

Reflect Listening & Speaking 6

Unit 1 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
animated	adj.	full of life and energy	L	C2
capture	v.	to get and keep	V	C1
clarity*	n.	the quality of being easily understood	L	C2
compelling	adj.	very interesting; able to capture and hold attention	L	C1
convey	v.	to communicate meaning	L	C1
counter	v.	to show something is not true	V	-
dictate*	v.	to decide	V	C1
differentiate*	v.	to make something different; to state the differences between things	L	C2
engagement	n.	involvement or interest	V	C1
enhance	v.	to improve	V	C1
exaggerate	v.	to describe something as greater than it really is	L	C1
flourish	v.	to grow or succeed	V	C2
format*	n.	the way something is presented	V	C1
genuine	adj.	real, sincere, and honest	L	C1
irritate	v.	to make someone impatient or angry; to annoy	L	C1
myth*	n.	a false belief	V	C1
strive	v.	to make an effort	V	C2
thrive	v.	to grow or develop successfully; to succeed	L	C1
trait*	n.	a quality that makes a person or thing different from another	L	C2
warrant	v.	to make necessary	V	C1

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Unit 2 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
anticipate*	v.	to expect	L	C1
appetite	n.	a desire to eat	L	C1
bacteria*	n.	very small living things that sometimes cause disease	V	C1
cognitive*	adj.	related to thinking	L	C1
comparable*	adj.	similar; of equal quality	L	C1
complexity*	n.	a complicated situation or condition	V	C2
digestion	n.	the process of breaking down food in your stomach to be used by the body	V	C1
disorder	n.	an illness	L	C1
elevate*	v.	to raise	L	C1
exposed*	adj.	not protected or covered	V	B2
exposure*	n.	the condition of being unprotected	L	C1
habitat*	n.	the natural environment of a plant or animal	V	C1
in isolation*	phr.	away from other things; separately or alone	V	C2
inhabit	v.	to live in a place	V	C2
meditation	n.	a quiet and calm mental exercise	L	C1
modify*	v.	to change something slightly, often in order to improve it	V	C1
organ*	n.	a part of the body that has a special function, such as the kidneys	V	C1
outnumber	v.	to be larger in number than another group	V	C1
regulate*	v.	to control	L	C1
well-being	n.	a feeling of being healthy and happy	L	C1

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Unit 3 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
accomplished	adj.	talented; skilled	V	C1
advocate*	v.	to support or argue for	L	C2
anxiety	n.	worry; stress	V	B2
attribute*	v.	to give credit for	V	C2
competent*	adj.	having the necessary skills or abilities	L	C1
correlation*	n.	a relationship; a connection	V	C1
fraud	n.	a person pretending to be something he/she is not	V	C2
intense*	adj.	very strong or extreme	V	C1
manipulate*	v.	to control something; to change for a particular purpose	L	C1
optimism	n.	a belief that good things will happen	L	C2
perceive*	v.	to notice or become aware of something	L	C1
phenomenon*	n.	a fact or event that is unusual or not fully understood	V	C1
probability	n.	the chance that something will happen	L	C1
procrastinate	v.	to delay or put off	V	-
prone to	adj. phr.	likely to do or experience	V	C2
self-assured	adj.	having or showing confidence in your abilities	L	C2
self-conscious	adj.	nervous about what others think	L	C1
self-esteem	n.	a feeling of respect for yourself and your abilities	L	C1
standard	n.	expected level of behavior	V	C2
superior*	adj.	of high quality; better than	L	C2

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Unit 4 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
abundance	n.	a very large amount	V	C1
account for	v. phr.	to represent; to make up	L	C2
aggression	n.	angry, attacking behavior or attitude	V	C1
collective*	adj.	shared by a group; not individual	L	C1
confine*	v.	to keep in a particular, often small, space	L	C2
consistent*	adj.	behaving or happening in the same way	V	C2
countless	adj.	very many	L	C1
effectiveness*	n.	the degree to which something produces a desired result; success	L	C1
efficiency	n.	when something works well without waste	V	B2
exterior	n.	the outside of something	L	C1
horizon	n.	the line where Earth and sky meet	V	C2
induce*	v.	to cause or produce	V	C1
infrastructure*	n.	the basic systems that are needed so that a country or organization works well	L	C1
integrate*	v.	to combine things so that they fit together	L	C1
monetary*	adj.	related to money	V	C2
monotonous	adj.	boring because it doesn't change	L	C1
stability*	n.	a state of not changing	V	C1
subconsciously	adv.	without being aware	V	C2
tendency	n.	likely or usual behavior	V	C1
therapeutic	adj.	related to health or recovery from a disease or injury	L	C1

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Unit 5 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
accessible*	adj.	easy to get to, see, or use	L	B2
artificial intelligence*	n. phr.	computer programs that can do things the human brain does	L	C2
authenticity	n.	the quality of being real	V	C1
contemporary*	adj.	modern; current	V	B2
creator*	n.	someone who produces something new	L	C1
crucial*	adj.	important	V	B2
declare	v.	to say something in an official way	V	B2
exhibit*	n.	a collection of objects on public display in an art gallery or museum	L	C1
foster	v.	to encourage; to help develop	L	C1
heritage	n.	the traditions, events, etc. that are part of the history of a group	V	C2
masterpiece	n.	a work of extraordinary skill	V	C2
motion	n.	movement made by someone or something	L	C2
noticeable	adj.	easily seen or noticed; clear or obvious	L	C1
programmer	n.	someone who writes computer programs	L	C1
public	adj.	known to many people	V	C2
recognition	n.	identification of someone or something	L	C2
recreate*	v.	to make again	V	C1
reproduce*	v.	to make a copy of	V	C1
scan	v.	to copy with a computer	V	C1
scroll*	v.	to move text or an image on a screen so you can see what you want	L	C2

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Unit 6 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
boundary	n.	a line that marks a limit or divides	V	C1
density	n.	the number of people or things in a certain area	V	C1
distort*	v.	to show in an untrue way	V	C1
factor in	v. phr.	to take something into account	L	B2
labor*	n.	workers and/or the work they do to provide goods and services	V	C1
misinterpret*	v.	to misunderstand	L	C2
navigate	v.	to find your way	L	-
notorious	adj.	known for something, often not good	L	C1
optimize	v.	to make the best use of	V	-
outing	n.	a short trip	L	C1
paramount	adj.	the most important	V	C2
peak	v.	to reach the highest level or point	L	C1
projection*	n.	an estimate of future possibilities based on a current trend	V	C1
relate to	v. phr.	to connect or interact with	V	C1
rotation*	n.	the act of turning around a central point	L	C1
shape	v.	to affect how something develops	V	C2
sharpen	v.	to improve	L	C2
transition*	v.	to change from one activity or state to another	V	C2
venture out	v. phr.	to go somewhere unknown or possibly dangerous	L	C2
worsen	v.	to make or become worse	L	C1

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Unit 7 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
adjacent*	adj.	next to	L	C2
appeal	v.	to make a serious, urgent request	L	C1
application	n.	a practical use	L	C2
consume*	v.	to eat or drink something	L	B2
emit*	v.	to send out	V	C2
excess	adj.	too much	V	C2
gene	n.	a part of a cell passed from parent to child	V	C1
infinite*	adj.	without limit	V	C2
initiate*	v.	to cause to begin	L	C2
interaction*	n.	communication or direct involvement with something	L	C1
native	adj.	living or growing naturally in a particular place	L	C2
nurture	v.	to take care of	V	-
nutrient*	n.	a substance that helps growth	V	-
pathway	n.	a connection	V	C1
plea	n.	a request made in an emotional, urgent manner	L	C2
receptive	adj.	able or willing to receive something such as information or a signal	L	C2
resilience	n.	the ability to recover from difficult	V	C2
sense	v.	to perceive or become aware of something	L	C2
trace*	v.	to find through investigation	V	C1
vulnerable	adj.	easily hurt	V	C2

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Unit 8 Vocabulary List

WORD	POS	DEFINITION	VIDEO/ LISTENING	CEFR
alternate*	v.	to switch back and forth between things	L	C1
ambiguity*	n.	a situation that is unclear or has more than one interpretation	V	C2
be torn	v. phr.	to be anxious because of a difficult decision	V	C2
commit*	v.	to promise to do something	L	C2
compassion	n.	a strong feeling of sympathy and a wish to help	V	C1
confide	v.	to tell a secret or private information to someone	V	-
consequential	adj.	important; significant	L	-
disapproval	n.	a negative opinion	L	C1
equality*	n.	the quality of being equal	V	B2
ethics*	n.	beliefs about what is morally right and wrong	V	C2
in confidence	adv. phr.	privately; as a secret	V	C2
instinct*	n.	thinking or acting based on an innate or natural tendency	L	C2
intentionally	adv.	deliberately; on purpose	L	-
isolated*	adj.	alone; apart from others	V	C1
oppose	v.	to disagree with someone's opinions or actions and try to stop them	L	B2
resist	v.	to struggle against something; to fight against	L	C1
situational	adj.	related to the events and circumstances of a particular time and place	L	-
struggle	v.	to try very hard to do something difficult	V	C2
trivial*	adj.	not significant or serious	L	B2
trustworthiness	n.	the ability to be relied on as honest	V	-

* Academic Word