每个单词最长流程：默写10边 + 造句2次 + ~~听力2边~~。

**——————————TO DO———————————**

▲ realm n. 领域

⟐ We are experts and leaders in the realm of video streaming.

⟐ Her interests span a wide realm of subjects from science to literature.

▲ codebase n. 代码库

⟐ The codebase contains all the project's source code and history.

⟐ Managing a large codebase requires careful version control and documentation.

▲ methodology n. 方法论

⟐ The study's methodology was thoroughly reviewed for validity and reliability.

⟐ Agile methodology emphasizes flexibility and customer satisfaction in software development.

▲ possess v. 拥有

⟐ To succeed in this role, candidates must possess excellent communication skills.

⟐ She possesses a rare talent for music and art.

▲ roadmap n. 路线图

⟐ The product roadmap outlines the development and release schedule for new features.

⟐ A clear roadmap is essential for guiding a project to success.

▲ troubleshoot v. 故障排除

⟐ The IT department is skilled at troubleshooting network issues quickly.

⟐ Learning to troubleshoot common software problems can save time and frustration.

▲ procedure n. 程序，手续

⟐ The company has a strict procedure for handling customer complaints.

⟐ Following the correct procedure is crucial for the success of the experiment.

▲ interoperability n. 互操作性

⟐ Interoperability between different systems and software is a key consideration in IT architecture.

⟐ The new standards will improve interoperability across healthcare providers.

▲ consists of phr. 由...组成

⟐ The committee consists of members from different departments.

⟐ A healthy diet consists of fruits, vegetables, whole grains, and lean proteins.

▲ integral adj. 必不可少的，整体的

⟐ Regular exercise is an integral part of a healthy lifestyle.

⟐ Data security is integral to our business operations.

▲ prospective adj. 预期的，未来的

⟐ Prospective students are invited to visit the campus.

⟐ The company is considering several locations for its prospective new headquarters.

▲ migration n. 迁移

⟐ The software migration to a new platform was completed successfully.

⟐ Bird migration patterns can be affected by climate change.

▲ crisp adj. 清晰的，简洁的

⟐ The report was written in a crisp and engaging style.

⟐ A crisp image is vital for a good visual presentation.

▲ temper [ˈtempər] v. 锻造，回火 n. 脾气，情绪

⟐ He is known for his even temper and rarely gets angry.

⟐ Managing one's temper is important in stressful situations.

▲ mentality [menˈtæləti] n. 心态，思维方式

⟐ A positive mentality can greatly influence one's success and happiness.

⟐ The team's winning mentality was evident in their determination and effort.

▲ despise [dɪˈspaɪz] v. 鄙视，厌恶，看不起

⟐ She despised dishonesty in any form, valuing integrity above all.

⟐ He was despised by his colleagues for his unethical behavior.

▲ self-esteem [ˌself ɪˈstiːm] n. 自尊(心)

⟐ Positive feedback and success can boost a person's self-esteem.

⟐ It's important to support children's self-esteem by encouraging their efforts and talents.

**——————————DOING———————————**

**———————First Stage(默写10遍)————————**

▲ **full suite of** [swiːt] phr. 全套

⟐ Our software offers a full suite of tools for professional graphic designers.

⟐ The company provides a full suite of financial services to its clients.

▲ **wellness** [ˈwelnəs] n. 健康，福祉

⟐ Employee wellness programs can lead to higher productivity and job satisfaction.

⟐ Yoga and meditation are popular activities for promoting wellness.

▲ **amenable** [əˈmiːnəb(ə)l] adj. 愿意的，顺从的，有责任的，有义务的；经得起检验的

**"Amenable" 这个单词意味着愿意服从的、易受影响的或者合作的。它通常用来描述某人或某事物对建议、规则或领导开放且易于管理或接受的特质。例如，一个员工如果对建议持开放态度，并且愿意接受指导，你可以说他或她是“amenable to guidance”。**

**要记住"amenable"，你可以将它与"able"（能够的）和"men"（人）联系起来。想象一个"能够"被"人"（men）很好地指导和管理的人或事物。你也可以把"amenable"看作是"amend"（修改）的一种形式，如果某人愿意被"amend"，那么他们就是"amenable"。此外，"a-"可以被看作是一种前缀，"men"在这里可以想象成人类，"able"表明能力，即一个对人类行为有能力响应的人。这些联想可以帮助你记住"amenable"的含义和用法。**

⟐ The new intern was amenable to all the tasks assigned, approaching each one with enthusiasm and an eagerness to learn.

⟐ Our team is quite amenable to feedback; they view it as a vital tool for continuous improvement and welcome it in all forms.

⟐ Amenable to a flexible work schedule, as the need arises.

⟐ She is amenable to suggestions for improving the project.

▲ **crash-free** adj. 无崩溃的

⟐ Our goal is to develop crash-free code for a seamless user experience.

⟐ Regular updates and testing are essential for maintaining crash-free code.

▲ **discipline** [ˈdɪsəplɪn] n. 纪律，训练

⟐ Good discipline is essential for achieving success in any field.

⟐ The teacher maintains discipline in the classroom to ensure a conducive learning environment.

▲ **behave** [bɪˈheɪv] v. 行为

⟐ Children are taught to behave well both at home and in public.

⟐ How an individual behaves in a team setting can significantly impact the team's dynamics.

▲ **jealous** [ˈdʒeləs] adj. 嫉妒的

⟐ He felt jealous when he saw his best friend talking to someone new.

⟐ Being jealous of others' success can hinder personal growth and happiness.

▲ **reinforce** [ˌriːɪnˈfɔːrs] v. 加强，强化

⟐ The company decided to reinforce its marketing strategies to improve sales.

⟐ Positive feedback can reinforce good behavior in children.

▲ **time-out** [taɪm ˈaʊt] n. 暂停，休息时间

⟐ The coach called a time-out to discuss the next play with the team.

⟐ Sometimes, taking a time-out can help clear your mind and make better decisions.

▲ **shape** [ʃeɪp] v. 形成，塑造

⟐ Early experiences in life can shape a person's character and worldview.

⟐ The sculptor shapes the clay into beautiful forms with his hands.

▲ **relent** [rɪˈlent] v. 变宽容，变温和；终于同意，不再反对；= become warm and soft

⟐ After hours of negotiation, the opposition began to relent.

⟐ The storm finally relented after raging throughout the night.

▲ **relentless** [rɪˈlentləs] adj. 坚韧的，不屈不挠的；残酷无情的，不留情面的；

⟐ She was relentless in her pursuit of justice.

⟐ The relentless heat of the desert can be unbearable for those unaccustomed to it.

▲ **cherry-pick** v. 精选，挑选最佳部分

⟐ cherry [ˈtʃeri] n/adj. 樱桃；樱桃树；樱桃木；樱桃色，鲜红色;樱桃色的，鲜红色的

⟐ The team manager tends to cherry-pick players based on their performance in the trials.

⟐ When preparing his report, he cherry-picked data that supported his hypothesis.

▲ **associate** n. 合伙人；助手

⟐ She was promoted to an Associate at the law firm after five years of hard work.

⟐ In many professional firms, becoming an associate is the first step towards full partnership.

▲ **next-gen** [dʒen] adj. 下一代的

⟐ The company is developing next-gen software to improve user experience significantly.

⟐ Next-gen technology holds the promise of revolutionizing the way we live and work.

**———————Second Stage（2个造句）——————**

▲ **prestigious** [preˈstiːdʒəs] adj. 有声望的，受尊敬的

⟐ The Nobel Prize is one of the most prestigious awards a scientist can receive.

⟐ She graduated from a prestigious university, which is known for its rigorous academic programs.

⟐ Although he graduated from a prestigious university, he still liked to be a common person and live a simple life without too much competition.

▲ **integration** [ˌɪntɪˈɡreɪʃ(ə)n] n. 集成，整合

⟐ The software facilitates the integration of all data management functions.

⟐ Integration of various services into one platform can enhance user experience.

⟐ A good product is not just an integration of a series of simple functions.

▲ **integrate** [ˈɪntɪɡreɪt] v. 集成，整合

⟐ The new software aims to integrate all data management functions into one platform.

⟐ Schools are working to integrate technology into the classroom to enhance learning.

⟐ The general integrate all the farmers, teachers, and workers into a powerful army.

▲ **integral** [ˈɪntɪɡrəl] adj. 必要的，完整的（强调部分对整体的必要性）

⟐ necessary：更宽泛地指出某样东西是必需的，但不一定是整体的一部分。

⟐ Regular exercise is integral to maintaining a healthy lifestyle.

⟐ Being an integral part of the team, she contributes significantly to their success.

⟐ Although We have five fingers on each hand, each one is integral to us.

▲ **scalable** [ˈskeɪləbl] adj. 可扩展的

⟐ The software is scalable and can accommodate the growing number of users.

⟐ A scalable business model is vital for the company to expand into new markets.

⟐ As a developer, it is important to make our code more scalable when we face variable requirements from the product manager.

▲ **proven** [ˈpruːvn] adj. 被证实的，已验证的

⟐ The method is proven to be effective in increasing productivity.

⟐ He has a track record of success with proven results in the industry.

⟐ the series of proven projects on GitHub was a track record of my achievement.

▲ **tangible** [ˈtændʒəbəl] adj. 有形的，可触摸的

⟐ The tangible benefits of the project included increased revenue and improved efficiency.

⟐ The company's investment in research and development resulted in tangible product improvements.

⟐ When I tried to introduce my ideas to the team, I would always offer a tangible demo to help to understand.

▲ **doer** [ˈduːər] n. 实干者

⟐ He is a doer, always taking action rather than just talking about plans.

⟐ The team values doers who can convert ideas into tangible results.

⟐ A real doer does not just only care about tangible results, but also quality.

▲ **amass** [əˈmæs] v. 积累，积聚

⟐ Over the years, he managed to amass a great fortune through his investments.

⟐ She sought to amass as much knowledge as possible by reading extensively.

⟐ I have worked for four companies and amassed over 8 years of development experience in iOS.

▲ **flagship** [ˈflæɡʃɪp] n. 旗舰

⟐ The company launched its flagship product to great fanfare and excitement.

⟐ The flagship store is located in the heart of the city, attracting visitors from all over.

⟐ In my opinion, the iPhone 8 Plus was the flagship device and the best one for the Apple company.

▲ **coincidence** [koʊˈɪnsɪdəns] n. 巧合

⟐ Running into an old friend in a foreign country was a pleasant coincidence.

⟐ It was no coincidence that the two events happened simultaneously; it was planned.

⟐ I got a big fish by coincidence because my fishing hook was a small one.

▲ **utterance** [ˈʌtərəns] n. 表达；话语 (言论，言辞；发声，表达；（语言学）话语)

⟐ Her utterance of love filled the room with warmth and joy.

⟐ The politician's public utterances were carefully crafted to appeal to a wide audience.

⟐ The wife is good at utterance to express since the husband is good at action.

▲ **acclimate** [ˈækləmeɪt] vi.服水土；适应新环境 vt.使适应；使服水土

⟐ It took him some time to acclimate to the high altitude of the mountain.

⟐ The plants need time to acclimate to their new environment.

⟐ It took a long time for me to acclimate the life in Sweden.

▲ **resilient** [rɪˈzɪliənt] adj. 有弹性的；能复原的(（人或动物）对困境有承受力的，有复原力的；（物质或物体）有弹性的，有回弹力的)

⟐ Despite facing numerous setbacks, she remained resilient and determined.

⟐ The resilient material of the mattress ensures long-lasting comfort.

⟐ Life is full of hardness and unknowns, we should be more resilient like a spring.

▲ **pledge** [pledʒ] n. 承诺；保证 (promise to do something)

⟐ **vow** n. 誓约，诺言；（婚礼等上的）誓言 v. 立誓，发誓

⟐ His pledge to improve the company's environmental practices was met with applause.

⟐ As a sign of their commitment, they made a solemn pledge to each other.

⟐ Marrage is not just the end of the vow, but the beginning of the pledge.

▲ **onsite** [ˈɑːnsaɪt] adj. 现场的；就地的

⟐ The construction crew worked onsite to complete the building ahead of schedule.

⟐ The company provides onsite training for its employees.

⟐ Working onsite is more effective than remote.

▲ **municipality** [mjuːˌnɪsɪˈpæləti] n. 市政当局；自治市

⟐ **municipal** [mjuːˈnɪsɪp(ə)l] adj. 城市的，市政的；自治城市的，地方自治的；

⟐ The municipality announced plans to improve public transportation in the city.

⟐ Residents can voice their concerns at the next municipality meeting.

The municipality of Eskilstuna decided to open the river to the public for fishing.

▲ **leisure** [ˈliːʒər] n. 闲暇，业余时间；休闲活动 adj. 空闲的，有闲的；业余的

⟐ He enjoys reading in his leisure time.

⟐ The resort offers various leisure activities such as swimming and hiking.

⟐ To foster a hobby is important in our leisure time.

▲ **admission** [ədˈmɪʃ(ə)n] n. 入场；准入。(承认，供认；允许进入（加入），进入权；录取，录取人数；入场费；入院治疗（检查）；入场人数；入院病人)

⟐ admissible adj. 可容许的；可采纳的；可接受的

⟐ admissibility n. 可容许；有入场的资格

⟐ Admission to the museum is free for children under five.

⟐ She gained admission to the prestigious university through hard work and dedication.

⟐ Admission to a key university is just the beginning of success.

**———————Third Stage（听力2遍）————————**