

LIST OF USEFUL WORDS

	<u>Words</u>	<u>Meanings</u>
A	a far cry from	very different from someone or something
	abandon	desert; leave
	abduct	to kidnap
	able-bodied	fit and healthy
	abundant	in large quantities so that it is more than enough
	accord	to give power or recognition
	acoustic	relating to musical instruments that do not enhance the volume of their sound electronically
	address	to deal with/solve
	adept	be good or skilful at something
	adjourn to	move to another place
	adolescent	teenager
	adverse	negative/unfavourable
	adversely	in an unfavourable way
	adversity	a difficult situation
	affluence	wealth
	affluent	rich
	akin	similar
	alleviate	to make less severe
	allocate	set aside for a specific purpose or a particular person or thing
	alternative	a choice of another way of doing things
	ambience	atmosphere of a place
	amenities	useful features of a place or building
	analytical	the ability to think about things in detail and with good reasoning so that one can understand things better
	apparel	clothing
	aptly	suitably
	aspect	a part or feature of something
	aspiration	ambition

	<u>Words</u>	<u>Meanings</u>
	asset	something that is valuable
	attempt	to try
B	barbaric	cruel
	beg the question	elicit a question that has not yet been answered
	blackmail	to threaten
	blockbuster	a very successful movie
	burden	duty or responsibility
	buzzword	a fashionable word at a particular time or context
C	calorie	a unit of measurement used to show the amount of energy that is produced when a particular food is consumed
	cathartic	psychologically relaxing
	charisma	attractiveness that can influence people/a kind of personality that inspires people
	chic	stylish
	cholesterol	a chemical substance found in one's blood
	churn	to produce
	cite	to give reason
	coerce	to force
	cognitive	mental ability/relating to the thinking processes
	coherently	clearly
	cohesion	unity
	come to naught	fail
	comfort zone	the range of activities or situations at which one functions with ease and familiarity
	commute	to travel/journey from one place to another
	compel	to force
	compensate	to give money to someone due to his injury or loss
	compensation	money given to someone because of an injury sustained or a loss suffered
	composed	calm
	comprehensive	include many aspects
	compromise	to allow a lower standard of something

<u>Words</u>	<u>Meanings</u>
condone	to tolerate
conjure	to make something appear as if by magic
constructive	useful
contract	a binding agreement between two or more parties that state what each of them will do
controversy	disagreement
convey	express or communicate with or without the use of words
correlate	to have a connection in which one thing affects another
counterproductive	getting the opposite results from what one desires
coupled with	to combine with
critical	very important
critically	involves a lot analysis
crucial	important
curtail	to stop
D	
dapper	well-groomed
decipher	to interpret
depression	a medical condition that makes a person feel sad and anxious such that it can prevent him from functioning properly and living a normal life
derive	to obtain something from a source
destitute	poor
detect	notice
detrimental	harmful
diabetes	an illness that one has when there is too much sugar in the blood
dire	desperate
discretion	caution
discriminate	to treat someone unfairly and unjustly
disdain	disrespect
disseminate	to share
domestic	relating to home
domesticated	tamed and kept as a pet
dread	to dislike
dynamic	full of energy

	<u>Words</u>	<u>Meanings</u>
E	ego	a sense of self-importance/an opinion that one has of oneself
	emotional baggage	an everyday phrase used to describe feelings that are unresolved and are damaging to one's present situation
	empathy	the ability to place oneself in another person's shoes to understand his feelings and problems
	encompass	to include
	engage	get someone's attention and interest in something; employ someone to do a job
	engaging	capturing attention or interest
	engrossed	to be absorbed in something
	entail	involve or result
	entitled	believing that one deserves privileges
	envious	wanting something that another person possesses
	epidemic	a disease that is widespread at a particular time
	era	period
	err	to make a mistake
	essential	very important and necessary
	established	well-known
	establishment	shop
	esteem	admiration
	eventually	finally
	evolve	develop and change over time
	exclusive	limited only to one person or group of people
experiential	involving experience	
explicitly	in a clear manner with no doubt	
exploit	to unfairly take advantage of a situation	
extended	made longer	
exude	to display an emotion or quality	
F	facilitate	to make an action or process easier
	fatigue	tiredness
	favouritism	showing special treatment of a person or a group of people over others in an unfair manner

	<u>Words</u>	<u>Meanings</u>
	fend	to provide for oneself without help from others
	fixated	thinking hard about the same thing all the time
	flabby	soft and fat flesh
	flag	to point out
	flaunt	to show off
	flawed	wrong
	flexible	used to refer to someone or something that can be changed or adapted to suit a new situation
	flustered	bothered by something
	forsake	to abandon
	foster	to promote/to nurture
	fuel	to make something increase or more intense
	fumble	to do or handle something clumsily
	functionality	the state of being able to perform
G	genre	a category of writing, music or art
	genuine	used to refer to someone who is sincere and honest
	grate	to make something unpleasant to listen
	greying	getting older
H	hail	to publicly show praise for a person
	harass	to threaten and annoy someone so as to make his life unpleasant
	have the edge over (someone/something)	be slightly better than someone or something
	head start	an advantage
	hectic	busy
	hefty	large amount of something
	high stakes	high risk
	hilarious	funny
	horizon	the scope of a person's knowledge or experience
	hound	to harass
	humanitarian	concerned with improving the conditions of humans and their welfare
	humiliating	making one feel ashamed or embarrassed because one was made to look stupid or weak
	hypocrite	someone who pretends to be nice

	<u>Words</u>	<u>Meanings</u>
I	immaterial	unimportant
	impairment	disability
	implement	to execute
	implementation	application
	implies	to mean something
	impulsive	doing things without any consideration of possible risks or danger
	incompetent	the inability to do a job properly
	incorporate	include something into a plan, system, etc.
	inculcate	to teach
	indolent	lazy
	inevitably	certain to happen and cannot be avoided
	inferiority complex	a continuous feeling that one has that he is not clever, or less important than others, etc.
	inflict	to cause pain or suffering to someone
	influence	the power to affect a thing or a person in terms of development, thinking, behaviour, etc. without using any force
	influential	possessing a lot of influence, and thus being able to change the way people behave or think
	inherent	existing in something as a natural part of it
	initiate	to start
	insecure	lacking the confidence of oneself
	insight	a deep understanding
	insightful	the ability to understand what a person or situation is really like
	intangible	impossible to give an exact value
	integral	fundamental
	integrity	quality of being honest and being firm in believing what is right
	intellectual	relating to the mind
	intense	serious
	intensify	to increase
interpersonal	about how one relates to people	
intimidating	threatening	
inundate	to provide something in large amounts	

	<u>Words</u>	<u>Meanings</u>
	invaluable	extremely useful
	invariably	always
	ironically	opposite to what was expected
J	justified	having an acceptable reason
L	lag	to fall behind
	lament	to complain
	language barrier	a difficulty that two people or groups face when they speak different languages
	latchkey child	a child who is alone at home without adult supervision
	legislation	law
	levy	tax
	life expectancy	the length of time that a person or animal is expected to live
	literacy	the ability to read and write
	literary	associated with writing
	loom	to happen soon
	lush	a lot of green plants
M	maim	to damage a part of the body permanently
	malleable	easily influenced
	materialise	to make it happen
	means	way
	mentor	an experienced person who is able to advise, guide and help another who has less experience
	mindful	aware of
	moderation	not excessive
	mug	to attack and rob someone
	multitask	to do two or more things at the same time
	mutual	refers to feelings such as respect and love that two people have for each other
	myth	a mistaken belief
N	narcissistic	having full of arrogance about oneself
	naysayer	a person who disagrees
	noble	having high moral principles
	notion	idea

	<u>Words</u>	<u>Meanings</u>
O	obligation	responsibility
	oblivious	unaware
	obsolete	no longer useful
	offensive	rude and, therefore, likely to upset people
	on par with	be at the same standard as someone or something
	on the flip side	looking at a different or opposite perspective
	ostracise	to shun
	overwhelming	extremely great in amount
P	pent-up	bottled up
	perseverance	continued effort to press on despite facing difficulties
	personal touch	an act of doing something that makes it special, or that makes someone feel special
	perspective	a point of view/a way of looking at something
	phenomenon	a situation that exists/a common occurrence
	phobia	a fear
	pillar of support	used to refer to someone who offers help and support during one's difficult times
	pinpoint	to show exactly
	pitfall	hidden danger
	plague	to cause a lot of problems for someone or something for a long time
	plethora	an excessive amount
	plight	a very bad situation
	portray	describe
	possession	belonging
	prejudice	an irrational behaviour or attitude towards someone or a group of people because they are seen as different from oneself
	premises	land on which buildings are built on
	prevalent	common
	primarily	mainly
	prioritise	to deal with tasks according to importance

	<u>Words</u>	<u>Meanings</u>
	probation	a system that allows an offender to not go to jail as long as he behaves well and sees a probation officer regularly during a period of time
	proficient	competent
	profound	very great
	profusion	an abundance
	project	try to portray a particular idea of oneself to others
	prolonged	continuing for a long time
	pursue	try to achieve something
	pursuit	the act of chasing
Q	qualms	hesitation because of worry or doubt
	quarantine	to be kept apart from others as one is suspected of carrying a disease and which may spread to others
R	recalcitrant	unwilling to obey orders or law
	receptive	willingness to listen to or consider other peoples' views and opinions
	reinforce	to strengthen
	rejuvenate	to restore one's energy
	relentless	determined and without stopping
	repercussion	consequence
	resilient	able to withstand and recover quickly
	rigour	very demanding
S	savour	to enjoy
	scenario	a situation that is likely to take place
	sedentary	physically inactive
	seize	to take away forcefully
	self-worth	a sense of one's own value as a human
	seminar	presentation or talk where information is given and discussed in a group
	setback	a challenge or problem that delays the progress of a situation or makes it less likely to succeed
	sheer	absolute/tremendous
	significant	important effect
	snowball	to become bigger by accumulating

	<u>Words</u>	<u>Meanings</u>
	soar	to increase significantly
	social	relating to society
	soldier	to persevere
	sophisticated	advanced
	spontaneity	the state of doing something on impulse because one feels like doing it
	spontaneously	doing things without planning them first
	spur someone on	encourage someone to do something
	stance	a publicly expressed opinion about something
	strategically	useful for a particular purpose
	subject	to cause someone to undergo an unpleasant experience
	submission	obedience
	subsidise	when something such as a product, service, or activity, etc. is subsidised, the government or organisation pays part of its cost
	sum up	summarise
	susceptible	likely to suffer from
	sustain	suffer from an injury
	sustainable	able to continue for a long time
	syndicate	organisation/a group of people who come together to carry out a common aim
T	tactic	method that is used or employed
	tangible	something that can be touched
	tattered	old and torn
	tech-savvy	being knowledgeable about modern technology and how to use it
	thorny	difficult
	time-consuming	takes up a lot of time
	trait	characteristic
	trauma	an upsetting and unpleasant surprise that affects a person for a long time
	trawl	to search thoroughly
	treadmill	an exercise equipment that one runs or walks on
	trendsetter	one who initiates a fashion or makes it popular

	<u>Words</u>	<u>Meanings</u>
U	unconditional	having no limits
	under no circumstances	no matter what happens
	underhand	dishonest
	undermine	make someone or something less strong or effective
	unforeseen	unanticipated
	unscrupulous	unethical
	unwind	to relax
	utilise	to use
V	vice versa	the other way round
	virtually	almost
	voraciously	very eager to have a lot of something
	vulnerable	easily harmed/a state where one is easily harmed
W	waive	to cancel the need for something
	weather	to be able to deal with a difficult situation
	while	to waste time
	whim	a sudden feeling of wanting to do or have something with no valid or important reason
	withdrawn	very quiet and shy such that one is or seems socially detached
	woes	problems