67. He used a hammer and round _____ to fix the loose board on the fence.
n. a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
68. Her voice was _____ yet ever the last words fell lingeringly.
adj. happening, moving, or capable of moving quickly
69. The robot can accurately _____ construction material.
v. to specify or determine the exact position of someone or something
70. The teacher attempted to _____ the root cause of our mistake.
v. to think about in-depth and evaluate to discover essential features or meaning
71. We cannot afford to squander _____ time.
adj. uncommon and extremely valuable
72. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
73. He tried to _____ his anger during the argument with his friend.
v. to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk
74. The lobbyist _____ Congress not to approve the measure.
v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist

ANSWERS: 66. complexity, 67. nail, 68. swift, 69. locate, 70. analyze, 71. precious, 72. eventually, 73. curb, 74. urged

75. A wealth of information does not always have a positive impact on _____.
- n.* a person who makes important decisions, especially at a high level in an organization
76. I will introduce you to how to _____ the leading causes of the malfunction.
- v.* to recognize someone or something and say or prove who or what they are
77. This site _____ shares high-quality academic materials.
- adv.* at regular intervals or times
78. _____ prevalent in hospitals are often resistant to antibiotics.
- n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
79. He _____ the 10th anniversary of his tenure.
- v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
80. Researchers are currently studying the potential of _____ to treat conditions such as depression and anxiety.
- n.* the ability of the brain to change and reorganize itself in response to new experiences, learning, or injury, by creating new neural connections and pathways
81. She was disbarred for her _____ in fraud.
- adj.* attracting, pleasant, or charming
82. Please ___ up a bucketful of water from the well.
- v.* to put something into a liquid for a short time and take it out again

ANSWERS: 75. decision-makers, 76. identify, 77. regularly, 78. Bacteria, 79. celebrated, 80. neuroplasticity, 81. engaging, 82. dip

ANSWERS: