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Vocabulary Builder Reference from...

Renny Gleeson: Our antisocial phone tricks | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

avail

v. to help or benefit; to use or take advantage of
synonym : help, benefit, serve

(1) **avail** you little, (2) **avail** ourselves of this opportunity
Their financing options are reasonable and easy to **avail**.

device

n. a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic

synonym : gadget, instrument, tool

(1) electronic **device**, (2) tracking **device**

I always carry a backup **device** in case my phone runs out of battery.

proliferation

n. a rapid or uncontrolled increase in the number or amount of something; the process of growing, producing, or spreading rapidly and excessively

synonym : spread, expansion, increase

(1) nuclear **proliferation**, (2) the **proliferation** of social media

The **proliferation** of fast-food restaurants has contributed to the obesity epidemic.

glob

n. a small, round mass or lump; a drop or blob of liquid or viscous substance

synonym: ball, lump, sphere

(1) **glob** of paint, (2) **glob** of honey

She squeezed a **glob** of toothpaste onto her toothbrush.

stratum

n. a layer or level of something, usually referring to a layer of rock or soil in the Earth's crust

synonym: layer, level, tier

(1) social **stratum**, (2) **stratum** corneum

The geologist identified a new **stratum** of rock through his research.

obligation

n. the state of being morally or legally bound to do or pay something

synonym: burden, commitment, debt

(1) a deep **obligation**, (2) pay an **obligation**

You are under no **obligation** to finish the job.

societal

adj. relating to society or social relationships

synonym: social, communal, cultural

(1) **societal** norms, (2) **societal** expectations

The **societal** pressure to conform is strong in this community.

standpoint

n. a particular perspective or position from which something is viewed or considered; a point of view or opinion on a specific matter

synonym: viewpoint, perspective, opinion

(1) **standpoint** theory, (2) moral **standpoint**

From a marketing **standpoint**, this product may need to be more effective.

significance

n. the importance or value attached to something; the quality of being significant or noteworthy

synonym: importance, value, worth

(1) **significance** level, (2) mystical **significance**

The **significance** of his discovery cannot be overstated.

delta

n. a triangular area of low and flat land that is formed when a river flows into a larger body of water and deposits sediment; an object shaped like an equilateral triangle

synonym: floodplain, estuary

(1) river **deltas**, (2) **delta** cone

The Nile **Delta** is a rich and fertile region that has supported agriculture for thousands of years.

apology

n. an act of saying or writing that you are sorry for something that has been done wrong or that causes a trouble

synonym: regret, excuse, plea

(1) genuine **apology**, (2) accept his **apology**

She wrote a letter of **apology** to the renter.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

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.

tactics

n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports

synonym: strategy, maneuvers, plan

(1) blitz **tactics**, (2) political **tactics**

The marketing team developed new **tactics** to boost sales.

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**.

lean

adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

synonym : skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

Lean operational improvements often lead to better environmental performance.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym : mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

bust

v. to break something; (noun) a woman's chest, or the measurement around a woman's chest; (noun) an occasion for something excessive, such as work, eating, drinking, etc.

synonym : ruin, fall apart, (noun) breast

(1) **bust** my leg, (2) the **bust** of the statue

I'm **bust** with preparation for tomorrow's meeting.

stretch

v. to make or be capable of making anything longer or broader without hurting or breaking

synonym : lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

screw

v. to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together

synonym : tighten, fix, secure

(1) **screw** the cap, (2) a female **screw**

He had to **screw** the loose knob back onto the cabinet door.

contort

v. to (cause something to) twist and press out of its natural or normal shape

synonym : deform, disfigure, distort

(1) **contort** my limbs, (2) **contort** the face

He **contorted** his smile with anger coming from his gut.

damn

v. to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger

synonym : curse, condemn, denounce

(1) **damn** the consequences, (2) **damn** with faint praise

The company's poor financial performance is likely to **damn** the CEO's chances of being re-elected to the board.

recumbent

adj. lying down or reclining; resting or leaning in a position of repose; can also refer to a type of bicycle with a reclined seating position

synonym : reclining, lying down, decumbent

(1) **recumbent** position, (2) **recumbent** bike

After a long day of hiking, I laid down on a **recumbent** chair to relax.

motorcycle

n. a two-wheeled vehicle that is driven by an engine and has no pedals

synonym : bike, motor

(1) **motorcycle** gangster, (2) electric **motorcycle**

He had his **motorcycle** license revoked for drunken driving.

collision

n. an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or

conflict

synonym: crash, impact, smash

(1) **collision** detection, (2) come into **collision** with my friend

The **collision** of tectonic plates can result in new mountain ranges, such as the Himalayas or the Alps.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

narrative

n. a story or a description of a series of events or process of telling a story

synonym: the tale, chronology, annals

(1) **narrative** poetry, (2) personal **narrative**

The **narrative** handles multiple plot lines and has unpredictable ends.

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.

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.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the

program

The majority of students actively **participated** in the college's intramural sports program.

dimension

n. a measurable extent of a particular kind, such as width, height, or length

synonym: extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**

Overall **dimensions** are approximately 400x200mm.

engagement

n. a mutual promise to marry someone; an agreement to do something, especially at a particular time

synonym: betrothal, promise, commitment

(1) a prior **engagement**, (2) break off an **engagement**

They selected a gorgeous diamond **engagement** ring.

prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

synonym: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

clap

v. to hit your hands together and make a short and loud noise, mainly to show your approval or praise

synonym: applaud, spat, acclaim

(1) **clap** my hands, (2) **clap** a book shut

We **clapped** along with the singer's song.

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.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym : character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym : enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly**

insecure

Several cities are experiencing **incredibly** high unemployment rates.

Session 2: Spelling

- | | |
|------------------------------|--|
| 1. g__b of honey | <i>n.</i> a small, round mass or lump; a drop or blob of liquid or viscous substance |
| 2. political ta____s | <i>n.</i> the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports |
| 3. new di_____on | <i>n.</i> a measurable extent of a particular kind, such as width, height, or length |
| 4. personal na_____ve | <i>n.</i> a story or a description of a series of events or process of telling a story |
| 5. na_____ve poetry | <i>n.</i> a story or a description of a series of events or process of telling a story |
| 6. re_____nt position | <i>adj.</i> lying down or reclining; resting or leaning in a position of repose; can also refer to a type of bicycle with a reclined seating position |
| 7. mot_____le gangster | <i>n.</i> a two-wheeled vehicle that is driven by an engine and has no pedals |
| 8. a female sc__w | <i>v.</i> to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together |
| 9. social st_____m | <i>n.</i> a layer or level of something, usually referring to a layer of rock or soil in the Earth's crust |
| 10. st_____h along the coast | <i>v.</i> to make or be capable of making anything longer or broader without hurting or breaking |

ANSWERS: 1. glob, 2. tactics, 3. dimension, 4. narrative, 5. narrative, 6. recumbent, 7. motorcycle, 8. screw, 9. stratum, 10. stretch

11. accept his ap_____y *n.* an act of saying or writing that you are sorry for something that has been done wrong or that causes a trouble
12. 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
13. the crosswise di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
14. st_____m corneum *n.* a layer or level of something, usually referring to a layer of rock or soil in the Earth's crust
15. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected
16. st_____ng water *adj.* existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
17. nuclear pro_____ion *n.* a rapid or uncontrolled increase in the number or amount of something; the process of growing, producing, or spreading rapidly and excessively
18. his social st_____ng *adj.* existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
19. so_____al expectations *adj.* relating to society or social relationships
20. in a ge_____e voice *adj.* having or showing a kindly or tender nature; soft and mild
21. mystical sig_____nce *n.* the importance or value attached to something; the quality of being significant or noteworthy

ANSWERS: 11. apology, 12. literally, 13. dimension, 14. stratum, 15. fundamental, 16. standing, 17. proliferation, 18. standing, 19. societal, 20. gentle, 21. significance

22. translate li_____ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
23. c__p a book shut *v.* to hit your hands together and make a short and loud noise, mainly to show your approval or praise
24. g__b of paint *n.* a small, round mass or lump; a drop or blob of liquid or viscous substance
25. re_____nt bike *adj.* lying down or reclining; resting or leaning in a position of repose; can also refer to a type of bicycle with a reclined seating position
26. electronic de___e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
27. d__n with faint praise *v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
28. the pro_____ion of social media *n.* a rapid or uncontrolled increase in the number or amount of something; the process of growing, producing, or spreading rapidly and excessively
29. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
30. come into co_____on with my friend *n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict

ANSWERS: 22. literally, 23. clap, 24. glob, 25. recumbent, 26. device, 27. damn, 28. proliferation, 29. context, 30. collision

31. c__p my hands *v.* to hit your hands together and make a short and loud noise, mainly to show your approval or praise
32. official sta_____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
33. 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
34. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
35. id_____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
36. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
37. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
38. 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
39. sta_____nt theory *n.* a particular perspective or position from which something is viewed or considered; a point of view or opinion on a specific matter

ANSWERS: 31. clap, 32. statistics, 33. develop, 34. strategy, 35. identity, 36. statistics, 37. strategy, 38. develop, 39. standpoint

40. moral sta_____nt *n.* a particular perspective or position from which something is viewed or considered; a point of view or opinion on a specific matter
41. fun_____al education *adj.* forming an essential base or core from which everything else develops or is affected
42. b__t my leg *v.* to break something; (noun) a woman's chest, or the measurement around a woman's chest; (noun) an occasion for something excessive, such as work, eating, drinking, etc.
43. break off an eng_____nt *n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time
44. electric mot_____le *n.* a two-wheeled vehicle that is driven by an engine and has no pedals
45. p__p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
46. sig_____nce level *n.* the importance or value attached to something; the quality of being significant or noteworthy
47. genuine ap_____y *n.* an act of saying or writing that you are sorry for something that has been done wrong or that causes a trouble
48. river de__as *n.* a triangular area of low and flat land that is formed when a river flows into a larger body of water and deposits sediment; an object shaped like an equilateral triangle

ANSWERS: 40. standpoint, 41. fundamental, 42. bust, 43. engagement, 44. motorcycle, 45. prop, 46. significance, 47. apology, 48. delta

49. a prior eng_____nt *n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time
50. the b__t of the statue *v.* to break something; (noun) a woman's chest, or the measurement around a woman's chest; (noun) an occasion for something excessive, such as work, eating, drinking, etc.
51. st_____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
52. a deep obl_____on *n.* the state of being morally or legally bound to do or pay something
53. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
54. sc__w the cap *v.* to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together
55. d__n the consequences *v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger
56. de__a cone *n.* a triangular area of low and flat land that is formed when a river flows into a larger body of water and deposits sediment; an object shaped like an equilateral triangle
57. emotional p__p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 49. engagement, 50. bust, 51. stretch, 52. obligation, 53. incredibly, 54. screw, 55. damn, 56. delta, 57. prop

58. par_____te in the program *v.* to take part in something
59. tracking de___e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
60. pay an obl_____on *n.* the state of being morally or legally bound to do or pay something
61. so_____al norms *adj.* relating to society or social relationships
62. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
63. ge___e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
64. a l__n horse *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
65. co_____t the face *v.* to (cause something to) twist and press out of its natural or normal shape
66. l__n athletic figure *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
67. co_____on detection *n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict
68. par_____te fully in conversation *v.* to take part in something
69. blitz ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports

ANSWERS: 58. participate, 59. device, 60. obligation, 61. societal, 62. context, 63. gentle, 64. lean, 65. contort, 66. lean, 67. collision, 68. participate, 69. tactics

70. co____t my limbs *v.* to (cause something to) twist and press out of its natural or normal shape
71. av__l you little *v.* to help or benefit; to use or take advantage of
72. mistaken id____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
73. get inc____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
74. av__l ourselves of this opportunity *v.* to help or benefit; to use or take advantage of

ANSWERS: 70. contort, 71. avail, 72. identity, 73. incredibly, 74. avail

Session 3: Fill in the Blanks

1. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
2. He had to _____ the loose knob back onto the cabinet door.
v. to turn something, such as a bolt, with a driver or wrench to tighten or loosen it;
(noun) a cylindrical rod with a helical ridge used to fasten things together
3. I'm _____ with preparation for tomorrow's meeting.
v. to break something; (noun) a woman's chest, or the measurement around a woman's chest; (noun) an occasion for something excessive, such as work, eating, drinking, etc.
4. The marketing team developed new _____ to boost sales.
n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
5. _____ operational improvements often lead to better environmental performance.
adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
6. He _____ his smile with anger coming from his gut.
v. to (cause something to) twist and press out of its natural or normal shape
7. Their financing options are reasonable and easy to _____.
v. to help or benefit; to use or take advantage of
8. 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

ANSWERS: 1. incredibly, 2. screw, 3. bust, 4. tactics, 5. Lean, 6. contorted, 7. avail, 8. context

9. The Nile _____ is a rich and fertile region that has supported agriculture for thousands of years.
- n.* a triangular area of low and flat land that is formed when a river flows into a larger body of water and deposits sediment; an object shaped like an equilateral triangle
10. Her _____ manner relaxed everyone there.
- adj.* having or showing a kindly or tender nature; soft and mild
11. Human behavior has _____ characteristics.
- adj.* forming an essential base or core from which everything else develops or is affected
12. The geologist identified a new _____ of rock through his research.
- n.* a layer or level of something, usually referring to a layer of rock or soil in the Earth's crust
13. The _____ of tectonic plates can result in new mountain ranges, such as the Himalayas or the Alps.
- n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict
14. The terrorist's _____ remains unknown.
- n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
15. The _____ of his discovery cannot be overstated.
- n.* the importance or value attached to something; the quality of being significant or noteworthy

ANSWERS: 9. Delta, 10. gentle, 11. fundamental, 12. stratum, 13. collision, 14. identity, 15. significance

16. The _____ demonstrate that poverty and unemployment are genuine problems.
- n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
17. The _____ of fast-food restaurants has contributed to the obesity epidemic.
- n.* a rapid or uncontrolled increase in the number or amount of something; the process of growing, producing, or spreading rapidly and excessively
18. We _____ along with the singer's song.
- v.* to hit your hands together and make a short and loud noise, mainly to show your approval or praise
19. They selected a gorgeous diamond _____ ring.
- n.* a mutual promise to marry someone; an agreement to do something, especially at a particular time
20. After a long day of hiking, I laid down on a _____ chair to relax.
- adj.* lying down or reclining; resting or leaning in a position of repose; can also refer to a type of bicycle with a reclined seating position
21. The _____ pressure to conform is strong in this community.
- adj.* relating to society or social relationships
22. From a marketing _____ this product may need to be more effective.
- n.* a particular perspective or position from which something is viewed or considered; a point of view or opinion on a specific matter
23. Overall _____ are approximately 400x200mm.
- n.* a measurable extent of a particular kind, such as width, height, or length

ANSWERS: 16. statistics, 17. proliferation, 18. clapped, 19. engagement, 20. recumbent, 21. societal, 22. standpoint, 23. dimensions

24. The _____ handles multiple plot lines and has unpredictable ends.
n. a story or a description of a series of events or process of telling a story
25. She wrote a letter of _____ to the renter.
n. an act of saying or writing that you are sorry for something that has been done wrong or that causes a trouble
26. He had his _____ license revoked for drunken driving.
n. a two-wheeled vehicle that is driven by an engine and has no pedals
27. The _____ concert was packed with fans.
adj. existing or remaining upright; having a vertical position; (noun) social, financial, or professional status or reputation
28. We have finally lost our last _____.
n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
29. Our plan includes a comprehensive marketing _____.
n. a detailed plan of action designed to achieve a long-term or overall goal.
30. Some herds have been observed to _____ hundreds of kilometers.
v. to make or be capable of making anything longer or broader without hurting or breaking
31. The majority of students actively _____ in the college's intramural sports program.
v. to take part in something

ANSWERS: 24. narrative, 25. apology, 26. motorcycle, 27. standing, 28. prop, 29. strategy, 30. stretch, 31. participated

32. 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
33. You are under no _____ to finish the job.
- n.* the state of being morally or legally bound to do or pay something
34. 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
35. She squeezed a _____ of toothpaste onto her toothbrush.
- n.* a small, round mass or lump; a drop or blob of liquid or viscous substance
36. I always carry a backup _____ in case my phone runs out of battery.
- n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
37. The company's poor financial performance is likely to _____ the CEO's chances of being re-elected to the board.
- v.* to express disapproval of or disappointment in something or someone; to condemn or to curse; (a swear word) an expression of anger

ANSWERS: 32. develop, 33. obligation, 34. literally, 35. glob, 36. device, 37. damn