

Reflect Listening & Speaking 5

Unit 1 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
climax	n.	the most exciting moment	L	-
conflict*	n.	a serious disagreement between people or groups	L	B2
crisis	n.	a time of great difficulty or danger	L	B2
crush	v.	to press something very hard so that it is broken, made flat, or destroyed	V	C2
dilemma*	n.	a situation where you have to make a difficult choice	L	B2
entire	adj.	whole; all of something	V	B2
exhaustion	n.	a state of great tiredness	V	B2
flaw	n.	a fault or weakness, particularly in someone's character	L	C1
incident*	n.	an event, often unusual	L	B2
lean	v.	to rest on or against something	V	B2
moral	n.	a message about life that you get from a story	L	B2
obstacle	n.	something that stops you from going somewhere or getting something	L	C1
overcome	v.	to defeat a person or thing	L	B2
platform	n.	a flat surface that is raised above the ground	V	C2
roar	v.	to make a loud, angry noise like a lion	V	C2
sniff*	v.	to take in air loudly through your nose to smell something	V	C2
stab	v.	to put a knife into something in order to hurt or kill it	V	B2
status*	n.	a person's position of respect in a group	L	C1
trip over	v. phr.	to fall or nearly fall because your foot hits something	V	B2
weapon	n.	something that can hurt or kill other people	V	B2

* Academic Word

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Unit 2 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
accelerate*	v.	to get or go faster	L	C1
approach*	n.	a way to deal with a situation	V	B2
brand	n.	the name a company gives to one product or range of products	L	B2
chemical*	n.	a solid, liquid, or gas substance or material	L	B2
clothing	n.	the name for the things we wear	L	B2
cost	n.	what you lose in trying to do something; the price	L	B2
destruction	n.	the act of damaging something so badly that it cannot be fixed	L	B2
discard	v.	to throw away	V	-
edible	adj.	safe to eat	V	C1
emissions*	n.	things that go into the air and harm the environment (e.g., gas)	L	C1
fabric*	n.	material for making clothes	L	C1
gallon	n.	a measurement of liquid; 3.8 liters	L	-
generate*	v.	to make	V	B2
manufacture	v.	to make in a factory	L	B2
peers	n.	people of similar age and social position	V	C1
profitable	adj.	bringing in more money than is spent	V	B2
simply	adv.	just	V	B2
tackle	v.	to try to solve; to deal with	V	B2
toxic*	adj.	dangerous to your health	V	B2
turnover	n.	money a business makes	V	C1

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Unit 3 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
advertisers	n.	people who make ads	V	-
attain*	v.	to achieve after a lot of work	L	C1
belief	n.	a feeling that something is true	V	B2
claim	v.	to state that something is true	V	B2
concept*	n.	an idea of what something is or how it works	V	B2
cure*	v.	to make an illness or a disease go away	L	B2
deadly	adj.	likely to kill you	V	B2
designed*	v.	made in a certain way	V	B1
germs	n.	tiny living things that make you sick	V	C1
historically*	adv.	related to history or past events	L	C1
hygiene	n.	the ways of keeping things clean to prevent disease	L	C1
infection	n.	a disease caused by germs	V	B2
medical*	adj.	related to medicine and doctors	L	B2
norm*	n.	the usual, normal way that something is done	L	C1
phase*	n.	a step in a process	V	B2
rub*	v.	to repeatedly move your fingers or hand over something	L	B2
spread	v.	to travel from one person to another	V	B2
straightforward*	adj.	easy to understand or do	L	B2
sweat	v.	to produce water through your skin when you are hot	L	B2
treat	v.	to give medical care to someone	L	B2

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Unit 4 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
bond*	n.	a connection	V	B2
complex*	adj.	difficult to understand	L	B2
constantly*	adv.	repeatedly or all the time	V	B2
diverse*	adj.	including different types of people or things	L	B2
drought	n.	a long period of time with little or no rain	V	C2
fire	v.	to let someone go from a job	L	B2
function*	n.	a purpose or responsibility; a job	V	B2
hire	v.	to give work to someone, usually for pay	L	B2
humility	n.	not thinking you're better than others	L	C2
impact*	n.	an effect	V	B2
initiate*	v.	to begin or start	V	C2
inspiration	n.	something that makes you want to do something	L	B2
numerous	adj.	many	L	C1
observe	v.	to watch carefully	V	B2
predator*	n.	an animal that eats other animals	V	C1
reorganize	v.	to order something in a different way	L	C1
role*	n.	a job someone or something has in a given situation	V	B2
satisfaction	n.	a pleasant feeling from getting something you want	L	B2
target*	n.	something you are trying to do or achieve	L	B2
threat	n.	a person or thing that may cause harm	V	B2

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Unit 5 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
belong	v.	to fit or go together	L	B2
comedian	n.	a person whose job is to make people laugh	V	B2
deliberately*	adv.	intentionally; on purpose	V	B2
essentially	adv.	basically	V	B2
exaggerated	adj.	made bigger and emphasized to make people notice	V	C1
expectation	n.	what one thinks will happen	L	B2
harmless	adj.	not dangerous	L	B2
humorous	adj.	funny; making you laugh	V	C1
inferior*	adj.	not as good as	L	C1
logical*	adj.	reasonable and understandable	V	B2
perspective*	n.	a position; a way of thinking about and understanding something	L	C1
problematic*	adj.	causing difficulties	V	C1
reality	n.	the way life really is and not just the way you imagine it	V	B2
relief	n.	a feeling of ease	L	B2
relieve	v.	to reduce pain or bad feelings	V	C2
ridiculous*	adj.	very silly	L	B2
superior*	adj.	better than	L	C1
tension*	n.	nervousness	L	B2
threatening	adj.	making you feel danger	L	B2
victim	n.	a person hurt by another person or event	V	B2

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Unit 6 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
argue	v.	to give you an opinion or reasons for an opinion	L	B2
authority*	n.	people with official responsibility for something	L	C1
cluster	n.	a group of things that are close together	V	-
compact*	adj.	closely arranged together and using little space	L	-
demolish	v.	to destroy	L	B2
economic*	adj.	relating to money and finance	V	B2
factor*	n.	a reason for something	L	B2
feature*	n.	a characteristic of something	V	B2
filter	v.	to remove dirt from	V	C2
ideal	adj.	perfect; the best that something can be	L	B2
layout*	n.	the way that a place is arranged	L	C1
maintenance*	n.	work needed to keep something in good condition	V	B2
portion*	n.	a part	V	B2
principle*	n.	an idea that explains how something happens or works	L	C1
propose	v.	to suggest	L	B2
revenue*	n.	the money a company or government makes	V	C1
sensible*	adj.	practical	V	B1
sustainability*	n.	keeping something alive without damaging it	V	C2
system	n.	a way of organizing things	V	B2
urban	adj.	relating to a town or city	L	B2

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Unit 7 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
charge	v.	to ask for an amount of money for a thing or a service	L	B1
demand	n.	the need that people have for goods and services	V	B2
desire	n.	a strong wish for something	L	B2
dramatic*	adj.	striking and exciting	V	B2
dynamic*	adj.	full of positive energy and ideas	L	B2
elsewhere	adv.	in other places	V	B2
feedback*	n.	opinions and reactions to a product, service, or experience	L	B2
host	v.	to provide a space for guests and to take care of those guests during their stay	L	C1
informative	adj.	providing knowledge, facts, and details	L	C1
isolated*	adj.	distant and far away from other places	V	C1
landlord	n.	a person who owns an apartment or building that they rent to others	V	B2
mainstream	adj.	seen as normal and not unusual by most people	L	C2
minimize*	v.	to reduce to the smallest level	V	C1
nonetheless*	adv.	despite that; in spite of that	L	C1
occurrence*	n.	an event	V	C1
promotion*	n.	market research and advertising	V	B2
regulations*	n.	official rules	V	B2
ruin	v.	to spoil or destroy	V	B2
simplify*	v.	to make less difficult or complicated	L	C1
specialty*	n.	a skill that you are very good at or a subject that you know a lot about	L	-

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Unit 8 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
anxiety	n.	uncertainty and nervousness	L	B2
bonus*	n.	a reward of extra money	L	B2
consequently*	adv.	as a result	L	B2
consistent*	adj.	always behaving in the same way	L	C2
coordinate	v.	to organize people or things so they work well together	L	-
deny*	v.	to say that something is not true	V	B2
doubt	v.	to feel uncertain about	L	B2
downside	n.	a disadvantage of something	V	C1
exceptional	adj.	very good; much better than usual	V	B2
extract*	v.	to remove or take out	V	B2
force	v.	to make someone do something	V	B2
injury*	n.	harm or damage to part of the body	V	B2
intuition	n.	a feeling that guides a person about what is right	V	C2
opponent	n.	the person or team that you are playing against	V	B2
overwhelming	adj.	so powerful that you don't know how to react	L	C1
paralyzed	adj.	unable to move	L	-
pressure	n.	a strong expectation and demand	L	B2
state	n.	a condition	L	B2
statistics*	n.	information collected and shown as numbers	V	B2
tough	adj.	difficult or challenging	V	B2

* Academic Word