

## Reading for Today 4: Concepts, 4<sup>th</sup> Edition

### Glossary

#### Chapter 1

<b>alike</b>	(adj.) similar, comparable
<b>billion-dollar industry</b>	(phrase) a business that makes a lot of money
<b>boosts</b>	(n.) lifts, pushes up, raises
<b>cognitive skills</b>	(n.) a person's ability to process information associated with learning and problem solving
<b>compromise</b>	(v.) to reach an agreement where each side gets some, but not all, of what it wants
<b>cope</b>	(v.) to face difficulties and try to overcome them
<b>debate</b>	(n.) to argue, present differing views on a question
<b>despite</b>	(prep.) even though, in spite of
<b>education</b>	(n.) basic instruction or training in schools
<b>emotion</b>	(n.) a feeling, such as love, hate, happiness, or sorrow
<b>enhanced</b>	(adj.) improved, added to
<b>fundamental</b>	(adj.) basic, primary
<b>gain</b>	(n.) an increase, advance
<b>isolated</b>	(adj.) separated from others, caused to be alone
<b>K-12</b>	(adj.) between the grade levels of kindergarten and 12th grade
<b>learning gains</b>	(n.) improvements in learning
<b>medium</b>	(n.) a means of doing
<b>monitor</b>	(v.) to observe the actions of others
<b>motivate</b>	(v.) to give a reason to do
<b>profession</b>	(n.) an occupation requiring a specific education
<b>psychology</b>	(n.) study of human and animal behavior
<b>resilience</b>	(n.) the ability to restore one's energy
<b>socially isolated gamer</b>	(phrase) someone who plays video games alone
<b>specifically</b>	(adv.) exactly, definitely
<b>view</b>	(n.) an opinion, belief
<b>ward off</b>	(v.) protect against

#### Chapter 2

<b>assumption</b>	(n.) a belief that something will happen
<b>competent</b>	(adj.) having the ability to do something well, having good or excellent skills
<b>different</b>	(adj.) unlike, not the same
<b>diluted</b>	(adj.) reduced the value of by adding something
<b>discouraged</b>	(adj.) feeling a loss of confidence or hope, disheartened
<b>discredited</b>	(adj.) shown to be of little or no truth or value
<b>evidence</b>	(n.) words or objects that support the truth
<b>eyebrow-raising news</b>	(phrase) surprising news
<b>impact</b>	(n.) effect, impression
<b>in particular</b>	(adv.) specifically, especially
<b>influences</b>	(n.) things that had an effect
<b>intelligent</b>	(adj.) able to learn, understand, and use information well, smart
<b>jumping to conclusions</b>	(phrase) deciding something without having enough facts
<b>mixed</b>	(adj.) varied
<b>nonexistent</b>	(adj.) missing, absent
<b>on the other hand</b>	(phrase) introducing an opposing idea
<b>plenty of</b>	(adj.) more than enough
<b>prophecy</b>	(n.) a prediction, foretelling of the future
<b>SAT</b>	(n.) Scholastic Aptitude Test which determines high school students' ability to do college work
<b>self-fulfilling prophecy</b>	(n.) something that happens because someone thinks or predicts it will
<b>selfish</b>	(adj.) concerned with one's self more than others, not sharing
<b>sibling rivalry</b>	(phrase) competition between brothers and sisters
<b>significant</b>	(adj.) important
<b>take</b>	(v.) consider

### Chapter 3

<b>accumulation</b>	(n.) an increase, adding up
<b>blossom</b>	(v.) to flower, to develop into something very good
<b>bottomed out</b>	(v.) to reach the lowest point then begin to rise
<b>chaos</b>	(n.) extreme, usually violent disorder; mass confusion

<b>competence</b>	(n.) skill or ability
<b>contribute</b>	(v.) to give
<b>drop</b>	(v.) to fall
<b>edging towards</b>	(phrase) moving close to
<b>emphasis</b>	(n.) special importance placed on something
<b>enigmatic</b>	(adj.) mysterious, puzzling
<b>fare</b>	(v.) to result in something good or bad, make out
<b>feedback</b>	(n.) the response to one's ideas
<b>impact</b>	(n.) effect, impression
<b>in charge</b>	(adj.) to have control
<b>in jeopardy</b>	(adj.) in danger
<b>intrigued</b>	(adj.) caused interest or curiosity
<b>launched</b>	(v.) begun, put into operation
<b>liken</b>	(v.) to think of as being similar to, compare
<b>mixed</b>	(adj.) varied
<b>overall</b>	(adj.) in general, considering everything
<b>participate</b>	(v.) to take part or have a role in an activity or event
<b>plunge</b>	(v.) to plummet, dive, or fall fast and far
<b>realized</b>	(adj.) understood
<b>self-esteem</b>	(n.) a feeling of liking oneself, a sense of self-worth
<b>spearheaded</b>	(v.) served as the leader of
<b>suggest</b>	(v.) to bring an idea to mind, to indicate
<b>transition</b>	(n.) a change from one condition to another
<b>unhappy</b>	(adj.) sad, sorrowful
<b>upswing</b>	(n) an upward movement, usually sudden
<b>vulnerable</b>	(adj.) exposed, unprotected

#### Chapter 4

<b>ailment</b>	(n.) an illness
<b>at high doses</b>	(phrase) in excessive amounts
<b>carry away</b>	(v.) take or bring with
<b>come across</b>	(v.) accidentally encounter
<b>consumed</b>	(v.) eaten
<b>conventional wisdom</b>	(phrase) a generally accepted belief

<b>culprit</b>	(n.) wrongdoer
<b>cure</b>	(n.) a treatment
<b>cut back</b>	(n.) reduce
<b>domesticated</b>	(v.) cultivated it in order to eat it
<b>empty calories</b>	(phrase) food with no nutritional benefit
<b>mainland</b>	(n.) the part of a country that does not include any islands
<b>myths</b>	(n.) untrue stories that people like to believe
<b>nobility</b>	(n.) rich people
<b>plethora</b>	(n.) a very large amount
<b>prominently</b>	(adv.) noticeably or greatly
<b>rationale</b>	(n.) a reason for something
<b>span</b>	(n.) a period of time
<b>spike</b>	(n.) a large, sudden increase
<b>spread</b>	(v.) to cause to go or travel a distance or to many people
<b>staple</b>	(n.) a common food
<b>sum up</b>	(v.) conclude or explain
<b>trace</b>	(v.) follow
<b>warn against</b>	(v.) caution or advise
<b>worst-case scenario</b>	(n.) the most serious possible result of a situation

## Chapter 5

<b>ability</b>	(n.) skill, power to do
<b>active</b>	(adj.) busy, involved in
<b>backing up</b>	(v.) supporting
<b>cardiologist</b>	(n.) one who treats or studies the heart and its disease
<b>contradictory</b>	(adj.) opposing
<b>coronary</b>	(adj.) the heart
<b>endothelium</b>	(n.) the protective barrier lining our blood vessels
<b>find out</b>	(v.) discover
<b>hostile</b>	(adj.) hateful, angry
<b>humorous</b>	(adj.) funny
<b>impairment</b>	(n.) damage
<b>implications</b>	(n.) indirect suggestions
<b>incorporate</b>	(v.) to include, contain

<b>indicate</b>	(v.) to show where or what something is
<b>leads to</b>	(v.) causes to start
<b>look into</b>	(v.) investigate
<b>maybe so</b>	(phrase) it is possible
<b>mood</b>	(n.) your feelings
<b>participants</b>	(n.) the people in the study
<b>pore over</b>	(v.) examine long and carefully
<b>possible</b>	(adj.) capable of existing, happening, or being done
<b>prescription</b>	(n.) a doctor's instructions
<b>rely on</b>	(v.) depend on
<b>respond to</b>	(v.) react to
<b>restricted</b>	(adj.) limited
<b>set off</b>	(v.) cause to begin
<b>sets off</b>	(v.) causes
<b>similar</b>	(adj.) almost alike
<b>ultimately</b>	(adv.) finally
<b>what ails us</b>	(phrase) what makes us sick
<b>when it comes to</b>	(phrase) with regard to

## Chapter 6

<b>ailments</b>	(n.) illnesses
<b>align with</b>	(v.) be in proper position with
<b>ceremonies</b>	(n.) formal practices
<b>chronic</b>	(adj.) habitual, persistent
<b>concepts</b>	(n.) understandings
<b>cycles of life</b>	(phrase) the stages of life
<b>distinctive</b>	(adj.) special
<b>embodies</b>	(v.) represents
<b>energies</b>	(n.) powers
<b>enhance</b>	(v.) strengthen
<b>essential</b>	(adj.) necessary
<b>facilitators</b>	(n.) people who help to make something happen
<b>go back</b>	(phrase) has existed for
<b>harmony</b>	(n.) calm and balance

<b>herbal</b>	9adj.) related to a soft-stem plant used as seasoning or medicine
<b>indigenous plants</b>	(n.) plants that are native to the area
<b>integral</b>	(adj.) essential
<b>internal disharmony</b>	(n.) an imbalance inside of the body
<b>medicine</b>	(n.) the art and science of curing sick people and preventing disease
<b>phenomena</b>	(n.) interesting images or events
<b>promote</b>	(v.) encourage
<b>rely on</b>	(v.) depend on
<b>smudging</b>	(n.) a traditional Native American method of burning sacred herbs, such as sage, to produce a smoke cloud which is used in various cleansing or prayer ceremonies and purification or healing rituals
<b>spiritual</b>	(adj.) of or about the spirit, religious
<b>sun-wise</b>	(adj.) clockwise, circular, same direction as the sun
<b>take into account</b>	(phrase) consider
<b>tradition</b>	(n.) the passing of customs and beliefs from one generation to another
<b>underlying</b>	(adj.) basic, fundamental

## Chapter 7

<b>antibiotics</b>	(n.) medicine made from tiny microorganisms that are effective in fighting off other disease-causing microorganisms
<b>confined to</b>	(v.) restricted to
<b>create</b>	(v.) to give life to
<b>delaying</b>	(adj.) slowing or stopping
<b>destroy</b>	(v.) kill
<b>digest</b>	(v.) to process in the stomach
<b>drug-resistant</b>	(adj.) very difficult to kill with many drugs
<b>emerging</b>	(adj.) appearing
<b>ideally</b>	(adv.) in a perfect way
<b>infect</b>	(v.) make sick
<b>insist</b>	(v.) demand
<b>misuse</b>	(v.) to use something incorrectly
<b>MRSA</b>	(n.) common methicillin-resistant superbug
<b>overuse</b>	(v.) to use something too much or too often

<b>potent</b>	(adj.) powerful
<b>prescribe</b>	(v.) give someone instructions to take certain medicine
<b>prevent</b>	(v.) to stop from happening
<b>recover</b>	(v.) get better
<b>strains</b>	(n.) species, types
<b>stubborn</b>	(adj.) persistent
<b>survive</b>	(v.) continue to live
<b>susceptible</b>	(adj.) vulnerable
<b>thrive</b>	(v.) grow successfully
<b>traits</b>	(n.) characteristics
<b>unfortunately</b>	(adv.) sadly
<b>virus</b>	(n.) microorganism that cannot grow or reproduce apart from a living cell

## Chapter 8

<b>apparent</b>	(adj.) obvious
<b>audible</b>	(adj.) capable of being heard
<b>cognition</b>	(n.) thought or understanding
<b>distinct</b>	(adj.) recognizable
<b>encounter</b>	(v.) to come face to face with, to confront
<b>garrulous</b>	(adj.) talking too much, talkative
<b>hydrophones</b>	(n.) devices that record sound underwater
<b>illusion</b>	(n.) a false impression
<b>in unison</b>	(phrase) at the same time
<b>incredible</b>	(adj.) wonderful, fabulous
<b>innovate</b>	(v.) do something in a new way
<b>interact with</b>	(v.) communicate with through conversation, looks, or action
<b>logged</b>	(v.) wrote down something you observed
<b>mimicking</b>	(v.) copying
<b>precisely</b>	(adv.) exactly
<b>remarkable</b>	(adj.) impressive
<b>rostra</b>	(n.) beaks
<b>simultaneously</b>	(adv.) at the same time
<b>synchronized</b>	(adj.) set to occur at the same time
<b>tandem</b>	(adj.) working as a team
<b>vocalization</b>	(n.) making sounds to communicate

## Chapter 9

<b>a large scale</b>	(phrase) a great amount
<b>access</b>	(n.) to get into, enter
<b>affordably</b>	(adv.) inexpensively
<b>alert</b>	(v.) warn
<b>applications</b>	(n.) uses
<b>astronomy</b>	(n.) the science of outer space
<b>benefit</b>	(v.) to help
<b>buildup</b>	(n.) accumulation
<b>carbon monoxide detector</b>	(phrase) finds unsafe levels of carbon monoxide
<b>care</b>	(n.) close attention
<b>centuries</b>	(n.) hundreds of years
<b>concern</b>	(n.) worry
<b>considerable funding</b>	(phrase) a lot of money
<b>dependable</b>	(adj.) responsible, reliable, trustworthy
<b>detect</b>	(v.) locate
<b>durable</b>	(adj.) long-lasting
<b>eliminates</b>	(v.) gets rid of
<b>enhance</b>	(v.) to improve, add to
<b>extensive</b>	(adj.) great in amount or area, considerable
<b>fascinated</b>	(adj.) greatly interested
<b>fatigue</b>	(n.) tiredness
<b>harm</b>	(n.) hurt
<b>hazards</b>	(n.) dangers
<b>help</b>	(n.) aid, support
<b>intense</b>	(adj.) powerful, strong
<b>lengthy</b>	(adj.) long
<b>moderate</b>	(v.) to become less in strength or severity
<b>modify</b>	(v.) to change something, alter
<b>nature</b>	(n.) the part of our world not made by humans, such as the sky, trees, fields, streams, plants, animals, etc.
<b>remote</b>	(adj.) distant
<b>scarce</b>	(adj.) not available or plentiful



<b>spinoff</b>	(n.) a technology developed for astronauts and now used by people everywhere
<b>success</b>	(n.) accomplishment of a task, the reaching of a goal
<b>superior to</b>	(phrase) better than
<b>toxic</b>	(adj.) deadly
<b>translucent</b>	(adj.) clear
<b>universe</b>	(n.) the stars, planets, other heavenly bodies, and space taken together
<b>useful</b>	(adj.) helpful, handy

## Chapter 10

<b>ban</b>	(n.) a prohibition
<b>binding</b>	(adj.) obligatory
<b>came to a head</b>	(phrase) became very important
<b>conflicting</b>	(adj.) opposing
<b>contend</b>	(v.) to argue
<b>depletion</b>	(n.) great reduction
<b>deprive</b>	(v.) to keep from
<b>dismissed</b>	(v.) ignored as unimportant; brushed off
<b>exploitation</b>	(n.) the act of treating unfairly or taking advantage of
<b>handful</b>	(n.) a small number
<b>IGY</b>	(n.) International Geophysical year; a multi-country cooperative research project
<b>inhospitable</b>	(adj.) not welcoming; unfriendly
<b>irresistible</b>	(adj.) not able to be refused; very tempting
<b>lure</b>	(v.) to attract
<b>mere</b>	(adj.) no more than
<b>negotiated</b>	(v.) worked on
<b>pollute</b>	(v.) to contaminate
<b>push for</b>	(phrase) try to get
<b>reduce</b>	(v.) to lessen in severity, importance, etc.
<b>reflect</b>	(v.) to give off a shine
<b>remote</b>	(adj.) distant and isolated
<b>sovereignty</b>	(n.) ownership
<b>treaty</b>	(n.) an agreement between two or more countries
<b>unparalleled</b>	(adj.) unique
<b>vital</b>	(adj.) crucial

## Chapter 11

<b>alerted</b>	(v.) notified
<b>as well as</b>	(phrase) and
<b>astonishing revelation</b>	(phrase) a surprising discovery
<b>autopsy</b>	(n.) an examination on a body
<b>clearly</b>	(prep.) obviously
<b>damage</b>	(v.) to hurt, injure
<b>defrost</b>	(v.) to thaw
<b>disclosed</b>	(v.) revealed
<b>elements</b>	(n.) weather conditions
<b>for the time being</b>	(phrase) for now
<b>garments</b>	(n.) clothing
<b>gear</b>	(n.) equipment
<b>insulated</b>	(adj.) has something added to it to provide warmth
<b>literally</b>	(adv.) meaning exactly what it says
<b>perspective</b>	(n.) a point of view
<b>put on ice</b>	(phrase) postponed
<b>release</b>	(v.) to let go, to set free
<b>remnants</b>	(n.) small pieces
<b>repair</b>	(v.) to fix or make something work again
<b>return</b>	(v.) to come back, as from a trip
<b>revelation</b>	(n.) an uncovering of something that was hidden, a disclosure
<b>survive</b>	(v.) continue to live
<b>theorize</b>	(v.) to make an educated guess
<b>to shed new light</b>	(phrase) to get a new understanding
<b>unprecedented</b>	(adj.) has never happened before
<b>violent</b>	(adj.) done with cruelty and force causing injury
<b>well-preserved</b>	(adj.) kept in good condition

## Chapter 12

<b>agree</b>	(v.) to have the same idea or opinion
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<b>bill</b>	(n.) the name given to a proposed law before it is signed by the president
<b>cause</b>	(n.) motivation for doing something
<b>dilemma</b>	(n.) a problem with two possible solutions, neither of which is perfect
<b>discontent</b>	(n.) dissatisfaction
<b>domination</b>	(n.) having the most important place or greatest influence in
<b>enforce a law</b>	(phrase) make sure a law is obeyed
<b>establish</b>	(v.) to found, create
<b>foundation</b>	(n.) basis or authority
<b>hand in hand</b>	(phrase) together
<b>in safe hands</b>	(phrase) protected
<b>in the hands of</b>	(phrase) under the control of
<b>initial</b>	(adj.) the first
<b>liberty</b>	(n.) freedom
<b>majority</b>	(n.) more than half of the people
<b>pay</b>	(v.) to give money to someone in return for regular work
<b>pioneers</b>	(n.) people who do something that no one has ever done before
<b>regardless of</b>	(phrase) in spite of
<b>reluctantly</b>	(adv.) with concern or fear, hesitantly
<b>replace</b>	(v.) to get something new to take the place of something old
<b>reshape</b>	(v.) reorganize
<b>therefore</b>	(prep.) as a result
<b>veto</b>	(v.) to refuse to sign
<b>vigilant</b>	(adj.) alert to any danger