▲ **simultaneous** [ˌsaɪm(ə)lˈteɪniəs ] adj. 同时的；

⟐ The two singers performed simultaneously, creating a beautiful harmony.

⟐ The company is expanding its operations simultaneously in three countries.

⟐ You can’t handle all the tasks simultaneously and you should tackle them one by one.

⟐ They explained to me simultaneously, and I felt my brain explode.

▲ **craft** [krɑːft] v. 手工制作；n. 工艺，手艺；

⟐ She loves to craft jewelry from natural materials.

⟐ The artisan crafted a beautiful vase from clay.

⟐ I like to craft something when I feel pressure.

⟐ Do you want to learn a craft?

▲ **crafted** [ˈkrɑːftɪd] adj. (手工)精制的；

⟐ The narrative was carefully crafted to engage the reader.

⟐ Each piece of the crafted furniture is unique and tells a story.

⟐ My wife is crazy about the crafted porcelain and has bought a lot.

⟐ The husband made lots of crafted food to celebrate his wife’s birthday.

▲ **pitfall** [ˈpɪtfɔːl] n. 隐患；陷阱

⟐ Inexperienced investors often overlook common pitfalls in the stock market.

⟐ Awareness of the pitfalls of online communication can prevent misunderstandings.

⟐ When we chat with strangers online, we should be careful about the pitfalls.

▲ **sophisticated** [səˈfɪstɪkeɪtɪd] adj. 见多识广的，老练的，见过世面的；复杂巧妙的，先进的，精密的；水平高的，在行的；时尚的，精致的

⟐ The problem requires a sophisticated solution that takes all variables into account.

⟐ She has a sophisticated taste in art, preferring abstract and conceptual works.

⟐ As a sophisticated programmer, we should take all the boundary conditions into account.

⟐ The position requires the candidate at least five years' experience because the company prefers a sophisticated employee.

▲ **hinder** [ˈhɪndər] v. 阻碍；

⟐ Bad weather can hinder travel plans.

⟐ Lack of information hinders our ability to make informed decisions.

⟐ The chronic disease hindered him from happiness.

⟐ Lack of enough sleep tends to hinder our efficiency.

▲ **solemn** [ˈsɑːləm] adj. 严肃的；

⟐ The ceremony was a solemn occasion, marked by a moment of silence.

⟐ He swore a solemn oath to uphold the law.

⟐ When we pray, it is a solemn time for us.

⟐ Because of the solemn occasion, everyone needed to wear a formal suit.

▲ **hypothesis** [haɪˈpɑːθəsɪs] n. 假说，假设；（凭空的）猜想，猜测；

⟐ The scientist tested his hypothesis through a series of experiments.

⟐ The hypothesis that sleep improves memory retention is widely accepted in the scientific community.

⟐ From zero to hypothesis is not difficult, from hypothesis to truth is difficult.

⟐ There are no hypotheses about history, only facts.

▲ **pivotal** [ˈpɪvət(ə)l] adj. 关键的；= key

⟐ pivot [ˈpɪvət] n. 支点，枢轴；最重要的人（或事物），核心；

⟐ His work played a pivotal role in the development of the theory.

⟐ The pivotal moment in the game was the unexpected goal.

⟐ The CPU is the pivotal part of a computer.

⟐ Although she was new to the team, she played a pivotal role quickly.

▲ **rigorous** [ˈrɪɡərəs] adj. （测试、系统或程序）严密的，缜密的；（规则，制度等）严格的，苛刻的；

⟐ The research was conducted according to rigorous standards.

⟐ Rigorous training is essential for professional athletes.

⟐ Each astronaut must undergo rigorous health check-ups and training.

⟐ Any software of the government must undergo rigorous tests.

*▲* ***speculate*** *[ˈspekjuleɪt] v. 猜测，推测；*

*⟐ Analysts speculate that the market will continue to grow.*

*⟐ Without solid evidence, we can only speculate about the causes of the phenomenon.*

⟐ After a long time of speculating, they found that too much evidence.

⟐ The hypothesis just came from your speculation, you should prove it.

▲ **prospective** [prəˈspektɪv] adj. 有希望的，潜在的； 可能发生的，预期的

⟐ Prospective students are invited to visit the campus.

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

⟐ AI is a prospective industry nowadays.

⟐ He chose a prospective major when went to college.

▲ **crisp** [krɪsp] 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.

⟐ Please offer me a crisp document, it is vital.

⟐ Speak crisply please, I can’t understand your accent.

▲ **realm** [relm] n. （知识、活动、思想的）领域，范围；= scope

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

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

⟐ If you want to be a real master in the realm of something, you need to spend 10000 hours on it.  
⟐ Never compare your hobby with his realm of specialty.

▲ **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.

⟐ Littering is an unethical behavior, and we all should despise that.

⟐ No one will despise you just because of your small mistakes in your work.

▲ **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.

⟐ I like fishing very much and I have a whole full suite of fishing equipment.

⟐ He had the full suite of Disney books.

▲ **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.

⟐ The company prefers candidates that are amenable to changes.

▲ **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.

⟐ You can’t relent all the time when you face your naughty son.

⟐ When fall sick, our body will relent a lot.

▲ **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.

⟐ As a lawyer, he is very relentless.

⟐ The little tree is relentless in growing facing the rainy and snowy weather.

▲ **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.

⟐ The dog was popular and became an integral part of the family.

▲ **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.

⟐ She has a special ability to acclimate to a new atmosphere quickly.

▲ **mentality** [menˈtæləti] n. 心态

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

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

⟐ Grateful to those who hurt me, because they have tempered my mentality.

⟐ A good mentality is integral for a successful man.

▲ **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.

⟐ Her utterance often reflects her heart.

▲ **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.

⟐ Mother Nature has the resilient ability to make everything back to thriving.

▲ **migration** [maɪˈɡreɪʃ(ə)n] n. 迁移

⟐ **migrate** [ˈmaɪɡreɪt] v. 迁徙，移居

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

⟐ Bird migration patterns can be affected by climate change.

⟐ When winter comes, his family will migrate to the south of the country like a bird.

⟐ The migration of the database should be more careful.

▲ **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** [ˌmeθəˈdɑːlədʒi] 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.

⟐ The new parents had their own methodology to foster children.

⟐ A long and effective experience can evolve a methodology.

▲ **roadmap** [ˈroʊdmæp] 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.

⟐ The study roadmap of Swift is realy crisp and it help me a lot.

⟐ The map has clearly shown us the roadmap of the island.

▲ **troubleshoot** [ˈtrʌblʃuːt] 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.

⟐ ChatGPT can help us troubleshoot some simple bugs.

⟐ The doctor troubleshoots the patient’s problem quickly just by some simple symptoms.

▲ **procedure** [prəˈsiːdʒər] 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.

⟐ When I finish all the procedures of leaving the company, I am wholly free.

⟐ The government tried to simplify the complex medical procudures.

▲ **interoperability** [ˌɪntərˌɑːpərəˈbɪləti] 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.

⟐ Swift is a programming language with high interoperability between different systems.

⟐ Interoperability is very important for a cross-platform software system.

▲ **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.

⟐ Grateful to those who hurt me, because they have tempered my mentality.

⟐ The hard times really temper his relentless personality.

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

⟐ esteem [ɪˈstiːm] n. 尊重，敬重； v. 尊重，敬重；认为，把……看作

⟐ 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.

⟐ Since the husband lost his job, he began to lose his self-esteem also.

⟐ Others' self-esteem should be considered when we try to help others.

▲ **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.

⟐ Working out every day can keep our wellness.

⟐ Long-distance running is the simplest way to gain wellness.

▲ **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.

⟐ When we develop code with Swift language can be crash-free easily.

▲ **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.

⟐ The country decided to reinforce its arms by recruiting more soldiers.

⟐ The professor reinforced his point with two more examples.

▲ **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.

⟐ Taking a time-out is integral when you work for a long time.

⟐ He can finish the whole marathon without any time-out.

**He can finish the whole marathon without any time-out.**

▲ **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.

⟐ The company tries to shape the future industry with the help of AI technology.

⟐ The new trousers shape her figure well.

▲ **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.

⟐ She cherry-picked a nice skirt to meet her lover.

⟐ In the vegetable mall, most of the customers always cherry-picked the big ones and left the small ones.

▲ **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.

⟐ He had an affair with his young and beautiful associate.

⟐ The associate professor tried to make enough results to win the eligibility/qualification to be a full professor.

▲ **next-gen** [dʒen] adj. 下一代的 = next generation

⟐ 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.

⟐ The Next-gen Iphone will make people crazy because it would be a phenomenal product.

⟐ The next-gen AI will take the place of many people’s jobs including some programmers.

▲ **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.

⟐ A doer in a company often loses their advantage because of lacking of showing themselves.

▲ **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.

⟐ His prestigious father was a quite and nice man.

▲ **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.

⟐ Global integration is the tendency in the future.

▲ **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 integrated all the farmers, teachers, and workers into a powerful army.

⟐ Learning how to integrate theory with practice is very important for us.

▲ **scalable** [ˈskeɪləbl] adj. （计算机） 可扩展的；可改变大小的，可缩放的；

⟐ 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.

⟐ I buy a scalable gas ball for my son.

▲ **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.

⟐ The proven result is still unacceptable.

▲ **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.

⟐ Offering tangible feedback to your leader can be a good performance.

▲ **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.

⟐ Over years of hard working, he had amassed a lot of money.

▲ **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.

⟐ People usually prefer the flagship product of a company because of the good word of mouth.

▲ **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.

⟐ The two cars knocked into each other coincidentally.

▲ **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.

⟐ The president’s pledge and consistent effort for his country won good praise.

▲ **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.

⟐ Some jobs can’t work remotely because they need onsite construction.

▲ **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.

⟐ The municipality should serve the people rather than criticize them.

▲ **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.

⟐ I usually go fishing in my 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.

⟐ Admission to a new country is not only the visa but also the language of the country.

▲ **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.

⟐ The children can’t behave themselves well without the help of their parents.

▲ **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.

⟐ He often felt jealous of others because his poor car.

▲ **strive to/for** [straɪv] v. 努力争取

⟐ The team strives to achieve excellence in every project they undertake.

⟐ She strives to balance her work and personal life by prioritizing tasks efficiently.

⟐ All the students were encouraged to strive for the scholarships.

⟐ My wife likes fish very much, so I strive to get one in the river and cook it for her.

▲ **coherent** [koʊˈhɪrənt] adj. 有条理的，连贯的，一致的

（指具有逻辑连贯性和一致性的事物或观点）

⟐ **incoherent** [ˌɪnkoʊˈhɪrənt] adj. 语无伦次的；不连贯的；不合逻辑的

⟐ The professor's lecture was clear and coherent, making it easy for students to understand complex concepts.

⟐ A coherent argument is essential for persuading others to accept your point of view.

⟐ Because of the tension and stress, I often can’t offer coherent answers and perform badly.

⟐ The tutor failed your paper because your content seemed to be not coherent enough.

⟐ My wife often doesn't have the coherent utterance, But I have to follow her every time.

▲ **slope** [sloʊp] n. 斜坡，坡度；v. 倾斜，使倾斜

⟐ The hikers struggled to climb the steep slope of the mountain.

⟐ The driveway has a gentle slope, making it easy to drive up.

⟐ Since I had an operation on my spine, I began to dislike any slope when I walked outside.

⟐ Old people should be more careful when they cross a slope.

▲ **scope** [skoʊp] n. 范围，领域

⟐ The project's scope includes research, analysis, and implementation phases.

⟐ We need to define the scope of the problem before we can propose solutions.

⟐ This big project is beyond my scope of knowledge.

⟐ Try to read more books and make more knowledgeable friends in order to gain a large scope of knowledge.

▲ **parcel** [ˈpɑːrs(ə)l] n. 包裹，包裹物；v. 打包，捆扎

⟐ The postman delivered a parcel to our doorstep this morning.

⟐ The farmer parcelled up the hay and stored it in the barn for the winter.

⟐ My wife likes shopping online very much and I pick up parcels almost every day.

⟐ My wife enjoys the time that can open parcels.

▲ **criterion** [kraɪˈtɪriən] n. 标准，条件 （复：**criteria** [kraɪˈtɪriə]）

⟐ The selection committee uses strict criteria to evaluate job applicants.

⟐ What are the criteria for admission to this university?

⟐ Speaking English fluently is a crucial criterion in most Europe countries when you are looking for a job.

⟐ Appearance is not the only criterion for judging a young woman.

▲ **vibrant** [ˈvaɪbrənt] adj. 充满活力的，充满活力的

⟐ The city's vibrant nightlife attracts tourists from all over the world.

⟐ The vibrant colors of the painting brought it to life.

⟐ In China, there are lots of vibrant old streets for tourists to enjoy.

⟐ After a long time in winter, the forest begins to become more vibrant.

▲ **democracy** [dɪˈmɑːkrəsi] n. 民主制度

⟐ **democratic** [ˌdeməˈkrætɪk] adj. 平等的，有民主精神的；民主政体的；

⟐ Democracy ensures that citizens have a voice in decision-making processes.

⟐ The country transitioned from dictatorship to democracy after years of political struggle.

⟐ A team needs to implement democratic management that can make everyone take part in decision-making processes.

⟐ In some special situations, democracy is not a good choice for a nation.

▲ **neutral** [ˈnuːtrəl] adj. 中立的

⟐ The mediator remained neutral during the negotiation, ensuring fairness for both parties.

⟐ The journalist's reporting was praised for its neutral stance and unbiased coverage.

⟐ A neutral attitude often means that keep in a middle place.

⟐ Sweden decided to change their neutral political stance because of the War between Russia and Ukraine.

▲ **check-up** n. 体检

⟐ It's important to schedule regular check-ups with your doctor to maintain good health.

⟐ The annual check-up revealed no significant health issues.

⟐ According to the report from the recent check-up, my body needs more time to take a breath.

⟐ If you have some problems when you do a check-up in a hospital, you should do more examination immediately.

▲ **burnout** n. 精疲力竭

⟐ Long hours of work without breaks can lead to burnout and decreased productivity.

⟐ The therapist specializes in helping individuals overcome burnout and regain balance in their lives.

⟐ The reason why I left my last job was that too many times in a state of burnout.

⟐ They decided to get divorced because of the long-term burnout of their marriage.

▲ **farm out** v. 外包

⟐ The company decided to farm out the production of their products to a manufacturer overseas.

⟐ We chose to farm out the accounting tasks to a specialized firm to save time and resources.

⟐ Many Internet companies tend to farm out their QA team to save the expense.

⟐ My father decided to farm out all his lands because of his leaving home the next year.

▲ **outsource** v. 外包

⟐ Many businesses outsource their customer service to call centers in other countries.

⟐ The company decided to outsource its IT department to a third-party provider for cost savings.

⟐ As for it is a big project, you can choose to outsource all the stuff you hate.

⟐ Outsourcing some industries often like a two-sided sword for a country, has both advantages and disadvantages.

▲ **semester** [sɪˈmestər] n. 学期

⟐ The university offers courses in the fall, spring, and summer semesters.

⟐ Students eagerly anticipate the end of the semester when they can relax and enjoy their break.

⟐ Because of her pregnancy, she chose to take a break next semester.

⟐ One year often has two semesters in most universities.

▲ **eligibility** [ˌelɪdʒəˈbɪləti] n. 资格

⟐ **eligible** [ˈelɪdʒəb(ə)l] adj. 符合条件的，合格的；（婚姻）合适的，合意的

⟐ To be eligible for the scholarship, students must meet certain academic requirements.

⟐ The eligibility criteria for the competition are clearly outlined on the official website.

⟐ She took a lot online courses in order to be more eligible for her work.

⟐ The man tries to make more money just for his more eligible role as a father and husband.

▲ **accessibility** [əkˌsesəˈbɪləti] n. 可访问性

⟐ The new building has been designed with accessibility in mind, featuring ramps and elevators for wheelchair users.

⟐ The website aims to improve accessibility for all users, including those with disabilities.

⟐ The city has improved its roads with lots of soft and gentle slopes to facilitate the disablities and improve the accessibility of the city.

⟐ Accessibility is an important criterion for judging a good mobile device.

▲ **robust** [roʊˈbʌst] adj. 健壮的，强大的

⟐ The company's robust security measures protect sensitive information from cyberattacks.

⟐ Despite facing challenges, the economy has remained robust and resilient.

⟐ Long-distance running can make our body robust and healthy.

⟐ A robust software can perform well for many years.

▲ **freshman** n. 大一新生; 新手；

⟐ Freshmen often feel overwhelmed by the transition to college life.

⟐ The freshman orientation program helps new students acclimate to campus culture.

⟐ When I was a freshman in college, personal computer was forbidden to buy.

⟐ Freshman should be leaded by Senior.

▲ **legacy** [ˈleɡəsi] n. 遗产

⟐ legend [ˈledʒənd] n 传说，传奇故事；传奇人物

⟐ His father left him a substantial financial legacy to ensure his future stability.

⟐ The charity aims to create a positive legacy by supporting education and healthcare initiatives.

⟐ The complete technology documents were a great legacy for current engineers.

⟐ His father's long-term encouragement was a great spirit legacy to him.

▲ **decouple** [diːˈkʌpl] v. 分离

⟐ The company decided to decouple its hardware and software divisions for greater flexibility.

⟐ It's important to decouple emotions from decision-making in order to maintain objectivity.

⟐ Different developers should try to decouple their respective codes.

⟐ Try to decouple the completed project with a long history, really need courage.

▲ **endorse** [ɪnˈdɔːrs] v. 支持，认可；为…背书，表示同意支持等

⟐ The celebrity endorsed the new product, increasing its popularity among consumers.

⟐ The organization officially endorses the candidate for their commitment to environmental issues.

⟐ Her great commitment to the project won the endorsement of the whole team.

⟐ Our parents’s endorsement is really important for us.

▲ **plastic** [ˈplæstɪk] adj. 塑料的

⟐ The packaging is made of plastic, which is recyclable and environmentally friendly.

⟐ The plastic utensils are convenient for outdoor picnics and events.

⟐ Plastic utensils should not be fried in the pot.

⟐ In the Summer we like to wear plastic shoes.

▲ **snack** [snæk] n. 小吃

⟐ snake [sneɪk] 蛇

⟐ I like to have a healthy snack, such as fruit or nuts, between meals.

⟐ The vending machine offers a variety of snacks, including chips, cookies, and candy bars.

⟐ We should not have too many snacks in case of overweight of our body.

⟐ As a famous football sport, he never ate snacks and led a life with high discipline.

▲ **help out** v. 帮助，援助

⟐ Friends and family members often help out during times of need.

⟐ Volunteers generously donate their time to help out at the local shelter.

⟐ When she got in trouble, everyone on the team tried to help her out.

⟐ He decided to help his brother out when he heard he was in trouble, although they hadn't gotten in touch for many years.

▲ **tenure** [ˈtenjər] n. 在职期间/任期，任职 (（土地的）居住权，保有权；（尤指大学教师的）终身职位，长期聘用；（尤指重要政治职务的）任期，任职 v. 授予……终身职位（尤指教师、讲师职位）)

⟐ During his tenure as CEO, the company experienced significant growth and success.

⟐ She has held tenure as a professor at the university for over twenty years.

⟐ During my tenure in the company, I was the core developer of their Live-Streaming team.

⟐ He wanted to make his country stronger during his tenure as president.

▲ **shrink** [ʃrɪŋk] v. 缩小，减少

⟐ The company decided to shrink its workforce in response to declining profits.

⟐ The sweater shrunk in the wash and no longer fits properly.

⟐ The population of the country shrinks because of the bad economic situation in recent years.

⟐ The orange began to shrink after being left on the window.

▲ **thrill** [θrɪl] n. 激动，兴奋 v. 使兴奋，使激动

⟐ The thrill of skydiving is unlike anything else I've experienced.

⟐ Roller coasters provide thrills and excitement for adrenaline junkies.

⟐ Her new and handsome boyfriend thrills her a lot.

⟐ Their first son’s coming really thrilled the couple for a long time.

▲ **tick** n/v. 滴答声；打钩，做记号

⟐ The clock's tick seemed to echo in the quiet room.

⟐ I could hear the tick of the timer counting down the seconds.

⟐ Tick the right boxes in the paper when I take the physics exam.

⟐ You can’t make any ticks when you read the book you borrowed from the library.

▲ **dictation** [dɪkˈteɪʃ(ə)n] n. 口述，听写; 命令，发号施令

⟐ dictate [ˈdɪkteɪt] 命令，影响，支配；口述，使听写 require/order/command

⟐ The teacher gave a dictation exercise to test the students' spelling and grammar.

⟐ He prefers to take dictation rather than type his own emails.

⟐ The lawyer wrote the testament at the dictation of the dying old man.

⟐ The husband often dictated to his wife in a bad manner.

▲ **drowsy** [ˈdraʊzi] adj. 昏昏欲睡的

⟐ The medication made him feel drowsy, so he decided to take a nap.

⟐ Driving while drowsy can be dangerous and increase the risk of accidents.

⟐ After overtime work, she felt a little drowsy and needed to take a nap immediately.

⟐ I can’t bear to drink and only one bottle of beer can make me drowsy.

▲ **staple food** [ˈsteɪp(ə)l] n. 主食

⟐ stapler [ˈsteɪplər] n 订书机 staple 订书针

⟐ Rice is a staple food in many Asian countries, serving as the foundation of most meals.

⟐ Potatoes are a staple food in many Western cuisines and can be prepared in various ways.

⟐ The staple foods of Chinese people include rice and wheat food.

⟐ The wild cat’s staple food is mice, birds, and fish.

▲ **velocity** [vəˈlɑːsəti] n. 速度，速率

⟐ The velocity of the car increased as it traveled down the highway.

⟐ The velocity of the water flow in the river depends on factors such as slope and volume.

⟐ When velocity multiplies time, distance can be obtained.

⟐ Nothing’s velocity can overpass the light.

▲ **whining and back-talk** n. 发牢骚和反驳

⟐ whine [waɪn] v. 嘀咕，抱怨

⟐ The child's constant whining and back-talk made it difficult for the teacher to maintain order in the classroom.

⟐ Parents need to address whining and back-talk behavior in children to teach them respectful communication skills.

⟐ The employees began their whining and back-talk because of the prolonged meeting.

⟐ Every time the father blamed his son, there was always whining and back-talk from the son.

▲ **theoretical** [ˌθiːəˈretɪk(ə)l] adj. 理论上的

⟐ The new scientific theory remains theoretical until proven through experimentation.

⟐ In theoretical physics, scientists explore concepts that may not yet be observable in the natural world.

⟐ Theoretically speaking, I can arrive at your place at 6 pm.

⟐ Although the theoretical possibility is not high, we still want to have a try.

⟐According to the check-up of gene, She will get a theoretical chest cancer in the future.

▲ **priest** [priːst] n. 牧师，神父

⟐ The priest delivered a sermon on forgiveness during Sunday mass.

⟐ The young man sought guidance from the priest on matters of faith and spirituality.

⟐ My wife wanted to be a priest when she was young.

⟐ She tries to share her troubles with the priest in order to obtain some comfort.

▲ **study room** n. 自习室

⟐ The library provides study rooms for students to work on group projects and study in peace.

⟐ The study room is equipped with desks, chairs, and whiteboards for collaborative learning.

⟐ The school decided to open all the study rooms to the public in order to improve the study atmosphere of the city.

⟐ I like the study room in the library, it’s so quiet and full of studying atmosphere.

▲ **parenting** n. 养育，育儿

⟐ Parenting requires patience, understanding, and unconditional love.

⟐ The book offers practical advice and tips for effective parenting.

⟐ Parenting is always not an easy thing.

⟐ When talking about parenting, parents often have a lot to say.

▲ **foretell** v. 预示；预言

foretell: 是一个有点古老或正式的词汇，通常指以神秘或超自然的方式预言未来，或者是以预言者的身份发表预言。

predict: 是最常用的词汇，指基于已有的信息、经验或模型做出未来事件的预测。它可以涉及科学、统计、逻辑或推理。

forecast: 通常指通过分析和解释现有数据来做出未来事件的预测。它常用于描述天气预报、经济预测和市场走势等。

⟐ The old man claimed to have the ability to foretell the future.

⟐ The sudden change in weather foretells a storm approaching.

⟐ The priest has the ability to foretell others' fate.

▲ **bittersweet** adj. 苦乐参半的；苦中带甜的

⟐ Winning the championship was a bittersweet victory for the team, as it came at the cost of their star player's injury.

⟐ Watching her children grow up was a bittersweet experience for the mother, filled with both pride and nostalgia.

⟐ As a father of three children, it is a bittersweet job.

⟐ The experience of our Life is always bittersweet.

▲ **revive** v. 复苏，恢复，主要指的是重新获得生机、恢复活力或使某物重现活力或活力。它通常与生命、精力、活动或兴趣相关联。"Recover" 更广泛地指恢复到从前的状态，从某种损失或困难中康复。它可以指恢复健康、财富、声誉等。

⟐ After receiving medical attention, the patient began to revive.

⟐ The economic reforms are expected to revive the struggling industry.

⟐ After a long term of curing, her dog revives from a bad injury.

⟐ After the big fire, the forest revived and became green very soon.

▲ **notable** adj. 显著的，值得注意的

⟐ The scientist made notable contributions to the field of physics, earning international recognition.

⟐ Her artwork is notable for its vibrant colors and unique style.

⟐ As common people, if we want to make a notable achievement in a field, we need to make small and trivial progress each day.

⟐ The War between Russia and Ukraine becomes less notable as time goes on.

▲ **notional** [ˈnoʊʃənl] adj. 虚构的，理论上的 = **theoretical** [ˌθiːəˈretɪk(ə)l]

⟐ The notional value of the assets was higher than their actual market worth.

⟐ In economics, notional concepts often serve as theoretical models.

⟐ notion n. 概念，想法

⟐ Before our actual practice, we need to find the notional possibilities.

⟐ Some geniuses often have the notional ideas that we common people cannot understand.

▲ **anxious** adj. 焦虑的，担忧的

⟐ The student felt anxious before the exam, fearing that he hadn't studied enough.

⟐ Waiting for the interview results made her anxious, as the outcome would greatly impact her career.

⟐ I easily feel anxious which often causes me insomnia.

⟐ The boss often feel anxious because of the bad performance of his team.

▲ **forfeit** v. 失去，被罚没

⟐ If a team violates the rules, they may forfeit the game and lose the chance to win.

⟐ He had to forfeit his deposit when he canceled the reservation at the last minute.

⟐ The company forfeits a large deal of money because of its violating the privacy law.

⟐ The husband forfeits his child because of his violence.

▲ **oblige** [əˈblaɪdʒ] v. 帮忙，迫使

⟐ She felt obliged to assist her friend in times of need.

⟐ The terms of the contract obliged both parties to fulfill their respective obligations.

⟐ Our love for our children obliges us to feed them and cultivate them.

⟐ Marriage often obliges us to support each other.

▲ **restful** adj. 安静的，宁静的

⟐ The hotel room had a restful atmosphere, perfect for a peaceful night's sleep.

⟐ Spending a weekend in the countryside provided a restful break from city life.

⟐ Fishing is a restful outdoor exercise that can make us feel relaxed.

⟐ Many people like a restful life in the countryside.

▲ **alleviate** [əˈliːvieɪt] v. 缓解，减轻

⟐ The medication is designed to alleviate pain and discomfort.

⟐ Community efforts were made to alleviate the impact of the natural disaster.

⟐ Many people are addicted to drugs to alleviate the crucial of real life.

⟐ The born of my first son really alleviated the pressure of my life.

▲ **delicate** adj. 微妙的，精致的（通常用来形容某物或某人具有精致、柔弱、易受损害或需要特别小心处理的特性）

⟐ The delicate fabric required gentle washing to avoid damage.

⟐ The delicate balance of the ecosystem is easily disrupted by human activities.

⟐ Since World War Second, the world has kept a kind of delicate peace because of nuclear weapons.

⟐ The delivery of the delicate expensive painting requires high cautions.

▲ **vague** [veig] adj. 模糊的，不清楚的

⟐ The instructions were vague, leading to confusion among the team members.

⟐ Her memories of that day were vague, and she couldn't recall specific details.

⟐ Product managers should avoid any vague requirements for their developers.

⟐ The burning of the forest causes lots of smoke that makes the sky vague.

▲ **discharge** v. 排放，释放; 允许……离开；解雇；使退伍；

⟐ The factory was fined for illegally discharging pollutants into the river.

⟐ The doctor decided to discharge the patient after a successful recovery.

⟐ The programmer was discharged because of a serious mistake in his code.

⟐ The policeman was discharged because of a shooting in public.

▲ **contradiction** n. 矛盾，不一致

⟐ There was a contradiction between what he said and what he did.

⟐ The findings of the two studies presented a contradiction in the scientific literature.

⟐ contradict v. 反驳，驳斥，相矛盾

⟐ We should check out the data meticulously in case of any contradictions.

⟐ We often show contradictions in the solutions of our team.

▲ **confront** v. 面对，对抗

⟐ It's important to confront challenges with a positive mindset.

⟐ The athlete had to confront strong opponents in the competition.

⟐ We should not be afraid of confronting others that try to challenge us.

⟐ Our lives are always full of challenges to confront.

▲ **confrontation** n. 对抗，冲突

⟐ The heated confrontation between the two parties led to a resolution.

⟐ Diplomacy aims to prevent military confrontation between nations.

⟐ People with a lack of confidence are often afraid of confrontation with others.

⟐ She is the kind of person who easily makes confrontations with others.

▲ **overlook** v. 忽视，忽略；俯视，眺望

⟐ It's crucial not to overlook the importance of regular exercise for good health.

⟐ The manager decided to overlook the minor mistake and focus on the overall performance.

⟐ This apartment has a high price because of the view that can overlook the whole city.

⟐ We should not overlook the mental health of our children.

▲ **compliance** n. 遵循，顺从 comply. vi

⟐ The company's compliance with industry regulations ensured a smooth audit.

⟐ Strict compliance with safety guidelines is essential in hazardous work environments.

⟐ As a developer, it is a basic skill of compliance with the specifications of a team.

⟐ As a wise developer, we should not comply with every specification without any thinking.

▲ **benchmark** n. 基准，标杆

⟐ The company uses industry benchmarks to evaluate its performance against competitors.

⟐ The new software will be tested against a benchmark to ensure optimal functionality.

⟐ The products of the company are a benchmark in the Internet industry.

⟐ ChatGPT is a benchmark AI product that exceeds others.

▲ **outweigh** v. 超过，比...更重要

⟐ The benefits of the new system outweigh the initial implementation costs.

⟐ The positive aspects of the job offer outweighed the potential drawbacks.

⟐ The benefits of regular exercise outweigh the risks of injury.

⟐ exceed / surpass

⟐ Nothing can outweigh the risk of our health.

▲ **cutting-edge** 先进的，尖端的

⟐ The company invests in cutting-edge technology to stay ahead of the competition.

⟐ The research facility focuses on developing cutting-edge solutions for future challenges.

⟐ The United States and China have lots of competition in many cutting-edge technology fields.

▲ **cohesive** adj. 凝聚力强的，有黏性的

⟐ cohesion [koʊˈhiːʒ(ə)n] n. 凝聚力，团结；内聚力；

⟐ The cohesive team worked seamlessly to achieve their common goals.

⟐ A cohesive organizational culture contributes to employee satisfaction and productivity.

⟐ The most important thing to build a cohesive team is trust.

▲ **kickstart** v. 启动，开创 (start)

⟐ The new marketing campaign aims to kickstart brand awareness in the target market.

⟐ The training program will kickstart participants' skills development.

⟐ The fast development of AI has kickstarted a really new era.

▲ **aspire** v. 渴望，立志

⟐ As a leader, she aspires to inspire her team to reach new heights.

⟐ The company aspires to be a leader in sustainable business practices.

⟐ He really aspired to make some fast money to pay his bills.

▲ **accelerate** [əkˈseləreit] v. 加速，促进

⟐ The company plans to accelerate its expansion into international markets.

⟐ Technological advancements continue to accelerate the pace of innovation.

⟐ The development of AI really accelerates the evolution of the civilization of human beings.

▲ **capability** [ˌkeɪpəˈbɪləti] n. 能力，才能

⟐ The new software has advanced capabilities for data analysis.

⟐ The training program aims to enhance employees' capabilities in problem-solving.

⟐ The AI tools now have more advanced capabilities than common programmers to write codes.

▲ **internet celebrity** [səˈlebrəti] n. 网红

⟐ Internet celebrities often use social media platforms to connect with their audience.

⟐ The rise of internet celebrities has changed the landscape of fame and influence.

⟐ A phenomenal internet celebrity can have a great influence on our society.

▲ **thorough** [ˈθɜːroʊ] adj. 彻底的，全面的；仔细的，缜密的；仔细周到，工作缜密

⟐ The detective conducted a thorough investigation to uncover the truth.

⟐ The manager provided thorough training to ensure employees were well-prepared.

⟐ After a big failure, The team made a thorough review and summary in time.

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▲ **augmented reality** n. 增强现实

⟐ Augmented reality technology overlays digital information onto the real world through devices like smartphones and AR glasses.

⟐ The museum offers an augmented reality tour that enhances the visitor experience with interactive displays.

▲ **mortgage** n. 抵押贷款

⟐ They took out a mortgage to buy their dream home.

⟐ The bank approved their mortgage application based on their credit history.

▲ **diaper** n. 尿布

⟐ New parents go through many diapers in the first few months of their baby's life.

⟐ The disposable diaper is a convenient option for busy parents.

▲ **bullet train** n. 子弹头列车，高速列车

⟐ The bullet train travels at high speeds, making it a convenient mode of transportation for long-distance travel.

⟐ The government invested in the construction of a new bullet train line to improve transportation infrastructure.

▲ **mandatory** adj. 强制性的

⟐ The completion of the safety training is mandatory for all employees.

⟐ Wearing a helmet is mandatory for cyclists on this route.

▲ **affluent** adj. 富裕的，富有的 = rich

⟐ The neighborhood is known for its affluent residents and luxurious homes.

⟐ Affluent societies often face the challenge of addressing income inequality.

▲ **blockage** n. 阻塞，堵塞

⟐ A blockage in the pipe caused water to back up in the sink.

⟐ Medical attention is needed to address the blockage in the coronary arteries.

▲ **cart** n. 手推车，货车

⟐ Supermarket employees use carts to transport groceries and goods.

⟐ The gardener loaded the cart with bags of soil for planting.

▲ **proportion** n. 比例，部分

⟐ The recipe requires a specific proportion of ingredients for the best results.

⟐ The survey aimed to represent a proportionate sample of the population.

▲ **best in class** 业界最佳

⟐ The company prides itself on providing best-in-class customer service.

⟐ Their technology is considered best in class due to its innovative features.

▲ **meticulous** [məˈtɪkjələs] adj. 一丝不苟的，注意细节的

⟐ The artist's meticulous attention to detail is evident in every brushstroke.

⟐ Meticulous planning is crucial for the success of complex projects.

⟐ meticulous design 精良的设计

▲ **controversial** adj. 有争议的 -> controversy n. 争议，争论

⟐ The new policy proved to be controversial, sparking debates among the citizens.

⟐ Controversial topics often elicit strong opinions from different individuals.

▲ **designate** v. 指定，指明，任命，指定；把……定名为，把……描述为；

⟐ The parking spaces near the entrance are designated for disabled individuals.

⟐ The manager will designate specific roles for each team member in the project.

▲ **thoughtful** adj. 周到的，体贴的

⟐ The thoughtful design of the product considers user experience and functionality.

⟐ She appreciated the thoughtful gesture of receiving a handwritten thank-you note.

▲ **attentive** adj. 注意的，专心的

⟐ An attentive listener absorbs information and understands the speaker's perspective.

⟐ The attentive waiter anticipated the needs of the diners without being intrusive.

▲ **widely circulated** adj. 广泛传播的

⟐ The news about the incident was widely circulated on social media.

⟐ His artwork became widely circulated, gaining recognition from art enthusiasts worldwide.

▲ **matrix** n. 矩阵，模型

⟐ The matrix displayed the relationships between different variables in the experiment.

⟐ In mathematics, a matrix is often used to represent a set of linear equations.

▲ **percentile** n. 百分位数

⟐ The student scored in the 90th percentile, indicating high achievement compared to peers.

⟐ The company's revenue growth placed it in the 75th percentile among industry competitors.

▲ **allot** v. 分配，分派

⟐ The teacher will allot specific time for each student to present their projects.

⟐ Resources were allotted based on the needs and priorities of each department.

▲ **infant** n. 婴儿；幼儿

⟐ The hospital provides care for both mothers and infants.

⟐ The infant slept peacefully in his crib.

▲ **kilogram** n. 千克

⟐ The bag of rice weighs one kilogram, as indicated on the packaging.

⟐ The scientist measured the mass of the object in kilograms using a precision scale.

▲ **centimeter** n. 厘米

⟐ The length of the object is measured in centimeters.

⟐ The fabric is sold by the centimeter in the craft store.

▲ **underage woman** n. 未成年女性

⟐ The bar was fined for serving alcohol to an underage woman.

⟐ Laws prohibit the exploitation of underage women in certain industries.

▲ **claim** v. 声称，主张

⟐ The company will claim responsibility for any defects in its products.

⟐ The explorer was the first to claim the discovery of the hidden treasure.

▲ **exotic** adj. 异国情调的，奇异的

⟐ The restaurant offered a menu with exotic dishes from different parts of the world.

⟐ The tropical island is known for its exotic wildlife and lush landscapes.

▲ **reschedule** v. 重新安排，改期

⟐ The meeting was rescheduled to accommodate the participants' availability.

⟐ Due to unforeseen circumstances, the flight had to be rescheduled for the next day.

▲ **laundry** n. 洗衣店；洗衣房

⟐ She took her dirty clothes to the laundry to be cleaned.

⟐ The apartment building has a communal laundry room with washing machines and dryers.

▲ **meatball** n. 肉丸

⟐ Spaghetti and meatballs is a classic Italian dish.

⟐ She prepared a large batch of meatballs for the family dinner.

▲ **milk powder** n. 奶粉

⟐ The mother mixed milk powder with warm water to make formula for her baby.

⟐ Many people prefer to use milk powder in their coffee instead of fresh milk.

▲ **foreign** **correspondent** n. 外国通讯员 ->correspond with sb: 通信和某人通信与某人通信 correspondent: 记者，通讯员；通信者，写信人

⟐ As a foreign correspondent, she reported on international events from various countries.

⟐ The newspaper assigned a foreign correspondent to cover the political developments in the region.

▲ **discard** v. 丢弃，抛弃

⟐ The old furniture was discarded to make room for the new pieces.

⟐ It's important to properly discard electronic waste to protect the environment.

▲ **brew** v. 酿造，沏（茶、咖啡）

⟐ The coffee shop owner takes pride in brewing the finest coffee in the city.

⟐ In some cultures, there is a traditional way to brew tea for special occasions.

#### ▲ neuron ['njuərɔn] n. 神经元

⟐ Neurons are the basic building blocks of the nervous system.

⟐ The transmission of signals between neurons is essential for brain function.

▲ **organ** n. 器官

⟐ The heart is a vital organ responsible for pumping blood throughout the body.

⟐ Each organ in the human body has a specific function.

▲ **faded memories** 陈旧的记忆

⟐ Faded memories of childhood resurfaced as she visited her hometown.

⟐ The photograph brought back faded memories of a long-forgotten vacation.

▲ **tech stack** 技术堆栈

⟐ The development team is proficient in a diverse tech stack, including programming languages and frameworks.

⟐ Choosing the right tech stack is crucial for building scalable and efficient software.

▲ **cross-functional** 跨职能的

⟐ Cross-functional teams bring together members with diverse skills to tackle complex projects.

⟐ The company encourages cross-functional collaboration for more innovative solutions.

▲ **a large global user base** 大型全球用户群

⟐ The social media platform boasts a large global user base, spanning multiple continents.

⟐ A product with a large global user base indicates widespread popularity and adoption.

▲ **growth from within** 由内部发展

⟐ The company believes in fostering growth from within by providing opportunities for career advancement.

⟐ Employees are encouraged to pursue professional development for growth from within.

▲ **empower** v. 授权，使有能力

⟐ The mentorship program aims to empower employees by providing guidance and support.

⟐ Education is a powerful tool that can empower individuals to make informed decisions.

▲ **empowered to think big** 被授权有远大的思维

⟐ Employees are empowered to think big and contribute innovative ideas to the company.

⟐ The leadership style encourages individuals to feel empowered to think beyond conventional limits.

▲ **diplomatic** [ˌdɪpləˈmætɪk] adj. 外交的 -> **diplomat** [ˈdɪpləmæt] n. 外交官，外交家-> **diplomacy** [dɪˈploʊməsi] n. 外交，外交技巧

⟐ Diplomatic efforts were made to resolve the international conflict peacefully.

⟐ The diplomat skillfully navigated delicate negotiations to achieve a diplomatic solution.

▲ **diploma** [dɪˈploʊmə] n. 文凭，毕业证书

⟐ After completing the required courses, students receive a diploma as proof of their academic achievement.

⟐ She proudly framed her diploma and hung it on the wall as a symbol of her educational success.

▲ **surcharge** n./v. 附加费，额外费用

⟐ The hotel bill included a surcharge for room service.

⟐ Airlines often surcharge for excess baggage.

▲ **storytelling** n. 叙事，讲故事 -> storyteller n. 说故事的人

⟐ The art of storytelling is an essential part of many cultures.

⟐ Effective storytelling can captivate an audience and convey a message.

▲ **artifact** n. 工艺品，人工制品 -> artificial adj. 人造的，人工的；人为的；

⟐ The museum exhibits a collection of ancient artifacts from different civilizations.

⟐ The archaeologist discovered a unique artifact buried in the ruins.

▲ **amenity** n. 便利设施，舒适设备 -> facility

⟐ The hotel offers various amenities, including a gym and a swimming pool.

⟐ Parks with amenities like playgrounds are popular among families.

▲ **percept** n. 感知，认知，认知的对象 = feeling

⟐ The brain processes percepts from the environment to create our perception of the world.

⟐ Different individuals may have unique percepts of the same sensory input.

▲ **perceptive** adj. 感知敏锐的，感知力强的，有洞察力的 区：perspective

⟐ She is a perceptive observer, noticing subtle details that others might miss.

⟐ A perceptive analysis of the situation led to a strategic decision.

▲ **perception** n. 看法，认识；感觉，感知；洞察力；

⟐ Individual perception can influence how people interpret the same information.

⟐ The artist's work aims to challenge conventional perceptions of beauty.

▲ **expedite** v. 加速，促进 -> expedition n. 远征，考察

⟐ To expedite the shipping process, the company uses express courier services.

⟐ The manager decided to expedite the project by allocating additional resources.

▲ **expel** v. 把……开除（或除名）；驱逐；排出（空气、水、气体等）

⟐ The school may expel students for serious violations of the code of conduct.

⟐ The government decided to expel diplomats in response to the diplomatic dispute.

⟐ The heart muscles contract to expel the blood.

▲ **expectancy** [ɪkˈspektənsi] n. 期望，预期 -> expectation [ekspekˈteɪʃn] n. 期望，预期，期待. **Expect** [ɪkˈspekt] v. 期望，期待

PS: "expectation" 更侧重于个体的具体期望和预期，而"expectancy" 则更常用于强调一般性、长期性或统计上的期望。

⟐ My expectation was that the project would be completed by the end of the month.

⟐ The expectancy of success motivated him to work hard.

⟐ The team has high expectancy for the upcoming competition.

▲ **authenticity** n. 真实性 ->**authentic** adj. 原作的，真迹的，正宗的，真实的； -> **authenticate** v. 鉴定；证明……是真实的；（用户，程序）验证身份

⟐ The museum carefully checks the authenticity of its art pieces.

⟐ Authenticity is essential in building trust with customers.

▲ **depict** v. 描绘 -> depiction（常用于艺术作品的描绘）

⟐ The artist used vivid colors to depict the beauty of nature.

⟐ The novel skillfully depicts the complexities of human relationships.

**⟐ portray/describe**

▲ **compel** v. 强迫

⟐ The evidence presented in court may compel a change in the verdict(裁定，判决).

⟐ The law can compel individuals to testify as witnesses.

▲ **compelling** adj. 令人信服的

⟐ The speaker delivered a compelling argument that convinced many.

⟐ The book's compelling narrative kept readers engaged from start to finish.

▲ **put together** [pʊt təˈɡeðər] v. 组合，拼凑

⟐ He managed to put together a team of experts to tackle the problem.

⟐ Can you help me put together a proposal for the upcoming project?

▲ **assemble** v. 集合，组装

⟐ The team will assemble in the conference room for a briefing.

⟐ Workers were instructed to assemble the furniture according to the provided instructions.

▲ **disassemble** [ˌdɪsəˈsembl] v. 拆卸，分解

⟐ It's essential to carefully disassemble the machine to clean its individual components.

⟐ The technician will disassemble the old computer to salvage any reusable parts.

▲ **the economic downturn** 经济低迷

⟐ The economic downturn led to layoffs and financial challenges for many businesses.

⟐ Governments implement various policies to address the effects of an economic downturn.

▲ **respective** adj. 各自的

⟐ Each team member has their respective responsibilities in the project.

⟐ The students returned to their respective classrooms after the assembly.

⟐ Managers should be accountable for the decisions made within their respective departments.

▲ **original intention** n. 最初意图

⟐ The artist explained the original intention behind the painting during the exhibition.

⟐ It's important to stay true to the original intention when implementing a project.

▲ **supremacy** n. 至高无上，霸权

⟐ The nation sought to establish military supremacy in the region.

⟐ The team demonstrated its supremacy in the championship, winning every match.

▲ **tear** n. 眼泪；撕裂

⟐ Tears welled up in her eyes as she watched the emotional scene.

⟐ Be careful not to tear the delicate paper while unwrapping the gift.

▲ **hiccup** n. 打嗝

⟐ Drinking a glass of water quickly can sometimes help relieve hiccups.

⟐ Persistent hiccups may be a sign of an underlying medical condition.

▲ **sneeze** v. 打喷嚏

⟐ She couldn't help but sneeze when exposed to the dusty air.

⟐ Sneezing is a natural reflex to expel irritants from the nasal passages.

▲ **sneezing** n. 打喷嚏

⟐ The constant sneezing was a clear sign of her allergy to pollen(花粉).

⟐ Sneezing is the body's way of removing irritants from the nose.

▲ **proactive** adj. 主动的，积极主动的

⟐ A proactive approach to problem-solving can prevent issues before they escalate.

⟐ The team takes a proactive stance in identifying and addressing potential challenges.

▲ **conscientious** adj. 认真负责的 -> **conscience** n. 良知，良心，道德心

⟐ A conscientious student always completes assignments on time and with care.

⟐ The conscientious employee double-checks their work to ensure accuracy.

▲ **prediction** n. 预测

⟐ Meteorologists use advanced technology to make weather predictions.

⟐ The economist's prediction about the stock market proved to be accurate.

▲ **in fashion** 现行的，时尚的

⟐ High-waisted jeans are currently in fashion among young adults.

⟐ Sustainable fashion practices are becoming more in fashion in the clothing industry.

▲ **commitment** n. 承诺，投入

⟐ His commitment to the project was evident through long hours of hard work.

⟐ Marriage requires mutual commitment from both partners.

▲ **go to the dentist** 就医看牙医

⟐ It's essential to go to the dentist for regular check-ups to maintain oral health(口腔健康).

⟐ If you experience tooth pain, it's advisable to go to the dentist for a professional evaluation.

▲ **beneficiary** n. 受益人 -> beneficial adj

⟐ The life insurance policy names the spouse as the primary beneficiary.

⟐ The scholarship program aims to support the education of deserving beneficiaries.

▲ **inflame** [ɪnˈfleɪm] v. 使炎症加剧

⟐ Certain foods may inflame the symptoms of inflammatory conditions.

⟐ Prolonged exposure to the sun can inflame the skin.

▲ **inflammatory** [ɪnˈflæmətɔːri] adj. 炎症性的

⟐ The doctor prescribed medication to reduce the inflammatory response.

⟐ Inflammatory conditions can lead to pain, swelling, and redness.

▲ **inflammation** [ˌɪnfləˈmeɪʃn] n. 炎症

⟐ Inflammation is the body's natural response to injury or infection.

⟐ Chronic inflammation may contribute to various health issues.

▲ **decorate** v. 装饰

⟐ We decided to decorate the living room with new furniture and artwork.

⟐ The schoolchildren worked together to decorate the classroom for the holiday.

▲ **enhance** v. 增强，提高

⟐ Regular exercise can enhance overall well-being and fitness.

⟐ The new software update is designed to enhance the functionality of the application.

▲ **express courier services** 特快专递服务

⟐ Many businesses rely on express courier services to ensure fast and reliable delivery.

⟐ The company offers express courier services for urgent shipments, guaranteeing timely arrival.

▲ **scratch** n./v. 刮痕；抓，搔

⟐ The car had a scratch on the side after the minor accident.

⟐ The cat tried to scratch the surface of the sofa.

▲ **harass** [həˈræs] v. 骚扰 -> harassment

⟐ The company has strict policies against harassing behavior in the workplace.

⟐ Victims of online harassment can seek legal protection.

▲ **go Dutch**（各付各的）AA分账

⟐ When dining out with friends, it's common to go Dutch and split the bill.

⟐ They agreed to go Dutch on the expenses for the weekend trip.

▲ **spatial** adj. 空间的，与空间有关的；空间理解能力的

⟐ Spatial awareness is crucial for pilots to navigate aircraft safely.

⟐ The architect considered the spatial layout to optimize room functionality.

▲ **quantum** n/adj. 量子，量子的

⟐ Quantum physics explores the behavior of particles(微粒/粒子) at the smallest scale.

⟐ The development of quantum computing represents a significant breakthrough.

▲ **sanction** 制裁，处罚，惩罚；v. 认可，准许，对…实施制裁制裁

⟐ The United Nations imposed sanctions on the country for violating international laws.

⟐ The government decided to **lift** certain sanctions in response to improved diplomatic relations.

▲ **aesthetic** [esˈθetɪk] adj. 美学的

⟐ The architect considered both the functional and aesthetic aspects of the building design.

⟐ Her paintings are known for their aesthetic appeal and vibrant colors.

▲ **aesthetics** n. 美学，审美观

⟐ The course explores the principles of aesthetics in art and design.

⟐ Personal aesthetics can influence one's choice in fashion and home decor.

▲ **aesthete** [ˈesθiːt] n. 美学家，审美家

⟐ As an aesthete, she appreciates art, literature, and design.

⟐ The garden was designed by a renowned aesthete with a keen eye for beauty.

▲ **anesthesia** [ˌænəsˈθiːʒə] n. 麻醉

⟐ The surgery required local anesthesia to numb the specific area.

⟐ Anesthesia is administered to ensure the patient feels no pain during the procedure.

▲ **general** **anesthesia** 全身麻醉

⟐ Complex surgeries often require general anesthesia to induce unconsciousness.

⟐ The patient was put under general anesthesia before the operation.

▲ **anesthetic** [ˌænəsˈθetɪk] adj./n. 麻醉的；麻醉剂

⟐ The dentist applied a local anesthetic to numb the patient's gums.

⟐ The anesthetic induced a deep sleep, ensuring a painless surgery.

▲ **anesthetist** [əˈniːsθətɪst] n. 麻醉师

⟐ The anesthetist carefully monitored the patient's vital signs during the surgery.

⟐ An anesthetist plays a crucial role in ensuring a patient's comfort and safety.

▲ **anarcosis** n. 麻醉状态

⟐ The patient slipped into anarcosis as the anesthesia took effect.

⟐ Anarcosis allows medical procedures to be performed without causing pain or discomfort.

▲ **machinery** n. 机器，机械；机制，体系。PS："**machine**" 是指单个的机器或设备（具体），而"**machinery**" 指的是整体的机械设备或机械系统（抽象）。

⟐ The factory invested in modern machinery to increase production efficiency.

⟐ Understanding the machinery of government is essential for effective governance.

▲ **artwork** n. 艺术品，美术品

⟐ The gallery displayed a collection of modern artwork.

⟐ Creating unique artwork requires skill and creativity.

▲ **council** n. 委员会

⟐ The council met to discuss community issues and propose solutions.

⟐ She was elected to the school council for her leadership skills.

▲ **significant** adj. 重要的，显著的

⟐ The research findings revealed a significant improvement in patient outcomes.

⟐ Her contributions to the project were significant and highly valued.

▲ **poacher** n. 偷猎者

⟐ Poachers often target endangered species for their valuable parts.

⟐ Conservation efforts aim to combat poaching and protect wildlife.

▲ **devoted** adj. 忠诚的，忠实的，挚爱的

⟐ Devoted fans eagerly support their favorite sports team through thick and thin.

⟐ The couple has a devoted relationship, always putting each other first.

▲ **focused** adj. 集中注意力的

⟐ A focused mind is essential for solving complex problems and making decisions.

⟐ The athlete remained focused during the competition, blocking out distractions.

▲ **diligent** adj. 勤奋的，努力的

⟐ The diligent worker consistently meets deadlines and exceeds expectations.

⟐ Success in any field often requires diligent effort and continuous improvement.

▲ **handy** adj. 方便的，便利的

⟐ A Swiss Army knife is a handy tool with multiple functions.

⟐ The handy app allows users to manage their tasks efficiently on the go.

▲ **entire** adj. 全部的，整个的

⟐ The entire town celebrated the festival with joy and enthusiasm.

⟐ I watched the entire movie in one sitting because it was so captivating.

▲ **vaccine** n. 疫苗

⟐ Vaccines play a crucial role in preventing the spread of infectious diseases.

⟐ The development of a new vaccine requires extensive research and testing.

▲ **lift** v. 取消

⟐ The government decided to lift certain sanctions in response to improved diplomatic relations.

⟐ The company chose to lift the ban on remote work, allowing employees to work from home.

▲ **comedy** [ˈkɑːmədi] n. 喜剧

⟐ The comedy film had the audience laughing from start to finish.

⟐ Comedies often use humor to explore and comment on various aspects of life.

▲ **comedian** [kəˈmiːdiən] n. 喜剧演员

⟐ The comedian delivered a hilarious stand-up performance that had the audience in stitches.

⟐ Comedians use wit and humor to entertain audiences in various forms, including stand-up and television shows.

▲ **discriminatory** adj. 歧视的，有差别对待的

⟐ Discriminatory hiring practices are against the law.

⟐ The policy was criticized for being discriminatory against certain groups.

▲ **opt** v. 选择

⟐ Consumers can **opt for** eco-friendly products to support sustainability.

⟐ Employees were given the option to opt for flexible work hours.

▲ **dose** n. 剂量，一次的量

⟐ The doctor prescribed a specific dose of the medication for the patient.

⟐ It's important to follow the recommended dose instructions on the medicine label.

▲ **dosage** n. 剂量

⟐ The doctor prescribed the appropriate dosage of medication for the patient.

⟐ It's crucial to follow the recommended dosage instructions on the medication label.

▲ **allergy** n. 过敏 -> **allergic**

⟐ Her allergy to peanuts means she must be careful about what she eats.

⟐ Allergy symptoms may include sneezing, itching, and difficulty breathing.

▲ **epidural** n. 硬膜外麻醉

⟐ Many women opt for an epidural during labor to manage pain and discomfort.

⟐ The anesthesiologist administered the epidural to ensure a pain-free surgical procedure.

▲ **bladder** n. 膀胱

⟐ The bladder is a vital organ responsible for storing and releasing urine.

⟐ Inflammation of the bladder can result in frequent and painful urination.

▲ **ureter** n. 输尿管

⟐ The ureters transport urine from the kidneys to the bladder for elimination.

⟐ Kidney stones can cause blockages in the ureter, leading to severe pain.

▲ **diclofenac** [dɪklɒfeˈnæk] n. [药物] 双氯芬酸，针对疼痛和炎症的非甾体抗炎药

⟐ Diclofenac is commonly used to relieve pain and inflammation in conditions such as arthritis.

⟐ The doctor prescribed diclofenac for the patient's muscle pain.

▲ **pants** n. 裤子

⟐ She decided to wear comfortable pants for the outdoor activity.

⟐ In formal settings, it is appropriate to wear dress pants.

▲ **principle** n. 原则

⟐ He adheres to a set of moral principles in his decision-making.

⟐ The company operates based on the principle of fairness and equality.

▲ **urinate** v. 小便

⟐ It is important to urinate regularly to maintain a healthy urinary system.

⟐ The patient was advised to drink plenty of water to help with urination.

▲ **urine** n. 尿液

⟐ The doctor analyzed the urine sample to check for any abnormalities.

⟐ Dehydration can result in darker-colored urine.

▲ **pee** v./n. 小便

⟐ Pets need designated areas to pee, especially during walks.

⟐ Children often need reminders to pee before bedtime.

▲ **poo** n. 大便

⟐ Changes in diet can affect the frequency and consistency of poo.

⟐ The doctor asked about the color and texture of the child's poo.

▲ **defecate** v. 排便

⟐ Animals in the wild have specific areas where they defecate.

⟐ Some medical conditions can affect a person's ability to defecate regularly.

▲ **upfront** adv. 预付的，在前面 adj. 坦率的，诚实的；预付的，预交的

⟐ The contractor requested an upfront payment before starting the project.

⟐ She was upfront about her expectations from the beginning of the negotiation.

▲ **upright** [ˈʌpˌraɪt] adj. 直立的

⟐ The shelf was not placed upright, causing the books to fall.

⟐ The construction workers made sure the beams were upright before securing them.

▲ **mobility** n. 流动性，机动性 mobilize [ˈmoʊbəlaɪz] v.动员

⟐ The city's improved public transportation system has increased the mobility of its residents.

⟐ The company offers employees the option of remote work to improve mobility and work-life balance.

▲ **necessity** [nəˈsesəti] n. 必需品，必要性 **necessary** [ˈnesəseri] adj/n

⟐ I want to buy some necessities for my new job.

⟐ Clean water is a necessity for human survival.

⟐ Understanding the necessity of teamwork is vital for a successful project.

▲ **mouse** n. 鼠标

⟐ The computer user moved the mouse to navigate the cursor on the screen.

⟐ A wireless mouse provides more flexibility in controlling computer functions.

▲ **entertain** v. 娱乐 -> entertainment n. 娱乐

⟐ The comedian's performance was designed to entertain the audience and make them laugh.

⟐ The event included various activities to entertain guests.

▲ **flu** n. 流感

⟐ Getting a flu vaccine is recommended to prevent seasonal influenza.

⟐ The flu can spread rapidly in crowded places during the winter months.

▲ **suitcase** n. 行李箱

⟐ She packed her clothes neatly into the suitcase for the trip.

⟐ The traveler forgot his suitcase at the airport.

▲ **childbirth** n. 分娩

⟐ The doctor guided the woman through the process of childbirth.

⟐ Many couples attend classes to prepare for the experience of childbirth.

▲ **strong sense of responsibility** 责任感

⟐ Employees with a strong sense of responsibility take ownership of their tasks.

⟐ Cultivating a strong sense of responsibility is essential for effective leadership.

▲ **obesity** n. 肥胖 -> obese [oʊˈbiːs] adj. 肥胖的

⟐ The rise in obesity rates is a major health concern globally.

⟐ Obesity is often linked to lifestyle choices and diet.

▲ **chatty** adj. 爱聊天的

⟐ She is known for being chatty and sociable at social events.

⟐ The chatty neighbor always has interesting stories to share.

▲ **talkative** adj. 爱说话的

⟐ The talkative child shared stories with enthusiasm throughout the day.

⟐ Some people become more talkative when they are excited or nervous.

▲ **physical method** 物理方法

⟐ Scientists employed a physical method to analyze the properties of the material.

⟐ The company invested in research to develop new physical methods for manufacturing.

▲ **premium** n. 保险费，溢价 adj. 高价的，高品质的

⟐ The premium for comprehensive insurance coverage can be higher.

⟐ Customers are willing to pay a premium for high-quality products.

▲ **microwave oven** 微波炉

⟐ The microwave oven is a convenient appliance for quick food preparation.

⟐ She used the microwave oven to heat up leftovers.

▲ **points/points race** 积分/积分赛

⟐ The team secured victory in the points race with consistent performance.

⟐ The competition includes a points race to determine the overall winner.

▲ **explore** v. 探索

⟐ Scientists are eager to explore the mysteries of the deep sea.

⟐ The group decided to explore the uncharted wilderness.

▲ **digital** adj. 数字的

⟐ Digital technology has transformed the way we communicate.

⟐ The photographer prefers using a digital camera for its convenience.

▲ **well-being** n. 健康，幸福

⟐ The company offers programs to support the well-being of its employees.

⟐ Regular exercise and a balanced diet contribute to overall well-being.

▲ **promote mental well-being** 促进心理健康

⟐ Engaging in outdoor activities can promote mental well-being.

⟐ The workplace implemented programs to promote mental well-being among employees.

▲ **concentrate** v. 集中

⟐ It's important to concentrate on the task at hand to achieve success.

⟐ The students were advised to find a quiet place to concentrate on their studies.

▲ **famous brand** 名牌

⟐ The store carries a variety of famous brands of clothing and accessories.

⟐ Consumers are willing to pay more for products from a famous brand.

▲ **smartphone** n. 智能手机

⟐ The smartphone has become an essential tool for daily communication.

⟐ The latest model of the smartphone offers advanced features and capabilities.

▲ **informant** n. 通知者，线人

⟐ The police relied on the informant's tip to apprehend the criminal.

⟐ The journalist's informant provided crucial information about the political scandal.

▲ **interior** [ɪnˈtɪriər] adj. 内部的，内地的；n. 内部，内地

⟐ The interior of the house was beautifully decorated.

⟐ The car's interior was spacious and comfortable.

⟐ car's interior 汽车的内饰

⟐ the interior of a star 恒星的内部

⟐ Benz car is famous for its luxury interior.

▲ **calcium** n. 钙

⟐ Calcium is an essential mineral for the development and maintenance of strong bones and teeth.

⟐ Dairy products are rich sources of calcium, contributing to overall bone health.

⟐ **All the original calcium had dissolved away.**

▲ **gadget** [ˈɡædʒɪt] n. 小配件，小工具

⟐ The tech store offers a variety of gadgets, from smartwatches to innovative tools.

⟐ People often enjoy exploring the latest gadgets for their practicality and entertainment value.

▲ **elite** adj. 精英的，杰出的；n. 精英

⟐ The elite athletes competed in the final round of the championship.

⟐ The school is known for producing an elite group of scholars.

▲ **curry** n. 咖喱

⟐ Chicken curry is a popular dish in many Asian cuisines.

⟐ The restaurant offers a variety of curries with different levels of spiciness.

▲ **medication** n. 药物治疗，药物 medicate v. 下药/用药治疗

⟐ The doctor prescribed a medication to relieve the patient's pain.

⟐ It's essential to follow the recommended dosage when taking medication.

▲ **strain** n. 压力，负担；v. 拉紧，使劲

⟐ The constant strain of work and deadlines led to burnout.

⟐ Be careful not to strain your muscles when lifting heavy objects.

▲ **indulge** v. 放纵，纵容

⟐ It's okay to indulge in a treat occasionally, but moderation is key.

⟐ She decided to indulge herself with a relaxing spa day.

▲ **invoice** [ˈɪnvɔɪs] n. 发票

⟐ The accountant prepared the invoice for the client's recent purchase.

⟐ Please make sure to keep a copy of the invoice for your records.

▲ **horizontal bar** [ˌhɔrɪˈzɑntl] n. 横杆，单杠

⟐ The gymnast gracefully swung from one horizontal bar to another.

⟐ The construction team installed a horizontal bar to support the structure.

▲ **markup** [ˈmɑrkˌʌp] n. 价格标记; 涨价，利润；

⟐ The store applied a 20% markup to the cost of the product for retail.

⟐ The detailed invoice included information about the markup on each item.

▲ **relevance** n. 相关性，重要性 -> relevant

⟐ The discussion focused on the relevance of the research findings to current issues.

⟐ The candidate's previous experience has great relevance to the position's requirements.

▲ **in theory** [ɪn ˈθiəri] 在理论上

⟐ In theory, the project should be completed within six months.

⟐ In theory, the new strategy seemed promising, but practical challenges arose.

▲ **ritual** n. 仪式，典礼 -> rite n.（宗教等的）仪式；礼节，惯例

⟐ The traditional wedding ritual included cultural dances and ceremonial blessings.

⟐ Every morning, she follows a specific ritual of meditation and yoga to start her day.

▲ **renovation** n. 翻新，革新 renovate

⟐ The renovation of the old house took several months to complete.

⟐ The company invested in the renovation of its office space to create a more modern environment.

▲ **clinician** n. 临床医生，医师 clinic/clinical

⟐ The clinician advised the patient on the best course of treatment for their condition.

⟐ The clinic is staffed with experienced clinicians who specialize in various medical fields.

▲ **drowsy** adj. 昏昏欲睡的，困倦的 drow-sy

⟐ After a heavy meal, he felt drowsy and decided to take a short nap.

⟐ The medication may cause drowsiness, so avoid driving or operating machinery.

▲ **downstream** [ˈdaʊnˌstrim] adj. 下游的；adv. 在下游

⟐ The pollution in the river affects communities downstream.

⟐ The factory is located downstream from the water source.

▲ **staple** [ˈsteɪpl] n. 主要产品，主食；v. 用订书钉固定

⟐ Rice is a staple food in many Asian countries.

⟐ Please staple the documents together before submitting them.

▲ **stance** [stæns] n. 立场，态度

⟐ The company's stance on environmental protection is clear.

⟐ Her stance on the issue was met with both support and opposition.

▲ **tickle** [ˈtɪkəl] v. 使发痒，逗乐 🡪tick-le

⟐ The feather's touch can tickle and make you laugh.

⟐ His playful teasing always manages to tickle her funny bone.

▲ **memo** [ˈmemoʊ] n. 备忘录，便条

⟐ I'll send you a memo with the meeting details.

⟐ She wrote a quick memo to remind herself of the upcoming deadline.

▲ **contemporary** [kənˈtempəˌreri] adj. 当代的，现代的；n. 同代人，同龄人，同辈

⟐ Modern art reflects contemporary society.

⟐ He is a contemporary of famous artists from his era.

▲ **furnish** v. 提供，供应；装备，布置

⟐ The hotel room is well-furnished with modern amenities, ensuring a comfortable stay for guests.

⟐ The company will furnish the necessary tools and equipment for the project.

▲ **furniture** n. 家具

⟐ The showroom displays a wide range of stylish furniture for customers to choose from.

⟐ Good furniture not only enhances the aesthetics of a space but also provides functionality and comfort.

▲ **collate** v. 整理，核对

PS: Collating指整理和归档文档，确保它们按照特定的顺序或结构排列。proofread是指仔细检查文稿以发现和纠正拼写、语法、标点和印刷错误的过程。

⟐ The librarian spent hours collating the books on the shelves to ensure order.

⟐ Before submitting the report, please collate all the necessary documents.

▲ **urgent** adj. 紧急的，迫切的 -> urge

⟐ Please attend to this matter urgently; it requires immediate attention.

⟐ The organization is seeking urgent support from volunteers for the upcoming event.

▲ **documentary** n. 纪录片

⟐ The documentary provided a detailed and unbiased exploration of the historical events.

⟐ Many people prefer documentaries for their informative and visually engaging storytelling.

▲ **recipe** [ˈresəpi] n. 食谱

⟐ The chef shared his secret recipe for the delicious chocolate cake during the cooking show.

⟐ This cookbook includes a variety of recipes, from quick and easy meals to elaborate dinner options.

▲ **appraise** v. 评估，鉴定

⟐ The real estate agent will appraise the value of the property based on market trends and condition.

⟐ Before making a purchase, it's essential to appraise the quality and authenticity of the artwork.

▲ **performance appraisal** 绩效评估

⟐ The company conducts regular performance appraisals to assess employee contributions and provide constructive feedback.

⟐ A fair and transparent performance appraisal system is essential for employee motivation and career development.

▲ **public praise/ word of mouth** 口碑

⟐ The success of the product was largely attributed to positive public praise and strong word of mouth.

⟐ In the age of social media, a single negative review can significantly impact the word of mouth for a brand.

▲ **monotonous** [məˈnɑːtənəs] adj. 单调的 **monotony** [məˈnɑːtəni] n. 单调乏味，千篇一律

⟐ The monotonous sound of the dripping faucet became irritating over time.

⟐ His job involved monotonous tasks that lacked variety and challenge.

▲ **arrange** v. 安排

⟐ The event planner had to arrange the seating for the conference attendees.

⟐ Can we arrange a meeting to discuss the project timeline?

▲ **collect** v. 收集

⟐ The museum aims to collect artifacts that represent the cultural history of the region.

⟐ We need to collect data from various sources to conduct a comprehensive analysis.

▲ **distribute** v. 分配

⟐ The team leader will distribute the tasks evenly among team members.

⟐ It is essential to distribute resources efficiently for project success.

▲ **establish** v. 建立

⟐ The organization aims to establish a strong presence in the international market.

⟐ To ensure credibility, the company works hard to establish transparent policies.

▲ **implement** v. 实施

⟐ The new policy will be challenging to implement, but it is necessary for improvement.

⟐ The team is ready to implement the changes suggested during the brainstorming session.

▲ **maintain** v. 保持

⟐ It's crucial to maintain a healthy work-life balance for overall well-being.

⟐ The maintenance staff works diligently to maintain the equipment in optimal condition.

▲ **process** v. 处理

⟐ The factory uses advanced machinery to process raw materials efficiently.

⟐ Our team needs to process the data before presenting it in the final report.

▲ **specify** v. 详述

⟐ Please specify your requirements so that we can tailor the solution to your needs.

⟐ The architect will specify the materials and dimensions for the construction project.

▲ **assess** v. 评估

⟐ The manager needs to assess the performance of each team member for the annual review.

⟐ Experts will assess the environmental impact of the proposed construction project.

▲ **compare** v. 相比

⟐ It is essential to compare prices and features before making a purchasing decision.

⟐ The research study will compare the effects of two different treatment methods.

▲ **define** v. 定义

⟐ The terms and conditions clearly define the responsibilities of both parties.

⟐ The scientist aims to define the key factors influencing the experiment's outcome.

▲ **interpret** v. 解释，说明，口译

⟐ The language interpreter helps bridge communication gaps between people of different languages.

⟐ It's essential to interpret the data accurately to draw meaningful conclusions.

▲ **verify** v. 证实

⟐ The auditor will verify the accuracy of the financial statements through a detailed examination.

⟐ It's crucial to verify the information before including it in the official report.

▲ **evaluate** v. 评估

⟐ The company will evaluate the performance of the new product in the market.

⟐ The teacher will evaluate the students' essays based on content and writing skills.

▲ **dessert** n. （正餐后）甜点，甜品

⟐ The restaurant offers a variety of delicious desserts, including cakes and ice cream.

⟐ A slice of pie is the perfect way to end a meal with a sweet dessert.

▲ **stick to** v. 坚持，遵守

⟐ It's important to stick to your principles even when facing challenges.

⟐ If you want to achieve your goals, you must stick to your plan and work hard.

▲ **line up** v. 排队；使排成一行

⟐ The students had to line up outside the school before entering.

⟐ The coach asked the players to line up for a team photo.

▲ **keep track of** v. 跟踪；追踪

⟐ It's essential to keep track of your expenses to manage your budget effectively.

⟐ The GPS system helps users keep track of their location during travel.

▲ **commence** v. 开始，着手

⟐ The ceremony will commence at 10 a.m. with an opening speech.

⟐ Before we commence the project, let's discuss the objectives and timeline.

▲ **repost** v. 转发，重新发布

⟐ If you find valuable information, please repost it to share with others.

⟐ The social media influencer asked her followers to repost her latest content.

▲ **red pocket** n. 红包

⟐ During the Chinese New Year, it is a tradition to give and receive red pockets for good luck.

⟐ Many people use mobile payment apps to send virtual red pockets to friends and family.

▲ **entitle** v. 使有资格，给予权利 + to

⟐ Completing the training program will entitle you to a certification in the respective field.

⟐ Being a registered member will entitle you to exclusive discounts and benefits.

▲ **accountable** adj. 负责任的**，**应该做解释的

⟐ Managers should be accountable for the decisions made within their respective departments.

⟐ In a transparent organization, individuals are held accountable for their actions and contributions.

▲ **sensor** n. 传感器

⟐ motion Sensor 运动传感器

⟐ Motion sensors in the building automatically adjust lighting to conserve energy.

⟐ Modern smartphones come equipped with various sensors for improved user experience.

▲ **sensory** adj. 感官的，知觉的

⟐ The sensory experience of the art exhibition captivated the audience.

⟐ The new technology aims to enhance the sensory perception of virtual reality.

▲ **skepticism** n. 怀疑态度 -> skeptical adj. 不相信的，持怀疑态度的；

⟐ Scientific research encourages skepticism, urging researchers to question and validate findings.

⟐ The public's skepticism about the product's effectiveness impacted its sales.

▲ **comply** v. 遵守，顺从 + with

⟐ All employees must comply with the company's code of conduct and ethical guidelines.

⟐ Failure to comply with safety regulations can result in serious consequences.

▲ **progression** n. 进展，发展；一系列；

⟐ The patient's recovery showed a positive progression with each passing day.

⟐ Career progression often involves acquiring new skills and taking on greater responsibilities.

▲ **call for a takeout** 要外卖

⟐ After a long day at work, I decided to call for a takeout instead of cooking dinner.

⟐ Many restaurants offer convenient online platforms for customers to place orders and call for takeout.

▲ **maximize** v. 最大化

⟐ The goal of the business is to maximize profits while maintaining ethical practices.

⟐ To maximize your workout results, it's essential to follow a balanced diet and proper training routine.

▲ **interaction** n. 互动，交流；相互影响，相互作用

⟐ Online forums provide a platform for social interaction and the exchange of ideas.

⟐ The success of the workshop was attributed to the engaging interaction between the speaker and the audience.

▲ **amplify one's engagement/impact** 放大，扩大；增强，加强；详述

⟐ Social media platforms allow businesses to amplify their engagement with a global audience.

⟐ The marketing team aims to amplify the impact of their campaign by using creative and compelling content.

▲ **monetize** 变现

⟐ Content creators often seek ways to monetize their online presence through sponsorships and advertisements.

⟐ Companies explore innovative strategies to effectively monetize their digital assets and data.

▲ **investigate** v. 调查

⟐ The police will investigate the incident to determine the cause and identify suspects.

⟐ Researchers plan to investigate the effects of the new drug in clinical trials.

▲ **observe** v. 观察

⟐ Scientists use telescopes to observe distant celestial bodies and gather data.

⟐ The teacher asked the students to observe the chemical reaction carefully during the experiment.

▲ **examine** v. 检查

⟐ The doctor will examine the patient thoroughly to diagnose the medical condition.

⟐ The auditor will examine the financial records to ensure accuracy.

▲ **enact** v. 颁布，制定（法令）；enactment n. （法律的）制定

⟐ The government plans to enact new laws to address environmental concerns and promote sustainability.

⟐ It took years for the council to enact policies that would benefit the local community.

▲ **meditation** n. 冥想 🡪 meditate v. 默想，冥想；思考，沉思，谋划

⟐ Many people turn to meditation as a way to reduce stress and promote mental well-being.

⟐ The practice of meditation is known to enhance concentration and foster a sense of inner peace.

▲ **prolong** v. 延长

⟐ Regular exercise and a healthy lifestyle can help prolong life expectancy.

⟐ The use of technology in agriculture has the potential to prolong the shelf life of perishable goods.

▲ **contraction** n. 收缩，宫缩

⟐ The economic downturn led to a contraction in consumer spending and business investments.

⟐ During labor, the frequency and intensity of contractions increase as the body prepares for childbirth.

▲ **binarization** [ˌbaɪnəraɪˈzeɪʃən] n. 二值化

⟐ Binarization is the process of converting an image into black and white pixels.

⟐ The binarization of the document improved its readability.

▲ **componentization** [kəmˌpoʊnəntɪˈzeɪʃən] n. 组件化

⟐ Componentization of the software allows for greater flexibility and reuse of code.

⟐ The project involves the componentization of various modules for easier maintenance.

▲ **modularization** [ˌmɑːdʒələraɪˈzeɪʃən] n. 模块化

⟐ The modularization of the project allowed for parallel development of different components.

⟐ The company adopted a strategy of modularization to streamline production.

▲ **politically correct** 政治正确

⟐ Using inclusive language is considered politically correct to avoid offense or discrimination.

⟐ The company's policies promote a politically correct and diverse workplace culture.

▲ **salvage** [ˈsælvɪdʒ] v. 挽救，抢救；n. 打捞，抢救

⟐ The team worked tirelessly to salvage the shipwrecked cargo.

⟐ Salvage operations were successful in recovering valuable items from the wreckage.

▲ **augment** [ɔːɡˈment] v. 增加，增大，加强

⟐ The company decided to augment its production capacity with new machinery.

⟐ Regular exercise can augment overall health and well-being.

▲ **dimension** [daɪˈmenʃn] n. 维度，尺寸 dimensional/dimensionality

⟐ The room's small dimension made it challenging to fit in all the furniture.

⟐ Quantum physics introduces the concept of multiple dimensions beyond our usual three spatial dimensions.

▲ **validity** [vəˈlɪdəti] n. 合法性

⟐ The validity of the contract was questioned due to discrepancies in the terms.

⟐ Scientific research requires rigorous methods to ensure the validity of the results.

▲ **routine** n. 例行公事，常规

⟐ He followed a strict daily routine to maintain a healthy lifestyle.

⟐ The team's morning routine included a brief meeting to discuss the day's tasks.

▲ **fatigue** n. 疲劳，劳累

⟐ The long journey left him feeling a deep sense of fatigue.

⟐ The workers complained of fatigue due to the extended shifts during the busy season.

▲ **fatigued** adj. 疲劳的，筋疲力尽的

⟐ After the intense workout, she felt extremely fatigued.

⟐ The long hours of studying left the students feeling mentally and physically fatigued.

▲ **retrieve** v. 检索，取回

⟐ He was able to retrieve the lost files from the backup system.

⟐ The team worked quickly to retrieve the data before the system crashed completely.

▲ **encrypt** v. 加密

⟐ Users are advised to encrypt their sensitive data to protect it from unauthorized access.

⟐ The software utilizes advanced algorithms to encrypt communications and ensure secure transactions.

▲ **regulate** v. 调控

⟐ Governments often enact policies to regulate industries and ensure fair competition.

⟐ The thermostat is designed to regulate the temperature in the room automatically.

▲ **repetitive** adj. 重复的

⟐ The assembly line worker found the job monotonous and repetitive.

⟐ Long, repetitive tasks can lead to fatigue and reduced productivity.

▲ **spam inbox** [spæm ˈɪnˌbɒks] n. 垃圾邮件文件夹

⟐ The spam inbox automatically filters out unwanted emails, preventing them from cluttering the main inbox.

⟐ Users should regularly check their spam inbox to ensure that important emails are not mistakenly marked as spam.

▲ **dignity** [ˈdɪɡnəti] n. 尊严，庄重

⟐ The leader conducted the meeting with dignity and professionalism.

⟐ Maintaining one's dignity in difficult situations is a sign of strength.

▲ **unveil** [ʌnˈveɪl] v. 揭示，公开 -> veil n/v 面纱，面罩/ 以面纱遮掩，遮掩

⟐ The company will unveil its new product during the upcoming press conference.

⟐ The artist plans to unveil a new collection at the gallery opening.

▲ **compensate** v. 补偿，赔偿

⟐ The company will compensate employees for any additional hours worked.

⟐ The organization compensated the customer for the inconvenience caused by the delay.

▲ **in general terms** phr. 一般来说，通常情况下，总的来说

⟐ The report outlined the findings in general terms to make them more accessible to the public.

⟐ He explained the concept in general terms to provide a basic understanding to the audience.

▲ **morale** n. 士气，斗志

⟐ The team-building activities significantly improved the staff's morale.

⟐ The manager's pep talk boosted the morale of the employees before the crucial project deadline.

▲ **contagious** adj. 传染性的，有感染力的

⟐ The flu is highly contagious, spreading easily from person to person.

⟐ Laughter is contagious, and soon the entire room was filled with joy.

▲ **ultimate** [ˈʌltɪmət]adj. 终极的，最终的 = final

⟐ Winning the championship was the ultimate goal for the team.

⟐ The company's ultimate objective is to provide affordable and efficient products to customers.

▲ **optimal** [ˈɑːptɪməl] adj. 最佳的，最优的

⟐ The optimal temperature for plant growth is around 25 degrees Celsius.

⟐ We need to find the optimal solution to maximize our efficiency.

▲ **mainstream** [ˈmeɪnstriːm] n. 主流

⟐ The artist's work moved from the avant-garde to the mainstream, gaining widespread popularity.

⟐ The product's success in the market propelled it into the mainstream, reaching a broader audience.

▲ **embark** [ɪmˈbɑrk] v. 上船，着手，开始

⟐ We will embark on a journey around the world.

⟐ It's time to embark on a new project.

▲ **sarcastic** adj. 讽刺的，挖苦的

⟐ Her sarcastic remarks(言论，评述) often made it difficult to determine her true intentions.

⟐ He couldn't tell if her comment was serious or just meant to be sarcastic.

▲ **sarcasm** n. 讽刺，挖苦

⟐ His sarcasm often caused misunderstandings among his colleagues.

⟐ The comedian's humor was characterized by clever sarcasm and wit.

▲ **vacancy** n. 空缺，空位

⟐ There is a job vacancy in the marketing department.

⟐ The hotel has a vacancy for the position of a receptionist.

▲ **overoptimized** [oʊvərˈɑːptɪˌmaɪzd] adj. 过度优化的

⟐ The website's overoptimized design sacrificed user experience for search engine rankings.

⟐ The overoptimized marketing strategy led to a narrow focus and missed potential opportunities.

▲ **gorgeous**[ˈɡɔːrdʒəs] adj. 绚丽多彩的

⟐ The sunset painted the sky in gorgeous hues of pink, orange, and purple.

⟐ She wore a gorgeous dress that captivated everyone at the event.

▲ **urban** [ˈɜːbən] adj. 城市的

⟐ Urban areas are characterized by high population density and extensive infrastructure.

⟐ The urban lifestyle offers diverse cultural experiences and modern conveniences.

▲ **harsh** [hɑːrʃ] adj. 严厉的，刺耳的，苛刻的

⟐ The harsh winter weather made outdoor activities challenging.

⟐ Her harsh criticism affected the team's morale.

▲ **preorder** [priːˈɔːrdər] v. 预订，预购

⟐ Customers can often receive exclusive benefits when they preorder new products.

⟐ Many people choose to preorder the latest gadgets to ensure availability upon release.

▲ **startup** n. 创业公司

⟐ Many startups focus on innovation and agility to compete in dynamic markets.

⟐ Investors are often attracted to startups with disruptive technologies and scalable business models.

▲ **double-edged sword** n. 双刃剑

⟐ Social media can be a double-edged sword, providing both connection and potential harm.

⟐ The new policy proved to be a double-edged sword, addressing one issue but causing another.

▲ **graduate student** n. 研究生

⟐ She is currently a graduate student pursuing a master's degree in computer science.

⟐ The university offers various research opportunities for graduate students in the engineering department.

▲ **undergraduate student** n. 本科生

⟐ As an undergraduate student, he majored in economics and minored in political science.

⟐ The campus bookstore provides essential textbooks for undergraduate students across different disciplines.

▲ **self-awareness** n. 自我意识

⟐ Developing self-awareness is crucial for personal growth and effective communication.

⟐ Meditation and reflection are practices that can enhance self-awareness and mindfulness.

▲ **liberal** adj. 自由主义的，思想开明的

⟐ The professor holds liberal views on social issues and advocates for inclusivity.

⟐ A liberal arts education emphasizes critical thinking and a broad intellectual foundation.

▲ **irritate** v. 激怒，使恼火

⟐ The repetitive sound of the tapping pen started to irritate everyone in the room.

⟐ Using harsh chemicals can irritate sensitive skin.

▲ **irritated** adj. 恼怒的，生气的

⟐ The constant noise from the construction site left him feeling irritated.

⟐ Being kept waiting for a long time made her increasingly irritated.

▲ **strained** adj. 紧张的，过度的

⟐ The strained relationship between the two countries improved after diplomatic talks.

⟐ Her voice sounded strained, indicating the stress she was under.

▲ **earphone** n. 耳机

⟐ He plugged in his earphones to listen to music on the train.

⟐ Wireless earphones have become increasingly popular for their convenience.

▲ **headset** [ˈhedset] n. 耳机

⟐ A headset is a pair of audio devices worn over the head, covering the ears.

⟐ Many gamers prefer using a headset for an immersive audio experience.

▲ **resolve** [rɪˈzɑːlv] v. 解决，下决心 -> Solve: 更通用，resolve强调坚决的决心。

⟐ The team worked together to resolve the technical issues before the deadline.

⟐ She made a resolve to improve her time management skills in the new year.

▲ **resolute** [ˈrezəlut] adj. 坚决的

⟐ Despite the challenges, she remained resolute in achieving her goals.

⟐ The resolute stance of the leader inspired confidence among the team members.

▲ **resolution** [ˌrezəˈluʃən] n. 决心，解决

⟐ The conflict was brought to a resolution through peaceful negotiations.

⟐ She made a resolution to exercise more regularly and lead a healthier lifestyle.

▲ **intuitive** [ɪnˈtuːɪtɪv] adj. 直觉的，易用的，易懂的

⟐ The navigation system was designed to be intuitive for users of all ages.

⟐ Her intuitive understanding of the market trends helped her make successful investments.

▲ **relief** [rɪˈli:f] n. 缓解，安心

⟐ The medication brought relief to her persistent headaches.

⟐ The charity's efforts provided relief to the victims of the natural disaster.

▲ **presence** n. 存在，出席 ——> 反： absence

⟐ His presence at the meeting was necessary for the final decision.

⟐ The strong presence of security personnel ensured a safe and orderly event.

▲ **participant** n. 参与者，参加者

⟐ The participants in the workshop actively engaged in the discussion.

⟐ The conference attracted participants from various industries and backgrounds.

▲ **grand** adj. 宏伟的，壮观的

⟐ The palace's grand architecture attracted tourists from around the world.

⟐ The company's grand plans for expansion were met with enthusiasm from investors.

▲ **downside** n. 缺点，负面

⟐ The downside of the new policy was its negative impact on small businesses.

⟐ Despite the advantages, the product's downside was its high cost of maintenance.

▲ **viable** adj. 可行的，可实施的

⟐ The new business plan seems viable and promising for long-term growth.

⟐ After thorough analysis, they concluded that the project was not financially viable.

▲ **viability** n. 生存能力；可行性

⟐ The long-term viability of the product itself.

⟐ It evaluates the basic viability of the project.

⟐ And finally I'll discuss the viability of the project.

▲ **reality** n. 现实，实际情况

⟐ Despite their dreams, they had to face the harsh reality of the situation.

⟐ The company is striving to bring virtual reality technology to everyday life.

▲ **discord** n. 不和，纷争

⟐ The discord within the team was affecting overall performance.

⟐ The political party was struggling with internal discord over key policy decisions.

▲ **inspire** [ɪnˈspaɪər] v. 激发，启发

⟐ The teacher's dedication to education inspired her students to excel.

⟐ His speech at the conference inspired many to take action for positive change.

▲ **inspiration** [ˌɪnspəˈreɪʃ(ə)n] n. 灵感，启示

⟐ The natural beauty of the landscape provided inspiration for her artwork.

⟐ The motivational speaker's words were an inspiration to everyone in the audience.

▲ **empathize** [ˈempəθaɪz] v. 同感，共鸣

⟐ It's important to empathize with others to understand their perspectives.

⟐ She could empathize with the difficulties he was facing as she had been through similar experiences.

▲ **resonate** v. 共鸣，引起共鸣

⟐ Her speech about equality resonated with the audience, and they applauded loudly.

⟐ The powerful message of the song resonated with people around the world.

▲ **seamless** adj. 无缝的，流畅的

⟐ The transition between the two phases of the project was seamless.

⟐ The seamless integration of the software improved the overall user experience.

▲ **uncover** v. 揭露，发现

⟐ The investigation aimed to uncover the truth behind the mysterious disappearance.

⟐ The journalist's research helped uncover corruption within the political system.

▲ **spouse** n. [spaʊs] 配偶

⟐ He is survived by his loving spouse and two children, who were his constant source of support and encouragement.

⟐ In many cultures, the role of a spouse is considered vital in maintaining a strong and healthy family unit.

▲ **strategist** n. 战略家，策划者

⟐ A good military strategist plans for various scenarios on the battlefield.

⟐ The business strategist developed a comprehensive marketing plan for the new product launch.

▲ **nutritional** adj. 营养的，有营养价值的

⟐ Fruits and vegetables are essential for a balanced and nutritional diet.

⟐ The nutritional content of the food is listed on the packaging.

▲ **nutrition** n. 营养

⟐ Good nutrition is crucial for maintaining overall health.

⟐ The nutritionist provided personalized dietary recommendations based on the individual's needs.

▲ **exposure** [ɪkˈspoʊʒər] n. 暴露，揭露

⟐ The photographer adjusted the camera settings to control the exposure of the photograph.

⟐ The scandal resulted in the exposure of unethical practices within the company.

⟐ Exposure Compensation 曝光补偿 sun exposure 日照

▲ **impartial** adj. 公正的，无偏见的

⟐ The judge remained impartial throughout the trial.

⟐ An impartial investigation is necessary to uncover the truth.

▲ **partial** adj. 偏袒的，不公平的

⟐ His partial treatment of certain employees caused dissatisfaction among the team.

⟐ We need to avoid any partial decisions and consider all perspectives.

▲ **provisional** adj. 临时的，暂时的

⟐ We have set up a provisional office while the main building undergoes renovations.

⟐ The provisional solution should keep the system running until a permanent fix is implemented.

▲ **claim** n. 声称，主张

⟐ The company's claim of producing the best quality products was backed by thorough research.

⟐ The customer's claim for a refund was addressed promptly by the support team.

▲ **initial** adj. 最初的，开始的

⟐ The initial stage of the project involved thorough research and planning.

⟐ She had some initial concerns, but they were addressed during the discussion.

▲ **encourage** v. 鼓励，促进

⟐ The coach's words encouraged the team to push harder and strive for victory.

⟐ The organization aims to encourage young entrepreneurs through mentorship programs.

▲ **shortcut** n. 捷径，近路

⟐ Taking the shortcut through the forest saved them a significant amount of time.

⟐ The shortcut to success often involves hard work and perseverance.

▲ **distant** adj. 遥远的，疏远的

⟐ The mountain range appeared distant from the valley floor.

⟐ After the disagreement, their relationship became distant and strained.

▲ **clumsy** adj. 笨拙的，不灵巧的

⟐ He knocked over the vase with his clumsy attempt to reach for the book.

⟐ Her clumsy movements often resulted in minor accidents in the kitchen.

▲ **emphasize** [ˈemfəsaɪz] v. 强调

⟐ It is important to emphasize the key points during the presentation to ensure clarity for the audience.

⟐ The teacher always emphasizes the importance of good behavior in the classroom.

▲ **empathy** n. 移情作用；共鸣，同情；感同身受，产生共鸣（的能力）

⟐ The therapist showed great empathy towards the patient, creating a safe space for open discussion.

⟐ Developing empathy can significantly improve relationships and understanding in both personal and professional settings.

▲ **renown** n. 名望，声望

⟐ The artist gained international renown for his unique style and talent.

⟐ The company's commitment to quality has earned it a reputation of renown in the industry.

▲ **renowned** adj. 有名的，著名的

⟐ The city is renowned for its historic architecture.

⟐ The chef is renowned for creating innovative and delicious dishes.

▲ **cognitive** adj. 认知的，认识的

⟐ Cognitive abilities decline with age.

⟐ The study focuses on the cognitive development of children.

▲ **replay** n. 重播，回放

⟐ I missed the live broadcast, but I can watch the replay online.

⟐ The coach reviewed the game using the replay to analyze the team's performance.

▲ **heighten** v. 提高，增强

⟐ The use of spices can heighten the flavor of the dish.

⟐ The tension in the room began to heighten as the argument escalated.

▲ **horizon** n. 视野，眼界

⟐ Traveling can broaden one's horizons by exposing them to different cultures.

⟐ Reading books from various genres expands our intellectual horizons.

▲ **interviewer** n. 面试官

⟐ The interviewer asked a series of questions to assess the candidate's skills.

⟐ She felt nervous facing the panel of interviewers during the job interview.

▲ **interviewee** n. 接受面试者，被采访者

⟐ Is there any interviewee who stands out as memorable?

⟐ What should we ask the next interviewee?

▲ **redundant** adj. 多余的，过剩的

⟐ The company had to lay off employees due to redundant positions.

⟐ His explanation was redundant, as everyone already understood the concept.

▲ **redundancy** n. 冗余，过剩

⟐ The redundancy of information in the report made it difficult to extract key points.

⟐ The redundancy of staff led to increased operational costs.

▲ **affirm** v. 确认；断言；证实；认可；

⟐ She affirmed her commitment to the project during the meeting.

⟐ The witness affirmed that he had seen the suspect at the scene of the crime.

▲ **affirming** [əˈfɜrmɪŋ] adj. 肯定的

⟐ The affirming feedback from the supervisor motivated the team.

⟐ The affirming comments from the audience boosted the speaker's morale.

▲ **self-affirming** [sɛlf-əˈfɜrmɪŋ] adj. 自我肯定的

⟐ Positive self-affirming statements can boost self-confidence.

⟐ Her self-affirming attitude helped her overcome challenges.

▲ **intricate** adj. 复杂的，错综复杂的

⟐ The watchmaker's work was so intricate that it took months to complete.

⟐ The puzzle had an intricate design that challenged even the most skilled solvers.

▲ **subsequent** adj. 随后的，后来的

⟐ After the initial meeting, there will be subsequent discussions.

⟐ The subsequent chapters of the book reveal the mystery's resolution.

▲ **undergo** v. 经历，经受

⟐ He had to undergo surgery to remove the tumor.

⟐ Employees must undergo training before starting their new roles.

▲ **captivate** v. 迷住，吸引

⟐ Her storytelling ability could captivate audiences for hours.

⟐ The beauty of the landscape captivated everyone who visited.

▲ **explanatory** adj. 不言自明的，不需解释的

⟐ The user interface of the app is designed to be self-explanatory, so users can easily navigate it.

⟐ The diagram is self-explanatory, providing clear instructions without the need for additional explanation.

▲ **facilitate** v. 促进，使便利

⟐ The new software will facilitate communication between different departments.

⟐ The conference aims to facilitate knowledge sharing among industry professionals.

▲ **acclaim** [əˈkleɪm] n. 赞扬，喝彩

⟐ The actor received critical acclaim for his outstanding performance in the play.

⟐ The artist's work was met with widespread acclaim at the gallery opening.

▲ **specified** adj. 具体指定的，特定的 **specify** v. 明确指出，具体说明，把…列入说明书

⟐ The contract clearly outlined the specified tasks for each team member.

⟐ Please follow the specified guidelines to complete the registration process.

▲ **minimum** n. 最小量，最低限度

⟐ The workers were required to complete a minimum of eight hours per day.

⟐ The company sets a minimum standard of quality for all its products.

▲ **ego** n. 自我，自负

⟐ His massive ego often prevented him from accepting constructive criticism.

⟐ She set her ego aside and worked collaboratively with the team to achieve the project's goals.

▲ **validate** v. 验证，确认

⟐ The supervisor will validate the experiment's results before publication.

⟐ Please validate your email address to complete the registration process.

▲ **informal** adj. 非正式的，不拘礼节的

⟐ The team had an informal meeting to discuss the project's initial ideas.

⟐ His informal attire was not suitable for the formal event.

▲ **iterative** adj. 迭代的，反复的

⟐ The iterative process allowed the team to refine the product gradually.

⟐ The software development followed an iterative approach to incorporate user feedback.

▲ **critical** [ˈkrɪtɪkl] adj. 重要的；批评的；危急的

⟐ The critical decision had a significant impact on the company's future.

⟐ The film received critical acclaim for its powerful storytelling and outstanding performances.

▲ **proofread** [ˈpruːfriːd] v. 校对，校正

⟐ Before submitting the document, it's important to proofread it for errors.

⟐ I need someone to help me proofread my essay for grammar and spelling mistakes.

▲ **catalogue** n. 目录，商品目录；v. 编目录

⟐ You can find the product you need in the company's catalogue.

⟐ She spent hours cataloging the books in the library.

▲ **elapse** v. 流逝，消逝

⟐ Several years had elapsed since they last saw each other.

⟐ The time seemed to elapse quickly during the enjoyable event.

▲ **showcase** v. 展示，展示窗

⟐ The art gallery will showcase the works of local artists.

⟐ The new product was showcased at the trade fair.

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▲ **reside** v. 居住，存在

⟐ They reside in a small town on the outskirts of the city.

⟐ The beauty of nature can be found wherever you reside.

▲ **resident** n. 居民，常驻者

⟐ John has been a resident of this neighborhood for over ten years.

⟐ The hospital's residents are medical professionals in training who work under the supervision of experienced doctors.

▲ **prestige** n. 声望，威望

⟐ The university's prestige attracts students from all over the world.

⟐ His prestige in the field of science earned him numerous awards and accolades.

▲ **prestigious** adj. 有声望的，有威望的

⟐ Harvard University is known for its prestigious reputation in the academic world.

⟐ Winning the prestigious award was the highlight of her career.

▲ **likelihood** n. 可能性，概率

⟐ There is a high likelihood of rain tomorrow, so you should take an umbrella.

⟐ The likelihood of success increases with careful planning and hard work.

▲ **profuse** adj. 丰富的，大量的

⟐ The garden was filled with profuse blooms of various colors.

⟐ The author received profuse praise for her latest novel.

▲ **innermost** [ˈɪnərˌmoʊst] adj. 最深处的，最内部的

⟐ The treasure was hidden in the innermost chamber of the cave.

⟐ Her innermost thoughts and feelings remained a secret.

▲ **architect** n. 建筑师，设计师

⟐ The architect designed a stunning building that harmoniously blended with its surroundings.

⟐ The renowned architect was known for his innovative and sustainable designs.

▲ **circumstance** n. 环境，情况

⟐ The decision was made based on the circumstances at that particular time.

⟐ Given the current circumstances, we need to find a solution quickly.

▲ **resist** v. 抵抗，抵制

⟐ It's hard to resist the temptation of indulging in delicious desserts.

⟐ The team had to resist external pressures in order to stay true to their vision.

▲ **November** [noʊˈvembər] n. 十一月

⟐ Thanksgiving is celebrated on the fourth Thursday of November in the United States.

⟐ The company's fiscal year ends in November.

▲ **enhance** v. 增强，提高

⟐ The new software will enhance the performance of your computer.

⟐ Regular exercise can enhance physical fitness.

▲ **category** n. 类别，范畴

⟐ Books are typically divided into various categories, such as fiction, non-fiction, and mystery.

⟐ In this competition, participants can choose a category that best fits their skills and interests.

▲ **manpower** n. 人力，劳动力

⟐ The factory needs more skilled manpower to meet production targets.

⟐ The organization is focusing on training and developing its manpower to improve efficiency.

▲ **jog** v. 慢跑，轻推，唤起

⟐ Every morning, she likes to jog in the park for exercise.

⟐ The old photograph jogged his memory of the events from his childhood.

▲ **applaud** v. 鼓掌，称赞

⟐ The audience was quick to applaud the talented performance.

⟐ The organization applauds the efforts of its volunteers in the community.

▲ **respond** v. 回答，回应

⟐ He immediately responded to the email with the necessary information.

⟐ The company is working on improving its ability to respond to customer inquiries promptly.

▲ **emit** v. 发出，散发

⟐ The factory emits a lot of pollution into the air.

⟐ The radio tower emits signals to communicate with other devices.

▲ **omit** v. 省略，忽略

⟐ The developer decided to omit certain features from the initial release to meet the deadline.

⟐ Don't omit important error-handling code; it can lead to unexpected issues.

▲ **decorate** v. 装饰，装修

⟐ They spent the weekend decorating their new house.

⟐ The festive lights decorate the city during the holiday season.

▲ **burdensome** adj. 繁重的，沉重的

⟐ The burdensome workload was causing stress among the employees.

⟐ The new tax regulations were seen as burdensome by small businesses.

▲ **freelancer** [ˈfriːlænsər] n. 自由职业者

⟐ As a freelancer, she enjoyed the flexibility of setting her own schedule.

⟐ Many companies hire freelancers for short-term projects to handle workload fluctuations.

▲ **dependency** [dɪˈpendənsi] n. 依赖，依存

⟐ The patient's dependency on pain medication worried the doctors.

⟐ The country's economic growth showed a strong dependency on foreign investments.

▲ **massive** [ˈmæsɪv] adj. 巨大的

⟐ The company announced a massive restructuring plan to improve efficiency.

⟐ The massive amount of data collected required advanced storage solutions.

▲ **harmony** n. 和谐，协调

⟐ The choir's performance was characterized by beautiful harmony among the voices.

⟐ The team worked in perfect harmony to deliver the project ahead of schedule.

▲ **impulsive** adj. 冲动的，易冲动的

⟐ His impulsive decision led to unforeseen complications(并发症) later on.

⟐ She has an impulsive personality, often making decisions without much consideration.

▲ **confront** v. 面对，遭遇

⟐ She had to confront her fears in order to overcome them.

⟐ The company must confront the challenges posed by the changing market conditions.

▲ **vivid** adj. 生动的，鲜明的

⟐ Her vivid description of the scenery made it feel like we were there.

⟐ The artist used vivid colors to capture the essence of the sunset in her painting.

▲ **intensity** n. 强度，强烈

⟐ The intensity of the storm caused widespread damage in the area.

⟐ The intensity of his dedication to the project was evident in the final result.

▲ **intense** adj. 强烈的，紧张的

⟐ The team was under intense pressure to meet the tight deadline.

⟐ The intense competition motivated her to work harder and improve her skills.

▲ **optimistic** adj. 乐观的

⟐ He maintains an optimistic outlook despite facing various challenges.

⟐ Her optimistic attitude is contagious and inspires those around her.

▲ **optimist** n. 乐观主义者，乐观者

⟐ Despite the difficulties, he remained an optimist, believing in a better future.

⟐ The optimist in the group always sees the silver lining in every situation.

▲ **optimism** n. 乐观，乐观主义

⟐ Despite the challenges, she approached the project with great optimism.

⟐ His optimism about the future of the company was infectious among the team members.

▲ **incredible** adj. 难以置信的，不可思议的

⟐ The magician's tricks were so incredible that the audience was left amazed.

⟐ The team achieved an incredible victory against the top-ranked competitors.

▲ **self-image** [self ˈɪmɪdʒ] n. 自我形象，自我认知

⟐ A positive self-image is important for self-esteem.

⟐ He struggled with a negative self-image for years.

▲ **Mandarin** n. 官话，普通话

⟐ Many people in China speak Mandarin as their primary language.

⟐ Learning Mandarin can be challenging but rewarding.

▲ **investment** n. 投资

⟐ He made a significant investment in the stock market last year.

⟐ The company is planning to increase its investment in research and development.

▲ **influence** v. 影响，左右

⟐ Her speech influenced the audience's perspective on the issue.

⟐ The mentor's guidance had a profound influence on his career choices.

▲ **episode** n. 事件，（连续剧的）一集

⟐ The recent episode of the TV series was filled with suspense and drama.

⟐ The accident was just one episode in a series of unfortunate events.

▲ **December** [dɪˈsembər] n. 十二月

⟐ December is known for various holidays, including Christmas and New Year's Eve.

⟐ The team is planning a year-end review meeting for December.

▲ **concrete** [ˈkɑŋkriːt] adj. 具体的，实际的；n. 混凝土

⟐ We need to come up with a concrete plan for the project.

⟐ The building's foundation is made of solid concrete.

▲ **lag** [læg] v. 落后，滞后；n. 延迟

⟐ The company needs to catch up to its competitors because it lags behind in technology.

⟐ There was a slight lag in the video streaming, causing buffering.

▲ **frustrate** [ˈfrʌstreɪt] v. 使沮丧，使挫败

⟐ The repeated failures began to frustrate him.

⟐ Technical issues can frustrate the process of completing tasks.

▲ **imitate** [ˈɪmɪˌteɪt] v. 模仿，仿效

⟐ Children often imitate the behavior of their parents.

⟐ The artist tried to imitate the style of the famous painter.

▲ **allocate** [ˈæləˌkeɪt] v. 分配，分派

⟐ The company will allocate funds for the new project.

⟐ It's important to allocate resources efficiently to maximize productivity.

▲ **accurate** [ˈækjərət] adj. 准确的

⟐ The GPS system provides accurate directions to your destination.

⟐ It's important to have accurate data for making informed decisions.

▲ **accuracy** [ˈækjərəsi] n. 准确性

⟐ The accuracy of the scientific experiment's results was impressive.

⟐ The company takes pride in the high accuracy of its products.

▲ **adjacent** [əˈdʒeɪsənt] adj. 邻近的，毗邻的

⟐ The two houses are adjacent to each other, sharing a common wall.

⟐ The park is located adjacent to the shopping center.

▲ **renewable** [rɪˈnjuəbl] adj. 可再生的

⟐ Solar and wind energy are examples of renewable energy sources.

⟐ Recycling paper helps conserve trees, which are a renewable resource.

▲ **sweat** [swet] v. 流汗，出汗；n. 汗水

⟐ After a strenuous workout, she was covered in sweat.

⟐ The heat made him sweat profusely.

▲ **comply** [kəmˈplaɪ] v. 遵守，服从

⟐ It's important to comply with safety regulations in the workplace.

⟐ He agreed to comply with the terms and conditions of the contract.

▲ **conform to** [kənˈfɔrm tu] v. 符合，遵守

⟐ The product must conform to industry standards.

⟐ The dress code requires employees to conform to a specific attire.

▲ **compliance check** n. 合规检查

⟐ The company conducts regular compliance checks to ensure adherence to regulations.

⟐ A compliance check revealed several violations in the construction project.

▲ **temporary** adj. 临时的，暂时的

⟐ She accepted a temporary position at the company while waiting for a full-time job offer.

⟐ The temporary closure of the road was necessary for construction work.

▲ **cultivate** v. 培养，培育

⟐ The school aims to cultivate creativity and critical thinking in its students.

⟐ Farmers cultivate crops such as wheat and corn to feed the population.

▲ **intervene** v. 干预，介入

⟐ The teacher had to intervene when the students started arguing in class.

⟐ The government decided to intervene in the conflict to bring about a peaceful resolution.

▲ **spot** n. 地点，场所；v. 看出，发现（小的点，眼睛所及）

⟐ The park is a popular spot for picnics and relaxation.

⟐ I can spot a problem in the code that needs fixing.

▲ **bet** n. 打赌，赌注；v. 打赌，赌博

⟐ He placed a bet on his favorite team to win the game.

⟐ I wouldn't bet on that horse; it's not in good form.

▲ **detach** v. 分离，拆卸 = disassemble

⟐ Please detach the cable from the computer before moving it.

⟐ It's essential to detach the broken part and replace it with a new one.

▲ **detached** adj. 分离的，独立的

⟐ The garage is detached from the main house.

⟐ She maintained a detached perspective when analyzing the situation.

▲ **decimal** [ˈdesɪml] adj. 十进制的

⟐ Decimal numbers are represented using the base-10 numbering system.

⟐ The decimal point separates the integer part from the fractional part of a number.

▲ **hexadecimal** [ˌheksəˈdesəml] adj. 十六进制的

⟐ In hexadecimal notation, each digit represents four binary bits.

⟐ Programmers often use hexadecimal values for memory addresses and bitwise operations.

▲ **truncate** [ˈtrʌŋˌkeɪt] v. 截断，舍弃小数部分

⟐ To store an integer value, you may need to truncate the decimal part.

⟐ Truncating a floating-point number results in the loss of precision.

▲ **January** [ˈdʒænjueri] n. 一月

⟐ January is the first month of the year in the Gregorian calendar.

⟐ The software release is scheduled for the end of January.

▲ **February** [ˈfebrueri] n. 二月

⟐ February is the shortest month, with 28 or 29 days, depending on the year.

⟐ The project deadline was set for the 15th of February.

▲ **March** [mɑrtʃ] n. 三月

⟐ In March, the weather starts to warm up as spring approaches.

⟐ The conference is usually held in March each year.

▲ **April** [ˈeɪprəl] n. 四月

⟐ April showers bring May flowers, as the saying goes.

⟐ The software update is planned for early April.

▲ **May** [meɪ] n. 五月

⟐ May is a popular month for weddings due to its mild weather.

⟐ The team's performance review will be conducted in May.

▲ **June** [dʒun] n. 六月

⟐ June is the beginning of summer in many parts of the world.

⟐ The company picnic is scheduled for the third Saturday in June.

▲ **July** [dʒʊˈlaɪ] n. 七月

⟐ Independence Day is celebrated in the United States on the 4th of July.

⟐ The annual sales conference usually takes place in July.

▲ **August** [ˈɔːɡəst] n. 八月

⟐ Many people take vacations in August to enjoy the summer break.

⟐ The project is expected to be completed by the end of August.

▲ **September** [sepˈtembər] n. 九月

⟐ School typically starts in September after the summer vacation.

⟐ The team is planning a major product launch in September.

▲ **October** [ɑkˈtoʊbər] n. 十月

⟐ October is known for Halloween celebrations in many countries.

⟐ The annual technology conference is held in mid-October.

▲ **deteriorate** [dɪˈtɪriəˌreɪt] v. 恶化，退化

⟐ The condition of the old building has deteriorated over the years.

⟐ Her health deteriorated after she caught the flu.

▲ **deteriorated** [dɪˈtɪriəˌreɪtɪd] adj. 恶化的，退化的

⟐ The condition of the old building has deteriorated over the years.

⟐ Her health deteriorated after she caught the flu.

▲ **contiguous** [kənˈtɪɡjuəs] adj. 连续的，相邻的

⟐ Contiguous memory allocation places data in adjacent memory locations.

⟐ The algorithm searches for contiguous blocks of free memory for efficient storage.

▲ **traverse** [trəˈvɜrs] v. 遍历，穿越

⟐ To search for a specific element, the program needs to traverse the data structure.

⟐ The algorithm uses a recursive function to traverse the binary tree.

▲ **synthesize** [ˈsɪnθəˌsaɪz] v. 合成，综合

⟐ The compiler synthesizes machine code from the high-level programming language.

⟐ Machine learning models can synthesize human-like text based on training data.

▲ **explicit** [ɪkˈsplɪsɪt] adj. 明确的，清晰的

⟐ The explicit type declaration makes it clear what data type a variable holds.

⟐ The documentation provides explicit instructions on how to use the API.

▲ **concise** [kənˈsaɪs] adj. 简明的，精炼的

⟐ The code review emphasized the importance of writing concise and clear code.

⟐ The documentation provides a concise explanation of the key concepts.

▲ **succinct** [səkˈsɪŋkt] adj. 简洁的，简明扼要的

⟐ His succinct explanation made the complex topic easier to understand.

⟐ A good summary should be succinct while conveying all the essential information.

▲ **throughout** [θruːˈaʊt] adv. 自始至终，贯穿

⟐ She maintained a positive attitude throughout the entire project.

⟐ The rain persisted throughout the day, causing flooding in many areas.

▲ **accumulate** [əˈkjuːmjəleɪt] v. 积累

⟐ Over the years, he managed to accumulate a vast collection of rare books.

⟐ It's important to save money and accumulate wealth for future financial security.

▲ **decompose** [diːkəmˈpoʊz] v. 分解，腐烂

⟐ When organic matter is left untreated, it will naturally decompose over time.

⟐ The decomposition of the compost results in nutrient-rich soil for gardening.

▲ **compose** [kəmˈpoʊz] v. 组成，创作

⟐ Ten men compose the committee.

⟐ The orchestra will compose a beautiful symphony for the grand opening.

⟐ She had the ability to compose captivating poems that touched the hearts of many.

▲ **comprise** [kəmˈpraɪz] v. 包括，由...组成

⟐ The committee is comprised of experts from various fields.

⟐ The project comprises multiple stages, each with its own objectives.

▲ **vain** [veɪn] adj. 自负的，虚荣的

⟐ He was so vain that he spent hours admiring himself in the mirror.

⟐ Her vain attempts to impress her boss were met with indifference.

▲ **module** [ˈmɑːdʒuːl] n. 模块；单元

⟐ The software is designed with a modular structure for easy customization.

⟐ Each module of the course covers a specific topic.

▲ **modular** [ˈmɑːdʒələr] adj. 模块化的；可组合的

⟐ The modular furniture can be rearranged to suit different room layouts.

⟐ The team decided to use a modular approach to build the new app.

▲ **modularize** [ˈmɒdjʊləraɪz] v. 模块化

⟐ The software developers plan to modularize the code for better maintainability.

⟐ Modularizing the production process can improve efficiency.

▲ **initiative** [ɪˈnɪʃətɪv] n. 主动性；倡议； 措施

⟐ She took the initiative to organize a charity event for the community.

⟐ The government launched an initiative to promote renewable energy.

▲ **delegate** [ˈdelɪɡət] v. 委派，授权

⟐ He decided to delegate the task to a more experienced team member.

⟐ The manager delegated the decision-making authority to the project leader.

▲ **innovative** [ˈɪnəveɪtɪv] adj. 创新的，革新的

⟐ The company is known for its innovative approach to product design.

⟐ Innovative thinking is essential for staying competitive in today's market.

▲ **innovation** [ˌɪnəˈveɪʃən] n. 创新

⟐ Innovation is the process of introducing new ideas, methods, or products to bring about positive change.

⟐ In the tech industry, continuous innovation is essential to stay competitive and meet evolving customer needs.

▲ **fundamental** [ˌfʌndəˈmentl] adj. 基础的，基本的

⟐ Understanding fundamental programming concepts is crucial for software development.

⟐ The fundamental principles of object-oriented programming include inheritance and encapsulation.

▲ **architecture** [ˈɑrkɪˌtekʧər] n. 架构，体系结构

⟐ The architecture of a computer system determines its overall design and organization.

⟐ Modern software architecture emphasizes modularity and scalability.

▲ **mathematical** [ˌmæθəˈmætɪkl] adj. 数学的

⟐ Mathematical algorithms are used in cryptography to ensure security.

⟐ Advanced mathematical models are used to predict weather patterns.

▲ **precision** [prɪˈsɪʒən] n. 精度，准确性

⟐ High precision is essential in scientific calculations and engineering.

⟐ The precision of measurements affects the reliability of experimental results.

▲ **literal** [ˈlɪtərəl] adj. 字面的

⟐ A string literal represents a sequence of characters enclosed in quotes.

⟐ In some programming languages, you can use a numeric literal to represent a fixed value.

▲ **serial** [ˈsɪriəl] adj. 串行的

⟐ The data is transmitted in a serial fashion, one bit at a time.

⟐ Serial communication is often used to connect microcontrollers and sensors.

▲ **represent** [ˌreprɪˈzent] v. 表示，代表

⟐ Variables can represent values or objects in programming.

⟐ In a flowchart, rectangles often represent processes.

▲ **complexity** [kəmˈpleksəti] n. 复杂性，复杂度

⟐ The complexity of an algorithm measures its computational resources and efficiency.

⟐ Reducing the complexity of the code improves maintainability and readability.

▲ **readability** n. 可读性

⟐ Good code readability is important for collaboration and maintenance.

⟐ The programmer focused on improving the readability of the code by adding comments and using meaningful variable names.

▲ **maintainability** n. 可维护性

⟐ Code maintainability refers to how easily code can be updated and modified.

⟐ The software team prioritized maintainability to ensure quick bug fixes and feature enhancements.

▲ **reusability** n. 可重用性

⟐ Object-oriented programming promotes reusability through the use of classes and objects.

⟐ The library provides a set of reusable components for building user interfaces.

▲ **reliability** n. 可靠性

⟐ The reliability of a system is crucial in mission-critical applications.

⟐ Extensive testing is conducted to verify the reliability of the hardware and software components.

▲ **deduce** [dɪˈduːs] v. 推断

⟐ Programmers can deduce the cause of a bug by analyzing the error message.

⟐ From the input data, the algorithm can deduce patterns and make predictions.

▲ **arbitrary** [ˈɑrbɪˌtreri] adj. 任意的，武断的

⟐ Arbitrary decisions in code design can lead to confusion and inconsistency.

⟐ The algorithm can handle arbitrary input sizes without performance degradation.

▲ **pattern** [ˈpætərn] n. 模式，模板

⟐ Design patterns provide proven solutions to common software development problems.

⟐ Regular expressions are used to match specific patterns in text data.

▲ **indices** [ˈɪndɪsiz] n. 索引（复数）

⟐ Array indices start at 0 in many programming languages.

⟐ You can access elements in a list using their respective indices.

▲ **automatical** [ˌɔtəˈmætɪkəl] adj. 自动的

⟐ Automatical updates ensure that the software stays current with the latest features and security patches.

⟐ The system has an automatical backup feature that saves data regularly.

▲ **lightweight** [ˈlaɪtˌweɪt] adj. 轻量级的

⟐ A lightweight framework is ideal for small-scale web applications.

⟐ The lightweight design of the application allows it to run smoothly on older hardware.

▲ **scalability** [ˌskeɪləˈbɪləti] n. 可扩展性

⟐ Scalability is a key consideration when designing systems that need to handle increased loads.

⟐ Cloud services provide scalability, allowing businesses to adapt to changing demands.

▲ **recursion** [rɪˈkɜrʒən] n. 递归

⟐ Recursive functions call themselves to solve a problem by breaking it into smaller subproblems.

⟐ The algorithm uses recursion to traverse a tree-like data structure.

▲ **interpreter** [ɪnˈtɜrprətər] n. 解释器

⟐ An interpreter executes code line by line without the need for compilation.

⟐ Python and Ruby are examples of programming languages that use interpreters.

▲ **declaration** [ˌdekləˈreɪʃən] n. 声明

⟐ A variable declaration specifies the data type and name of a variable.

⟐ The declaration of a function includes its name, parameters, and return type.

▲ **selector** [sɪˈlektər] n. 选择器

⟐ CSS selectors are used to target and style specific HTML elements.

⟐ In Objective-C, selectors are used to refer to method names.

▲ **compound** [ˈkɑmˌpaʊnd] v. 合成，组合；n. 化合物，复合物；混合的；

⟐ Complex data structures are often compounds of simpler elements.

⟐ You can compound functions by calling one within another to perform a series of operations.

⟐ Water is a compound composed of hydrogen and oxygen.

⟐ The scientist discovered a new compound with potential applications in medicine.

▲ **alternatively** [ɔlˈtɜrnətɪvli] adv. 或者，作为另一种选择

⟐ You can either take the train or, alternatively, drive to the conference.

⟐ Alternatively, you can choose to pay in installments rather than in a lump sum.

▲ **embed** [ɪmˈbed] v. 嵌入，嵌套

⟐ The journalist was embedded with the troops during the war to report from the front lines.

⟐ To enhance security, the password should be embedded within the software code.

▲ **skeleton** [ˈskelətən] n. 骨架，骨骼

⟐ The skeleton of the building was completed before the interior work began.

⟐ The paleontologist discovered the fossilized skeleton of a prehistoric dinosaur.

▲ **overall** [ˈoʊvərɔl] adj. 整体的，总体的

⟐ The overall performance of the team was outstanding, leading them to victory.

⟐ Despite some minor issues, the overall experience at the restaurant was enjoyable.

▲ **reveal** [rɪˈviːl] v. 揭示，透露

⟐ The detective was finally able to reveal the truth about the crime.

⟐ The artist's latest work is meant to reveal the innermost emotions of the human soul.

▲ **regulation** [ˌreɡjʊˈleɪʃən] n. 规定，法规

⟐ The government implemented new regulations to protect the environment.

⟐ The company had to adhere to strict regulations in order to operate safely.

▲ **timeline** [ˈtaɪmˌlaɪn] n. 时间轴，时间线

⟐ The timeline of the project shows the planned milestones and deadlines.

⟐ She created a detailed timeline to track her progress on the research paper.

▲ **empathy** [ˈempəθi] n. 同情，共鸣

⟐ Her empathy for the homeless led her to volunteer at a shelter.

⟐ Having experienced loss herself, she had a deep sense of empathy for those going through similar situations.

▲ **committee** [kəˈmɪti] n. 委员会

⟐ The committee met to discuss the budget for the upcoming fiscal year.

⟐ She was elected to serve on the committee responsible for organizing the school's annual charity event.

▲ **LinkedIn** [ˈlɪŋktɪn] n. 领英（一家专业社交网络）

⟐ Many professionals use LinkedIn to connect with colleagues and find job opportunities.

⟐ She updated her LinkedIn profile to showcase her skills and experience.

▲ **recap** [ˈriːkæp] v. 复盘；重述要点

⟐ Let's recap the main points of the presentation before we move on to the next topic.

⟐ The teacher asked the students to recap what they had learned in the previous lesson.

▲ **anchor** [ˈæŋkər] n. 主持人；锚点

⟐ The news anchor reported on the latest developments in the story.

⟐ We need to secure the anchor to keep the boat from drifting.

▲ **album** [ˈælbəm] n. 专辑；相册

⟐ The band released their new album on streaming platforms.

⟐ She created a beautiful photo album to capture memories of her trip.

▲ **musical** [ˈmjuːzɪkəl] adj. 音乐的；音乐剧

⟐ The musical performance was captivating, with a talented orchestra.

⟐ We watched a musical at the theater last night.

▲ **peer** [pɪr] n. 同龄人；同行

⟐ She discussed her ideas with her academic peers to get feedback.

⟐ The conference brought together peers from various industries to share insights and experiences.

▲ **generic** [dʒəˈnerɪk] adj. 通用的，泛型的

⟐ The generic function can work with various data types.

⟐ Generic programming emphasizes code reusability and flexibility.

▲ **gene** [dʒiːn] n. 基因

⟐ The gene is activated by a specific protein.

⟐ Scientists have made significant advancements in understanding how genes function and how they can be modified to treat **genetic** disorders.

▲ **conscience** [ˈkɑːnʃəns] n. 良心

⟐ His conscience troubled him after he lied about the situation.

⟐ Acting in accordance with one's conscience is essential for making ethical decisions.

▲ **conscientious** [ˌkɑːnʃiˈenʃəs] adj. 认真的，尽责的

⟐ The conscientious employee always goes the extra mile to complete tasks.

⟐ Her conscientious approach to her studies led to excellent grades.

▲ **conscienceless** [ˈkɒnʃənslis] adj. 无良的，没有良心的

⟐ The conscienceless actions of the scammer left many people in financial ruin.

⟐ It is concerning to encounter individuals who are completely conscienceless in their pursuit of personal gain.

▲ **propagate** ['prɑpəˌɡeɪt] v. 传播，传递 = spread

⟐ Social media platforms are powerful tools to propagate information.

⟐ It's essential to propagate awareness about environmental issues.

▲ **impetuous** adj. 冲动的，鲁莽的

⟐ His impetuous decision led to regret and unintended consequences.

⟐ Impetuous actions can sometimes lead to hasty mistakes.

▲ **invigorate** v. 鼓舞，激励

⟐ The motivational speaker's words invigorated the audience.

⟐ A brisk walk in the fresh air can invigorate the mind and body.

▲ **streamline** [ˈstriːmˌlaɪn] v. 精简，使更有效率

⟐ The company aims to streamline its operations to reduce costs.

⟐ Streamlining the approval process will lead to faster decision-making.

▲ **transaction** [trænˈzækʃən] n. 交易，业务

⟐ The online transaction was completed securely using encryption.

⟐ The bank statement shows all the recent transactions in the account.

▲ **resemble** v. 类似，像

⟐ The two siblings closely resemble each other in appearance.

⟐ The new design resembles the old one but with some improvements.

▲ **referral** n. 推荐，介绍

⟐ He received a referral from a friend for a job opening at the company.

⟐ Doctors often provide referrals to specialists for specific medical conditions.

▲ **referrer** [rɪˈfɜrər] n. 推荐人；引荐者

⟐ She was referred to the company by a friend who worked there, so her friend acted as the referrer.

⟐ The referrer program encourages existing customers to refer new customers to the business in exchange for rewards.

▲ **vie** [vaɪ] vi. 竞争，争夺

⟐ Many talented athletes vie for the gold medal in the upcoming competition.

⟐ Several companies are vying for the contract to build the new airport terminal.

▲ **vying** [ˈvaɪɪŋ] v. 竞争，争夺

⟐ Several companies are vying for the contract to build the new stadium.

⟐ The candidates are vying for the position of CEO in a fierce competition.

▲ **hasty** [ˈheɪsti] adj. 匆忙的，草率的

⟐ Making a hasty decision without considering the consequences can lead to problems.

⟐ He regretted his hasty response to the criticism.

▲ **estate** [ɪˈsteɪt] n. 地产，房地产；财产

⟐ She inherited a large estate from her grandparents.

⟐ Real estate prices in the city have been steadily rising.

▲ **infrastructure** [ˈɪnfrəstrʌktʃər] n. 基础设施

⟐ The government is investing in improving the country's transportation infrastructure.

⟐ A stable and reliable infrastructure is crucial for economic development.

▲ **iterate** [ˈɪtəˌreɪt] v. 迭代，重复

⟐ The iterative process allows developers to refine and improve code gradually.

⟐ The programmer had to iterate through the data multiple times to extract the desired information.

▲ **iteration** [ˌɪtəˈreɪʃn] n. 迭代；重复

⟐ The software undergoes multiple iterations to fix bugs and add features.

⟐ The iterative process allows for continuous improvement.

▲ **identify** [aɪˈdentɪfaɪ] v. 识别；认出

⟐ Can you help me identify the person in this photograph?

⟐ It's important to identify the root causes of the problem.

▲ **adjust** [əˈdʒʌst] v. 调整；适应

⟐ She needed to adjust the thermostat to make the room warmer.

⟐ It may take some time to adjust to a new work schedule.

▲ **ecosystem** [ˈiːkoʊˌsɪstəm] n. 生态系统

⟐ The destruction of forests can have a devastating impact on the ecosystem.

⟐ Ecologists study the interactions between organisms in an ecosystem.

▲ **injection** [ɪnˈdʒekʃən] n. 注射；注入

⟐ The doctor administered an injection to the patient to relieve pain.

⟐ The injection of capital helped the company expand its operations.

▲ **pragmatic** [præɡˈmætɪk] adj. 实际的；务实的

⟐ Her pragmatic approach to problem-solving is effective in the business world.

⟐ In politics, it's important to take a pragmatic stance to address pressing issues.

▲ **practical** [ˈpræktɪkəl] adj. 实际的；实用的

⟐ The practical solution to the traffic problem is to improve public transportation.

⟐ His practical experience in the field made him a valuable asset to the team.

▲ **tackle** [ˈtækəl] v. 处理；解决

⟐ We need to tackle the issue of pollution to protect the environment.

⟐ The team worked together to tackle the challenging project.

▲ **emphasize** [ˈemfəˌsaɪz] v. 强调；着重

⟐ The teacher emphasized the importance of studying for the upcoming exam.

⟐ The speaker used visuals to emphasize key points in the presentation.

▲ **redundancy** [rɪˈdʌndənsi] n. 冗余；多余

⟐ The redundancy of data storage ensures data recovery in case of a system failure.

⟐ The company had to make layoffs to reduce redundancy in its workforce.

▲ **casual** [ˈkæʒuəl] adj. 随意的；非正式的

⟐ He wore a casual outfit to the picnic.

⟐ Their conversation was casual and relaxed.

▲ **casually** [ˈkæʒuəli] adv. 随意地；不经意地

⟐ She mentioned the idea casually during lunch.

⟐ He tossed the ball casually into the air.

▲ **adhere** [ədˈhɪr] v. 遵守；坚持

⟐ It's important to adhere to safety regulations in the workplace.

⟐ The team agreed to adhere to a strict timeline for the project.

▲ **disturb** [dɪˈstɜrb] v. 打扰；干扰

⟐ Please don't disturb me while I'm working on this important project.

⟐ The loud noise from the construction site disturbed the residents' peace and quiet.

▲ **supervision** [ˌsuːpərˈvɪʒən] n. 监督；管理

⟐ The project is under the supervision of a seasoned project manager.

⟐ The teacher provides close supervision to ensure the students are working safely in the lab.

▲ **implementer** [ˈɪmpləˌmentər] n. 实施者；执行者

⟐ The implementer of the plan is responsible for ensuring it is carried out effectively.

⟐ Successful implementation of the new policy requires a skilled implementer.

▲ **accomplishment** [əˈkʌmplɪʃmənt] n. 成就；成绩

⟐ Graduating from college was a significant accomplishment for her.

⟐ Completing the marathon was a remarkable accomplishment for the athlete.

▲ **diagram** [ˈdaɪəˌɡræm] n. 图表；图解

⟐ The diagram illustrates the process of photosynthesis.

⟐ He used a diagram to explain the complex engineering design.

▲ **psychology** [saɪˈkɒlədʒi] n. 心理学

⟐ She decided to major in psychology because she was fascinated by the human mind.

⟐ The study of psychology helps us understand behavior and mental processes.

▲ **psychological** [ˌsaɪkəˈlɒdʒɪkəl] adj. 心理的；心理学的

⟐ Her psychological well-being is important to her overall health.

⟐ The therapist specializes in providing psychological support to individuals with anxiety disorders.

▲ **intelligence** [ɪnˈtelɪdʒəns] n. 智力；情报

⟐ Artificial intelligence has made significant advancements in recent years.

⟐ Military intelligence is crucial for national security.

▲ **demonstrate** [ˈdemənˌstreɪt] v. 示范；演示

⟐ The instructor will demonstrate the proper technique for using the equipment.

⟐ The scientist used a model to demonstrate how the experiment works.

▲ **demonstrable** [dɪˈmɒnstrəbl] adj. 可证明的；可示范的

⟐ The experiment provided demonstrable evidence of the hypothesis.

⟐ The new teaching method had demonstrable results in improving student performance.

▲ **verbal** [ˈvɜrbəl] adj. 口头的；用言辞的

⟐ The verbal agreement was not legally binding.

⟐ Effective communication involves both verbal and nonverbal cues.

▲ **mindset** [ˈmaɪndˌset] n. 思维方式；心态

⟐ Having a positive mindset can help you overcome challenges.

⟐ Changing your mindset can lead to personal growth and development.

▲ **assistant** [əˈsɪstənt] n. 助手；助理

⟐ She works as a research assistant in a laboratory.

⟐ The virtual assistant can help with tasks such as scheduling and reminders.

▲ **robot** [ˈroʊbət] n. 机器人

⟐ Robots are used in manufacturing to automate repetitive tasks.

⟐ The robot vacuum cleaner can clean the house while you're away.

▲ **summarize** [ˈsʌməraɪz] v. 总结；概述

⟐ Can you summarize the main points of the presentation for the audience?

⟐ In just a few sentences, she was able to summarize the entire novel.

▲ **reference** [ˈrefərəns] n. 参考；参考资料

⟐ Please provide a reference for the statistics you mentioned in your report.

⟐ The book includes a list of references at the end for further reading.

▲ **consult** [kənˈsʌlt] v. 咨询；请教

⟐ Before making a decision, it's wise to consult with experts in the field.

⟐ She consulted a lawyer to get legal advice on her business contract.

▲ **appropriate** [əˈproʊpriət] adj. 适当的，恰当的

⟐ It's important to wear appropriate attire for the formal event.

⟐ The teacher chose an appropriate book for the student's reading level.

▲ **adequate** [ˈædɪkwət] adj. 充分的，足够的

⟐ We need to ensure that our resources are adequate for the project's demands.

⟐ Her presentation provided an adequate explanation of the complex topic.

▲ **specification** [ˌspesɪfɪˈkeɪʃ(ə)n] n. 规格，说明书

⟐ The product specifications outline the technical details and requirements.

⟐ We need to adhere to the project's specifications to ensure quality and accuracy.

▲ **optimize** [ˈɒptɪmaɪz] v. 优化

⟐ We need to optimize our website for better search engine rankings.

⟐ The goal of the project is to optimize production processes to reduce costs.

▲ **optimizing** [ˈɒptɪmaɪzɪŋ] adj. 优化的

⟐ The optimizing software helped improve the performance of the computer.

⟐ The team is actively engaged in optimizing the user experience of the mobile app.

▲ **optimization** [ˌɑːptɪmaiˈzeɪʃn] n. 优化

⟐ The optimization of the website improved its loading speed.

⟐ The team focused on optimization to enhance the software's performance.

▲ **initialize** [ɪˈnɪʃəˌlaɪz] v. 初始化

⟐ When you first set up the software, it will ask you to initialize the system by entering your name and preferences.

⟐ The technician will need to initialize the equipment before it can be used for testing.

▲ **initialization** [ɪˌnɪʃələˈzeɪʃn] n. 初始化

⟐ The initialization of the software requires configuring various settings.

⟐ During initialization, the system loads essential data and resources.

▲ **parameter** n. 参数

⟐ You can adjust the parameters to customize the software's behavior.

⟐ The function takes several parameters to perform calculations.

▲ **refactor** v. 重构

⟐ The developer decided to refactor the code to improve its readability maintainability reusability and quality.

⟐ Refactoring the codebase reduced redundancy and improved maintainability.

▲ **refactoring** n. 重构

⟐ Continuous refactoring is essential for keeping the codebase efficient.

⟐ The team conducted refactoring to enhance the software's performance.

▲ **inheritance** [ɪnˈherɪtəns] n. 继承

⟐ Inheritance allows a subclass to inherit properties and methods from a superclass.

⟐ Object-oriented programming uses the concept of inheritance to create class hierarchies.

▲ **encapsulate** [ɪnˈkæpsjuleɪt] v. 封装

⟐ Encapsulate the data to protect it from unauthorized access.

⟐ The class encapsulates the functionality required for the module.

▲ **encapsulation** [ɪnˌkæpsjuˈleɪʃ(ə)n] n. 封装

⟐ Encapsulation is a fundamental concept in object-oriented programming.

⟐ The system design emphasizes data encapsulation for security.

▲ **polymorphism** [pɑːlɪˈmɔːrˌfɪzəm] n. 多态性

⟐ Polymorphism allows objects of different classes to be treated as objects of a common superclass.

⟐ Object-oriented languages like Java support polymorphism through method overriding.

▲ **enumeration** [ɪˌnuːməˈreɪʃn] n. 枚举 enum [ˈenəm] n. 枚举

⟐ An enumeration defines a finite set of named values.

⟐ The programmer used an enumeration to represent days of the week.

▲ **casting** [ˈkæstɪŋ] n. 类型转换

⟐ Type casting is essential when converting data between different data types.

⟐ The casting of the variable from float to integer caused a loss of decimal places.

▲ **esteem** n. 尊重，尊敬；v. 尊重，尊敬

⟐ He is held in high esteem by his colleagues for his expertise.

⟐ It's essential to esteem the contributions of all team members.

▲ **self-esteem** n. 自尊心

⟐ Building self-esteem is essential for a healthy self-image and confidence.

⟐ She struggled with low self-esteem for years but eventually learned to value herself.

▲ **thrill** n. 兴奋，激动；v. 使兴奋

⟐ The roller coaster ride provided an exhilarating thrill.

⟐ Achieving a long-term goal can be a thrilling experience.

▲ **momentum** n. 动力，势头

⟐ The team's strong performance gave them the momentum to win the championship.

⟐ Building momentum in the market is essential for a successful product launch.

▲ **oversee** [ˌoʊvərˈsiː] v. 监督，管理

⟐ The manager will oversee the implementation of the new project.

⟐ It's the supervisor's responsibility to oversee the team's performance.

▲ **oversight** [ˈoʊvərsaɪt] n. 监督；疏忽

⟐ The government has established an oversight committee to ensure transparency in financial matters.

⟐ The error in the report was due to an oversight in data collection.

▲ **tidy** adj. 整洁的，整齐的

⟐ She always keeps her workspace tidy and well-organized.

⟐ The maid did an excellent job, leaving the house spotlessly tidy.

▲ **instill** [ɪnˈstɪl] v. 灌输，逐渐培养

⟐ Parents often try to instill values and principles in their children.

⟐ The coach worked to instill discipline and teamwork in the team.

▲ **subordinate** [səˈbɔrdɪnət] n. 下属；adj. 从属的；v. 使服从

⟐ She was promoted to a position where she had several subordinates to manage.

⟐ The subordinate role of the assistant was crucial in completing the project successfully.

▲ **symptom** [ˈsɪmptəm] n. 症状

⟐ Fatigue is a common symptom of the flu.

⟐ A cough and fever are typical symptoms of a cold.

▲ **circulate** v. 流传；传播

⟐ The news of the new product launch started to circulate on social media.

⟐ The memo will circulate among all the department heads for their input.

▲ **illustrate** v. 阐述；说明；举例说明

⟐ The professor used diagrams to illustrate the complex scientific concepts.

⟐ The book includes many case studies to illustrate real-world applications.

▲ **diffident** [ˈdɪfɪdənt] adj. 缺乏自信的；胆怯的

⟐ His diffident manner made it difficult for him to speak in public.

⟐ She was diffident about sharing her creative writing with others.

▲ **complete** [kəmˈpliːt] v. 完成，结束

⟐ She worked hard to complete her assignment before the deadline.

⟐ The construction of the new building is nearing completion.

▲ **completion** [kəmˈpliːʃən] n. 完成，结束

⟐ The successful completion of the project was a result of diligent teamwork and dedication.

⟐ The completion of his degree marked the beginning of his career in engineering.

▲ **transmit** [trænzˈmɪt] v. 传送，传播

⟐ Radio waves can transmit information over long distances.

⟐ It's important to transmit the message accurately to avoid misunderstandings.

▲ **delivery** [dɪˈlɪvəri] n. 交付，投递

⟐ The delivery of the package was delayed due to bad weather.

⟐ The restaurant offers home delivery for online orders.

▲ **formulate** [ˈfɔːrmjuleɪt] v. 制定，构想

⟐ The team needs to formulate a plan for the project's success.

⟐ She spent hours formulating her argument for the debate.

▲ **advocate** [ˈædvəkeɪt] v. 提倡，支持

⟐ He is known for advocating for environmental conservation.

⟐ The organization advocates for equal rights for all citizens.

▲ **navigate** [ˈnævɪɡeɪt] v. 导航，航行

⟐ The captain used the stars to navigate the ship across the ocean.

⟐ Navigating through heavy traffic can be challenging.

▲ **estimate** [ˈestɪˌmeɪt] v. 估计，评估

⟐ Can you estimate the cost of repairing the car?

⟐ The experts estimate that the population will continue to grow.

▲ **extract** [ɪkˈstrækt] v. 提取，抽取 [ˈekstrækt] n. 选段，引文；提取物，汁

⟐ She used a juicer to extract the juice from the fruits.

⟐ The scientist extracted valuable data from the research.

▲ **elegant** [ˈelɪɡənt] adj. 优雅的，文雅的

⟐ She wore an elegant dress to the formal event.

⟐ The interior design of the room is simple yet elegant.

▲ **sustainable** [səˈsteɪnəbl] adj. 可持续的，可维持的

⟐ The company is committed to adopting sustainable practices to protect the environment.

⟐ Using renewable energy sources is a key aspect of sustainable living.

▲ **drastic** [ˈdræstɪk] adj. 激烈的，严厉的

⟐ The company had to take drastic measures to cut costs and stay afloat.

⟐ The drastic changes in weather patterns are a cause for concern.

▲ **dramatic** [drəˈmætɪk] adj. 戏剧性的，引人注目的

⟐ The sudden change in weather had a dramatic impact on our outdoor event.

⟐ The new software update brought about a dramatic improvement in performance.

▲ **underway** [ˌʌndərˈweɪ] adj. 进行中的，已启动的

⟐ The construction project is currently underway and progressing well.

⟐ The investigation into the matter is already underway.

▲ **consistent** [kənˈsɪstənt] adj. 一致的，连贯的

⟐ Her consistent performance earned her a reputation for reliability.

⟐ The company's commitment to quality is consistent across all its products.

▲ **authorize** [ˈɔθəraɪz] v. 授权

⟐ Only the manager can authorize expenses over a certain amount.

⟐ The government will authorize the construction of a new airport.

▲ **authoritative** adj. 有权威的，可信的

⟐ The book was written by an authoritative expert in the field.

⟐ The manager's authoritative decision was respected by the team.

▲ **primary** [ˈpraɪmeri] adj. 主要的；初级的

⟐ The primary purpose of the meeting is to discuss the budget.

⟐ Reading is a primary skill that forms the basis for learning.

▲ **primarily** [praɪˈmerəli] adv. 主要地；首要地

⟐ The company primarily focuses on developing software products.

⟐ Her role in the project is primarily to oversee the marketing strategy.

▲ Volvo [ˈvɔlvəu] n. 沃尔沃（一家瑞典汽车制造公司）

⟐ The Volvo car is known for its safety features and durability.

⟐ He decided to buy a Volvo SUV for his family's transportation needs.

▲ stream [striːm] n. 溪流；流动；v. 流动； v. 持续供应；连续播放

⟐ The stream meandered through the forest, creating a peaceful atmosphere.

⟐ The live video will stream on the website at 3 PM.

⟐ The company is committed to streamlining its production process.

⟐ They decided to stream the entire series of movies for a marathon viewing session.

▲ streaming [ˈstriːmɪŋ] n. 流媒体

⟐ The popularity of streaming services has grown rapidly in recent years.

⟐ We enjoy watching movies through online streaming platforms.

▲ streamer [ˈstriːmər] n. 网络直播者；飘带

⟐ The streamer has thousands of followers on their gaming channel.

⟐ The colorful streamers added a festive atmosphere to the party.

▲ live-streaming [laɪvˈstriːmɪŋ] n. 实时直播

⟐ Many celebrities engage in live-streaming to interact with their fans.

⟐ The concert was live-streamed to reach a global audience.

▲ **behave** [bɪˈheɪv] v. 行为，表现；起反应，起作用；守规矩，举止得体

⟐ It's important to behave politely in social situations.

⟐ The children were told to behave themselves during the school trip.

▲ **private** [ˈpraɪvət] adj. 私人的，私有的

⟐ The private conversation should not be overheard by others.

⟐ He enjoys spending his weekends at his private cabin in the woods.

▲ **boastful** [ˈboʊstfl] adj. 自夸的，吹嘘的

⟐ His boastful claims about his achievements often annoyed his colleagues.

⟐ Being humble is more admirable than being boastful.

▲ **fluency** [ˈfluənsi] n. 流利，流畅

⟐ Her fluency in multiple languages made her an asset to the international team.

⟐ The key to mastering a language is practicing until you achieve fluency.

▲ **aggressive** [əˈɡresɪv] adj. 侵略性的，挑衅的

⟐ His aggressive behavior led to conflicts with his coworkers.

⟐ The team adopted an aggressive marketing strategy to gain market share.

▲ **available** [əˈveɪləbl] adj. 可获得的，可用的

⟐ Is the product available in different colors?

⟐ The manager is currently available for a meeting to discuss the project.

▲ **reliability** [rɪˌlaɪəˈbɪləti] n. 可靠性

⟐ The reliability of the new car model has been praised by many consumers.

⟐ Reliability is a crucial factor when choosing a supplier for our materials.

▲ **ground-breaking** [ˈɡraʊndˌbreɪkɪŋ] adj. 突破性的，开创性的

⟐ The scientist's ground-breaking research led to significant advancements in the field.

⟐ The company's ground-breaking technology revolutionized the industry.

▲ **exceed** [ɪkˈsiːd] v. 超过，超出

⟐ The company's sales this quarter exceeded expectations.

⟐ The quality of their products consistently exceeds industry standards.

▲ **compassionate** [kəmˈpæʃənət] adj. 有同情心的，富有同情心的

⟐ The compassionate nurse provided comfort and support to the patient.

⟐ Her compassionate nature led her to donate to charities that help those in need.

▲ **constructive** [kənˈstrʌktɪv] adj. 建设性的，有益的

⟐ The constructive feedback from the mentor helped the student improve their skills.

⟐ The team had a constructive discussion and came up with innovative solutions to the problem.

▲ **formalize** [ˈfɔːrməlaɪz] v. 使正式化，制定正式规定

⟐ The company decided to formalize its dress code policy to ensure professionalism in the workplace.

⟐ It's important to formalize the agreement in writing to avoid misunderstandings in the future.

▲ **competitive** [kəmˈpetətɪv] adj. 竞争的，有竞争力的

⟐ The market is highly competitive, with many companies vying for market share.

⟐ His competitive spirit drives him to excel in sports and business.

▲ reform [rɪˈfɔːrm] v. 改革，改进；n. 改革

⟐ The government is working to reform the healthcare system.

⟐ The reform of the education system is a priority for the ministry.

▲ reformation [ˌrefərˈmeɪʃn] n. 改革，宗教改革

⟐ The Protestant Reformation had a significant impact on European history.

⟐ The reformation of the legal system aimed to improve justice and fairness.

▲ retention [rɪˈtenʃən] n. 保留，保持

⟐ The company offers bonuses to employees as an incentive for retention.

⟐ Good customer retention is essential for the long-term success of a business.

▲ retentive [rɪˈtentɪv] adj. 保持的，记性好的

⟐ Her retentive memory allowed her to excel in her studies.

⟐ The retentive nature of the material makes it suitable for archival purposes.

▲ **relevant** [ˈreləvənt] adj. 相关的，有关的

⟐ The information provided is not relevant to the current discussion.

⟐ To succeed in this field, it's crucial to stay updated on relevant industry trends.

▲ **strategy** [ˈstrætədʒi] n. 战略，策略

⟐ Developing a clear marketing strategy is crucial for the success of the product launch.

⟐ The company implemented a new business strategy to expand its market presence in Asia.

▲ **strategic** [strəˈtiːdʒɪk] adj. 战略的，策略性的

⟐ The company formulated a strategic plan to expand into new markets.

⟐ Making strategic decisions is essential for the long-term success of the organization.

▲ **optimistic** [ˌɑptɪˈmɪstɪk] adj. 乐观的，积极的

⟐ Despite facing challenges, she remained optimistic about the future.

⟐ An optimistic outlook can inspire confidence and motivation in a team.

▲ **passionate** [ˈpæʃənət] adj. 充满激情的，热情的

⟐ She is a passionate advocate for environmental conservation.

⟐ His passionate dedication to the project inspired the entire team.

▲ **entry-level** [ˈentri levl] adj. 初级的，入门级的

⟐ Many graduates start their careers in entry-level positions to gain experience.

⟐ The company offers training programs for entry-level employees.

▲ **fast-paced** [ˈfæstˌpeɪst] adj. 快节奏的，紧凑的

⟐ Working in the tech industry can be demanding due to its fast-paced nature.

⟐ The fast-paced environment of the stock market requires quick decision-making.

▲ **modest** [ˈmɒdɪst] adj. 谦虚的，适度的

⟐ Despite her achievements, she remained modest and humble.

⟐ The company showed modest growth in its revenue compared to previous years.

▲ **proficient** [prəˈfɪʃənt] adj. 精通的，熟练的

⟐ He is proficient in several programming languages.

⟐ Proficient language skills are essential for international business communication.

▲ **devise** [dɪˈvaɪz] v. 设计，发明

⟐ The team worked together to devise a creative solution to the problem.

⟐ He devised a new marketing strategy to attract a broader audience.

▲ **energy** [ˈenərdʒi] n. 能量，精力

⟐ Solar panels convert sunlight into energy for the home.

⟐ She approached her work with enthusiasm and boundless energy.

▲ **utilize** [ˈjuːtəlaɪz] v. 利用，使用

⟐ It's important to utilize available resources efficiently in a project.

⟐ The team was able to utilize advanced technology to solve the complex problem.

▲ **inspect** [ɪnˈspekt] v. 检查，审查

⟐ The quality control team will inspect the products for defects.

⟐ The health department regularly inspects restaurants to ensure food safety.

▲ **thrive** [θraɪv] v. 兴旺，繁荣

⟐ The business continued to thrive despite economic challenges.

⟐ Plants thrive in environments with proper sunlight and moisture.

▲ **enroll** [ɪnˈroʊl] v. 注册，报名

⟐ Students can enroll in courses online or at the university's registration office.

⟐ Many people choose to enroll in fitness classes to stay active and healthy.

▲ **tricky** [ˈtrɪki] adj. 棘手的，复杂的

⟐ Solving this tricky puzzle requires careful thought and patience.

⟐ Negotiating the contract's terms proved to be quite tricky due to the complex legal language.

▲ **seasoned** [ˈsiːznd] adj. 经验丰富的

⟐ The seasoned chef created a delicious and well-balanced meal.

⟐ Her seasoned advice was invaluable in helping me navigate the challenges of my new job.

▲ **sophisticated** [səˈfɪstɪkeɪtɪd] adj. 复杂的，精致的；见多识广的，老练的，见过世面的

⟐ The software has a sophisticated algorithm that can analyze large datasets.

⟐ Her taste in fashion is quite sophisticated, and she always looks elegant.

▲ **competent** [ˈkɑːmpɪtənt] adj. 胜任的，有能力的

⟐ The new employee proved to be highly competent in handling complex tasks.

⟐ Competent leadership is crucial for the success of any organization.

▲ **expire** [ɪkˈspaɪər] v. 到期，失效

⟐ My driver's license will expire at the end of this month, so I need to renew it.

⟐ The warranty on the appliance has expired, so any repairs will be at my own expense.

▲ **generalize** [ˈdʒenərəˌlaɪz] v. 概括，归纳

⟐ It's important not to generalize about a group of people based on a few individuals.

⟐ The study's findings can be generalized to similar populations.

▲ **leverage** [ˈlevərɪdʒ] v. 利用，借力

⟐ The company sought to leverage its existing customer base to launch a new product.

⟐ She used her skills and experience to leverage her way into a leadership role.

▲ **propose** [prəˈpoʊz] v. 提议，建议

⟐ He decided to propose a new marketing strategy to increase sales.

⟐ She proposed a plan to improve efficiency in the workplace.

▲ **eliminate** [ɪˈlɪmɪˌneɪt] v. 消除，排除

⟐ The goal is to eliminate waste in our production process to reduce costs.

⟐ The team worked hard to eliminate errors in the final product.

▲ **acknowledge** [əkˈnɑːlɪdʒ] v. 承认，认可

⟐ She was quick to acknowledge her mistake and apologize.

⟐ Acknowledging the contributions of employees is important for boosting morale.

▲ **qualification** [ˌkwɑːlɪfɪˈkeɪʃ(ə)n] n. 资格，条件

⟐ Meeting the qualification requirements is essential to apply for the job.

⟐ His extensive qualifications and experience make him a strong candidate for the position.

▲ **mission** [ˈmɪʃən] n. 使命，任务

⟐ The organization's mission is to provide humanitarian aid to those in need.

⟐ Completing the project successfully was their mission, and they worked diligently to achieve it.

▲ **increment** [ˈɪŋkrəmənt] n. 增量，增加

⟐ Employees may receive an annual salary increment based on their performance.

⟐ The software is regularly updated with small increments to improve its functionality.

▲ **clarity** [ˈklærəti] n. 清晰，明了

⟐ The instructions provided clarity on how to assemble the furniture.

⟐ The presentation lacked clarity, causing confusion among the audience.

▲ **betterment** [ˈbetərmənt] n. 改善，进步

⟐ The organization's primary goal is the betterment of living conditions for impoverished communities.

⟐ Continuous learning and self-improvement are essential for personal betterment.

▲ **genuine** [ˈdʒenjʊɪn] adj. 真诚的，真实的

⟐ Her smile was genuine, reflecting her true happiness.

⟐ The antique shop specializes in selling genuine, historically significant artifacts.

▲ **candidate** [ˈkændɪˌdeɪt] n. 候选人，申请者

⟐ Several candidates are competing for the position of mayor in the upcoming election.

⟐ The job interview process includes assessing the qualifications and skills of each candidate.

▲ **outcome** [ˈaʊtˌkʌm] n. 结果，成果

⟐ The outcome of the negotiations was a mutually beneficial agreement.

⟐ It's essential to evaluate the outcome of a project to determine its success or failure.

▲ **conclusion** [kənˈkluːʒən] n. 结论，结束

⟐ After careful analysis, they reached the conclusion that the project was not feasible.

⟐ The meeting came to a productive conclusion with a clear action plan for the team.

▲ **vision** [ˈvɪʒən] n. 视力，视觉；愿景，远见

⟐ His vision deteriorated with age, requiring the use of glasses.

⟐ The company's vision is to become a leader in sustainable technology.

▲ **deliberation** [dɪˌlɪbəˈreɪʃən] n. 深思熟虑，商议

⟐ The committee's deliberation on the matter took several hours before a decision was reached.

⟐ The success of the project was the result of careful deliberation and planning.

▲ **proportion** [prəˈpɔːrʃən] n. 比例，部分

⟐ The proportion of students who passed the exam was higher than expected.

⟐ We need to allocate resources in proportion to the needs of each department.

▲ **capacity** [kəˈpæsəti] n. 容量，能力

⟐ The stadium has a seating capacity of 50,000 spectators.

⟐ She has the capacity to handle complex tasks efficiently.

▲ **definite** [ˈdefɪnət] adj. 明确的，确定的

⟐ We need to have a definite plan in place before starting the project.

⟐ The deadline for the report is definite, and it cannot be extended.

▲ **dedicate** [ˈdedɪˌkeɪt] v. 奉献，致力于

⟐ She decided to dedicate her life to helping underprivileged children get access to education.

⟐ The team dedicated countless hours to perfecting their project, and their hard work paid off with a successful outcome.

▲ **upbringing** [ˈʌpˌbrɪŋɪŋ] n. 抚养；教养

⟐ His upbringing in a loving family had a profound impact on his character.

⟐ The values instilled during one's upbringing often shape their beliefs and behavior.

▲ **vital** [ˈvaɪtl] a. 至关重要的；生死攸关的

⟐ Proper nutrition is vital for maintaining good health.

⟐ Quick decision-making can be vital in emergency situations.

▲ **portion** [ˈpɔrʃən] n. 部分；份额；一部分

⟐ Please serve me a smaller portion; I can't eat much.

⟐ He donated a portion of his earnings to charity.

▲ **overtake** [ˌoʊvərˈteɪk] v. 超过；追赶

⟐ The faster car will overtake the slower one in no time.

⟐ The runner managed to overtake his competitors in the final stretch of the race.

▲ **faint** [feɪnt] a. 微弱的；昏倒的；v. 昏倒

⟐ She felt a faint sense of nostalgia when visiting her childhood home.

⟐ The heat made him feel faint, and he collapsed.

▲ **fancy** [ˈfænsi] a. 别致的；v. 想象；喜欢；n. 幻想

⟐ She wore a fancy dress to the costume party.

⟐ He didn't fancy the idea of spending the weekend at home alone.

▲ **coordinate** [koʊˈɔːrdɪneɪt] n. 坐标；v. 协调

⟐ The GPS uses longitude and latitude coordinates to determine your exact location.

⟐ It's essential to coordinate the efforts of all team members to achieve our goal.

▲ **specialty** [ˈspeʃəlti] n. 专业；特殊性质

⟐ His specialty is in computer programming and software development.

⟐ The restaurant's specialty is its delicious seafood dishes.

⟐ My specialty is computer science, so I have a lot of computer expertise knowledge.

▲ **expertise** [ˌekspərˈtiz] n. 专业知识；专长

⟐ Her expertise in finance made her the top candidate for the job.

⟐ The team relied on his expertise to solve the complex technical problem.

⟐ My specialty is computer science, so I have a lot of computer expertise knowledge.

▲ **superior** [suːˈpɪriər] n. 上司；a. 更好的；更高级的

⟐ Her performance at work impressed her superior and led to a promotion.

⟐ The superior quality of the product made it stand out among its competitors.

▲ **circumstance** [ˈsɜːrkəmstæns] n. 情况；环境

⟐ The circumstances of her upbringing shaped her personality.

⟐ Given the circumstances, we had to make a difficult decision.

▲ **analyse** [ˈænəˌlaɪz] v. 分析

⟐ Scientists use sophisticated tools to analyse data and draw conclusions.

⟐ It's important to analyse the market trends before launching a new product.

▲ **analysis** [əˈnæləsɪs] n. 分析

⟐ The analysis of the financial data revealed some interesting patterns.

⟐ Her analysis of the poem provided new insights into its meaning.

▲ **wrestle** [ˈresl] v. 摔跤；努力应对

⟐ The two wrestlers will compete to see who is stronger.

⟐ She had to wrestle with her emotions before making a difficult decision.

▲ **escalate** [ˈeskəleɪt] v 升级；变得严重

⟐ The conflict between the two countries escalated into a full-blown war.

⟐ The situation escalated when more people joined the protest.

▲ **corresponding** [ˌkɔːrəˈspɑːndɪŋ] adj. 相应的；对应的

⟐ The numbers on the chart have corresponding colors to make it easier to interpret.

⟐ Your actions should have a corresponding impact on the results.

▲ **presume** [prɪˈzuːm] v. 推测，假定；放肆，擅自

⟐ We must presume innocence until we have proof of guilt.

⟐ I presume you have a reason for making that decision.

▲ **presumably** [prɪˈzuːməbli] adv. 大概，可能

⟐ He's presumably running late because he's not here yet.

⟐ The price will presumably increase due to high demand.

▲ **predominant** [prɪ'dɑmɪnənt] adj. 主要的，占优势的

⟐ English is the predominant language spoken in this country.

⟐ The predominant color in the artwork is red.

▲ **predominantly** [prɪ'dɑmɪnəntli] adv. 主要地，占主导地位地

⟐ The region is predominantly known for its agricultural industry.

⟐ The population is predominantly composed of young adults.

▲ **partial** ['pɑrʃl] adj. 部分的，偏爱的；n. 部分

⟐ She has a partial view of the ocean from her bedroom window.

▲ **supplement** ['sʌplɪmənt] n. 补充物，附录；v. 补充，增补

⟐ The textbook includes a supplement at the end that provides additional exercises for practice.

⟐ Industrial sponsorship is a supplement to government funding.

▲ **decent** ['disənt] adj. 正派的，得体的

⟐ He always behaves in a decent and respectful manner.

⟐ The restaurant offers decent food at affordable prices.

▲ **accent** ['æksent] n. 口音，重音

⟐ He speaks English with a British accent.

⟐ The accent mark indicates the stressed syllable in a word.

▲ revenue [ˈrevənuː] n. 收入，营收

⟐ The company's revenue increased significantly after launching the new product.

⟐ Taxes on businesses generate a significant portion of government revenue.

▲ poverty [ˈpɑːvərti] n. 贫困，贫穷

⟐ The organization works to alleviate poverty and provide support to those in need.

⟐ Growing up in poverty can have a profound impact on a person's life.

▲ licence [ˈlaɪsəns] n. 执照，许可证

⟐ You need a valid driver's licence to operate a motor vehicle.

⟐ The restaurant owner applied for a liquor licence to serve alcohol.

▲ **sacrifice** [ˈsækrifaɪs] n. 牺牲；v. 牺牲，献出

⟐ He made a great sacrifice to support his family during tough times.

⟐ Many soldiers have sacrificed their lives for their country.

▲ invaluable [ɪnˈvæljuəb(ə)l] adj. 无价的，极有价值的

⟐ The advice she provided was invaluable in solving the problem.

⟐ The experience gained during the internship was invaluable to his career.

▲ compel [kəmˈpel] v. 强迫，迫使

⟐ The law can compel individuals to testify in court.

⟐ His conscience compelled him to confess his mistake.

▲ **possess** [pəˈzes] v. 拥有，具有

⟐ She possesses a rare collection of antique books.

⟐ To succeed in this field, you need to possess certain skills and knowledge.

▲ **qualify** [ˈkwɑːlɪfaɪ] v. 资格，使具有资格

⟐ To qualify for the scholarship, students must meet specific academic criteria.

⟐ He took additional courses to qualify for the job promotion.

▲ **qualified** [ˈkwɑːlɪfaɪd] adj. 有资格的，合格的

⟐ She is a qualified teacher with many years of experience.

⟐ To be a qualified electrician, you need to complete the required training.

▲ criticize [ˈkrɪtɪsaɪz] v. 批评，指责

⟐ It's important to provide constructive feedback rather than simply criticize.

⟐ The film received mixed reviews, with some critics praising it while others criticized its plot.

▲ **setback** [ˈsetbæk] n. 挫折，倒退

⟐ The project experienced a setback due to unexpected delays.

⟐ Facing setbacks in life can help us grow and become more resilient.

▲ **supervise** [ˈsuːpərˌvaɪz] v. 监督，管理

⟐ It is essential for the manager to supervise the team's progress on the project.

⟐ Parents should supervise their children's activities to ensure their safety.

▲ **supervisor** [ˈsuːpərˌvaɪzər] n. 监督者，主管

⟐ The supervisor oversees the work of the team and ensures tasks are completed on time.

⟐ As a supervisor, her role is to provide guidance and support to her subordinates.

▲ **sequential** [sɪ'kwenʃəl] adj. 顺序的

⟐ The sequential arrangement of numbers makes it easy to follow the pattern.

⟐ Please follow the sequential steps outlined in the manual.

▲ **sequentially** [sɪˈkwenʃəli] adv. 顺序地

⟐ Multiple issues are resolved sequentially.

⟐ The tasks should be completed sequentially to avoid confusion.

▲ **moral** [ˈmɔrəl] n. 道德；a. 道德的

⟐ His moral values guide him in making ethical decisions.

⟐ The moral of the story teaches us the importance of honesty.

▲ **ethical** [ˈeθɪkəl] a. 道德的；伦理的

⟐ The company's ethical code prohibits any form of discrimination.

⟐ Making ethical choices often requires considering the consequences of one's actions.

⟐ A person who values social ethical issues is moral.

▲ **potential** [pəˈtenʃ(ə)l] adj. 潜在的；n. 潜力

⟐ The young athlete has great potential to become a champion.

⟐ The company sees the potential for growth in the international market.

▲ **paralyze** [ˈpærəˌlaɪz] v. 使麻痹，使瘫痪

⟐ The accident paralyzed his legs, leaving him unable to walk.

⟐ Fear can paralyze a person, preventing them from taking action.

▲ **essential** [ɪ'senʃəl] adj. 必要的，重要的；n. 基本要素

⟐ Water is essential for survival.

⟐ Effective communication is an essential skill in business.

▲ **essentially** [ɪ'senʃəli] adv. 本质上，基本上

⟐ The film is essentially a love story set in a war backdrop.

⟐ This document essentially outlines the project's key objectives.

▲ **swipe** [swaɪp] v. 快速滑动

⟐ You can swipe left or right to switch between different screens.

⟐ To delete a message, simply swipe it to the left.

▲ **multiple** [ˈmʌltɪp(ə)l] adj. 多个的；多重的

⟐ The project involves multiple teams working together to achieve the desired results.

⟐ She made multiple attempts to contact him, but he didn't respond.

▲ **domestic** [dəˈmestɪk] adj. 国内的；家庭的

⟐ Domestic airlines provide flights within the country.

⟐ Her main focus is on domestic issues, such as healthcare and education.

▲ **refrigerator** [rɪˈfrɪdʒəˌreɪtər] n. 冰箱

⟐ Please store the leftovers in the refrigerator to keep them fresh.

⟐ The refrigerator stopped working, and all the food inside spoiled.

▲ **groceries** [ˈɡroʊsəriz] n. 食品杂货

⟐ I need to make a list of groceries to buy for the week.

⟐ She went to the store to pick up some groceries for dinner tonight.

▲ **contract** [ˈkɑntrækt] n. 合同；v. 缩小；感染

⟐ They signed a contract to formalize their business agreement.

⟐ Muscles contract when you flex them, making movement possible.

▲ **persistence** [pərˈsɪstəns] n. 坚持；持续

⟐ His persistence in practicing the piano paid off when he won the competition.

⟐ The project's success was a result of the team's persistence in overcoming challenges.

▲ **counterpart** [ˈkaʊntərˌpɑrt] n. 相对应的人或物；对应者

⟐ The CEO met with his international counterpart to discuss the collaboration.

⟐ In diplomacy, each country has a counterpart from another nation.

▲ **discouragement** [dɪsˈkɜrɪdʒmənt] n. 气馁；阻碍

⟐ Despite the initial discouragement, she persisted and eventually succeeded.

⟐ Don't let discouragement hold you back from pursuing your dreams.

▲ **minority** [maɪˈnɔrəti] n. 少数；少数民族；少数派

⟐ The minority of students preferred the new curriculum.

⟐ The rights of the minority must be protected in a democratic society.

▲ **majority** [məˈdʒɔrəti] n. 大多数；大多数人

⟐ The majority of voters supported the proposed changes.

⟐ The majority of the population lives in urban areas.

▲ **adaptable** [əˈdæptəbl] a. 适应性强的；可变通的

⟐ His adaptable nature allowed him to excel in various work environments.

⟐ Adaptable software can be customized to meet specific user needs.

▲ **skeptical** [ˈskeptɪkl] adj. 怀疑的，持怀疑态度的

⟐ She was skeptical about the promises made by the salesperson.

⟐ A skeptical attitude can be healthy when evaluating new information.

▲ **unquestionable** [ʌnˈkwesʧənəbl] a. 无可置疑的；毫无疑问的

⟐ The evidence presented in court was unquestionable, leading to a swift verdict.

⟐ Her dedication to her work was unquestionable, earning her the respect of her colleagues.

▲ **involution** [ˌɪnvəˈluːʃən] n. 复杂性，内卷化

⟐ The involution of the organization's bureaucracy hindered its ability to adapt to change.

⟐ Societal involution can lead to stagnation and inefficiency.

▲ **definition** [ˌdefɪˈnɪʃn] n. 定义，释义

⟐ The dictionary provides clear definitions of words and their meanings.

⟐ The definition of success varies from person to person, depending on individual goals and values.

▲ **expectation** [ˌekspekˈteɪʃən] n. 期望，预期

⟐ The customer's expectation of quality should be met by the product.

⟐ Meeting or exceeding customer expectations is a key goal for the company.

▲ **recruiter** [rɪˈkruːtər] n. 招聘人员，招聘者

⟐ The recruiter conducted interviews to select suitable candidates for the company.

⟐ The recruiter was impressed with the candidate's skills and qualifications.

▲ **previous** [ˈpriːviəs] adj. 之前的，以前的

⟐ The project's success built upon the knowledge gained from previous experiments.

⟐ She held a different position in the company during her previous tenure.

▲ **expressive** [ɪkˈspresɪv] adj. 富有表现力的，有表达力的

⟐ The artist's paintings are highly expressive, conveying deep emotions.

⟐ His expressive gestures and body language helped convey his enthusiasm for the project.

▲ **enthusiastic** [ɪnˌθuziˈæstɪk] adj. 热情的，热心的

⟐ She is always enthusiastic about volunteering for community projects.

⟐ The team's enthusiastic response to the new initiative was inspiring.

▲ **efficient** [ɪˈfɪʃənt] adj. 有效率的，高效的

⟐ The new production process is much more efficient, reducing production costs.

⟐ An efficient use of time and resources is essential for project success.

▲ **efficiency** [ɪˈfɪʃənsi] n. 效率，效能

⟐ The company's efficiency in delivering products to customers is a key competitive advantage.

⟐ Energy efficiency is a priority for reducing environmental impact.

▲ **specific** [spɪˈsɪfɪk] adj. 具体的，特定的

⟐ Could you provide more specific details about the project's requirements?

⟐ The contract outlines specific terms and conditions that must be met.

▲ **external** [ɪkˈstɜrnəl] adj. 外部的，外面的；n. 外部

⟐ The external appearance of the building is impressive.

⟐ The company hired an external consultant to review its finances.

▲ **atomic** [ə'tɑmɪk] adj. 原子的，微小的，不可分割的

⟐ The simplest means of synchronization in the Linux kernel are the atomic operations.

⟐ Only the president could authorize the use of the atomic bomb.

▲ **permanent** ['pɜrmənənt] adj. 永久的，持久的

⟐ Tattoos are a form of permanent body art that lasts a lifetime.

▲ **customized** ['kʌstəmaɪzd] adj. 定制的

⟐ The company offers customized solutions to meet the specific needs of its clients.

⟐ I had my wedding dress customized to fit perfectly.

▲ **chop** [tʃɑ:p] v. 砍，剁；n. 切肉块

⟐ The chef will chop the vegetables finely for the stir-fry.

⟐ He used a sharp knife to make clean chops of the meat.

▲ **staff** [stæf] n. 员工，职员；v. 为...配备员工

⟐ The company has a dedicated staff of over 200 employees.

⟐ We need to staff the project with experienced engineers.

▲ **landscape** ['lændˌskeɪp] n. 风景，景色；v. 美化环境，布置景观

⟐ The vast landscape of the national park was breathtaking.

⟐ They hired a professional landscaper to landscape their backyard.

▲ **underrate** [ˌʌndəˈreɪt] v. 低估，轻视

⟐ Many people underrate the importance of a healthy lifestyle.

⟐ Don't underrate the potential of this small startup; it could be a game-changer.

▲ **compatible** [kəmˈpætəbl] adj. 兼容的，相容的

⟐ The new software update is compatible with most operating systems.

⟐ Their personalities are very compatible, which makes them great friends.

▲ **irony** [ˈaɪrəni] n. 讽刺；反话

⟐ The irony of the situation was that the firefighter's house burned down while he was on duty.

⟐ Her use of irony in the speech made the audience laugh.

▲ **ironic** [aɪˈrɑnɪkəl] adj. 讽刺的

⟐ His ironical comments often caught people off guard with their wit.

⟐ The situation had an ironical twist that no one expected.

▲ **ironically** [aɪˈrɑnɪkli] adv. 讽刺地

⟐ Ironically, the weatherman's prediction of a sunny day turned out to be a rainy one.

⟐ She said ironically, "You're a great help when you're not here."

▲ **solidify** [səˈlɪdəˌfaɪ] v. 巩固；凝固

⟐ The merger will solidify the company's position as a market leader.

⟐ The lava began to solidify as it cooled, forming new rock formations.

▲ **solidification** [ˌsɑlɪdɪfɪˈkeɪʃən] n. 凝固；巩固

⟐ The solidification of the lava created a new volcanic rock formation.

⟐ The solidification of their partnership was evident in their successful collaboration on the project.

▲ **prioritize** [praɪˈɔrəˌtaɪz] v. 优先考虑

⟐ It's important to prioritize your tasks to ensure you focus on the most important ones first.

⟐ The team needs to prioritize safety when working on this project.

▲ **backpack** [ˈbækˌpæk] n. 背包

⟐ She packed her essentials into a backpack before heading out for the hike.

⟐ The backpack was filled with books and supplies for school.

▲ **asynchronous** [eɪˈsɪŋkrənəs] adj. 异步的

⟐ In asynchronous communication, data is sent and received independently, allowing for more flexible and efficient data handling.

▲ **transparency** [trænsˈpærənsi] n. 透明度

⟐ The glass has high transparency, allowing light to pass through clearly.

⟐ The company values transparency and provides open communication with employees.

▲ **badge** [bædʒ] n. 徽章，标记

⟐ He proudly wore his school badge on his uniform.

⟐ The app displays a badge on the icon to indicate the number of unread messages.

▲ **constant** [ˈkɑːnstənt] adj. 持续不断地

⟐ She was constantly checking her phone for messages throughout the meeting.

⟐ The noise from the construction site next door was constantly annoying the residents.