

## A

**abuse** *n.* cruel treatment, neglect: *There are laws against animal abuse.*

**accessible** *adj.* able to be entered or reached: *As more information becomes digital, it becomes more accessible.*

**accumulated** *adj.* having added up, increased: *The accumulated snow reaches my torso now.*

**adjust** *v.* to change to become more comfortable: *It didn't take me long to adjust to life in the city.*

**admit** *v.* to confess, reveal something held secret: *He admitted to lying about his ability to speak six languages.*

**adversarial** *adj.* against someone, opposing: *Male lions are naturally adversarial and will fight for their territory.*

**affectionate** *adj.* loving, warm: *The affectionate cat slept on its owner's lap every day.*

**agony** *n.* great pain: *She screamed in agony when the boy rolled over her toes with a cart.*

**ample** *adj.* more than enough, plenty: *We have ample cookies for everyone.*

**anointment with** *n. phr.* having oil or an oily substance poured over one's body: *Anointment with olive oil followed ancient Greek baths.*

**approve** *v.* to consent, permit: *The city council approved paid parental leave earlier this year.*

**approximately** *adv.* estimated, not exact: *He guessed that there were approximately 600 candies in the jar.*

**artificially** *adv.* made by humans, not made from natural things: *Many sodas are artificially flavored.*

**aspect** *n.* a feature, part of something: *When she won the lottery, money changed almost every aspect of her life.*

**aversive** *adj.* tending to avoid or causing avoidance of a noxious or punishing stimulus: *Introverts have to keep their already high arousal level from becoming too aversive.*

**awkward** *adj.* uncoordinated: *The awkward boy tripped over his shoes on his way to class.*

## B

**blame** *v.* to say someone is responsible for something bad: *He tends to blame everyone else for his problems.*

**boast** *v.* to praise oneself, to brag: *She boasted about her grades.*

**bring about** *v.* to make happen: *It is important to be active to bring about change.*

## C

**challenge** *n.* something that serves as a call to action: *They faced many challenges on their difficult journey.*

**chaos** *n.* extreme, usually violent disorder, mass confusion: *After the attack, there was chaos in the village.*

**chill** *v.* to cool, make cold: *The cold wind chilled me to the bone.*

**circumstance** *n.* a condition that affects someone or something else: *Due to her financial circumstances, she needed a scholarship to go to college.*

**come up with** *v.* to think of, invent, discover: *Scientists have come up with several theories about the universe.*

**compassion** *n.* sympathetic pity and concern for the sufferings of misfortunes of others: *Good leaders lead with compassion and kindness.*

**condemn** *v.* to express disapproval of someone or something strongly: *The public condemned the hunter for her kill of an African lion.*

**conscious** *adj.* knowing or noticing something: *He was conscious of how his tie looked with his suit.*

**consciousness** *n.* awareness: *People have debated whether animals have consciousness like humans do.*

**constantly** *adv.* happening all the time, continuously: *The planet is constantly rotating.*

**contaminate** *v.* to make unclean, impure, unfit for use or consumption: *Don't use the same knife for both foods or you'll contaminate them.*

**contribute** *v.* to help cause or bring about: *Not washing your hands can contribute to sickness.*

**controversy** *n.* public disagreement, usually involving strong opinions and an important subject: *There is a lot of controversy around the new presidential candidate.*

**convey** *v.* to make known or understandable to someone: *His frown conveyed his unhappiness.*

**criteria** *n. pl.* rules used to judge something, standards of measurement: *There are a lot of criteria to judge the dance competition.*

**crucial** *adj.* extremely important, critical, decisive: *It is crucial that she finishes her assignment by the deadline.*

**customary** *adj.* expected and traditional way to behave: *The customary way to set the table is with the fork on the left and the knife on the right.*

## D

**deal** *v.* to buy something from producers and sell it to customers: *He deals used cars mostly to new customers.*

**deliberately** *adv.* on purpose: *She deliberately disobeyed her parents when she went to see the concert.*

**dimension** *n.* an aspect or feature of a situation, problem, or thing: *Every person has more than one dimension to their personality.*

**display** *n.* a presentation, demonstration: *The Mona Lisa has been on display since 1797.*

**documentary** *n.* a film or television program based on facts and historical records: *A documentary is being made about the famous journalist.*

**dominate** *v.* to have the most important place or greatest influence in: *The arrogant man dominates any conversation he joins.*

**dubious** *adj.* causing doubt about its value or truth: *His motives for starting a conversation with me were dubious.*

## E

**efficiency** *n.* good productivity or performance: *We cooked dinner with efficiency and sat down to eat only twenty minutes after we got home.*

**eliminate** *v.* to remove or get rid of: *He eliminated one college as an option after he visited the campus.*

**encounter** *v.* to come face-to-face with, to confront: *If you swim in deep water, you might encounter a shark.*

**endow with** *v.* to give a good quality or ability: *She is endowed with her mother's intelligence.*

**enforce** *v.* to make people obey: *The security guard is here to enforce the rules of the event.*

**excess** *n.* an amount that is more than what is needed or wanted: *What should we do with this excess food?*

**exhibit** *v.* to show, display: *The museum is exhibiting Impressionist art pieces.*

**expose** *v.* to make known, reveal: *The detective exposed the politician as the thief.*

## F

**fake** *adj.* a copy, imitation: *He was arrested for trying to sell fake art as original pieces.*

**fanaticism** *n.* excessive enthusiasm for something: *She has fanaticism for her favorite band.*

**fund** *n.* a sum of money for a specific purpose: *It is a good idea to have a retirement fund.*

## G

**gain momentum** *v. phr.* to pick up speed: *The animal rights movement gained momentum when its supporters started to form groups.*

**get carried away** *v.* to do too much of something and lose control of oneself: *I got carried away writing this essay, and now it's too long.*

**give way** *v.* to yield, succumb: *Do not give way to negative pressure.*

**grace** *n.* beauty of motion or style: *The dancer moved with grace across the stage.*

**grave** *adj.* serious, worrying: *He had a grave expression when he told me his brother had died.*

## H

**heap** *n.* a sum of money: *She's not worried about money because she has heaps in the bank.*

**hierarchically** *adv.* from higher to lower: *The data was arranged hierarchically.*

**hold on** *v.* to struggle against difficulty: *We can make it through tough times if we hold on.*

**hormone** *n.* a chemical from body organs that stimulates activity in living systems: *Many cows are injected with growth hormones today.*

**hot-tempered** *adj.* related to a person who gets angry easily: *She is very hot-*

*tempered and can be angered by even something small.*

**humanely** *adv.* with concern for others, with compassion: *Animal rights groups say that all animals should be treated humanely.*

## I

**ideals** *n.* the highest standards, something perfect: *Unfortunately, father held his son to strict masculine ideals.*

**impulsive** *adj.* acting on sudden urges, impetuous: *His impulsive behavior led him to buy a plane ticket without thinking about the price.*

**indefensible** *adj.* so bad that there is no justification, inexcusable: *She believes that shooting a lion is indefensible.*

**indifferent** *adj.* not caring, without feeling: *She was indifferent to his attempts at romance.*

**indulge in** *v.* to take something good, sometimes to excess: *After a hard day, I like to indulge in a long, hot bath.*

**indulgent** *adj.* enjoyable, even though it may be bad or wrong: *Dark chocolate is very indulgent.*

**infested with** *adj.* filled with insects or animals that cause trouble: *The basement was infested with rats.*

**ingest** *v.* to eat, swallow: *He ingests a turkey and cheese sandwich for lunch every day.*

**insult** *v.* to do or say bad, unkind things to someone: *He's crying because the older boy insulted him.*

**injection** *n.* a liquid passed through a needle or small opening: *I got my flu vaccine with an injection this year.*

**integrate** *v.* combine one thing with another so that they become a whole: *Journalists are trying to integrate digital media with text.*

**Internet posting** *n.* a personal publication on a website: *My grandmother made an Internet posting about my cousin's graduation.*

**introspective** *adj.* prone to looking inside oneself and thinking carefully: *Introspective people are the most self-aware.*

**investigate** *v.* to look at something carefully, examine: *The detectives investigated the crime scene for clues.*

**irrelevant** *adj.* not important to the situation: *Stop talking about irrelevant things and get to the point.*

**issue** *n.* a topic or matter of concern: *Political candidates must decide what they think about important issues.*

## L

**lean** *adj.* thin, not fat: *The lean model wore a suit in the fashion show.*

**legendary** *adj.* famous, renowned: *This circus troupe is legendary.*

**liberal** *adj.* generous, free: *I'm very liberal with my children's bedtimes.*

**load with** *v.* to fill with: *Beef jerky is loaded with salt and preservatives.*

**loss** *n.* an amount of money that is lost or taken away: *Businesses suffered serious*

*losses when the snow took away customers.*

## **M**

**make allowance** *v. phr.* to allow time, space, food, etc. for someone or something: *We'll make allowance for her lateness by telling her that the party starts thirty minutes earlier.*

**make a point** *v.* to effectively express an idea: *It is easiest to be direct when trying to make a point.*

**mean** *adj.* wanting to hurt someone: *The mean man tried to steal a child's backpack.*

**merging** *n.* combination: *The merging of those two companies will make things easier for customers.*

**metabolize** *v.* to digest, use, and expel nourishment: *When you're young, you metabolize food quickly.*

**meticulous** *adj.* careful and thorough, painstaking: *She was meticulous about drawing perfectly straight lines.*

**mold** *n.* a fungus that grows on materials, such as cloth, rubber, plants, etc.: *Mold has grown on the bread, so we can't eat it anymore.*

## **O**

**onset** *n.* the beginning of something: *With the onset of the war, the spelling movement quickly died out.*

**opponent** *n.* a person who takes the opposite side in a fight, game, contest, etc.: *She will do anything to beat her opponent in this competition.*

**option** *n.* a choice, an alternative: *There is another option if this doesn't work.*

**outraged** *adj.* having great anger caused by a cruel or evil act, serious offense: *The public was scared and outraged by the attack.*

**overtone** *n.* a subtle or subsidiary quality, implication, or connotation: *This song has religious overtones.*

## **P**

**pale** *adj.* light in color: *The boy had pale blue eyes.*

**persevering** *adj.* continuing to work toward a goal despite difficulties or obstacles: *The persevering girl continued to work hard for an A after she failed her first test.*

**philanthropist** *n.* a person who helps or gives to good causes: *The rich philanthropist gave away most of her money to charity.*

**pioneer** *n.* to develop, explore, or settle something new: *Alan Turing pioneered the field of computer science.*

**pose** *v.* to present something that confuses, such as a question, an idea or possible danger: *Food preservatives do not pose a threat to the public.*

**preservative** *n.* a chemical that keeps food from going bad: *Salt has been used as a preservative for a very long time.*

**prevail** *v.* to win, triumph: *We can only hope that justice will prevail.*

**probability** *n.* the likelihood, chance that something will or did happen: *Life*

*chances are the probability that you will have certain opportunities.*

**pursuit of** *n.* chase after: *All people are entitled to the pursuit of happiness.*

**put-down** *n.* an insult, a critical remark: *You shouldn't make put-downs about other people.*

## **R**

**rampant** *adj.* uncontrollable and widespread: *Disease was rampant before people understood hygiene.*

**reassure** *v.* to make someone believe that something will be all right: *He reassured her that if she studied, she would be able to bring up her grade.*

**regulate** *v.* to control something, such as businesses, through governmental rules and regulations: *The Food and Drug Administration regulates food and drug products in the U.S.*

**reject** *v.* to refuse, not accept: *I reject the idea that one thing defines a person.*

**repressed** *adj.* slowed or stopped, held back: *Ancient civilizations' bathing practices were very repressed.*

**rescue** *v.* to save someone or something from danger, prison, etc.: *The lifeguard rescued the boy from drowning.*

**resemble** *v.* to look like something or someone else: *Both boys resemble their father.*

**resilient** *adj.* able to restore one's energy, recover from difficulty: *The resilient children adapted to life in the U.S. quickly.*

**residue** *n.* something left over after a process, remainder: *There was some residue of salt left on the edge of the bowl.*

**resounding** *adj.* clear, complete, definite: *The crowd, all in agreement, answered with a resounding "Yes!"*

**resource** *n.* a generally useful thing: *We must provide resources to the people who need them.*

**restricted** *adj.* limited in use or availability: *The use of that section of the library is restricted.*

**restriction on** *n.* a rule that limits: *New German laws place restrictions on the use of animals for testing.*

**retire** *v.* to leave the work force and stop working: *She finally retired when she was 78 years old.*

**retiring** *adj.* not very active or social, timid, shy: *The retiring boy didn't usually start conversations.*

**retreat** *n.* a place of calm and safety, often where one goes to think; a refuge: *My bedroom serves as my retreat.*

**ritual** *n.* a ceremony, an act or actions that one repeats often: *Bathing is a ritual for the Japanese.*

## **S**

**sarcasm** *n.* an attitude or comments that hurt someone's feelings, often by saying the opposite of what is meant: *Some people like to use sarcasm with phrases like "Yeah, right," or "Sure, and the moon's made of cheese."*

**scream** *n.* a loud, high cry of strong feeling: *She let out a scream when she saw that he was holding a knife.*

**scrub** *v.* to thoroughly wash, especially to rub with soap and brush: *After soaking, the next step in bathing is to scrub.*

**sensation** *n.* a widespread reaction of interest and excitement: *The chance to see an elephant caused quite a sensation.*

**sense** *n.* one of the five feelings of the body: sight, hearing, taste, smell, and touch: *In the quiet, dark room, his senses were heightened.*

**shed** *v.* to get rid of something unwanted: *I shed my coat as soon as I stepped into the warm room.*

**slip** *v.* to fall or almost fall because of something slippery: *I slipped on the wooden floor, but I caught myself.*

**soaking** *n.* wetness, a drenching: *She got quite a soaking when she forgot her umbrella in the rain.*

**soul** *n.* the part of a person that is not the body; that is, spirit, thoughts, emotions, etc.: *A Japanese bath is where one goes to cleanse the soul.*

**spatial** *adj.* of or about space or area: *Her spatial awareness is bad, so she keeps running into things.*

**species** *n.* a grouping of living things: *Lions aren't on the endangered species list, but they are threatened.*

**stain** *n.* a spot of color: *There is a stain on the carpet from when he spilled grape juice.*

**status** *n.* one's position in society in terms of power and importance: *The daughter of the queen, she has high status.*

**stimulation** *n.* an increase in energy or activity: *The senses heighten more with more stimulation.*

**stooped** *adj.* having the head and shoulders bent forward: *After a long night, I spent all of the next day in a stooped position.*

**stride** *n.* a long step: *If you have long legs, your strides will be longer than normal.*

**stringent** *adj.* without much freedom of flexibility, severe, strict: *The rules at this school are stringent.*

**subtle** *adj.* not easy to sense, not obvious: *I gave subtle hints that I wanted ice cream.*

**survive** *v.* to continue to live or exist, especially for a long time under harsh conditions: *Only some of the boys survived their trek across Africa.*

## T

**terror** *n.* extreme fear, panic: *The attack caused terror in the city.*

**thrill** *v.* to excite intensely: *The circus lion thrilled the crowd.*

**tingling** *adj.* having a prickly sensation: *My arms are tingling because I am tired.*

**torso** *n.* the area of the human body from the hips to the neck; the trunk: *This shirt is too short; it needs to cover all of my torso.*

**trap** *n.* a surprise situation planned to discomfort, harm, or kill someone: *They set a trap for the enemy soldiers.*

**triumph** *n.* great success, victory: *Completing my English class was a triumph.*

**uninhibited** *adj.* uncontrolled, wild, without restraint: *Many college students are uninhibited without their parents around.*

**viable** *adj.* workable, capable of succeeding: *That sounds like a viable option.*

**victim** *n.* someone or something that suffers from an accident, crime, illness, or bad luck: *My sister was the victim of a car accident.*

**vigorously** *adv.* energetically, with strength: *Inspired, he wrote vigorously.*

**virtue** *n.* advantage, special quality: *Many people say that patience is a virtue.*

**wind up** *v.* arrive or end up in a specified state, situation, or place: *Genetically modified fish could wind up on your plate in a few years.*

**witness** *n.* a person who saw something and can tell about it, an observer: *The witness told the reporter what she saw.*

**worn-out** *adj.* no longer usable from wear: *These shoes are too worn-out for me to wear anymore.*