每个单词最长流程：默写10边 + 造句2次 + ~~听力2边~~。

**——————————TO DO———————————**

▲ **undone** [ʌnˈdʌn] adj. 未完成的；松开的

⟐ She left her shoelaces undone and tripped over them.

⟐ The project was left undone due to lack of funds.

▲ **evident** [ˈevɪdənt] adj. 明显的

⟐ It was evident from his expression that he was upset.

⟐ The benefits of the new policy are evident to everyone.

▲ **debilitate** [dɪˈbɪlɪteɪt] v. 使虚弱；削弱

⟐ The disease will debilitate him for several weeks.

⟐ The harsh winter weather can debilitate even the strongest plants.

▲ **facilitate** [fəˈsɪlɪteɪt] v. 促进；使便利

⟐ The new software will facilitate project management.

⟐ Good communication can facilitate better understanding between teams.

▲ **penalty** [ˈpenəlti] n. 惩罚；罚款

⟐ He received a penalty for speeding.

⟐ The penalty for late submission of the assignment is a 10% deduction.

⟐ Death penalty in this country was cancelled.

▲ **incur** [ɪnˈkɜːr] v. 招致；遭受

⟐ He incurred heavy debts during his time in college.

⟐ If you cancel now, you will incur a fee.

⟐ He incurred a ticket because his overspeed driving.

▲ **dispute** [dɪˈspjuːt] n. 争论；纠纷

⟐ The two companies are in a legal dispute over the contract.

⟐ There was a dispute among the team members about the best approach to the project.

⟐ Both sides in the dispute have agreed to go to the arbitration.

▲ **leftover** [ˈleftoʊvər] n. 剩余物；残留物

⟐ We always have leftovers after Thanksgiving dinner.

⟐ She packed the leftovers from last night's dinner for lunch.

⟐ The leftovers should be kept in refrigerator.

▲ **rigorous** [ˈrɪɡərəs] adj. 严格的；严厉的

⟐ The training program is very rigorous.

⟐ The project went through a rigorous review process before approval.

⟐ The father is a very rigorous man to his children.

**——————————DOING———————————**

**———————First Stage(默写5+5遍)————————**

**——————Second Stage（1~2个造句）—————**

**———————Third Stage（听力2遍）———————**

**———————Fouth Stage（发头条）———————**

▲ **security** n. 安全

⟐ The company invests heavily in cyber security to protect client data.

⟐ Airport security was tightened after the incident.

⟐ Because of his bad temper, she couldn't feel the sense of security for their feelings.

▲ **secure** adj. 安全的; v. （尤指经过努力而）获得，得到；保护

⟐ Make sure all the doors are secure before leaving the house.

⟐ She secured a position at the university after a series of rigorous interviews.

⟐ Double-check that all the code are secure for the whole project.

▲ **backdoor** n. 后门（计算机术语，未经正常认证过程而获得系统访问权限的方法）

⟐ Hackers often use backdoors to gain unauthorized access to computers.

⟐ The software patch closed the backdoor that allowed the virus to enter.

⟐ Apple claimed that their system didn’t have any backdoors.

▲ **crypto-graphy** n. 密码学

⟐ Cryptography is essential for securing online transactions.

⟐ He specializes in quantum cryptography, which is believed to be unbreakable.

⟐ Cryptography is necessary for you to become a good developer.

▲ **crypto** n. 加密货币（俗称） = cryptocurrency

⟐ He invested early in crypto and made a significant profit.

⟐ Crypto markets are known for their volatility.

▲ **exploit** v. 剥削，压榨；利用；开发

⟐ The company was accused of exploiting its workers.

⟐ She wrote a program to exploit a flaw in the security system.

⟐ I wrote a program and tried to exploit the max potential of the CPU.

▲ **implant** v. 植入；嵌入 n. 植入物，移植物

⟐ The doctor implanted a pacemaker in his chest to help his heart beat regularly.

⟐ She chose to have a microchip implanted for easy access to her medical records.

⟐ After her operation of breast implant, she felt more confident.

▲ **disruptive** adj. 破坏性的；颠覆性的

⟐ disrupt v. 中断，破坏

⟐ His disruptive behavior in class is a concern for his teachers.

⟐ The new technology is considered disruptive as it could completely change the industry.

⟐ The AI Tech can be disruptive for all the industries.

▲ **flourish** v. 繁荣；茂盛

⟐ With the right care, these plants will flourish indoors.

⟐ The small startup has flourished into a multimillion-dollar company.

⟐ The Unite States was in full flourish, it could have dozens of Aircraft-Carrier-Battle -Groups.

▲ **infant formula** [ˈfɔːrmjələ] n. 婴儿配方奶粉

⟐ They decided to switch to a different brand of infant formula.

⟐ The doctor recommended a specific type of infant formula for the baby.

⟐ Infant formulas now have enough nutritions for baby.

▲ **freezer** [ˈfriːzər] n. 冷冻室；冰柜

⟐ refrigerator n. 冰箱

⟐ She stored the leftovers in the freezer.

⟐ The ice cream is in the freezer, next to the frozen vegetables.

⟐ Freezer often can contain more things than refrigerator.

▲ **susceptible** [səˈseptəb(ə)l] adj. 易受影响的；易感动的，易得病的；

⟐ Children are more susceptible to colds than adults.

⟐ The patient was susceptible to infection after surgery.

⟐ I am more susceptible to cold weather because of little clothes.

▲ **porridge** [ˈpɔːrɪdʒ] n. 粥；麦片粥

⟐ She eats porridge for breakfast every morning.

⟐ A bowl of warm porridge is comforting on a cold day.

⟐ Porridge can have lots of different forms.

▲ **somber** [ˈsɑːmbər] adj. 昏暗的；忧郁的

⟐ The room was filled with somber lighting.

⟐ He had a somber expression after hearing the bad news.

⟐ He felt so somber when he heard his father’s death.

▲ **substantiate** [səbˈstænʃieɪt] v. 证实 （常用与学术，正式场合）

⟐ The researcher needed more data to substantiate his theory.

⟐ The claim that diet influences mood is difficult to substantiate without empirical evidence.   
⟐ The claim of the professor was substantiated by his students.

▲ **efficacy** [ˈefɪkəsi] n. 功效；效力（药物）

⟐ **efficient/efficacy** [ɪˈfɪʃ(ə)nt] adj. 生效的，效率高的；

⟐ The efficacy of the new drug will be determined through extensive trials.

⟐ She questioned the efficacy of the new educational policies.

New drugs often have unstable efficacy.

▲ **compress** [kəmˈpres] v. 压缩

⟐ Compress the files before sending them to save space.

⟐ We need to compress the video to fit it onto the server.

⟐ Soldiers often just have Compressed food.

▲ **neutral** [ˈnuːtrəl] adj. 中立的

⟐ Switzerland is known for its neutral stance in global conflicts.

⟐ He remained neutral during the arguments.

⟐ It is very wise to keep neutral in global conflicts nowdays.

▲ **arbitrate** [ˈɑːrbɪtreɪt] v. 仲裁，调解

⟐ The court appointed an independent arbitrator to arbitrate the dispute.

⟐ They agreed to arbitrate rather than take their dispute to court.

⟐ Arbitrating often means that coordinating and finding a compromise solution for dispute.

▲ **remedy** [ˈremədi] n. 治疗法；补救措施

⟐ There is no simple remedy for the issues facing the education system.

⟐ She sought a natural remedy for her insomnia.

⟐ There is no simple remedy for cancer.

▲ **gamble** [ˈɡæmb(ə)l] v. 赌博；冒险

⟐ He likes to gamble at the casino on weekends.

⟐ Investing in startups can be a significant gamble.

⟐ Investing to A-shares is definitely a gamble.

▲ **resemble** [rɪˈzemb(ə)l] v. 类似，像

⟐ She resembles her mother not just in appearance but also in temperament.

⟐ The synthetic material resembles leather but is much more durable.

⟐ I resemble my father in appearance but not in temperament.

▲ **resilience** [rɪˈzɪliəns] n. 弹性；恢复力

⟐ resilient [rɪˈzɪliənt] adj. （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

⟐ The community showed great resilience in rebuilding their lives after the flood.

⟐ Children often exhibit remarkable resilience after facing difficult situations.

⟐ The new born baby often have a strong resilience to diseases.

▲ **dilemma** [dɪˈlemə] n. 困境

⟐ He faced the dilemma of choosing between a promising career and moving closer to family.

⟐ The ethical dilemma was whether to save one life at the cost of another.

⟐ He faces an ethical dilemma when his father betrayed their country.

▲ **intrigue** [ɪnˈtriːɡ] v. 激起兴趣；n. 阴谋

⟐ The complex plot of the movie intrigued the audience.

⟐ His sudden disappearance was shrouded in intrigue.

⟐ The sudden death of the president was an intrigue.

▲ **subtle** [ˈsʌt(ə)l] adj. 不易察觉的，微妙的；

⟐ His subtle nod was enough to convey his approval.

⟐ The flavors in the dish were subtle but very enjoyable.

⟐ He is very good at observing subtle expression on others’ faces.

▲ **conventional** [kənˈvenʃən(ə)l] adj. 传统的

⟐ convention [kənˈvenʃ(ə)n] n. 习俗，惯例；大会，集会；公约，协定

⟐ She prefers conventional methods over modern ones in her teaching.

⟐ Conventional wisdom suggests that we should save money for retirement early in our careers.

⟐ It’s a convention for our team to watch WWDC together every year.

▲ **overt** [oʊˈvɜːrt] adj. 明显的, 公开的，不隐瞒的

⟐ His overt displeasure was visible to everyone in the room.

⟐ There was an overt clash between the two departments over the project.

⟐ Don't be shy, everyone here always show overt support to you.

▲ **tremble** [ˈtremb(ə)l] v. 颤抖

⟐ She trembled with excitement as she approached the stage.

⟐ The ground began to tremble during the earthquake.

⟐ I trembled from the cold weather as I wore too little.

▲ **crack** v. 破裂；n. 裂缝

⟐ The vase fell and cracked on the hard floor.

⟐ There was a small crack in the window that let the cold air in.

⟐ After the serious car accident, she could feel the bone in her left arm cracking.

▲ **outline** v. 概述；n. 大纲

⟐ He outlined his plan for the new project during the meeting.

⟐ The teacher gave us an outline of the topics covered in the course.

⟐ I often outline my ideal life in my brain if can get divorce.

▲ **engage** [ɪnˈɡeɪdʒ] v. 参与；吸引

⟐ The teacher tried to engage the students in the discussion.

⟐ They decided to engage in volunteer work to help the community.

⟐ The mall tried to engage more customers with more discount activities.

▲ **baguette** [bæˈɡet] n. 法棍

⟐ She bought a fresh baguette from the bakery.

⟐ A baguette with cheese and ham makes a delicious sandwich.

⟐ I got up earlier to the supermarket just because I wanted to buy the fresh baguettes.

▲ **snack** [snæk] n. 小吃

⟐ I usually have a light snack between meals.

⟐ The children were happy with their snacks during the picnic.

⟐ The children should not have too much snacks before their sleep/meals.

▲ **metric** [ˈmetrɪk] n. 度量标准

⟐ We use various metrics to analyze the performance of our marketing campaigns.

⟐ Setting clear metrics helps in measuring progress effectively.

⟐ Money is not the metric to happiness.

▲ **consensus** [kənˈsensəs] n. 共识

⟐ **consent** [kənˈsent] n. 许可，允许；同意，赞同

⟐ The team reached a consensus on the new project plan.

⟐ There is a consensus among scientists about climate change.

⟐ The high level of the company made a consensus about their staff reduction plan.

▲ **compliment** [ˈkɑːmplɪmənt] n. 赞美；恭维

⟐ She received a compliment on her new dress.

⟐ He gave her a compliment on her presentation skills.

⟐ Please compliment your children as much as you can, it is very important for them to build their confidence.

▲ **sketch** [sketʃ] n. 素描；草图

⟐ She made a quick sketch of the landscape.

⟐ The architect showed us a sketch of the new building design.

⟐ As a developer, we usually prefer the final design not the sketch design.

▲ **retrospect** [ˈretrəspekt] n. 回顾；反思

⟐ In retrospect, he realized his mistake.

⟐ Retrospect often brings new insights into past events.

⟐ In retrospect, we can gain new insights.

▲ **integrity** [ɪnˈteɡrəti] n. 正直；诚实

⟐ She is known for her integrity and honesty.

⟐ Maintaining professional integrity is important in any career.

⟐ Integrity does not mean without any flexibility.

▲ **term** [tɜːrm] n. 术语；期限

⟐ The term "sustainability" is often used in environmental discussions.

⟐ She served a four-year term as the chairperson of the committee.

⟐ The most difficult is too many professional terms to learn when I take English interview.

▲ **residue** [ˈrezɪduː] n. 残留物

⟐ The chemical residue must be thoroughly cleaned to prevent contamination.

⟐ There was a sticky residue on the table after the spill.

⟐ Children often left lots of residue on their clothes when they have food.

▲ **dread** [dred] v. 恐惧；n. 恐惧

⟐ She dreads the thought of speaking in public.

⟐ The dread of failure often holds people back from trying new things.

⟐ I often dread of speaking with strangers.

▲ **sensitivity** [ˌsensəˈtɪvəti] n. 敏感性，谨慎

⟐ **sensitive** [ˈsensətɪv] adj. 过敏的，易受影响的；灵敏的；善解人意的，体恤的；

⟐ His sensitivity to criticism makes him difficult to work with.

⟐ The issue requires handling with great sensitivity due to its complexity.

⟐ Lacking of love can make a child more sensitive when they encounter setbacks.

▲ **trivial** [ˈtrɪviəl] adj. 琐碎的；不重要的

⟐ They spent the meeting discussing trivial matters.

⟐ The trivial error did not significantly impact the experiment's outcome.

⟐ The couple often quarrel with each other because of family’ trivial staff.

▲ **taxing** [ˈtæksɪŋ] adj. 繁重的；费力的

⟐ The new project is taxing for the whole team, requiring extra hours each week.

⟐ Finding a solution to this problem has been a taxing task.

⟐ Taking care of a baby is really a taxing project.

▲ **democratize** [dɪˈmɑːkrətaɪz] v. 民主化

⟐ **democracy** [dɪˈmɑːkrəsi] n. 民主政体；民主国家；民主

⟐ The internet has helped to democratize access to information.

⟐ There is a global push to democratize voting through more accessible technologies.

⟐ It is important to show democracy that everyone in a team can express their opinions.