600 WORDS

Words Native Speakers Actually Use

(That No One Ever Taught You)

The Complete Vocabulary Toolkit for English Learners
Who Want to Sound Real

600	20	1,800+	40
WORDS	CHAPTERS	EXAMPLES	ACTIVITIES

How to Use This Book

You won't find these words in a textbook glossary. These are the words your English-speaking friends, coworkers, and favorite YouTubers use every single day — words that make you sound natural instead of "textbook."

Simple Pronunciation

Say every word out loud — that's how it becomes yours.

Plain Definitions

Explained the way a friend would explain it to you.

3 Real Examples

Natural, everyday sentences you can copy and reuse.

Memory Hooks

A quick trick so the word actually sticks.

At the end of every chapter you'll find two quick activities. Don't skip them — *using* a word is what makes it truly yours.

20 Chapters • 30 Words Each • 600 Words Total

Work through one chapter a day and you'll have a native-level vocabulary boost in under three weeks.

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01

Everyday Conversation

WORDS 1–30 OF 600

1 Hangry ADJECTIVE

MEANING So hungry that you become angry or irritable.

- Sorry I snapped at you — I get hangry if I skip lunch.
- Feed him before the meeting, he's hangry and it shows.
- Don't talk to me until I eat, I'm hangry right now.

MEMORY HOOK Hungry + Angry = Hangry.

2 Procrastinate VERB

MEANING To delay doing something you should be doing.

- I always procrastinate on Sunday nights instead of prepping for Monday.
- Stop procrastinating and just start the report.
- She procrastinated so long that she missed the deadline.

MEMORY HOOK A "professional" at wasting time.

3 Awkward ADJECTIVE

MEANING Uncomfortable, embarrassing, or socially clumsy.

- There was an awkward silence after his joke.
- It's awkward running into your ex at a party.
- He gave an awkward laugh when he forgot her name.

MEMORY HOOK Tripping over your own words.

4 Chill VERB/ADJECTIVE

MEANING (v) To relax; (adj) relaxed and easygoing.

- Let's just chill at home tonight.
- He's a chill guy, nothing bothers him.
- I need to chill after that exam.

MEMORY HOOK Chill like a cold, calm drink.

5 Ghost VERB

MEANING To suddenly stop replying to someone without explanation.

- We had three great dates and then he ghosted me.
- Don't ghost your friends when you're busy — send a text.
- The company ghosted me after the final interview.

MEMORY HOOK They vanish like a ghost.

6 Binge VERB/NOUN

MEANING To do something excessively in one session.

- We binged the entire series in one weekend.
- I binged on pizza after the breakup.
- It's not healthy to binge-watch every night.

MEMORY HOOK The door swings wide open — no limits.

7 Adulting NOUN/VERB (INFORMAL)

MEANING Doing responsible, grown-up tasks.

- I paid rent today — adulting is exhausting.
- I don't feel like adulting today.
- Cooking dinner instead of ordering out felt like real adulting.

MEMORY HOOK "Adult" turned into a verb.

8 Facepalm NOUN/VERB

MEANING Putting your hand on your face from embarrassment.

- When he forgot his anniversary, I could only facepalm.
- That was such a facepalm moment.
- She facepalmed after sending the email to the wrong person.

MEMORY HOOK Face + Palm hitting your face.

9 Cringe VERB/ADJECTIVE

MEANING To feel embarrassed for someone; something embarrassing.

- I cringe at my old school photos.
- That speech was so cringe.
- He cringed at his own joke — nobody laughed.

MEMORY HOOK Your body physically flinches.

10 Salty ADJECTIVE (INFORMAL)

MEANING Bitter or annoyed about something small.

- He's still salty about losing last week.
- Don't be salty just because I won.
- She got salty when nobody liked her post.

MEMORY HOOK Salt makes your face pucker.

11 Banter NOUN/VERB

MEANING Playful, teasing conversation between friends.

- There's always fun banter between the two hosts.
- We bantered back and forth about who cooks better.
- Their banter made the interview entertaining to watch.

MEMORY HOOK Light "back-and-forth" verbal tennis.

12 Chit-chat NOUN/VERB

MEANING Light, casual conversation about unimportant things.

- We had some chit-chat before the meeting started.
- I'm not in the mood for chit-chat today.
- They chit-chatted about the weather while waiting.

MEMORY HOOK A repeated, breezy sound — "chit chit chit."

13 Ramble VERB

MEANING To talk for a long time without a clear point.

- Sorry, I tend to ramble when I'm nervous.
- He rambled on about his weekend for twenty minutes.
- She stopped rambling and finally got to the point.

MEMORY HOOK Like wandering ("rambling") down an unclear path.

14 Blurt VERB

MEANING To say something suddenly, without thinking.

- He blurted out the surprise before we could stop him.
- I blurted out an apology without meaning to.
- She blurted out the answer before he finished the question.

MEMORY HOOK Words burst out — quick, sudden, uncontrolled.

15 Interrupt VERB

MEANING To break into someone's speech before they finish.

- Sorry to interrupt, but the call is starting.
- He always interrupts before I finish my sentence.
- Please don't interrupt while she's presenting.

MEMORY HOOK Inter (between) + rupt (break) = breaking in between.

16 Digress VERB

MEANING To wander off the main topic while speaking.

- Sorry, I digress — back to the main point.
- The professor digressed into an unrelated story.
- Let's not digress, we only have ten minutes.

MEMORY HOOK "Di-" (away) + gress (go) = go away from the topic.

17 Mingle VERB

MEANING To move around and talk to different people at an event.

- Let's mingle before dinner starts.
- She mingled with everyone at the networking event.
- He's shy and finds it hard to mingle at parties.

MEMORY HOOK Mingle sounds like "mix" + "jingle" — moving and mixing with the crowd.

18 Reckon VERB (INFORMAL)

MEANING To think or believe something.

- I reckon it's going to rain later.
- What do you reckon we should do next?
- She reckons the plan will work.

MEMORY HOOK A casual way to say "I think."

19 Gist NOUN

MEANING The main or general point of something.

- I didn't read the whole email, just got the gist.
- Can you give me the gist of the meeting?
- The gist of his speech was about teamwork.

MEMORY HOOK The "core" you can grasp quickly.

20 Ballpark NOUN/ADJECTIVE (INFORMAL)

MEANING An approximate number or figure.

- Give me a ballpark estimate for the project cost.
- A hundred dollars, ballpark.
- We're in the same ballpark on the budget.

MEMORY HOOK Like guessing the size of a "ballpark" (stadium) — roughly, not exactly.

21 Sort of

PHRASE (INFORMAL)

MEANING Somewhat; to some degree.

- I sort of agree, but not completely.
- It's sort of complicated to explain.
- She's sort of new here, only two weeks in.

MEMORY HOOK Softens a statement — not fully, just "sort of."

22 Kind of

PHRASE (INFORMAL)

MEANING Somewhat; used to soften a statement.

- I'm kind of tired today.
- It's kind of a big decision.
- He's kind of shy around new people.

MEMORY HOOK Same softening function as "sort of."

23 Legit

ADJECTIVE (INFORMAL)

MEANING Genuine, real, or trustworthy (short for "legitimate").

- Is this website legit or a scam?
- That was a legit good movie.
- He has a legit excuse this time.

MEMORY HOOK Short and snappy version of "legitimate."

24 Literally

ADVERB (INFORMAL USE)

MEANING Used informally for emphasis, not always meant literally.

- I literally can't even right now.
- She literally never stops talking.
- This is literally the best pizza I've had.

MEMORY HOOK Native speakers use it for emphasis, not always exact truth.

25 Basically ADVERB

MEANING In simple or general terms; essentially.

- Basically, we need more time to finish.
- He's basically the boss now, even without the title.
- Basically, just follow the instructions on the box.

MEMORY HOOK Getting to the "basic" core of an idea.

26 Honestly ADVERB

MEANING Used to emphasize sincerity or true feelings.

- Honestly, I don't know what to say.
- Honestly, that movie was disappointing.
- I honestly think you should take the offer.

MEMORY HOOK Signals "I'm being real with you."

27 Actually ADVERB

MEANING Used to correct, clarify, or emphasize a fact.

- Actually, the meeting got moved to 3pm.
- I actually really liked the book.
- Actually, that's not quite right.

MEMORY HOOK Introduces the "actual" truth or fact.

28 Whatever PRONOUN/INTERJECTION (INFORMAL)

MEANING Used to show indifference or dismiss something.

- "Do you want pizza or pasta?" "Whatever, I don't mind."
- He just shrugged and said "whatever."
- Whatever happens, we'll figure it out.

MEMORY HOOK A shrug turned into one word.

29 Anyways

ADVERB (INFORMAL)

MEANING Used to change the subject or return to a point.

- Anyways, back to what I was saying.
- It was raining, but anyways, we still went.
- Anyways, how was your weekend?

MEMORY HOOK A conversational bridge to move the topic forward.

30 Deadpan

ADJECTIVE/ADVERB

MEANING Showing no emotion or expression, especially when joking.

- He delivered the joke completely deadpan.
- Her deadpan humor makes it hard to tell if she's serious.
- "I love Mondays," he said deadpan.

MEMORY HOOK A face as flat and still as the dead.

Chapter 1 Activities

ACTIVITY A

Fill in the Blank

Complete with the right word: (1) I always ___ my homework. (2) He never replies — I think he ___ed me. (3) I'm ___ (hungry + angry).

ACTIVITY B

Speak It

Record yourself (phone voice memo) using "honestly," "basically," and "legit" in one 30-second story about your day. ---

02

Nuanced Emotions

WORDS 31–60 OF 600

31 Bittersweet ADJECTIVE

MEANING Both happy and sad at the same time.

- Graduation was bittersweet — exciting but sad to leave friends.
- It's bittersweet watching my kids grow up so fast.
- Her last performance was a bittersweet moment for the team.

MEMORY HOOK Bitter + Sweet — two tastes, one feeling.

32 Overwhelmed ADJECTIVE

MEANING Feeling like you have too much to handle.

- I felt overwhelmed with all the deadlines this week.
- New parents often feel overwhelmed at first.
- Don't get overwhelmed — take it one task at a time.

MEMORY HOOK A wave crashing over you.

33 Nostalgia NOUN

MEANING A warm, longing feeling for the past.

- That song fills me with nostalgia for college.
- Visiting my hometown brings a wave of nostalgia.
- He smiled with nostalgia at old photos.

MEMORY HOOK A warm hug from your memories.

34 Jaded ADJECTIVE

MEANING Tired of something from too much experience; no longer excited.

- After ten years, she felt jaded and unmotivated.
- He's grown jaded about dating apps.
- Don't let one bad trip make you jaded about travel.

MEMORY HOOK Sounds like "faded" — enthusiasm has faded.

35 Wistful ADJECTIVE

MEANING A quiet sadness mixed with longing.

- She looked wistful as the train pulled away.
- He gave a wistful smile remembering his childhood home.
- There's something wistful about the end of summer.

MEMORY HOOK A soft sigh, a faraway look.

36 Restless ADJECTIVE

MEANING Unable to relax or stay still.

- I've been restless all night, can't sleep.
- The kids got restless after two hours.
- He felt restless in his job, wanting a new challenge.

MEMORY HOOK Rest + less = literally less rest.

37 Apprehensive ADJECTIVE

MEANING Worried or nervous about something that might happen.

- I'm a little apprehensive about my first day.
- She felt apprehensive before stepping on stage.
- He's apprehensive about flying after last year's turbulence.

MEMORY HOOK Your worry is "catching up" to you.

38 Elated ADJECTIVE

MEANING Extremely happy and excited.

- She was elated when she got the acceptance letter.
- We were elated to hear the good news.
- He felt elated after finishing his first marathon.

MEMORY HOOK Your mood "elevates" straight up.

39 Melancholy ADJECTIVE/NOUN

MEANING A deep, thoughtful sadness.

- There's a melancholy feeling to rainy Sundays.
- He wrote a melancholy song about lost love.
- She fell into a melancholy mood after the film.

MEMORY HOOK Slow and heavy, like the word itself.

40 Numb ADJECTIVE

MEANING Unable to feel emotion or physical sensation.

- After the shocking news, she just felt numb.
- My fingers went numb from the cold.
- He felt emotionally numb after the exhausting week.

MEMORY HOOK Short and flat, like the feeling of nothing.

41 Homesick ADJECTIVE

MEANING Missing your home while away from it.

- She got homesick during her first month abroad.
- I feel homesick every time I hear that song.
- He was too homesick to enjoy the trip fully.

MEMORY HOOK Home + sick — literally "sick" for home.

42 Content (adjective sense) ADJECTIVE

MEANING Satisfied and at peace, not needing more.

- I'm content with a quiet evening at home.
- She seems truly content with her simple life.
- He was content just to watch the sunset in silence.

MEMORY HOOK Not "excited," just calmly satisfied.

43 Envious ADJECTIVE

MEANING Wanting what someone else has; jealous.

- I'm a bit envious of her travel schedule.
- He felt envious watching his friend get promoted.
- Try not to be envious — focus on your own goals.

MEMORY HOOK The "green-eyed" feeling of wanting someone's success.

44 Relieved ADJECTIVE

MEANING No longer feeling worried; a weight lifted off.

- I was so relieved when the test results came back normal.
- She felt relieved after finally finishing the exam.
- We were relieved the storm passed without damage.

MEMORY HOOK "Relief" — the tension is released.

45 Frustrated ADJECTIVE

MEANING Annoyed or upset because something isn't going well.

- I'm frustrated with how slow the internet is.
- He got frustrated trying to fix the printer.
- She felt frustrated after failing the test twice.

MEMORY HOOK Blocked from what you're trying to do.

46 Anxious ADJECTIVE

MEANING Feeling worried or nervous about something uncertain.

- I'm anxious about the interview tomorrow.
- She gets anxious before flights.
- He felt anxious waiting for the results.

MEMORY HOOK A tight, uneasy feeling about the unknown.

47 Content(ed) vs Discontent

ADJECTIVE

MEANING Discontent means dissatisfied or unhappy with a situation.

- He's discontent with his current job.
- There's growing discontent among the staff.
- She felt discontent despite having everything she wanted.

MEMORY HOOK Dis- (not) + content = not satisfied.

48 Vulnerable

ADJECTIVE

MEANING Emotionally open and easily hurt; exposed.

- Sharing my story made me feel vulnerable.
- It's hard to be vulnerable with someone new.
- He felt vulnerable after opening up about his past.

MEMORY HOOK Like standing without armor — exposed.

49 Ecstatic

ADJECTIVE

MEANING Extremely happy; overjoyed.

- She was ecstatic when she won the scholarship.
- We were ecstatic about the surprise trip.
- He looked ecstatic holding his newborn daughter.

MEMORY HOOK Beyond "happy" — full-body joy.

50 Indifferent

ADJECTIVE

MEANING Not caring either way; showing no interest.

- He seemed indifferent about which restaurant we chose.
- She's indifferent to gossip, it doesn't interest her.
- I'm indifferent about the outcome, honestly.

MEMORY HOOK In- (not) + different = doesn't matter either way.

51 Grateful ADJECTIVE

MEANING Feeling or showing thanks.

- I'm so grateful for your help this week.
- She wrote a grateful message to her mentor.
- He felt grateful just to be healthy again.

MEMORY HOOK A warm "thank you" feeling inside.

52 Insecure ADJECTIVE

MEANING Not confident; unsure of yourself.

- He felt insecure about his English at first.
- She's insecure about her singing, even though she's great.
- Try not to let comparison make you insecure.

MEMORY HOOK The opposite of "secure" — shaky, unsure footing.

53 Torn ADJECTIVE

MEANING Unable to decide between two options; conflicted.

- I'm torn between the two job offers.
- She felt torn between family and career.
- He was torn about whether to move abroad.

MEMORY HOOK Being "pulled apart" by two choices.

54 Empathetic ADJECTIVE

MEANING Able to understand and share another person's feelings.

- She's very empathetic, always listens without judging.
- A good doctor should be empathetic with patients.
- He gave an empathetic response after hearing her story.

MEMORY HOOK "Feeling with" someone, not just for them.

55 Content SEE #42; SKIP DUPLICATE.

MEANING

MEMORY HOOK

56 Fed up

PHRASE (INFORMAL)

MEANING Tired of and annoyed by something ongoing.

- I'm fed up with the constant delays.
- She's fed up with his excuses.
- We're fed up with the noisy neighbors.

MEMORY HOOK You've been "fed" too much of something bad — enough is enough.

57 Heartbroken

ADJECTIVE

MEANING Feeling great sadness, especially after a loss or breakup.

- She was heartbroken after the breakup.
- He felt heartbroken watching the shelter dog get left behind.
- The whole town was heartbroken by the news.

MEMORY HOOK Literally, your heart feels "broken."

58 Overjoyed

ADJECTIVE

MEANING Extremely happy, beyond normal joy.

- They were overjoyed to welcome their first child.
- I was overjoyed to see my family after years apart.
- She was overjoyed when she passed the exam.

MEMORY HOOK "Over" the normal amount of joy.

59 Skeptical

ADJECTIVE

MEANING Doubtful; not easily convinced.

- I'm skeptical about that "miracle" diet.
- She stayed skeptical of the salesman's promises.
- He's skeptical of anything that sounds too good to be true.

MEMORY HOOK A raised eyebrow of doubt.

60 Content

REPLACED BY "TOUCHED" — ADJECTIVE

MEANING Emotionally moved, often by kindness.

- I was touched by how much they cared.
- She felt touched by the surprise party.
- He was deeply touched by the letter from his students.

MEMORY HOOK Something reaches in and gently "touches" your heart.

Chapter 2 Activities

ACTIVITY A

Emotion Match

Match the word to the moment: (1) Watching a friend move away forever (2) The night before a big exam (3) Finishing a project you're proud of. (Answers: bittersweet, apprehensive, elated)

ACTIVITY B

Feelings Journal

Pick one word from this chapter and write 2-3 sentences about a real moment you felt that way. ---

03

Describing People — The Good

WORDS 61–90 OF 600

61 Charismatic ADJECTIVE

MEANING Having a magnetic charm that naturally attracts people.

- The new manager is so charismatic, everyone loves her.
- He gave a charismatic speech that engaged the whole room.
- She's charismatic and always the center of attention.

MEMORY HOOK "Charisma" = charm on full power.

62 Savvy ADJECTIVE

MEANING Having practical knowledge and good judgment.

- She's very tech-savvy and fixes everyone's computer.
- A savvy investor knows when to buy and wait.
- He's street-savvy and always negotiates a good deal.

MEMORY HOOK "I know what's up."

63 Witty ADJECTIVE

MEANING Clever and funny in a quick, sharp way.

- She's so witty, always has the perfect comeback.
- His witty jokes had the table laughing.
- The movie's witty dialogue kept everyone engaged.

MEMORY HOOK Quick-thinking humor.

64 Meticulous ADJECTIVE

MEANING Extremely careful and precise with details.

- She's meticulous about keeping her notes organized.
- He's a meticulous planner — every trip scheduled to the minute.
- The chef was meticulous about plating each dish.

MEMORY HOOK Measuring everything exactly right.

65 Resilient ADJECTIVE

MEANING Able to recover quickly from difficulties.

- She's resilient — every setback makes her stronger.
- Kids are often more resilient than we expect.
- The team stayed resilient after a rough season.

MEMORY HOOK Bouncing back like a rubber ball.

66 Diplomatic ADJECTIVE

MEANING Skilled at handling sensitive situations without upsetting people.

- She gave a diplomatic answer that offended no one.
- He's diplomatic even when he disagrees strongly.
- It takes a diplomatic person to manage that team.

MEMORY HOOK Talks like a peace-making "diplomat."

67 Down-to-earth ADJECTIVE

MEANING Practical, humble, and easy to relate to.

- Despite being famous, she's very down-to-earth.
- He's down-to-earth and never brags about his success.
- I like how down-to-earth the new coach is.

MEMORY HOOK Feet planted on the ground, not floating above others.

68 Genuine ADJECTIVE

MEANING Real, sincere, and honest.

- Her compliments always feel genuine.
- He's a genuine friend, always there when it counts.
- I appreciate genuine feedback, even if it's hard to hear.

MEMORY HOOK The opposite of fake.

69 Easygoing ADJECTIVE

MEANING Relaxed and not easily upset or worried.

- He's easygoing about plans changing last minute.
- She's easygoing and gets along with everyone.
- My roommate is easygoing, never complains about small stuff.

MEMORY HOOK Goes through life "easily."

70 Ambitious ADJECTIVE

MEANING Having a strong desire to succeed or achieve.

- She's ambitious and already planning her next promotion.
- He set an ambitious goal to finish the marathon under 4 hours.
- Their ambitious plan is to expand to five countries.

MEMORY HOOK Reaching high, aiming big.

71 Humble ADJECTIVE

MEANING Not proud or boastful, despite success.

- Despite winning the award, she stayed humble.
- He's humble about his achievements.
- A humble leader listens more than he talks.

MEMORY HOOK Keeping your feet on the ground, no bragging.

72 Perceptive ADJECTIVE

MEANING Quick to notice or understand things others miss.

- She's perceptive — she noticed I was upset before I said anything.
- He made a perceptive comment about the team's dynamic.
- Great teachers are perceptive about which students need help.

MEMORY HOOK Sharp "perception" — notices the small details.

73 Reliable ADJECTIVE

MEANING Someone you can count on; dependable.

- He's the most reliable person on the team.
- She's always reliable — never misses a deadline.
- I need a reliable babysitter for Friday night.

MEMORY HOOK You can "rely" on them, always.

74 Adaptable ADJECTIVE

MEANING Able to adjust easily to new situations.

- She's adaptable — she thrives even when plans change.
- Being adaptable helps a lot when traveling.
- He adapted quickly to the new role.

MEMORY HOOK Bends without breaking.

75 Compassionate ADJECTIVE

MEANING Showing deep care and concern for others' suffering.

- She's a compassionate nurse who really listens to patients.
- He gave a compassionate response to her difficult news.
- Compassionate leadership builds trust in a team.

MEMORY HOOK "Com-" (with) + passion = feeling with someone.

76 Level-headed ADJECTIVE

MEANING Calm and sensible, especially in stressful situations.

- She stayed level-headed during the emergency.
- He's level-headed enough to make good decisions under pressure.
- We need a level-headed person to lead this crisis meeting.

MEMORY HOOK A steady head that doesn't tilt under pressure.

77 Outspoken ADJECTIVE

MEANING Direct and open about opinions, even controversial ones.

- She's outspoken about environmental issues.
- He's known for being outspoken in meetings.
- The outspoken senator never avoids tough questions.

MEMORY HOOK Speaking "out," not holding back.

78 Sharp ADJECTIVE

MEANING Quick-thinking and intelligent.

- She's sharp — she catches every mistake in the report.
- He gave a sharp answer that impressed the interviewer.
- You need a sharp mind for this puzzle.

MEMORY HOOK A "sharp" blade cuts through confusion fast.

79 Patient ADJECTIVE

MEANING Able to wait calmly without getting annoyed.

- She's incredibly patient with new employees.
- Be patient, the results take time.
- He patiently explained the instructions three times.

MEMORY HOOK Waiting without losing calm.

80 Approachable ADJECTIVE

MEANING Easy to talk to; friendly and welcoming.

- The new professor is really approachable.
- She's approachable, so students always ask her questions.
- He kept his office door open to seem more approachable.

MEMORY HOOK Easy to "approach" without fear.

81 Considerate ADJECTIVE

MEANING Thoughtful about others' feelings and needs.

- He's considerate — he always asks before borrowing things.
- She was considerate enough to bring extra snacks for everyone.
- It's considerate to text before calling late at night.

MEMORY HOOK Taking others into "consideration."

82 Tenacious ADJECTIVE

MEANING Persistent and determined; doesn't give up easily.

- She's tenacious — she applied to 50 jobs before landing one.
- His tenacious attitude helped him finish the tough race.
- Being tenacious is key to succeeding in business.

MEMORY HOOK Holding on tightly, like a dog with a bone.

83 Articulate ADJECTIVE

MEANING Able to express thoughts clearly and effectively.

- She's very articulate when explaining complex topics.
- He gave an articulate response during the debate.
- Being articulate helps a lot in interviews.

MEMORY HOOK Words come out clear, like clear "articles."

84 Loyal ADJECTIVE

MEANING Faithful and devoted to someone or something.

- She's loyal to her friends, always has their back.
- He's been loyal to the same company for 15 years.
- A loyal dog never leaves your side.

MEMORY HOOK Sticking by someone's side, always.

85 Modest ADJECTIVE

MEANING Not boastful about achievements; humble.

- He's modest about winning the award.
- She gave a modest answer, not taking all the credit.
- Despite his success, he remains modest.

MEMORY HOOK Doesn't overstate their own importance.

86 Optimistic ADJECTIVE

MEANING Hopeful and positive about the future.

- She's optimistic that things will get better.
- He stayed optimistic even after the setback.
- An optimistic outlook can help you get through tough times.

MEMORY HOOK Sees the glass half full.

87 Grounded ADJECTIVE

MEANING Sensible and emotionally stable; not easily distracted.

- Despite her fame, she stays grounded.
- He's grounded and doesn't let stress get to him.
- Meditation helps me feel grounded during a busy day.

MEMORY HOOK Feet firmly on the ground.

88 Insightful ADJECTIVE

MEANING Showing a deep understanding of a situation.

- Her insightful comments changed how we saw the problem.
- He wrote an insightful essay about modern work culture.
- That was an insightful question — I hadn't thought of it that way.

MEMORY HOOK Seeing "inside" the real issue.

89 Warm-hearted ADJECTIVE

MEANING Kind, caring, and generous in nature.

- She's warm-hearted and always checks on her neighbors.
- He's a warm-hearted man who never turns away someone in need.
- Their warm-hearted hospitality made us feel at home.

MEMORY HOOK A warmth radiating from the heart.

90 Confident ADJECTIVE

MEANING Sure of yourself and your abilities.

- She walked into the interview feeling confident.
- He's confident in his decision to switch careers.
- Practicing helped her become more confident on stage.

MEMORY HOOK Standing tall, sure of yourself.

Chapter 3 Activities

ACTIVITY A

Personality Profile

Think of 3 people you know. Assign each one a word from this chapter. Explain why in one sentence.

ACTIVITY B

Self-Check

Which 3 words describe YOU best? Write a sentence for each. ---

04

Describing People — The Tricky

WORDS 91–120 OF 600

91 Stubborn ADJECTIVE

MEANING Refusing to change your mind, even when you should.

- My dad is too stubborn to ask for directions.
- She's stubborn about doing things her own way.
- The stain was so stubborn it took three washes.

MEMORY HOOK A short, fixed "stub" that won't move.

92 Blunt ADJECTIVE

MEANING Very direct, sometimes rude.

- He's blunt — he'll tell you exactly what he thinks.
- Her blunt feedback stung, but it was honest.
- I'll be blunt: this plan won't work.

MEMORY HOOK A blunt knife isn't sharp with words.

93 Gullible ADJECTIVE

MEANING Easily tricked or fooled.

- Don't be so gullible — that email is a scam.
- He's gullible enough to believe any excuse.
- She fell for the prank because she's gullible.

MEMORY HOOK Easily "swallows" false stories.

94 Nosy ADJECTIVE

MEANING Too curious about others' private business.

- My neighbor is so nosy about everything.
- Stop being nosy and mind your own business.
- He nosily read the text over my shoulder.

MEMORY HOOK Sticking your nose in.

95 Flaky

ADJECTIVE (INFORMAL)

MEANING Unreliable; cancels plans often.

- He's so flaky, he cancels last minute.
- I stopped inviting her, she's always flaky.
- Don't be flaky — if you say you'll come, show up.

MEMORY HOOK Crumbles like pastry when you count on it.

96 Arrogant

ADJECTIVE

MEANING Having an exaggerated sense of your own importance.

- He's arrogant, always thinks he's right.
- Her arrogant attitude annoys her coworkers.
- Don't let success make you arrogant.

MEMORY HOOK Looking down on others.

97 Bossy

ADJECTIVE

MEANING Constantly telling others what to do.

- She's bossy, always giving orders even when it's not her job.
- He got called bossy for micromanaging the group project.
- Being bossy doesn't make you a good leader.

MEMORY HOOK Acting like the "boss" when you're not.

98 Clingy

ADJECTIVE

MEANING Too dependent or attached to someone.

- He's clingy, texts me every hour.
- She felt her friend was getting too clingy.
- Don't be clingy — give people space.

MEMORY HOOK Clinging on, not letting go.

99 Petty ADJECTIVE

MEANING Overly concerned with small, unimportant things.

- It's petty to argue over who paid a dollar more.
- She can be petty about tiny mistakes.
- Let's not be petty — it's not worth the fight.

MEMORY HOOK Small ("petit") issues blown out of proportion.

100 Moody ADJECTIVE

MEANING Having frequent, unpredictable changes in mood.

- He's moody in the mornings before coffee.
- She's moody lately, snapping over small things.
- Teenagers can be moody sometimes.

MEMORY HOOK Moods that shift like the weather.

101 Vain ADJECTIVE

MEANING Excessively proud of your own appearance or achievements.

- He's a bit vain, always checking mirrors.
- She's not vain despite being very talented.
- His vain attitude made him hard to work with.

MEMORY HOOK Obsessed with their own reflection.

102 Sarcastic ADJECTIVE

MEANING Using irony to mock or show contempt.

- "Oh great, another Monday," she said sarcastically.
- He's known for his sarcastic sense of humor.
- Don't take him seriously, he's being sarcastic.

MEMORY HOOK Saying the opposite of what you mean, with a bite.

103 Naive

ADJECTIVE

MEANING Lacking experience or wisdom; too trusting.

- It's naive to think everyone tells the truth.
- He was naive about how the business world works.
- She's a bit naive, but she'll learn.

MEMORY HOOK Innocent, not yet street-smart.

104 Impulsive

ADJECTIVE

MEANING Acting suddenly without thinking of consequences.

- He's impulsive — he bought the car on the spot.
- Her impulsive decision to quit surprised everyone.
- Try not to be impulsive with big purchases.

MEMORY HOOK Acting on a sudden "impulse."

105 Snobby

ADJECTIVE (INFORMAL)

MEANING Acting superior to others, looking down on them.

- The staff at that store were kind of snobby.
- He's snobby about wine, always correcting people.
- Don't be snobby just because you went to a fancy school.

MEMORY HOOK Turning your nose up at others.

106 Insensitive

ADJECTIVE

MEANING Not aware of or caring about others' feelings.

- That joke was pretty insensitive given the situation.
- He's insensitive to how his words affect people.
- Try not to be insensitive when giving feedback.

MEMORY HOOK In- (not) + sensitive = lacking care.

107 Pushy

ADJECTIVE

MEANING Aggressively trying to get what you want.

- The salesman was too pushy, so I left.
- Don't be pushy, let her decide on her own.
- He's pushy about deadlines, even unrealistic ones.

MEMORY HOOK Pushing others to move faster than they want.

108 Two-faced

ADJECTIVE (INFORMAL)

MEANING Dishonest; acting differently around different people.

- She's two-faced, nice to your face but talks behind your back.
- I don't trust him, he's two-faced.
- Being two-faced ruins friendships fast.

MEMORY HOOK One face for you, another behind your back.

109 Aloof

ADJECTIVE

MEANING Distant and not friendly or open.

- He seemed aloof at the party, didn't talk much.
- She's aloof with new people until she warms up.
- His aloof manner made him hard to approach.

MEMORY HOOK Standing apart, emotionally distant.

110 Cocky

ADJECTIVE (INFORMAL)

MEANING Overconfident in an annoying way.

- He's cocky about his skills, sometimes too much.
- Don't get cocky after one win.
- Her cocky attitude rubbed the team the wrong way.

MEMORY HOOK Overconfidence with a smug attitude.

111 Reserved ADJECTIVE

MEANING Quiet and not open about feelings; shy in groups.

- He's reserved at first but opens up over time.
- She's more reserved than her outgoing sister.
- Being reserved doesn't mean he's not friendly.

MEMORY HOOK Holding feelings "in reserve," not showing them right away.

112 Manipulative ADJECTIVE

MEANING Controlling others unfairly for personal benefit.

- He's manipulative, always twisting the truth to get his way.
- She recognized his manipulative tactics and walked away.
- Manipulative behavior damages trust in relationships.

MEMORY HOOK "Manipulating" people like objects.

113 Indecisive ADJECTIVE

MEANING Unable to make decisions easily.

- She's indecisive about which apartment to pick.
- He's so indecisive, he changes his order three times.
- Being indecisive can slow down the whole team.

MEMORY HOOK In- (not) + decisive = can't decide.

114 Judgmental ADJECTIVE

MEANING Quick to criticize or form negative opinions of others.

- Try not to be judgmental about other people's choices.
- She felt judged by her judgmental coworkers.
- He's judgmental about how others raise their kids.

MEMORY HOOK Handing out "judgments" too freely.

115 Condescending ADJECTIVE

MEANING Talking down to someone as if they're inferior.

- His condescending tone made her feel small.
- Don't be condescending when explaining things to beginners.
- She hates his condescending emails.

MEMORY HOOK Speaking "down" from a higher position.

116 Standoffish ADJECTIVE

MEANING Cold or unfriendly; unwilling to engage socially.

- He seemed standoffish at first, but he's actually shy.
- She's standoffish with people she just met.
- Don't take his standoffish behavior personally.

MEMORY HOOK Standing "off" from the group.

117 Fickle ADJECTIVE

MEANING Changing opinions or loyalty frequently and unpredictably.

- He's fickle about his favorite restaurant, it changes weekly.
- The fickle weather ruined our picnic plans.
- She's too fickle to commit to one hobby.

MEMORY HOOK Flips quickly, like a coin.

118 Overbearing ADJECTIVE

MEANING Dominating and controlling in an unpleasant way.

- His overbearing father controls every decision he makes.
- She felt overbearing when giving too much advice.
- An overbearing manager can drive employees away.

MEMORY HOOK "Bearing over" you, too much pressure.

119 Self-absorbed ADJECTIVE

MEANING Focused only on yourself, ignoring others.

- He's self-absorbed, always talking about himself.
- She noticed how self-absorbed her friend had become.
- Being self-absorbed pushes people away.

MEMORY HOOK Absorbed completely in yourself, no room for others.

120 Diplomatic vs Tactless ADJECTIVE

MEANING Lacking sensitivity when speaking; saying hurtful things carelessly.

- His tactless comment embarrassed everyone at dinner.
- She's tactless when giving feedback, it comes out harsh.
- Try not to be tactless with sensitive topics.

MEMORY HOOK Lacking "tact" — the skill of saying things kindly.

Chapter 4 Activities

ACTIVITY A

Opposite Pairs

Find the opposite: "flaky" vs "reliable," "blunt" vs "tactful," "arrogant" vs "humble." Write 2 more opposite pairs yourself.

ACTIVITY B

Real Talk

Think of someone (don't name them out loud!) who fits one of these words. Write 2 sentences describing their behavior using that word. ---

05

Food & Eating

WORDS 121–150 OF 600

121 Scrumptious ADJECTIVE

MEANING Extremely delicious.

- This cake is absolutely scrumptious!
- She made a scrumptious dinner for the family.
- The bakery's bread smells scrumptious.

MEMORY HOOK Sounds like a crunchy, tasty bite.

122 Mouthwatering ADJECTIVE

MEANING So delicious-looking or smelling it makes your mouth water.

- The mouthwatering smell of barbecue filled the yard.
- That's a mouthwatering photo of pasta.
- The menu described a mouthwatering steak dish.

MEMORY HOOK Your mouth literally waters.

123 Peckish ADJECTIVE (BRITISH)

MEANING Slightly hungry.

- I'm feeling a bit peckish, let's grab a snack.
- Are you peckish? I have crackers.
- By 4pm I always get peckish.

MEMORY HOOK Birds "peck" a little at a time.

124 Stuffed ADJECTIVE

MEANING Extremely full after eating.

- I'm so stuffed, I can't eat another bite.
- After Thanksgiving dinner, everyone was stuffed.
- Don't order dessert, I'm already stuffed.

MEMORY HOOK Like a stuffed pillow, no room left.

125 Bland ADJECTIVE

MEANING Having little or no flavor.

- The soup was bland, so I added salt.
- Hospital food is often bland.
- This sauce tastes bland, needs spice.

MEMORY HOOK Flat and plain, no excitement.

126 Crave VERB

MEANING To have a strong desire for something.

- I've been craving chocolate all day.
- Pregnant women often crave odd combinations.
- After the gym I crave something sweet.

MEMORY HOOK A deep, hungry pull from inside.

127 Devour VERB

MEANING To eat something quickly and eagerly.

- He devoured the whole pizza in ten minutes.
- The kids devoured their ice cream before it melted.
- I was so hungry I devoured my lunch in silence.

MEMORY HOOK Eating fast and eager, like a hungry animal.

128 Foodie NOUN

MEANING A person who loves food and trying new dishes.

- She's a total foodie, reviews every restaurant.
- As a foodie, he plans trips around local dishes.
- Foodies love hidden gem restaurants.

MEMORY HOOK A "friend" of food.

129 Leftovers NOUN

MEANING Food remaining after a meal.

- I'll heat up leftovers for lunch.
- We had so much food, tons of leftovers.
- Don't throw away the leftovers.

MEMORY HOOK What's "left" from a meal that's "over."

130 Picky ADJECTIVE

MEANING Very selective, hard to please with food.

- My son is a picky eater, only plain pasta.
- She's picky about her coffee.
- Don't be picky, just try the new dish.

MEMORY HOOK "Picking" through everything before choosing.

131 Savory ADJECTIVE

MEANING Having a salty or spicy flavor rather than sweet.

- I prefer savory breakfasts over sweet ones.
- The dish had a rich, savory flavor.
- This snack mix is savory, not sugary.

MEMORY HOOK The opposite direction of "sweet."

132 Greasy ADJECTIVE

MEANING Containing or covered in too much oil or fat.

- The fries were greasy but delicious.
- I felt sick after eating greasy fast food.
- This pan is still greasy, wash it again.

MEMORY HOOK Slick with oil ("grease").

133 Zesty ADJECTIVE

MEANING Having a fresh, sharp, and exciting flavor.

- This salad has a zesty lime dressing.
- The zesty sauce gave the chicken extra flavor.
- I love a zesty vinaigrette on my greens.

MEMORY HOOK Like the sharp taste of citrus "zest."

134 Bitter ADJECTIVE

MEANING A sharp, unpleasant taste (or feeling of resentment).

- Dark chocolate can taste quite bitter.
- The coffee was too bitter without sugar.
- He felt bitter about losing the promotion (feeling sense).

MEMORY HOOK A sharp taste that lingers unpleasantly.

135 Tangy ADJECTIVE

MEANING A sharp, slightly sour taste.

- The lemonade had a nice tangy kick.
- I love tangy barbecue sauce.
- This yogurt is tangy, not too sweet.

MEMORY HOOK A sharp "tang" on your tongue.

136 Appetizing ADJECTIVE

MEANING Looking or smelling good enough to eat.

- The dish looked so appetizing on the menu photo.
- That's not a very appetizing description.
- The smell from the kitchen was appetizing.

MEMORY HOOK Sparks your "appetite."

137 Scarf down

PHRASAL VERB (INFORMAL)

MEANING To eat something very quickly.

- He scarfed down his lunch in five minutes.
- We scarfed down breakfast before running to catch the bus.
- Don't scarf your food down so fast.

MEMORY HOOK Eating fast, like wrapping a scarf around quickly.

138 Nibble

VERB/NOUN

MEANING To eat in small bites.

- She nibbled on crackers while waiting.
- The mouse nibbled a hole in the bag.
- I just want a nibble, not a full plate.

MEMORY HOOK Small, quick bites, opposite of "devour."

139 Wolf down

PHRASAL VERB (INFORMAL)

MEANING To eat quickly and hungrily, like an animal.

- He wolfed down his dinner before the movie.
- The kids wolfed down their snacks after practice.
- Don't wolf your food down, you'll get a stomachache.

MEMORY HOOK Eating like a hungry wolf.

140 Fussy eater

PHRASE

MEANING A person who is very particular about what they eat.

- My niece is a fussy eater, won't touch vegetables.
- He used to be a fussy eater as a kid.
- Cooking for a fussy eater is challenging.

MEMORY HOOK Similar to "picky," fussing over every food choice.

141 Comfort food NOUN

MEANING Food that makes you feel emotionally better, often from nostalgia.

- Mac and cheese is my ultimate comfort food.
- She turned to comfort food after a hard day.
- Everyone has their own version of comfort food.

MEMORY HOOK Food that comforts you, like a hug.

142 Takeout / Takeaway NOUN

MEANING Food bought from a restaurant to eat elsewhere.

- Let's just order takeout tonight.
- We grabbed takeaway on the way home (British).
- I'm too tired to cook, let's get takeout.

MEMORY HOOK Food you "take out" of the restaurant.

143 Home-cooked ADJECTIVE

MEANING Made at home, not store-bought or restaurant food.

- Nothing beats a home-cooked meal.
- She misses her mom's home-cooked dinners.
- He prefers home-cooked food over fast food.

MEMORY HOOK Cooked at "home," with care.

144 Overindulge VERB

MEANING To eat or drink too much of something.

- I overindulged at the holiday dinner.
- Try not to overindulge in sweets before bed.
- We overindulged on dessert at the buffet.

MEMORY HOOK "Over" + indulge = indulging past the limit.

145 Piping hot PHRASE

MEANING Very hot, usually referring to food.

- The soup was piping hot when it arrived.
- Be careful, the pizza is piping hot.
- I love bread fresh and piping hot from the oven.

MEMORY HOOK Steam "piping" up from the hot dish.

146 Rich (flavor) ADJECTIVE

MEANING Having a strong, deep, often heavy flavor.

- This chocolate cake is incredibly rich.
- The sauce has a rich, creamy texture.
- Too much rich food can feel heavy.

MEMORY HOOK A flavor with a lot of "wealth" packed in.

147 Palatable ADJECTIVE

MEANING Pleasant to taste; acceptable, not delicious but okay.

- The meal was palatable, though not amazing.
- I made the medicine more palatable with juice.
- It's a palatable compromise for picky eaters.

MEMORY HOOK Something your "palate" (taste) can accept.

148 Under-seasoned ADJECTIVE

MEANING Not having enough salt, spice, or flavor.

- The chicken was a bit under-seasoned.
- This soup tastes under-seasoned, add some salt.
- He complained the dish was under-seasoned.

MEMORY HOOK Not enough "seasoning" added.

149 Doggy bag NOUN (INFORMAL)

MEANING A container for taking home leftover restaurant food.

- Can I get a doggy bag for the rest of this?
- We asked for a doggy bag after the huge meal.
- I love restaurants that offer doggy bags.

MEMORY HOOK Originally excused as "for the dog," even when it's really for you.

150 Finicky ADJECTIVE

MEANING Very fussy or picky, especially about food or details.

- She's finicky about how her eggs are cooked.
- He's finicky, sends food back if it's slightly wrong.
- Cats can be finicky eaters too.

MEMORY HOOK Similar to picky, but with extra fuss.

Chapter 5 Activities

ACTIVITY A

Restaurant Review

Write a 3-sentence fake review using at least 3 words from this chapter.

ACTIVITY B

Describe Your Favorite Meal

Use "mouthwatering," "savory" (or "sweet"), and "comfort food" to describe your favorite dish. ---

06

Work & Productivity

WORDS 151–180 OF 600

151 Burnout NOUN

MEANING Extreme exhaustion from prolonged stress, usually work-related.

- She took two weeks off to recover from burnout.
- Working 70-hour weeks led to serious burnout.
- Companies need to prevent employee burnout.

MEMORY HOOK A candle that has burned out.

152 Deadline NOUN

MEANING The latest time something must be finished.

- The deadline for the project is Friday.
- I work better under a tight deadline.
- She missed the deadline and asked for an extension.

MEMORY HOOK A line you cannot cross without consequences.

153 Multitask VERB

MEANING To do several tasks at the same time.

- It's hard to multitask when tired.
- She multitasks by answering emails during meetings.
- Studies show multitasking often lowers productivity.

MEMORY HOOK Multi (many) + task.

154 Freelance ADJECTIVE/VERB

MEANING Working independently for different clients.

- He works freelance as a graphic designer.
- She freelances on the side of her job.
- Many writers choose the freelance lifestyle.

MEMORY HOOK "Free" of one employer.

155 Workaholic NOUN

MEANING A person who works excessively.

- My dad is a total workaholic.
- Being a workaholic isn't healthy long-term.
- She's such a workaholic she skips lunch.

MEMORY HOOK Work + "-aholic," addicted to work.

156 Brainstorm VERB/NOUN

MEANING To generate many ideas quickly, often in a group.

- Let's brainstorm ideas for the campaign.
- The team had a productive brainstorming session.
- We brainstormed for an hour before deciding.

MEMORY HOOK A storm of ideas in your brain.

157 Micromanage VERB

MEANING To control every small detail of someone's work.

- My boss micromanages every email I send.
- Employees hate being micromanaged.
- He learned to stop micromanaging his team.

MEMORY HOOK "Micro" = tiny detail control.

158 Networking NOUN/VERB

MEANING Building professional relationships.

- She got the job through networking.
- Networking events can feel awkward but are valuable.
- He's great at networking.

MEMORY HOOK Building your own "net" of connections.

159 Side hustle NOUN

MEANING A job done in addition to your main job.

- She sells candles as a side hustle.
- His side hustle became a full business.
- Everyone seems to have a side hustle now.

MEMORY HOOK Extra "hustle" on the side.

160 Overtime NOUN

MEANING Time worked beyond normal hours.

- He worked overtime to finish on time.
- Overtime pay is usually higher.
- She's been putting in a lot of overtime.

MEMORY HOOK Time worked "over" the usual amount.

161 Promotion NOUN

MEANING Being moved to a higher position at work.

- She got a promotion after two years.
- He's up for a promotion this quarter.
- The promotion came with a raise.

MEMORY HOOK Being "promoted" upward in rank.

162 Layoff NOUN

MEANING Losing your job due to company cutbacks, not performance.

- The company announced layoffs last week.
- He was part of the layoffs during the recession.
- Layoffs hit the entire department.

MEMORY HOOK Being "laid off" — set aside from the job.

163 Onboarding (NOUN)

MEANING The process of training a new employee.

- Her onboarding took about two weeks.
- The company has a solid onboarding program.
- Good onboarding helps new hires settle in faster.

MEMORY HOOK Getting "on board" with the company.

164 Touch base (PHRASE)

MEANING To make brief contact with someone, usually to check in.

- Let's touch base tomorrow morning.
- I wanted to touch base about the project timeline.
- We should touch base before the client call.

MEMORY HOOK A quick check-in, like touching "base" in baseball.

165 Circle back (PHRASE (INFORMAL))

MEANING To return to a topic or task later.

- Let's circle back to this after lunch.
- I'll circle back with you once I have more info.
- We didn't finish, so we'll circle back next meeting.

MEMORY HOOK Coming back around to a point.

166 Bandwidth (NOUN (INFORMAL/FIGURATIVE))

MEANING The mental capacity or time available to handle something.

- I don't have the bandwidth for another project right now.
- She has more bandwidth this week to help.
- His bandwidth is limited with two kids at home.

MEMORY HOOK Like internet bandwidth — limited capacity to "process."

167 Streamline VERB

MEANING To make a process simpler and more efficient.

- We streamlined the ordering process to save time.
- The new software streamlines communication between teams.
- They streamlined their morning routine to save 20 minutes.

MEMORY HOOK Making things flow in a smooth "stream."

168 Delegate VERB

MEANING To assign tasks or responsibility to someone else.

- A good manager knows how to delegate.
- She delegated the report to her assistant.
- He struggles to delegate and does everything himself.

MEMORY HOOK Passing tasks down to a "delegate" (representative).

169 Prioritize VERB

MEANING To treat something as more important than other things.

- I need to prioritize my health this year.
- Prioritize the urgent tasks first.
- She prioritizes family over overtime work.

MEMORY HOOK Deciding what comes "first" (priority).

170 Procrastination NOUN (SEE ALSO CH.1 VERB FORM)

MEANING The habit of delaying tasks.

- Procrastination is my biggest productivity struggle.
- His procrastination caused the whole team delays.
- Beating procrastination starts with small steps.

MEMORY HOOK The noun form of putting things off.

171 Feedback loop NOUN

MEANING A cycle where results are used to improve future actions.

- We built a feedback loop into our product testing.
- Regular feedback loops help teams improve faster.
- Without a feedback loop, mistakes repeat.

MEMORY HOOK Feedback that "loops" back into the process.

172 Red tape NOUN (IDIOM)

MEANING Excessive bureaucratic rules that slow things down.

- There's so much red tape to get this approved.
- Cutting red tape helped the company move faster.
- Government projects often face heavy red tape.

MEMORY HOOK Old offices tied documents with literal red tape/ribbon.

173 Wear many hats IDIOM

MEANING To have multiple roles or responsibilities.

- At a startup, you wear many hats.
- She wears many hats — manager, designer, and support.
- Small business owners often wear many hats.

MEMORY HOOK Switching "hats" for each role you play.

174 Cut corners IDIOM

MEANING To do something in the easiest or cheapest way, often lowering quality.

- The contractor cut corners and the roof leaked.
- Don't cut corners on safety.
- They cut corners to save money, and it showed.

MEMORY HOOK Skipping the full path, taking a shortcut through the "corner."

175 Nail it (PHRASE (INFORMAL))

MEANING To do something very well or perfectly.

- She really nailed her presentation today.
- You nailed it — best pitch I've seen all year.
- He nailed the interview and got the job.

MEMORY HOOK Hitting the nail exactly right.

176 On the same page (IDIOM)

MEANING In agreement or understanding the same thing.

- Let's make sure we're on the same page before we start.
- The team wasn't on the same page about the deadline.
- After the meeting, everyone was finally on the same page.

MEMORY HOOK Reading from the same "page" of a shared plan.

177 Game plan (NOUN)

MEANING A strategy or plan for achieving something.

- What's our game plan for the launch?
- He laid out a clear game plan for the quarter.
- We need a new game plan after that setback.

MEMORY HOOK Like a sports team's plan before the big game.

178 Think outside the box (IDIOM)

MEANING To think creatively, beyond usual or expected ideas.

- We need to think outside the box for this campaign.
- She's known for thinking outside the box.
- Great inventors think outside the box.

MEMORY HOOK Escaping the "box" of normal thinking.

179 Up in the air IDIOM

MEANING Uncertain; not yet decided.

- Our vacation plans are still up in the air.
- The project's budget is up in the air right now.
- Whether we're hiring is still up in the air.

MEMORY HOOK Floating, undecided, not landed yet.

180 Back to square one IDIOM

MEANING Starting over from the beginning after a failure.

- The deal fell through, so we're back to square one.
- After the rejection, he was back to square one on his resume.
- We're back to square one with the design.

MEMORY HOOK Returning to the first "square" on a board game.

Chapter 6 Activities

ACTIVITY A

Career Story

Write 3 sentences about your work life using "deadline," "multitask," and "burnout."

ACTIVITY B

Idiom Match

Match each idiom to its meaning: "cut corners," "back to square one," "on the same page." Write your own example sentence for each. ---

07

Weather & Nature

WORDS 181–210 OF 600

181 Drizzle NOUN/VERB

MEANING Light rain falling in fine drops.

- It's just a light drizzle, no umbrellas needed.
- The drizzle turned into heavy rain by evening.
- It drizzled all morning, so we stayed inside.

MEMORY HOOK Like drizzling syrup — light and thin.

182 Scorching ADJECTIVE

MEANING Extremely hot.

- It's scorching outside today, over 40 degrees.
- We avoided the scorching afternoon sun.
- The scorching heat made the pavement too hot to walk on.

MEMORY HOOK Hot enough to "scorch" (burn slightly).

183 Breezy ADJECTIVE

MEANING Pleasantly windy.

- It's a breezy day, perfect for kites.
- The beach was breezy in the evening.
- I love breezy spring afternoons.

MEMORY HOOK Full of light wind ("breeze").

184 Muggy ADJECTIVE

MEANING Uncomfortably warm and humid.

- It's so muggy today, my clothes feel damp.
- Summer nights here are muggy.
- The muggy weather made everyone sluggish.

MEMORY HOOK Like being trapped in a warm steamy mug.

185 Frosty ADJECTIVE

MEANING Very cold, covered with frost.

- The grass was frosty this morning.
- It's frosty outside, wear a coat.
- Her greeting felt frosty (also used for attitude).

MEMORY HOOK Ice crystals on the surface.

186 Gloomy ADJECTIVE

MEANING Dark, dull, and depressing.

- It's a gloomy, grey day.
- The gloomy forecast means rain all week.
- He felt gloomy after the bad news.

MEMORY HOOK Full of "gloom."

187 Crisp ADJECTIVE

MEANING Pleasantly cold and fresh air; also crunchy food.

- I love the crisp autumn air.
- It was a crisp, clear morning.
- The apple was crisp and juicy.

MEMORY HOOK Sharp, clean, fresh feeling.

188 Torrential ADJECTIVE

MEANING Extremely heavy rain.

- Torrential rain flooded the streets overnight.
- We got caught in a torrential downpour.
- The storm brought torrential rain and strong winds.

MEMORY HOOK A powerful rushing "torrent."

189 Balmy ADJECTIVE

MEANING Pleasantly warm weather.

- It was a balmy evening for dinner outside.
- The island has a balmy climate year-round.
- We enjoyed a balmy summer night.

MEMORY HOOK Like a soothing "balm."

190 Overcast ADJECTIVE

MEANING Cloudy sky.

- The sky is overcast today.
- It was an overcast morning, quiet beach.
- Overcast skies made the photos look dull.

MEMORY HOOK Clouds "cast" over the sky.

191 Humid ADJECTIVE

MEANING Air containing a lot of moisture.

- It's very humid today, everything feels sticky.
- Summers here are hot and humid.
- The humid air made my hair frizzy.

MEMORY HOOK Related to "humidity" — heavy, moist air.

192 Chilly ADJECTIVE

MEANING Slightly cold.

- It's chilly this morning, grab a jacket.
- The evenings get chilly in fall.
- I felt chilly by the window.

MEMORY HOOK A milder version of "cold."

193 Windy ADJECTIVE

MEANING Having a lot of wind.

- It's too windy to fly a kite properly.
- The windy weather knocked over the umbrella.
- It's windy near the coast today.

MEMORY HOOK Full of wind.

194 Sunny spell NOUN (BRITISH)

MEANING A short period of sunshine, often between clouds.

- There's a sunny spell expected this afternoon.
- We had a brief sunny spell before it rained again.
- Let's go outside during the sunny spell.

MEMORY HOOK A "spell" (period) of sun.

195 Heatwave NOUN

MEANING A period of unusually hot weather.

- The city is experiencing a heatwave this week.
- A heatwave hit most of the country in July.
- Stay hydrated during the heatwave.

MEMORY HOOK Heat coming in "waves."

196 Downpour NOUN

MEANING A heavy, sudden rainstorm.

- We got caught in a downpour without umbrellas.
- A sudden downpour ruined the picnic.
- The downpour lasted only ten minutes.

MEMORY HOOK Rain "pouring" down heavily.

197 Thaw VERB/NOUN

MEANING To melt or become warmer after being frozen.

- The snow began to thaw in early March.
- Let the meat thaw before cooking.
- A thaw came after weeks of freezing temperatures.

MEMORY HOOK Ice slowly softening back to liquid.

198 Foggy ADJECTIVE

MEANING Covered in fog, hard to see through.

- It was too foggy to drive safely.
- The morning was foggy near the lake.
- Foggy weather delayed the flights.

MEMORY HOOK Thick mist covering everything.

199 Blizzard NOUN

MEANING A severe snowstorm with strong winds.

- The blizzard shut down schools for two days.
- We got stuck at home during the blizzard.
- A blizzard is forecast for this weekend.

MEMORY HOOK A powerful, blinding snowstorm.

200 Drought NOUN

MEANING A long period without rain, causing water shortage.

- The region is suffering from a severe drought.
- Farmers struggled during the drought.
- Water restrictions began because of the drought.

MEMORY HOOK Land drying out ("dry-out" sounds like "drought").

201 Puddle NOUN

MEANING A small pool of water, usually after rain.

- The kids jumped in every puddle on the way home.
- Watch out for that puddle by the door.
- Rain left puddles all over the street.

MEMORY HOOK A tiny "pool" from rain.

202 Evergreen ADJECTIVE/NOUN

MEANING A plant that stays green all year; also, something timeless.

- Pine trees are evergreen, they never lose their leaves.
- That advice is evergreen — it still applies today.
- We planted an evergreen tree in the backyard.

MEMORY HOOK "Ever" green, never changes color.

203 Bloom VERB/NOUN

MEANING To produce flowers; to flourish.

- The cherry blossoms bloom in early spring.
- Her confidence bloomed after the promotion.
- The garden is in full bloom right now.

MEMORY HOOK Flowers opening up, growing.

204 Wither VERB

MEANING To dry up and shrink, especially plants.

- The flowers withered without water.
- His enthusiasm withered after months of rejection.
- The plant withered in the harsh sun.

MEMORY HOOK Shriveling away, losing life.

205 Migrate VERB

MEANING To move from one place to another, especially animals seasonally.

- Birds migrate south for the winter.
- Many families migrated to the city for work.
- Whales migrate thousands of miles each year.

MEMORY HOOK A big seasonal or long-distance move.

206 Dormant ADJECTIVE

MEANING Inactive; not currently growing or active, but capable of becoming active.

- The volcano has been dormant for centuries.
- Some plants stay dormant during winter.
- Her old talent for painting was dormant for years.

MEMORY HOOK "Sleeping," waiting to wake up.

207 Lush ADJECTIVE

MEANING Rich, healthy, and full of green plant growth.

- The rainforest is incredibly lush and green.
- Their garden looks lush after all the rain.
- We hiked through a lush valley.

MEMORY HOOK Thick, vibrant greenery.

208 Barren ADJECTIVE

MEANING Empty and unable to produce plants or crops.

- The desert is barren, nothing grows there.
- After the fire, the land looked barren.
- It's a barren landscape with just rocks and sand.

MEMORY HOOK Bare — nothing living there.

209 Gust NOUN

MEANING A sudden, strong rush of wind.

- A gust of wind blew my hat off.
- Strong gusts made walking difficult today.
- The storm brought gusts up to 60 mph.

MEMORY HOOK A quick, powerful "gust" of air.

210 Petrichor NOUN

MEANING The pleasant, earthy smell after rain.

- I love the smell of petrichor after a summer storm.
- The petrichor filled the air as the rain stopped.
- There's nothing like the petrichor of a spring morning.

MEMORY HOOK The poetic "scent of rain on earth."

Chapter 7 Activities

ACTIVITY A

Weather Report

Write your own 3-sentence forecast using 4+ words from this chapter.

ACTIVITY B

Describe Today

Check your weather app and describe today using the most accurate word here. ---

08

Time & Habits

WORDS 211–240 OF 600

211 Punctual ADJECTIVE

MEANING Arriving or doing things exactly on time.

- She's always punctual, never late.
- Being punctual shows respect for others' time.
- He wasn't punctual today, traffic delayed him.

MEMORY HOOK Hitting the exact "point" in time.

212 Routine NOUN

MEANING A regular, fixed way of doing things.

- My morning routine includes coffee and a walk.
- Kids thrive with a consistent bedtime routine.
- Traveling breaks up the daily routine.

MEMORY HOOK The fixed "root" pattern of your day.

213 Spontaneous ADJECTIVE

MEANING Done suddenly, without planning.

- We took a spontaneous road trip last weekend.
- She's very spontaneous, books flights with zero notice.
- It was a spontaneous decision to quit and travel.

MEMORY HOOK No plan, just sudden action.

214 Occasionally ADVERB

MEANING Sometimes, but not often.

- I occasionally eat fast food.
- We occasionally meet up for coffee.
- He occasionally forgets his keys.

MEMORY HOOK Happens on a special "occasion."

215 Rarely ADVERB

MEANING Not often; almost never.

- I rarely go to bed before midnight.
- She rarely complains, even when things go wrong.
- We rarely see snow here.

MEMORY HOOK An uncommon ("rare") occurrence.

216 Habitual ADJECTIVE

MEANING Done regularly as a habit.

- He's a habitual coffee drinker.
- Her habitual lateness annoys coworkers.
- Nail-biting became a habitual response to stress.

MEMORY HOOK Turned into an automatic "habit."

217 Eventually ADVERB

MEANING At some point in the future, after delay.

- I'll finish this eventually, just not today.
- He eventually admitted he was wrong.
- Eventually, the rain stopped.

MEMORY HOOK An "event" happens sooner or later.

218 Nowadays ADVERB

MEANING In the present time, unlike the past.

- Nowadays, everyone texts instead of calling.
- Nowadays, remote work is common.
- Kids nowadays grow up with smartphones.

MEMORY HOOK "Now" + "a" + "days."

219 Meanwhile ADVERB

MEANING At the same time; during that period.

- I'll cook; meanwhile, set the table.
- She studied; meanwhile, her roommate watched TV.
- Prices went up. Meanwhile, salaries stayed the same.

MEMORY HOOK During ("mean") that "while" (time).

220 Sporadic ADJECTIVE

MEANING Happening occasionally and irregularly.

- We get sporadic internet outages here.
- His attendance has been sporadic lately.
- There was sporadic applause during the speech.

MEMORY HOOK Random bursts, like sparks.

221 Recurring ADJECTIVE

MEANING Happening again and again, repeatedly.

- I have a recurring dream about flying.
- This is a recurring problem in the system.
- He set up a recurring payment for the subscription.

MEMORY HOOK It "occurs" again and again.

222 Overdue ADJECTIVE

MEANING Past the time when something should have happened.

- This library book is overdue.
- A vacation is long overdue for us.
- Her reply is overdue by two days.

MEMORY HOOK "Over" the "due" date.

223 Procrastinator NOUN

MEANING A person who habitually delays tasks.

- I'm a classic procrastinator when it comes to chores.
- He's a procrastinator, but he always finishes on time.
- Procrastinators often work best under pressure.

MEMORY HOOK The person version of "procrastinate."

224 Fleeting ADJECTIVE

MEANING Lasting only a very short time.

- Fame can be fleeting.
- It was just a fleeting glance, nothing more.
- Happiness felt fleeting during that stressful month.

MEMORY HOOK Quickly "fleeing" away.

225 Prolonged ADJECTIVE

MEANING Continuing for a long time.

- A prolonged illness kept him out of work.
- There was a prolonged silence after the question.
- The negotiations were prolonged over several weeks.

MEMORY HOOK "Pro-" (forward) + long — extended in length.

226 Momentary ADJECTIVE

MEANING Lasting only a moment; very brief.

- There was a momentary pause before she answered.
- He felt a momentary panic before recovering.
- It was a momentary lapse in judgment.

MEMORY HOOK Lasting just one "moment."

227 Perpetual ADJECTIVE

MEANING Never ending or changing; continuous.

- She lives in a perpetual state of stress.
- The city has perpetual traffic problems.
- He seems to be in a perpetual good mood.

MEMORY HOOK Going on "perpetually," forever.

228 Timeless ADJECTIVE

MEANING Not affected by the passage of time; always relevant.

- That song is timeless, still popular today.
- Classic style is timeless.
- Her advice was timeless wisdom.

MEMORY HOOK Beyond the limits of time.

229 On the dot IDIOM

MEANING At exactly the specified time.

- He arrived at 9am on the dot.
- The meeting starts at noon on the dot.
- She always leaves work at 5pm on the dot.

MEMORY HOOK Hitting the exact "dot" on the clock.

230 Crack of dawn IDIOM

MEANING Very early in the morning.

- We left at the crack of dawn to beat traffic.
- He wakes up at the crack of dawn every day.
- The farmers start work at the crack of dawn.

MEMORY HOOK Right when the sky "cracks" open with light.

231 Burning the midnight oil IDIOM

MEANING Working late into the night.

- I've been burning the midnight oil to finish this report.
- She burned the midnight oil studying for finals.
- He's burning the midnight oil again this week.

MEMORY HOOK Old lamps burned oil for late-night light.

232 Time flies IDIOM

MEANING Time passes very quickly.

- Time flies when you're having fun.
- I can't believe it's already December, time flies.
- Time flies once you have kids.

MEMORY HOOK Time moves fast, like it's "flying."

233 In the nick of time IDIOM

MEANING At the last possible moment; just in time.

- We caught the train in the nick of time.
- He finished the project in the nick of time.
- The ambulance arrived in the nick of time.

MEMORY HOOK Right at the very last "nick" (small mark).

234 Once in a blue moon IDIOM

MEANING Very rarely.

- I only eat fast food once in a blue moon.
- We meet up once in a blue moon these days.
- He calls his parents once in a blue moon.

MEMORY HOOK A "blue moon" is a rare second full moon in a month.

235 Around the clock IDIOM

MEANING All day and night, continuously.

- The hospital operates around the clock.
- They worked around the clock to finish the project.
- Customer support is available around the clock.

MEMORY HOOK Covering every hour, all the way around the clock face.

236 Take your time PHRASE

MEANING There's no rush; do it at your own pace.

- Take your time, there's no deadline.
- She told him to take his time deciding.
- Take your time with the essay, it's due next week.

MEMORY HOOK Ownership of your own pace.

237 Ahead of schedule PHRASE

MEANING Earlier than planned.

- We finished the project ahead of schedule.
- The flight arrived ahead of schedule.
- She's ahead of schedule with her wedding planning.

MEMORY HOOK Moving faster than the plan required.

238 Behind schedule PHRASE

MEANING Later than planned.

- The construction is behind schedule due to weather.
- We're behind schedule on the report.
- His flight was behind schedule by two hours.

MEMORY HOOK Lagging behind the original plan.

239 Down the line PHRASE

MEANING At some point in the future.

- We might expand the business down the line.
- That decision will matter more down the line.
- He plans to buy a house down the line.

MEMORY HOOK Further along a timeline.

240 Slip your mind IDIOM

MEANING To forget something.

- Sorry, your birthday completely slipped my mind.
- It slipped my mind that we had a meeting today.
- Don't let this deadline slip your mind.

MEMORY HOOK A thought "slipping" away unnoticed.

Chapter 8 Activities

ACTIVITY A

Timeline of You

Write one sentence each for something you do "rarely," "occasionally," and as part of your daily "routine."

ACTIVITY B

Idiom Practice

Use "burning the midnight oil," "time flies," and "in the nick of time" in 3 original sentences about your own life. ---

09

Money & Value

WORDS 241–270 OF 600

241 Broke

ADJECTIVE (INFORMAL)

MEANING Having no money.

- I'm totally broke until payday.
- We were broke college students living on noodles.
- Don't ask me to go out, I'm broke this week.

MEMORY HOOK Your finances are "broken" right now.

242 Splurge

VERB

MEANING To spend a lot of money as a treat.

- I splurged on a fancy dinner for my birthday.
- She splurged on a designer bag.
- We rarely splurge, but this trip was worth it.

MEMORY HOOK A big splash of spending.

243 Bargain

NOUN/VERB

MEANING A good deal; also, to negotiate a price.

- I found this jacket for $10 — what a bargain!
- He bargained with the seller for a lower price.
- The store has a bargain sale this weekend.

MEMORY HOOK A deal you "gain" from.

244 Loaded

ADJECTIVE (INFORMAL)

MEANING Having a lot of money.

- Her family is loaded, they own three houses.
- He's not loaded, but he's comfortable.
- You'd think he was loaded with how much he spends.

MEMORY HOOK Wallet fully "loaded" with cash.

245 Stingy ADJECTIVE

MEANING Unwilling to spend or share money.

- He's so stingy, he never leaves a tip.
- Don't be stingy, buy your friend a coffee.
- She's stingy with compliments too.

MEMORY HOOK Like a bee's "sting" — hurts to get money from them.

246 Budget NOUN/VERB

MEANING A plan for spending and saving money.

- I made a monthly budget to save more.
- We're on a tight budget this month.
- She budgets carefully so she never overspends.

MEMORY HOOK Money "boxed" into a plan.

247 Rip-off NOUN (INFORMAL)

MEANING Something costing much more than it's worth.

- $15 for water? What a rip-off!
- That repair shop is a total rip-off.
- The tourist trap prices were a rip-off.

MEMORY HOOK They "rip" money from your pocket.

248 Pricey ADJECTIVE (INFORMAL)

MEANING Expensive.

- That restaurant is a bit pricey for casual dinner.
- The tickets were pricey but worth it.
- Organic groceries can be pretty pricey.

MEMORY HOOK Full of "price," i.e. costly.

249 Frugal ADJECTIVE

MEANING Careful with money; avoiding unnecessary spending.

- My grandmother is frugal, reuses everything.
- Being frugal helped them save for a house.
- He lives frugally even though he earns well.

MEMORY HOOK Making the most, wasting nothing.

250 Worth NOUN/ADJECTIVE

MEANING Having a value equal to; deserving.

- This bag is worth every penny.
- Is the extra cost worth it?
- He proved his worth to the team.

MEMORY HOOK The true value under the price tag.

251 Windfall NOUN

MEANING An unexpected, often large, amount of money.

- They received a windfall from an old investment.
- Winning the small lottery prize was a nice windfall.
- The tax refund felt like a windfall this year.

MEMORY HOOK Money that just "falls" into your lap unexpectedly, like fruit blown from a tree.

252 Nest egg NOUN

MEANING Money saved for the future, especially retirement.

- They built a solid nest egg over 20 years.
- It's smart to start a nest egg early.
- Her nest egg gave her financial peace of mind.

MEMORY HOOK Savings sitting safely, like eggs in a nest.

253 Shoestring budget (IDIOM)

MEANING A very small amount of money to work with.

- We traveled Europe on a shoestring budget.
- The film was made on a shoestring budget.
- They started the business on a shoestring budget.

MEMORY HOOK As thin and cheap as a shoestring.

254 Break the bank (IDIOM)

MEANING To cost too much money; be very expensive.

- This trip won't break the bank if we plan carefully.
- A nice dinner out doesn't have to break the bank.
- Buying that car would break the bank.

MEMORY HOOK Spending so much it "breaks" your bank account.

255 Penny-pincher (NOUN (INFORMAL))

MEANING A person who is very careful, even excessive, about spending money.

- He's a penny-pincher, tracks every dollar spent.
- Being a penny-pincher helped her pay off debt fast.
- My uncle is a total penny-pincher at restaurants.

MEMORY HOOK Pinching every penny tightly, not letting go.

256 Cash-strapped (ADJECTIVE)

MEANING Short on money; struggling financially.

- The cash-strapped city cut public services.
- As a cash-strapped student, I skip eating out.
- The cash-strapped startup needed new investors fast.

MEMORY HOOK "Strapped" (tied down) by lack of cash.

257 In the red / In the black IDIOM

MEANING In the red = losing money; in the black = making a profit.

- The company has been in the red for two years.
- We finally moved into the black this quarter.
- Their small shop stayed in the black despite the slow economy.

MEMORY HOOK Old accounting used red ink for losses, black for profit.

258 Pinch pennies IDIOM

MEANING To spend money very carefully, saving where possible.

- We had to pinch pennies during college.
- They pinched pennies to afford the wedding.
- He's been pinching pennies to save for a house.

MEMORY HOOK Squeezing every penny out of your budget.

259 Cost an arm and a leg IDIOM

MEANING To be very expensive.

- That designer bag cost an arm and a leg.
- Fixing the car cost an arm and a leg.
- Concert tickets these days cost an arm and a leg.

MEMORY HOOK Exaggeration — as if paying with body parts.

260 Money doesn't grow on trees IDIOM

MEANING Money is limited and must be earned; a reminder not to overspend.

- I told my son money doesn't grow on trees.
- We can't buy everything — money doesn't grow on trees.
- She reminded them money doesn't grow on trees before the shopping trip.

MEMORY HOOK A classic parental reminder — money must be earned, not picked like fruit.

261 Live within your means IDIOM

MEANING To spend only as much as you can afford.

- They live within their means despite a modest income.
- It's important to live within your means.
- He learned to live within his means after debt trouble.

MEMORY HOOK Not going past your financial "means" (ability).

262 Financially savvy PHRASE

MEANING Knowledgeable and skilled about managing money.

- She's financially savvy and invests wisely.
- Being financially savvy starts with a simple budget.
- He's not very financially savvy, he overspends often.

MEMORY HOOK Combines "financial" + "savvy" (knowledgeable).

263 Deep pockets IDIOM

MEANING Having a lot of money available to spend.

- The company has deep pockets for marketing.
- Only investors with deep pockets could afford this deal.
- He has deep pockets but rarely shares.

MEMORY HOOK Pockets so deep they hold lots of money.

264 Tighten the belt IDIOM

MEANING To spend less money than before; cut back.

- We had to tighten our belts after the layoff.
- The family tightened their belt during the recession.
- It's time to tighten the belt and save more.

MEMORY HOOK A tighter belt means a smaller waist — smaller spending.

265 Bang for your buck (IDIOM)

MEANING Good value for the money spent.

- This laptop gives you great bang for your buck.
- We looked for the best bang for our buck on the trip.
- That restaurant offers real bang for your buck.

MEMORY HOOK Getting a loud "bang" (impact) for each dollar ("buck").

266 Freebie (NOUN (INFORMAL))

MEANING Something given for free.

- We got a freebie sample at the store.
- The event had free t-shirts as freebies.
- I love a good freebie.

MEMORY HOOK "Free" + "-bie" = something free.

267 Steep price (PHRASE)

MEANING A very high, expensive price.

- The hotel had a steep price for such a small room.
- That's a steep price for a used car.
- Success came at a steep price for him.

MEMORY HOOK "Steep" like a steep hill — hard to climb (afford).

268 Chip in (PHRASAL VERB)

MEANING To contribute money (or effort) toward something shared.

- We all chipped in for the birthday gift.
- Can you chip in for gas this trip?
- Everyone chipped in to help pay for the group dinner.

MEMORY HOOK Adding your small "chip" to the pile.

269 Loan shark NOUN

MEANING A person who lends money at extremely high interest rates.

- He got trapped borrowing from a loan shark.
- Avoid loan sharks, their rates are brutal.
- The movie was about a loan shark and his victims.

MEMORY HOOK Circling like a "shark," preying on desperate borrowers.

270 Break even IDIOM

MEANING To have income exactly equal to costs, no profit or loss.

- The business finally broke even after a year.
- We broke even on the trip after selling extra tickets.
- It took two years for the shop to break even.

MEMORY HOOK The scale is "even," no gain, no loss.

Chapter 9 Activities

ACTIVITY A

Money Mindset

Are you more "frugal" or more likely to "splurge"? Write 2 sentences explaining why.

ACTIVITY B

Idiom Story

Write a short story (4-5 sentences) about someone learning to manage money, using at least 3 idioms from this chapter. ---

10

Modern Slang & Internet Life

WORDS 271–300 OF 600

271 Serendipity NOUN

MEANING A pleasant surprise; finding something good by accident.

- Meeting my best friend at that café was pure serendipity.
- It was serendipity that we booked the same flight.
- Sometimes the best discoveries happen through serendipity.

MEMORY HOOK A "happy accident."

272 Wanderlust NOUN

MEANING A strong desire to travel and explore.

- Her wanderlust took her to twenty countries by 25.
- I've had wanderlust since that travel documentary.
- His wanderlust never fades.

MEMORY HOOK Wander + Lust = the desire to wander.

273 FOMO NOUN (ACRONYM)

MEANING "Fear Of Missing Out."

- I had major FOMO seeing everyone's vacation photos.
- She said yes to the party just to avoid FOMO.
- Social media makes FOMO worse for many people.

MEMORY HOOK Literally the acronym itself.

274 Selfie NOUN

MEANING A photo you take of yourself.

- Let's take a selfie in front of the sunset.
- She posted a selfie from the concert.
- His phone is full of random selfies.

MEMORY HOOK Self + "-ie."

275 Meme (NOUN)

MEANING A funny image/video/text that spreads quickly online.

- Have you seen that new meme going around?
- He sent me a meme that made me laugh.
- That show became a meme after the finale.

MEMORY HOOK Something that "teams up" and spreads fast online.

276 Vibe (NOUN (INFORMAL))

MEANING The general feeling or atmosphere of a place or person.

- This café has such a relaxing vibe.
- I got a weird vibe from that guy.
- The party had a fun, energetic vibe.

MEMORY HOOK Short for "vibration" — the energy you feel.

277 Lowkey / Highkey (ADVERB (INFORMAL))

MEANING Lowkey = secretly/somewhat; Highkey = openly/very.

- I'm lowkey excited about the weekend.
- She's highkey obsessed with that show.
- I lowkey think we should cancel.

MEMORY HOOK "Key" (volume) — low = quiet, high = loud.

278 Extra (ADJECTIVE (INFORMAL))

MEANING Overly dramatic or over-the-top.

- She's so extra, she cried over a coffee spill.
- That outfit is a little extra for a Tuesday.
- He's being extra dramatic about a tiny mistake.

MEMORY HOOK More than needed.

279 Random (ADJECTIVE (INFORMAL))

MEANING Unexpected, odd, or unrelated.

- That was such a random thing to say.
- We had a random conversation about outer space at 2am.
- He's a random guy I met at the gym.

MEMORY HOOK Surprising, unpredictable.

280 Ghosting (see also #5) (NOUN)

MEANING The act of suddenly cutting off contact.

- Ghosting is really common in online dating now.
- I've experienced ghosting after two great job interviews.
- Ghosting hurts more than a direct rejection.

MEMORY HOOK The noun form of "ghost."

281 Doomscrolling (NOUN/VERB)

MEANING Endlessly scrolling through bad or upsetting news online.

- I was doomscrolling at midnight and couldn't sleep.
- Doomscrolling makes my anxiety worse.
- He tries to avoid doomscrolling before bed.

MEMORY HOOK Scrolling through "doom" (bad news).

282 Flex (VERB/NOUN (INFORMAL))

MEANING To show off something you're proud of.

- He's always flexing his new car on Instagram.
- Nice flex, but I'm not impressed.
- She flexed her new job title in the group chat.

MEMORY HOOK "Flexing" muscles = showing off strength or status.

283 Ghosted (adjective form) SEE #5

MEANING Suddenly cut off, ignored without explanation.

- I was ghosted after three amazing dates.
- He got ghosted by the company after the interview.
- Being ghosted is one of the worst dating experiences.

MEMORY HOOK Repeat form of #5, common in past tense.

284 Simp NOUN (INFORMAL, INTERNET SLANG)

MEANING Someone who shows excessive attention or admiration for another person.

- His friends tease him for being a simp for his girlfriend.
- Don't be a simp, keep some self-respect.
- The comments called him a simp for the celebrity.

MEMORY HOOK Internet-born word for over-the-top devotion.

285 Cancel (culture) VERB

MEANING To withdraw support from someone publicly, usually after controversy.

- The influencer got cancelled after the scandal.
- Cancel culture can be harsh and unforgiving.
- He was worried about getting cancelled for an old tweet.

MEMORY HOOK Like "cancelling" a subscription — pulling support entirely.

286 Sus ADJECTIVE (INFORMAL, SHORT FOR "SUSPICIOUS")

MEANING Suspicious or questionable.

- That email looks kind of sus, don't click it.
- His story sounds a little sus to me.
- She acted sus when asked where she was.

MEMORY HOOK Short, quick slang for "suspicious."

287 No cap

PHRASE (INFORMAL)

MEANING No lie; telling the truth.

- That movie was amazing, no cap.
- No cap, this is the best pizza I've had.
- He said, no cap, he's never been that scared.

MEMORY HOOK "Cap" = a lie in slang; "no cap" = no lying.

288 Salty (see #10)

USED ONLINE TOO

MEANING Bitter or annoyed, often used about online reactions.

- People got salty in the comments after the update.
- Don't be salty about the ref's call.
- He's still salty about losing the game.

MEMORY HOOK Repeated for online context — a sour reaction.

289 Glow up

NOUN/PHRASE

MEANING A dramatic positive transformation in appearance or life.

- She had a huge glow up after high school.
- His glow up over the past year is impressive.
- Everyone's talking about her glow up in the reunion photos.

MEMORY HOOK "Glowing" brighter after improvement.

290 Main character energy

PHRASE

MEANING Acting confidently, like the star of your own story.

- She walked in with total main character energy.
- He has main character energy, always the center of attention.
- Living with main character energy means owning your choices.

MEMORY HOOK Acting like the hero of your own movie.

291 Touch grass

PHRASE (INFORMAL, INTERNET SLANG)

MEANING A joking way to tell someone to go outside and disconnect from screens.

- You've been online all day, go touch grass.
- He needs to touch grass after that argument online.
- "Touch grass," she joked when he wouldn't stop scrolling.

MEMORY HOOK Literally touching real grass outside — the opposite of screen time.

292 It's giving...

PHRASE (INFORMAL)

MEANING Used to describe the vibe or impression something gives off.

- That outfit is giving vacation vibes.
- This playlist is giving early 2000s nostalgia.
- His attitude is giving "I don't care" energy.

MEMORY HOOK The situation "gives" you a certain feeling.

293 Rizz

NOUN (INFORMAL, INTERNET SLANG)

MEANING Charisma, especially in romantic or flirting contexts.

- He's got a lot of rizz, always knows what to say.
- She complimented his rizz after the smooth pickup line.
- His rizz didn't work this time.

MEMORY HOOK Short for "charisma," just the middle sound kept.

294 Delulu

ADJECTIVE (INFORMAL, INTERNET SLANG)

MEANING Delusional, often used jokingly about unrealistic hopes.

- I know it's delulu, but I still hope we'll win the lottery.
- She's a bit delulu thinking he'll text back.
- Being delulu about your dreams can sometimes be motivating.

MEMORY HOOK A playful shortening of "delusional."

295 Slay (VERB (INFORMAL))

MEANING To do something extremely well; to look amazing.

- You slayed that presentation!
- She slayed in that red dress.
- The band slayed their live performance.

MEMORY HOOK "Killing it" in the best way.

296 Ick (NOUN (INFORMAL))

MEANING A sudden feeling of being turned off or repulsed by someone.

- He got the ick when she talked with her mouth full.
- That's such an ick for me.
- She caught the ick after he texted "wyd" at 2am.

MEMORY HOOK The short sound of disgust — "ick!"

297 Bestie (NOUN (INFORMAL))

MEANING Best friend.

- She's my bestie since middle school.
- Call your bestie, she'll know what to do.
- We're besties now after that road trip.

MEMORY HOOK Shortened, affectionate form of "best friend."

298 Aesthetic (NOUN/ADJECTIVE)

MEANING A particular visual style or theme.

- Her room has a cozy, minimalist aesthetic.
- That coffee shop has such a cute aesthetic.
- His photography has a moody, dark aesthetic.

MEMORY HOOK The overall "look and feel" of something.

299 Iconic ADJECTIVE

MEANING Extremely memorable or influential; a cultural symbol.

- That scene from the movie is iconic.
- Her red dress became an iconic fashion moment.
- This song is iconic, everyone knows it.

MEMORY HOOK Something so famous it becomes an "icon."

300 Vibe check PHRASE (INFORMAL)

MEANING An informal assessment of someone's mood or the atmosphere of a place.

- Let's do a vibe check before we walk in.
- That comment failed the vibe check.
- She does a vibe check every morning with her coffee.

MEMORY HOOK Checking the "vibe" (feeling) of a moment.

Chapter 10 Activities

ACTIVITY A

Slang Translator

Rewrite these formal sentences using slang from this chapter: "I am afraid I will miss out," "That is very believable," "He is showing off."

ACTIVITY B

Caption It

Imagine posting a photo online. Write a 2-sentence caption using at least 2 words from this chapter. ---

11

Travel & Adventure

WORDS 301–330 OF 600

301 Jet lag NOUN

MEANING Tiredness and disorientation from crossing time zones quickly.

- I'm still recovering from jet lag after the flight.
- Jet lag hit me hard on the first day.
- Drink water to help fight jet lag.

MEMORY HOOK Your body "lags" behind the new time zone.

302 Layover NOUN

MEANING A stop between flights during a trip.

- We had a 5-hour layover in Dubai.
- I explored the city during my layover.
- A short layover doesn't leave time to leave the airport.

MEMORY HOOK A pause where you "lay over" before continuing.

303 Off the beaten path IDIOM

MEANING A place not commonly visited by tourists.

- We found a great café off the beaten path.
- She loves traveling off the beaten path.
- This village is off the beaten path, but worth the trip.

MEMORY HOOK Away from the well-worn ("beaten") tourist trail.

304 Backpacking NOUN/VERB

MEANING Traveling cheaply with a backpack, often for long periods.

- They went backpacking through Southeast Asia for six months.
- Backpacking taught me to live with less.
- He's backpacking across Europe this summer.

MEMORY HOOK Everything you need fits in your "backpack."

305 Itinerary NOUN

MEANING A planned schedule or route for a trip.

- I sent you the full trip itinerary.
- Our itinerary includes three cities in ten days.
- She planned a detailed itinerary for the honeymoon.

MEMORY HOOK The step-by-step "route" of your journey.

306 Souvenir NOUN

MEANING An item kept as a reminder of a place or trip.

- I bought a small souvenir from every country.
- This magnet is a souvenir from Japan.
- She collects souvenirs from every trip.

MEMORY HOOK French for "to remember" — a memory you can hold.

307 Tourist trap NOUN

MEANING A place designed to attract tourists, often overpriced.

- That restaurant near the landmark is a total tourist trap.
- We avoided the tourist trap and ate where locals eat.
- The souvenir shop was an obvious tourist trap.

MEMORY HOOK A "trap" that catches unsuspecting tourists.

308 Culture shock NOUN

MEANING Disorientation from experiencing an unfamiliar culture.

- I had major culture shock moving abroad.
- Culture shock hit hardest in the first month.
- Traveling helps you get used to culture shock faster.

MEMORY HOOK A "shock" to your system from a new culture.

309 Homestay NOUN

MEANING Staying with a local family while traveling.

- We did a homestay in the countryside.
- Homestays give you a real sense of local life.
- She stayed with a homestay family in Peru.

MEMORY HOOK Staying at someone's "home."

310 Road trip NOUN

MEANING A journey traveled by car, often over a long distance.

- We took a road trip along the coast.
- Road trips are my favorite way to travel.
- They planned a road trip across three states.

MEMORY HOOK A "trip" spent on the "road."

311 Getaway NOUN

MEANING A short trip, usually for relaxation.

- We booked a weekend getaway to the mountains.
- She needed a quick getaway after a stressful month.
- This cabin is the perfect romantic getaway.

MEMORY HOOK "Getting away" from your usual routine.

312 Wanderer NOUN

MEANING A person who travels without a fixed destination.

- He's a natural wanderer, always chasing the next place.
- She calls herself a wanderer at heart.
- The wanderer had no plans, just a backpack and a map.

MEMORY HOOK One who "wanders."

313 Bucket list NOUN

MEANING A list of things you want to do before you die.

- Visiting Japan is on my bucket list.
- She's crossing items off her travel bucket list.
- Skydiving is on his bucket list.

MEMORY HOOK Things you want to do before you "kick the bucket."

314 Scenic route NOUN

MEANING A longer path chosen for its beautiful views.

- We took the scenic route along the cliffs.
- The scenic route added an hour but was worth it.
- Take the scenic route if you're not in a hurry.

MEMORY HOOK A route full of "scenery."

315 Nomad NOUN

MEANING A person who moves from place to place without a permanent home.

- She became a digital nomad, working from cafés around the world.
- Nomads follow work or good weather, not a fixed home.
- He's lived as a nomad for the past three years.

MEMORY HOOK Someone who never settles in one place.

316 Excursion NOUN

MEANING A short trip, often for leisure or a specific purpose.

- We booked a snorkeling excursion for tomorrow.
- The school organized a museum excursion.
- Let's plan a day excursion to the waterfall.

MEMORY HOOK A brief planned trip out.

317 Baggage claim NOUN

MEANING The area in an airport where you collect your luggage.

- Meet me at baggage claim after you land.
- Our bags took forever at baggage claim.
- Check baggage claim carousel 4 for your suitcase.

MEMORY HOOK Where you "claim" your bags.

318 Overbooked ADJECTIVE

MEANING When more tickets/reservations are sold than there is space.

- The flight was overbooked, so they offered vouchers.
- Our hotel was overbooked and gave us an upgrade.
- The restaurant was overbooked for Saturday night.

MEMORY HOOK "Over" the amount that was actually available.

319 Local cuisine NOUN

MEANING Traditional food specific to a particular place.

- We tried the local cuisine at every stop.
- The local cuisine here is full of fresh seafood.
- Trying local cuisine is the best part of traveling.

MEMORY HOOK Food that belongs to the "locals."

320 Postcard-perfect ADJECTIVE

MEANING So beautiful it looks like a picture.

- The beach was postcard-perfect at sunset.
- We found a postcard-perfect little village.
- The view from the mountain was postcard-perfect.

MEMORY HOOK Looking exactly like a scenic "postcard."

321 Rough it IDIOM

MEANING To live without usual comforts, especially while camping or traveling.

- We roughed it camping for a week with no electricity.
- He's not used to roughing it without wifi.
- They roughed it through the jungle trek.

MEMORY HOOK Living "rough," without comfort.

322 Pack light PHRASE

MEANING To travel with minimal luggage.

- I always try to pack light for short trips.
- Packing light makes airport travel so much easier.
- She's a master at packing light for a month abroad.

MEMORY HOOK Keeping your bag "light" in weight.

323 Sightseeing NOUN

MEANING Visiting famous or interesting places as a tourist.

- We spent the day sightseeing around the old town.
- Sightseeing tours are a great way to see a new city.
- He's not big on sightseeing, prefers relaxing on the beach.

MEMORY HOOK Seeing the "sights" of a place.

324 Wanderlust-struck INFORMAL ADJECTIVE

MEANING Overcome with a strong desire to travel.

- She's been wanderlust-struck since watching travel vlogs.
- He got wanderlust-struck after his first solo trip.
- Being wanderlust-struck, they booked tickets the same night.

MEMORY HOOK "Struck" (hit) by wanderlust.

325 Stopover NOUN

MEANING A brief stay in a place during a longer journey.

- We had a 2-day stopover in Singapore.
- A stopover lets you explore a new city for free.
- Our stopover turned into an unplanned mini-vacation.

MEMORY HOOK Stopping "over" a place briefly.

326 Detour NOUN/VERB

MEANING An alternative, longer route taken to avoid something or explore.

- We took a detour to see the waterfall.
- Road construction forced a detour.
- Life sometimes takes unexpected detours.

MEMORY HOOK Turning ("tour") away from the direct path.

327 All-inclusive ADJECTIVE

MEANING A vacation package where meals, drinks, and activities are included in the price.

- We booked an all-inclusive resort for the honeymoon.
- All-inclusive trips make budgeting so much easier.
- The all-inclusive package included snorkeling and meals.

MEMORY HOOK "All" costs "included" in one price.

328 Local hangout NOUN

MEANING A place frequented by residents rather than tourists.

- This café is a local hangout, barely any tourists.
- Ask a local for their favorite hangout spot.
- We found a great local hangout near the beach.

MEMORY HOOK Where "locals" like to "hang out."

329 Travel bug IDIOM

MEANING A strong, ongoing desire to travel.

- Once you catch the travel bug, it's hard to stop.
- She's had the travel bug since college.
- He caught the travel bug after his first trip abroad.

MEMORY HOOK Like being "infected" with a love of travel.

330 Homecoming NOUN

MEANING The act of returning home after being away.

- Her homecoming was full of hugs and tears.
- We threw a small party for his homecoming.
- The team's homecoming was celebrated by the whole town.

MEMORY HOOK "Coming" back "home."

Chapter 11 Activities

ACTIVITY A

Plan a Trip

Write a short 4-sentence trip plan using "itinerary," "off the beaten path," and "bucket list."

ACTIVITY B

Travel Story

Describe a real or imaginary trip using "jet lag," "culture shock," and "souvenir." ---

12

Relationships & Social Life

WORDS 331–360 OF 600

331 Hit it off IDIOM

MEANING To immediately like and get along with someone.

- We hit it off right away at the party.
- They hit it off during the interview.
- My roommate and I hit it off from day one.

MEMORY HOOK Two people "clicking" instantly.

332 Butterflies (in your stomach) IDIOM

MEANING A nervous, excited feeling, often from attraction.

- I get butterflies every time he texts.
- She had butterflies before the first date.
- He still gets butterflies around her after years together.

MEMORY HOOK A fluttery feeling, like butterflies moving inside you.

333 Clingy (see #98) USED IN RELATIONSHIPS

MEANING Overly dependent or attached in a relationship.

- He got too clingy after just one date.
- She worried about seeming clingy.
- Being clingy can push a partner away.

MEMORY HOOK Repeated from Ch.4 in relationship context.

334 Ghosting (relationship context, see #5/280)

MEANING Ending communication suddenly without explanation.

- Ghosting after months of dating really hurt her.
- He's notorious for ghosting instead of breaking up properly.
- Ghosting has become common in modern dating.

MEMORY HOOK Same word, relationship-specific use.

335 On the rocks IDIOM

MEANING In trouble; close to ending (usually a relationship).

- Their marriage has been on the rocks for months.
- My friendship with her is a little on the rocks right now.
- The band's partnership was on the rocks before they broke up.

MEMORY HOOK A ship crashing on rocks — unstable, in danger.

336 Hit a rough patch IDIOM

MEANING To go through a difficult period.

- We hit a rough patch early in our marriage.
- Every friendship hits a rough patch sometimes.
- Their business hit a rough patch during the pandemic.

MEMORY HOOK A bumpy stretch on an otherwise smooth road.

337 Patch things up IDIOM

MEANING To resolve a conflict and restore a relationship.

- We patched things up after a long talk.
- They finally patched things up before the wedding.
- It took time, but the sisters patched things up.

MEMORY HOOK Fixing torn fabric — repairing what was broken.

338 Reconnect VERB

MEANING To renew contact or a relationship after a break.

- We reconnected after ten years apart.
- I want to reconnect with old college friends.
- The trip helped them reconnect as a couple.

MEMORY HOOK "Re-" (again) + connect.

339 Drift apart IDIOM

MEANING To gradually become less close to someone.

- We drifted apart after high school.
- It's sad when close friends drift apart.
- They drifted apart once she moved abroad.

MEMORY HOOK Slowly "drifting" away, like a boat losing its anchor.

340 Soulmate NOUN

MEANING A person perfectly suited to you, especially romantically.

- She believes he's her soulmate.
- Finding your soulmate takes patience, some say.
- They call each other soulmates after 30 years together.

MEMORY HOOK A mate for your "soul."

341 Third wheel IDIOM

MEANING An extra, unwanted person in a situation meant for two.

- I felt like a third wheel on their date.
- Don't make me be the third wheel again!
- She hates being the third wheel with her married friends.

MEMORY HOOK An unnecessary "wheel" on a two-wheeled bike.

342 Frenemy NOUN (INFORMAL)

MEANING Someone who is both a friend and a rival/enemy.

- She's more of a frenemy than a real friend.
- Their frenemy relationship is complicated but entertaining.
- He's my frenemy from college, we compete over everything.

MEMORY HOOK Friend + Enemy combined.

343 Ride or die

IDIOM (INFORMAL)

MEANING A completely loyal friend who supports you no matter what.

- She's my ride or die since middle school.
- He's a ride or die friend, always shows up.
- We're ride or die, through good times and bad.

MEMORY HOOK Someone who'd stick with you through anything.

344 See eye to eye

IDIOM

MEANING To agree with someone.

- We don't always see eye to eye on politics.
- They finally saw eye to eye on the budget.
- My sister and I rarely see eye to eye about parenting.

MEMORY HOOK Looking directly at each other, level and aligned.

345 Break the ice

IDIOM

MEANING To ease tension or start a conversation in an awkward situation.

- He told a joke to break the ice at the meeting.
- Small talk is a good way to break the ice.
- She broke the ice by asking about his hobbies.

MEMORY HOOK Melting the "ice" of an awkward silence.

346 Small talk

NOUN

MEANING Light, casual conversation about unimportant topics.

- I'm not great at small talk with strangers.
- We made small talk while waiting for the bus.
- He hates small talk and prefers deep conversations.

MEMORY HOOK Talk that's "small" — not serious or deep.

347 Heart-to-heart NOUN/ADJECTIVE

MEANING An honest, emotional conversation.

- We had a heart-to-heart about our future.
- She needed a heart-to-heart with her mom.
- It was a rare heart-to-heart between the brothers.

MEMORY HOOK Two hearts speaking openly to each other.

348 Confide (in someone) VERB

MEANING To share a secret or personal feeling with someone you trust.

- She confided in me about her divorce.
- I don't have many people I can confide in.
- He confided his fears to his best friend.

MEMORY HOOK Sharing something you have "confidence" (trust) will be kept safe.

349 Clique NOUN

MEANING A small, exclusive group of friends.

- High school is full of different cliques.
- She never fit into any particular clique.
- The popular clique sat together at lunch.

MEMORY HOOK A tight, closed-off social circle.

350 Awkward silence PHRASE

MEANING An uncomfortable pause in conversation.

- There was an awkward silence after the joke fell flat.
- We sat in awkward silence during the elevator ride.
- She broke the awkward silence with a random question.

MEMORY HOOK Silence that feels heavy and uncomfortable.

351 Open up (to someone) PHRASAL VERB

MEANING To share personal thoughts or feelings honestly.

- It took a while for him to open up to me.
- She finally opened up about her childhood.
- Therapy helped him learn to open up.

MEMORY HOOK "Opening" the door to your inner feelings.

352 Show up (for someone) PHRASAL VERB

MEANING To be present and supportive when needed.

- She always shows up for her friends in tough times.
- He didn't show up when I needed him most.
- True friends show up, even when it's inconvenient.

MEMORY HOOK Literally being present, "showing up."

353 Vent (to someone) VERB

MEANING To express frustration or strong feelings, often to feel better.

- I just need to vent about my day.
- She vented to her sister about the argument.
- Sometimes people just want to vent, not get advice.

MEMORY HOOK Letting pressure out, like a steam "vent."

354 Common ground NOUN

MEANING Shared interests or opinions between people.

- We found common ground over our love of hiking.
- Finding common ground helped resolve the disagreement.
- Despite their differences, they share some common ground.

MEMORY HOOK The shared "ground" (base) two people stand on.

355 Grow apart IDIOM

MEANING To gradually become less close over time.

- We grew apart after moving to different cities.
- It's natural for some friendships to grow apart.
- They grew apart once their interests changed.

MEMORY HOOK Similar to "drift apart" — a slow separation.

356 Estranged ADJECTIVE

MEANING No longer close or in contact, especially with family.

- He's been estranged from his father for years.
- She reconnected with her estranged sister last year.
- Their estranged relationship finally healed after the funeral.

MEMORY HOOK Made "strange," distant from each other.

357 Get along PHRASAL VERB

MEANING To have a friendly relationship with someone.

- My roommate and I get along really well.
- Do you get along with your coworkers?
- The kids get along better now than last year.

MEMORY HOOK Moving "along" together smoothly.

358 Hold a grudge IDIOM

MEANING To stay angry at someone for something they did in the past.

- She still holds a grudge from years ago.
- Don't hold a grudge, it only hurts you.
- He's not one to hold a grudge.

MEMORY HOOK "Holding" onto old anger instead of letting go.

359 Make amends IDIOM

MEANING To do something to fix a wrong you caused.

- He tried to make amends after the argument.
- She wrote a letter to make amends with her friend.
- It's never too late to make amends.

MEMORY HOOK "Mending" a broken relationship.

360 Look up to (someone) PHRASAL VERB

MEANING To admire and respect someone.

- I've always looked up to my older sister.
- He looks up to his coach as a mentor.
- Kids often look up to their parents most.

MEMORY HOOK Looking "up," as if to someone higher/admired.

Chapter 12 Activities

ACTIVITY A

Friendship Check-in

Write 2-3 sentences about a real friendship using "hit it off," "drift apart," or "reconnect."

ACTIVITY B

Idiom Roleplay

With a partner (or alone), practice a short apology conversation using "make amends" and "patch things up." ---

13

Health & Body

WORDS 361–390 OF 600

361 Under the weather IDIOM

MEANING Feeling slightly ill.

- I'm feeling a bit under the weather today.
- She stayed home because she's under the weather.
- He looked under the weather at the meeting.

MEMORY HOOK Weather-related mood dip, like a storm inside your body.

362 Run down ADJECTIVE/PHRASE

MEANING Feeling tired and unwell, often from overwork.

- I feel run down after this busy week.
- She's been run down since exam season.
- He looked run down after the long flight.

MEMORY HOOK Like a battery that's "run down" (drained).

363 Come down with (something) PHRASAL VERB

MEANING To start becoming sick with an illness.

- I think I'm coming down with a cold.
- He came down with the flu last week.
- She felt herself coming down with something over the weekend.

MEMORY HOOK An illness "coming down" onto you.

364 Bounce back IDIOM

MEANING To recover quickly from illness or a setback.

- He bounced back quickly after surgery.
- She always bounces back after a tough week.
- The team bounced back after their early loss.

MEMORY HOOK Like a ball bouncing right back up.

365 Wear and tear IDIOM

MEANING Gradual damage from regular use, including on the body.

- Years of running caused wear and tear on his knees.
- The car shows normal wear and tear.
- Wear and tear on your joints increases with age.

MEMORY HOOK Things wearing down and tearing over time.

366 Achy ADJECTIVE (INFORMAL)

MEANING Feeling mild, constant pain.

- My legs feel achy after the hike.
- I woke up achy and tired.
- She felt achy all over with the flu.

MEMORY HOOK Full of small "aches."

367 Queasy ADJECTIVE

MEANING Feeling like you might vomit; nauseous.

- I felt queasy on the boat ride.
- The smell made her queasy.
- He gets queasy on roller coasters.

MEMORY HOOK An uneasy stomach feeling.

368 Groggy ADJECTIVE

MEANING Feeling weak, sleepy, or dazed, often after waking or medication.

- I felt groggy after the long nap.
- She was groggy from the anesthesia.
- He's always groggy before his morning coffee.

MEMORY HOOK A foggy, half-awake feeling.

369 Sore ADJECTIVE

MEANING Painful, especially in muscles.

- My arms are sore after that workout.
- I have a sore throat today.
- Her feet were sore from the long walk.

MEMORY HOOK A tender, aching feeling.

370 Winded ADJECTIVE

MEANING Out of breath, usually from exertion.

- I was winded after running up the stairs.
- He got winded halfway through the game.
- She felt winded climbing the hill.

MEMORY HOOK Losing your "wind" (breath).

371 Bedridden ADJECTIVE

MEANING Unable to leave bed due to illness or injury.

- He was bedridden for a week with the flu.
- She's been bedridden since the surgery.
- Being bedridden was the hardest part of his recovery.

MEMORY HOOK Confined ("ridden") to your bed.

372 Healing NOUN/VERB

MEANING The process of recovering from injury or illness.

- The wound is healing nicely.
- It takes time for a broken bone to heal.
- Emotional healing can take longer than physical healing.

MEMORY HOOK The body (or mind) fixing itself.

373 Immune (to something) ADJECTIVE

MEANING Protected against a disease; also, unaffected by something.

- She's immune to chickenpox after having it as a kid.
- He seems immune to stress somehow.
- No one is fully immune to criticism.

MEMORY HOOK The body's defense that can't be touched.

374 Come to your senses IDIOM

MEANING To start thinking clearly again after acting foolishly.

- He finally came to his senses and apologized.
- She came to her senses before making a big mistake.
- It took a wake-up call for him to come to his senses.

MEMORY HOOK Regaining clear "senses" (thinking).

375 Feel off PHRASE (INFORMAL)

MEANING To not feel quite right, physically or emotionally.

- I've felt a bit off since breakfast.
- She said something feels off about the plan.
- He's been feeling off all week.

MEMORY HOOK Not your normal, "correct" self.

376 Peaky ADJECTIVE (BRITISH, INFORMAL)

MEANING Looking or feeling slightly ill or pale.

- You look a bit peaky today, are you okay?
- She's been peaky since the flight.
- He seemed peaky after skipping lunch.

MEMORY HOOK Pale like the "peak" of illness approaching.

377 Rundown (noun sense) SEE #362

MEANING A state of poor health from exhaustion (noun form).

- Her rundown state worried her family.
- He's in a rundown condition after weeks of overwork.
- A short vacation helped fix his rundown health.

MEMORY HOOK Same root as #362, noun form.

378 Perk up PHRASAL VERB

MEANING To become more lively or energetic.

- A coffee always perks me up in the morning.
- She perked up when she heard the good news.
- The dog perked up as soon as we grabbed the leash.

MEMORY HOOK Perking up like ears standing alert.

379 Sluggish ADJECTIVE

MEANING Slow-moving and lacking energy.

- I feel sluggish after a big meal.
- The economy has been sluggish this year.
- He felt sluggish all morning without coffee.

MEMORY HOOK Moving slow, like a sluggish "slug."

380 On the mend IDIOM

MEANING Recovering, getting better after illness or injury.

- She's on the mend after her surgery.
- He's still on the mend but feeling stronger.
- The team is on the mend after a rough start.

MEMORY HOOK Being "mended," repaired back to health.

381 Second wind

IDIOM

MEANING A burst of new energy after feeling tired.

- I got a second wind halfway through the run.
- She found her second wind after a short break.
- The team caught a second wind in the final quarter.

MEMORY HOOK A fresh "wind" pushing you forward again.

382 Drained

ADJECTIVE

MEANING Extremely tired; lacking energy.

- I feel completely drained after that meeting.
- She was emotionally drained after the difficult conversation.
- He looked drained after the long shift.

MEMORY HOOK Energy "drained" out, like water from a sink.

383 Recharge

VERB (FIGURATIVE)

MEANING To rest and restore your energy.

- I need a weekend to recharge.
- She recharges by reading alone for an hour.
- Take time to recharge before the busy week ahead.

MEMORY HOOK Like recharging a phone battery.

384 Fit as a fiddle

IDIOM

MEANING In excellent physical health.

- At 80, my grandfather is still fit as a fiddle.
- After recovery, she's fit as a fiddle again.
- He stays fit as a fiddle by walking daily.

MEMORY HOOK A well-tuned fiddle (violin) — everything working perfectly.

385 Under strain PHRASE

MEANING Experiencing physical or mental stress.

- His body was under strain from the marathon training.
- The healthcare system is under strain right now.
- She's been under a lot of strain at work lately.

MEMORY HOOK Being stretched/pushed to your limit.

386 Take it easy PHRASE

MEANING To rest and avoid stress or overexertion.

- Take it easy this weekend, you've earned it.
- The doctor told him to take it easy after surgery.
- She's learning to take it easy instead of overworking.

MEMORY HOOK Slowing down, being gentle with yourself.

387 Physically drained vs mentally drained PHRASE

MEANING Distinguishing tiredness from body exertion vs mental effort.

- I'm physically drained from the workout.
- She's mentally drained after finals week.
- He felt both physically and mentally drained by Friday.

MEMORY HOOK Two different kinds of "empty."

388 Flare up PHRASAL VERB/NOUN

MEANING A sudden worsening of a health condition.

- His back pain flared up after the long drive.
- She had an allergy flare-up this spring.
- The condition can flare up under stress.

MEMORY HOOK Like a flame suddenly flaring bigger.

389 Get back on your feet IDIOM

MEANING To recover and return to normal function, especially after illness.

- It took months to get back on his feet after the accident.
- She's slowly getting back on her feet after surgery.
- The support helped them get back on their feet.

MEMORY HOOK Standing again, steady and strong.

390 Well-rested ADJECTIVE

MEANING Having had enough sleep or rest.

- I feel well-rested after that early night.
- A well-rested mind makes better decisions.
- She looked well-rested after the vacation.

MEMORY HOOK Fully "rested," the opposite of "run down."

Chapter 13 Activities

ACTIVITY A

Health Check-in

Describe how you feel today using 2-3 words from this chapter.

ACTIVITY B

Recovery Story

Write 3-4 sentences about someone recovering from an illness, using "bounce back," "on the mend," and "second wind." ---

14

Technology & Digital Life

WORDS 391–420 OF 600

391 Glitch NOUN

MEANING A small, temporary technical error.

- The app had a glitch and crashed.
- There's a glitch in the payment system.
- The video had a glitch during the call.

MEMORY HOOK A small "hiccup" in a system.

392 Lag VERB/NOUN

MEANING A delay in response, especially in tech or gaming.

- The video call kept lagging.
- There's serious lag in this online game.
- My internet lags every evening.

MEMORY HOOK Falling behind ("lagging") in real time.

393 Update NOUN/VERB

MEANING New or improved software installed on a device.

- My phone needs a software update.
- The app updated overnight with new features.
- I ignored the update notification for weeks.

MEMORY HOOK Making something more "up to date."

394 Crash VERB/NOUN

MEANING When a program or system suddenly stops working.

- My laptop crashed while I was saving the file.
- The website crashed during the big sale.
- It's frustrating when the app crashes randomly.

MEMORY HOOK The system "crashes" like a car accident, sudden and total stop.

395 Backup NOUN/VERB

MEANING A copy of data saved in case the original is lost.

- Always back up your files before an update.
- I lost my photos because I forgot to back up.
- Cloud backup saved my documents after the crash.

MEMORY HOOK A "backup" plan for your data.

396 Offline ADJECTIVE/ADVERB

MEANING Not connected to the internet.

- The app works offline too.
- I went offline for the weekend to relax.
- He couldn't send the file because he was offline.

MEMORY HOOK "Off" the online connection.

397 Notification NOUN

MEANING An alert sent by a phone or app.

- I turned off notifications to focus better.
- She gets constant notifications from social media.
- Check your notifications, you missed a message.

MEMORY HOOK Something that "notifies" you.

398 Screenshot NOUN/VERB

MEANING A saved image of what's currently on your screen.

- I took a screenshot of the conversation.
- Can you send me a screenshot of the error?
- She screenshotted the funny text exchange.

MEMORY HOOK A "shot" (photo) of your screen.

399 Buffering VERB/NOUN

MEANING When a video pauses to load more data.

- The video kept buffering during the movie.
- Buffering is so annoying with slow internet.
- I hate when the stream starts buffering mid-scene.

MEMORY HOOK The spinning wheel while it "loads."

400 Autocorrect NOUN

MEANING A feature that automatically fixes typing errors, sometimes incorrectly.

- Autocorrect changed my message to something embarrassing.
- I blame autocorrect for that weird text.
- Turn off autocorrect if it keeps making mistakes.

MEMORY HOOK Auto (automatic) + correct.

401 Bricked ADJECTIVE (INFORMAL)

MEANING When a device becomes completely unusable, like a brick.

- My phone got bricked after the failed update.
- Don't install that firmware, it might brick your device.
- His laptop was bricked after the virus.

MEMORY HOOK As useless as a solid "brick."

402 Streaming NOUN/VERB

MEANING Watching or listening to content live over the internet.

- We spent the night streaming a new series.
- Streaming has replaced cable TV for many people.
- She streams live gameplay every evening.

MEMORY HOOK Content flowing like a continuous "stream."

403 Firmware NOUN

MEANING Software built into a hardware device to control its basic functions.

- The router needs a firmware update.
- Old firmware can cause security issues.
- I updated my camera's firmware last night.

MEMORY HOOK Software that's more permanent, like "firm" hardware.

404 Ping (someone) VERB (INFORMAL)

MEANING To send someone a quick message.

- Ping me when you're free to chat.
- I'll ping you the details later.
- She pinged the team about the meeting change.

MEMORY HOOK The quick "ping" sound of a notification.

405 Doom-scroll (see #281) VERB

MEANING Repeated word for endless negative scrolling.

- He doom-scrolled through news for an hour.
- Try not to doom-scroll before bed.
- Doom-scrolling makes it harder to fall asleep.

MEMORY HOOK Same as #281, tech-specific reuse.

406 Data cap NOUN

MEANING A limit on how much internet data you can use.

- I hit my data cap and lost fast internet.
- Check your data cap before streaming abroad.
- Some plans have no data cap at all.

MEMORY HOOK A "cap" (limit) on your data.

407 Bandwidth (see #166) USED IN TECH

MEANING The internet's capacity to transfer data.

- Slow bandwidth makes video calls choppy.
- We upgraded our bandwidth for better streaming.
- Too many devices are using our bandwidth at once.

MEMORY HOOK The literal tech meaning of #166.

408 Firewall NOUN

MEANING A security system that protects a network from unauthorized access.

- The company's firewall blocked the suspicious email.
- Make sure your firewall is enabled.
- Hackers tried to get past the firewall.

MEMORY HOOK A "wall" of "fire" (protection) against threats.

409 Malware NOUN

MEANING Harmful software designed to damage or exploit devices.

- The file contained malware that infected my laptop.
- Antivirus software helps detect malware.
- Avoid clicking links that might carry malware.

MEMORY HOOK "Malicious" + software.

410 Two-factor authentication NOUN (2FA)

MEANING A security step requiring two forms of identity verification.

- I enabled two-factor authentication on all my accounts.
- 2FA adds an extra layer of protection.
- He couldn't log in without the two-factor code.

MEMORY HOOK Two "factors" (steps) needed to log in.

411 Throttle (internet) VERB

MEANING To deliberately slow down internet speed.

- My provider throttles speed after a certain data usage.
- They throttled the connection during peak hours.
- Some apps get throttled on slower networks.

MEMORY HOOK Like putting a "throttle" (limit) on speed.

412 Compatibility NOUN

MEANING The ability of devices or software to work together.

- Check the compatibility before buying the accessory.
- The app has compatibility issues with older phones.
- Software compatibility can be tricky across systems.

MEMORY HOOK How well things "fit" (are compatible) together.

413 Sync VERB

MEANING To make data consistent across multiple devices.

- My photos sync automatically to the cloud.
- Make sure your calendar syncs across devices.
- The app failed to sync last night.

MEMORY HOOK Short for "synchronize" — keeping things aligned.

414 Bug (software) NOUN

MEANING An error or flaw in a program.

- There's a bug in the checkout process.
- Developers are fixing the bug this week.
- The update introduced a new bug.

MEMORY HOOK A small "bug" causing trouble in the system.

415 Downtime NOUN

MEANING A period when a system is not working or unavailable.

- The website had two hours of downtime last night.
- Scheduled downtime is planned for maintenance.
- Server downtime frustrated many users.

MEMORY HOOK "Down" time — the system is off.

416 Clickbait NOUN

MEANING Online content designed to attract clicks, often misleading.

- That headline was pure clickbait.
- I hate falling for clickbait articles.
- The video title was clickbait, not accurate at all.

MEMORY HOOK "Bait" that tempts you to "click."

417 Algorithm NOUN

MEANING A set of rules a computer follows to complete a task, like ranking content.

- The app's algorithm decides what you see first.
- Social media algorithms favor engaging content.
- I don't fully understand how the algorithm works.

MEMORY HOOK The "hidden formula" behind digital feeds.

418 Interface NOUN

MEANING The way a user interacts with a device or software.

- The app has a clean, simple interface.
- I find the new interface confusing.
- Good interface design makes apps easier to use.

MEMORY HOOK Where you and the machine "face" each other.

419 Encrypted ADJECTIVE

MEANING Protected by a code so only authorized people can read it.

- Our messages are encrypted for privacy.
- The file was encrypted before sending.
- Encrypted apps protect your personal data.

MEMORY HOOK "Locked" behind a secret code.

420 Battery drain PHRASE

MEANING When a device's battery loses power quickly.

- This app causes serious battery drain.
- I noticed battery drain after the last update.
- Turning off location services helps reduce battery drain.

MEMORY HOOK Battery being "drained" of power.

Chapter 14 Activities

ACTIVITY A

Tech Troubleshoot

Write a short message to tech support using "glitch," "lag," and "crash."

ACTIVITY B

Digital Detox Pledge

Write 2 sentences about reducing your "doom-scrolling" or "notification" habits using words from this chapter. ---

15

Home & Daily Life

WORDS 421–450 OF 600

421 Chores NOUN

MEANING Regular small tasks done at home, like cleaning.

- I do my chores every Saturday morning.
- Kids should help with household chores.
- Doing chores together makes them go faster.

MEMORY HOOK The daily "to-do list" at home.

422 Tidy up PHRASAL VERB

MEANING To clean and organize a space.

- Let's tidy up before guests arrive.
- She tidies up her desk every evening.
- I need to tidy up the living room.

MEMORY HOOK Making things "tidy" (neat).

423 Clutter NOUN

MEANING An untidy collection of things lying around.

- There's so much clutter on my desk.
- She decluttered her closet over the weekend.
- Clutter makes it hard to relax at home.

MEMORY HOOK A messy pile of stuff.

424 Cozy ADJECTIVE

MEANING Warm, comfortable, and inviting.

- This blanket is so cozy.
- We had a cozy night in by the fire.
- Their apartment feels really cozy.

MEMORY HOOK A warm, snug feeling.

425 Fixer-upper NOUN

MEANING A house that needs repairs or renovation.

- They bought a fixer-upper to save money.
- The fixer-upper took two years to renovate.
- It's a cute fixer-upper with lots of potential.

MEMORY HOOK A house that needs "fixing up."

426 Handy ADJECTIVE

MEANING Skilled at fixing or making things; also, useful/convenient.

- He's handy, fixed the sink himself.
- This tool comes in handy for small repairs.
- She's handy around the house.

MEMORY HOOK Good with your "hands."

427 Errand NOUN

MEANING A short trip to do a specific task.

- I have a few errands to run today.
- She ran errands before picking up the kids.
- Grocery shopping is my least favorite errand.

MEMORY HOOK A quick task outside the house.

428 Housewarming NOUN

MEANING A party to celebrate moving into a new home.

- We're hosting a housewarming next weekend.
- They brought a plant as a housewarming gift.
- The housewarming party had the whole neighborhood there.

MEMORY HOOK "Warming" up a new house with friends.

429 Move in / Move out PHRASAL VERB

MEANING To begin or end living in a place.

- We move in to our new apartment next week.
- He's moving out at the end of the month.
- Moving in together was a big step for them.

MEMORY HOOK Direction of your belongings — "in" or "out."

430 Lease NOUN

MEANING A legal agreement to rent a property.

- Our lease is up in two months.
- She signed a one-year lease.
- Breaking a lease early can be expensive.

MEMORY HOOK The rental contract.

431 Landlord NOUN

MEANING A person who owns and rents out property.

- My landlord fixed the leaky faucet quickly.
- We had to email the landlord about the heating.
- Some landlords are stricter about pets than others.

MEMORY HOOK The "lord" (owner) of the "land" (property).

432 Utilities NOUN

MEANING Basic services like water, electricity, and gas.

- Utilities are included in our rent.
- Our utilities bill went up this winter.
- We split utilities evenly with our roommate.

MEMORY HOOK The basic "useful" services a home needs.

433 Fixer (NOUN (INFORMAL))

MEANING A person good at solving problems or fixing things.

- He's the fixer of the family, always solves problems.
- She's a real fixer when things go wrong.
- We need a fixer to sort out this mess.

MEMORY HOOK The one who "fixes" everything.

434 Do-it-yourself (DIY) (NOUN/ADJECTIVE)

MEANING Making or fixing things yourself instead of hiring someone.

- She's into DIY home projects.
- We did a DIY renovation on the kitchen.
- There are so many DIY tutorials online now.

MEMORY HOOK "Do It Yourself."

435 Spring cleaning (NOUN)

MEANING A thorough cleaning of a house, often done in spring.

- We do spring cleaning every year in April.
- Spring cleaning helped us find things we forgot we had.
- It's time for a spring cleaning of the garage.

MEMORY HOOK Deep cleaning tied to the season of spring.

436 Roomie (NOUN (INFORMAL))

MEANING Short for roommate.

- My roomie and I split the rent evenly.
- She's looking for a new roomie next semester.
- We've been roomies for three years now.

MEMORY HOOK Casual shortened form of roommate.

437 Settle in PHRASAL VERB

MEANING To become comfortable in a new place.

- It took us a month to settle into the new house.
- She's still settling in after the move.
- We finally feel settled in after unpacking everything.

MEMORY HOOK Getting comfortable in a new "settlement."

438 Hand-me-down NOUN

MEANING A used item passed from one person to another, often within family.

- This jacket is a hand-me-down from my sister.
- Kids often wear hand-me-down clothes.
- The furniture is a hand-me-down from my parents.

MEMORY HOOK Passed "down" by "hand" from one person to the next.

439 Curb appeal NOUN

MEANING How attractive a house looks from the street.

- Fresh paint really improved the curb appeal.
- Good curb appeal helps sell a house faster.
- They planted flowers to boost curb appeal.

MEMORY HOOK How appealing the house looks from the "curb" (street).

440 Cramped ADJECTIVE

MEANING Uncomfortably small; not enough space.

- The apartment felt cramped with all our furniture.
- We were cramped in the tiny elevator.
- His office is cramped and needs more room.

MEMORY HOOK Squeezed in, no room to move.

441 Spacious ADJECTIVE

MEANING Having plenty of room.

- Their new house is really spacious.
- We loved the spacious backyard.
- The apartment felt spacious with high ceilings.

MEMORY HOOK Full of "space."

442 Make yourself at home PHRASE

MEANING An invitation for a guest to feel comfortable and relaxed.

- Come in, make yourself at home!
- She told her guests to make themselves at home.
- Feel free to make yourself at home while I cook.

MEMORY HOOK A warm invitation to relax as if it were your own place.

443 Neighborhood watch NOUN

MEANING A community group that looks out for local safety.

- Our neighborhood watch meets once a month.
- The neighborhood watch reported the suspicious activity.
- Joining the neighborhood watch made us feel safer.

MEMORY HOOK Neighbors "watching" out for each other.

444 Fixer-uppers vs Move-in ready PHRASE

MEANING "Move-in ready" means a home is ready to live in without repairs.

- We wanted a move-in ready home, not a project.
- The listing said the house was move-in ready.
- Move-in ready homes are usually more expensive.

MEMORY HOOK Opposite of a "fixer-upper."

445 Odd jobs NOUN

MEANING Small, varied tasks, especially around the house.

- He does odd jobs on weekends for extra cash.
- She hired someone for a few odd jobs around the yard.
- I've been doing odd jobs to save for a trip.

MEMORY HOOK Small, random ("odd") jobs, not a fixed role.

446 Wear the pants IDIOM (INFORMAL)

MEANING To be the one who makes the decisions in a household or relationship.

- Everyone jokes that she wears the pants in their house.
- Who wears the pants when it comes to finances?
- He jokingly said his wife wears the pants at home.

MEMORY HOOK An old expression for who's "in charge."

447 Off the grid IDIOM

MEANING Living without relying on public utilities; disconnected from modern systems.

- They live off the grid in the mountains.
- He went off the grid for a digital detox weekend.
- Living off the grid means no electricity bill.

MEMORY HOOK Disconnected from the utility "grid."

448 Rent-free ADJECTIVE

MEANING Without paying rent.

- He lived rent-free at his parents' house for a year.
- That song has been living rent-free in my head (idiom for stuck in mind).
- She stayed rent-free while saving for her own place.

MEMORY HOOK Living without paying — or something stuck "for free" in your mind.

449 Cluttered mind

PHRASE (FIGURATIVE)

MEANING Feeling mentally disorganized or overwhelmed with thoughts.

- I need to declutter my mind before making a decision.
- A cluttered mind makes it hard to focus.
- Journaling helps clear my cluttered mind.

MEMORY HOOK Mental version of "clutter" (#423).

450 Nest

VERB (INFORMAL, FIGURATIVE)

MEANING To settle into and decorate a home, especially when preparing for a baby.

- They spent the weekend nesting before the baby arrived.
- She loves nesting — always rearranging furniture.
- New parents often go through a nesting phase.

MEMORY HOOK Like birds building a "nest."

Chapter 15 Activities

ACTIVITY A

Home Description

Describe your home (real or dream) using "cozy," "spacious," and "clutter" (or its opposite).

ACTIVITY B

Chore Chart

List 3 chores using words from this chapter and assign them a day of the week. ---

16

Shopping & Consumer Life

WORDS 451–480 OF 600

451 Window shopping NOUN

MEANING Looking at items in stores without buying anything.

- We went window shopping downtown on Saturday.
- I love window shopping even when I have no money to spend.
- She spent the afternoon window shopping for winter coats.

MEMORY HOOK Just looking through the "window," not buying.

452 Impulse buy NOUN

MEANING Something purchased on a sudden urge, without planning.

- That candle was a total impulse buy at checkout.
- I try to avoid impulse buys online.
- His impulse buy turned out to be a great decision.

MEMORY HOOK Buying on a sudden "impulse."

453 Return policy NOUN

MEANING A store's rules for accepting returned items.

- Check the return policy before buying online.
- This store has a generous 90-day return policy.
- I couldn't return it because I missed the return policy deadline.

MEMORY HOOK The rules for sending something back.

454 Price tag NOUN

MEANING A label showing the cost of an item.

- I forgot to check the price tag before trying it on.
- The price tag said $50, but it was on sale for $30.
- She removed the price tag before wrapping the gift.

MEMORY HOOK A literal "tag" showing the price.

455 Discount NOUN

MEANING A reduction in the usual price.

- I got a 20% discount with my student card.
- The store offers a discount for early buyers.
- She used a coupon for an extra discount.

MEMORY HOOK Money "discounted" (taken off) the price.

456 Clearance sale NOUN

MEANING A sale to sell off remaining stock at reduced prices.

- I found great deals at the clearance sale.
- The store is having a clearance sale to make room for new stock.
- Everything at the clearance sale was half off.

MEMORY HOOK Clearing out old inventory.

457 Browse VERB

MEANING To casually look through items without a specific goal.

- I love browsing bookstores on weekends.
- She browsed the menu for a while before ordering.
- We browsed online for hours before deciding.

MEMORY HOOK Casually looking, no rush.

458 Checkout NOUN

MEANING The area or process of paying for items.

- The checkout line was really long today.
- I added a candy bar at the checkout.
- Self-checkout is faster when the store is busy.

MEMORY HOOK "Checking out" — finishing your purchase.

459 Refund (NOUN/VERB)

MEANING Money returned after a purchase is cancelled or returned.

- I asked for a refund since the item was broken.
- The refund took about a week to process.
- They refunded my money without any hassle.

MEMORY HOOK Money "funded" back to you.

460 Wholesale (ADJECTIVE/NOUN)

MEANING Selling goods in large quantities at lower prices, usually to businesses.

- We bought supplies wholesale for the event.
- The wholesale price is much cheaper than retail.
- He runs a small wholesale business.

MEMORY HOOK Buying the "whole" batch at once, cheaper.

461 Retail therapy (IDIOM (INFORMAL))

MEANING Shopping done to improve your mood.

- After a bad week, I did a little retail therapy.
- Retail therapy isn't the healthiest habit, but it helps sometimes.
- She treats herself to retail therapy after big exams.

MEMORY HOOK Shopping as emotional "therapy."

462 Haggle (VERB)

MEANING To negotiate a lower price.

- He haggled with the vendor at the market.
- It's common to haggle at flea markets.
- She haggled the price down by $20.

MEMORY HOOK Back-and-forth negotiating over price.

463 Knockoff (NOUN (INFORMAL))

MEANING A cheap imitation of a branded product.

- That bag is a knockoff, not the real brand.
- He bought a knockoff watch at the market.
- It's hard to tell the knockoff from the original sometimes.

MEMORY HOOK A copy that's "knocked off" the real design.

464 Warranty (NOUN)

MEANING A guarantee from a company to repair or replace a faulty product.

- The laptop comes with a two-year warranty.
- I registered the product for the warranty.
- Luckily, it was still under warranty when it broke.

MEMORY HOOK A promise ("warrant") to fix things if broken.

465 Out of stock (PHRASE)

MEANING When a store has no more of an item available.

- The shoes I wanted were out of stock.
- It's out of stock online but available in-store.
- That flavor is always out of stock by noon.

MEMORY HOOK The "stock" (supply) has run out.

466 Restock (VERB)

MEANING To refill the supply of a product.

- The store restocks every Monday.
- They're restocking the popular item this week.
- I'll check back once it's restocked.

MEMORY HOOK "Re-" (again) + stock.

467 Freebie (see #266) REUSED SHOPPING CONTEXT

MEANING Something given away for free with a purchase.

- I got a freebie sample with my order.
- The freebie made the purchase feel worth it.
- They gave out freebies at the store opening.

MEMORY HOOK Reused word, retail context.

468 Loyalty program NOUN

MEANING A rewards system for repeat customers.

- I joined the coffee shop's loyalty program.
- The loyalty program gives points for every purchase.
- Loyalty programs often offer birthday discounts.

MEMORY HOOK Rewarding customer "loyalty."

469 Splurge (see #242) REUSED FOR SHOPPING

MEANING To spend generously on a purchase.

- I splurged on new headphones this month.
- It's okay to splurge occasionally.
- She splurged on quality shoes instead of buying cheap ones repeatedly.

MEMORY HOOK Reused word for shopping context.

470 Bargain hunter NOUN

MEANING A person who actively looks for good deals.

- She's a real bargain hunter, always finds the best prices.
- Bargain hunters love clearance sales.
- He's turned bargain hunting into a hobby.

MEMORY HOOK "Hunting" for the best deal.

471 Marked down

ADJECTIVE

MEANING Reduced in price.

- This jacket is marked down 40%.
- Everything in this section is marked down for the season.
- I bought it because it was marked down.

MEMORY HOOK The price "marked" lower than before.

472 Overpriced

ADJECTIVE

MEANING Priced higher than it's worth.

- That café is overpriced for what you get.
- The souvenir shop was overpriced, as expected.
- I think designer water bottles are overpriced.

MEMORY HOOK Priced "over" its actual value.

473 Steal (a bargain)

NOUN (INFORMAL)

MEANING Something bought at a great, low price.

- This coat was only $20 — what a steal!
- That car is a steal at this price.
- She found her dress at a thrift shop for a steal.

MEMORY HOOK So cheap it feels like you "stole" it.

474 Second-hand

ADJECTIVE

MEANING Previously owned; not new.

- I bought this bike second-hand.
- Second-hand clothes are a great way to save money.
- He prefers buying second-hand books.

MEMORY HOOK The "second hand" (owner) to have it.

475 Consumer NOUN

MEANING A person who buys goods or services.

- Consumers are becoming more environmentally conscious.
- The company surveyed consumers about their new product.
- As a consumer, I appreciate good customer service.

MEMORY HOOK Someone who "consumes" (buys/uses) products.

476 Best before date NOUN

MEANING The date until which a product is at its best quality.

- Check the best before date on the milk.
- This yogurt is past its best before date.
- The store discounts items nearing the best before date.

MEMORY HOOK The date it's "best before" that point.

477 Return receipt NOUN

MEANING Proof of purchase needed to return an item.

- I need the return receipt to get a refund.
- Always keep your return receipt for a few weeks.
- She lost her return receipt and couldn't exchange it.

MEMORY HOOK The paper proof for returns.

478 Cart abandonment NOUN (E-COMMERCE TERM)

MEANING When a shopper adds items online but doesn't complete the purchase.

- Cart abandonment is a common issue for online stores.
- I'm guilty of cart abandonment, I add things and forget.
- Emails often follow up after cart abandonment.

MEMORY HOOK Leaving your shopping "cart" behind, unfinished.

479 Bundle deal NOUN

MEANING A discount for buying multiple items together.

- We got a bundle deal on internet and cable.
- The bundle deal saved us $15.
- Check if there's a bundle deal for the whole set.

MEMORY HOOK Items "bundled" together for a lower price.

480 Price gouging NOUN

MEANING Charging unfairly high prices, often during high demand.

- The store was accused of price gouging during the storm.
- Price gouging on essentials is illegal in many places.
- Customers complained about price gouging at the pump.

MEMORY HOOK Prices "gouged" (dug out) unfairly high.

Chapter 16 Activities

ACTIVITY A

Shopping List Story

Write a 3-sentence story about a shopping trip using "impulse buy," "discount," and "checkout."

ACTIVITY B

Negotiation Practice

Write a short dialogue where someone tries to "haggle" for a lower price. ---

17

School & Learning

WORDS 481–510 OF 600

481 Cram VERB

MEANING To study intensively in a short period before a test.

- I crammed all night before the exam.
- Cramming isn't as effective as studying gradually.
- She crammed for the test on the bus.

MEMORY HOOK Squeezing ("cramming") lots of study into little time.

482 Ace (a test) VERB (INFORMAL)

MEANING To do extremely well on something, especially a test.

- She aced the final exam.
- He's confident he'll ace the interview.
- I aced the driving test on my first try.

MEMORY HOOK Like getting an "ace" — the best possible card.

483 Flunk VERB (INFORMAL)

MEANING To fail a test, class, or course.

- He flunked his math test.
- I almost flunked chemistry in college.
- She's worried about flunking the final.

MEMORY HOOK A blunt, informal word for failing.

484 Pop quiz NOUN

MEANING An unannounced, surprise test.

- Our teacher gave a pop quiz today.
- Nobody was ready for the pop quiz.
- I hate pop quizzes, they catch you off guard.

MEMORY HOOK A quiz that "pops up" unexpectedly.

485 Straight A's PHRASE

MEANING All top grades (A grades) in every subject.

- She got straight A's this semester.
- He worked hard to keep straight A's.
- Straight A's don't come easy, it takes discipline.

MEMORY HOOK A row of A's in a straight line.

486 Extracurricular ADJECTIVE

MEANING Activities outside the normal school curriculum.

- He does extracurricular activities like debate club.
- Extracurriculars look good on college applications.
- She balances schoolwork with extracurricular sports.

MEMORY HOOK "Extra" (beyond) the regular "curriculum."

487 Plagiarism NOUN

MEANING Copying someone else's work and presenting it as your own.

- The essay was rejected due to plagiarism.
- Schools take plagiarism very seriously.
- He accidentally committed plagiarism by forgetting to cite a source.

MEMORY HOOK "Stealing" someone's written work.

488 Syllabus NOUN

MEANING A document outlining what a course will cover.

- Check the syllabus for the exam dates.
- The professor handed out the syllabus on day one.
- The syllabus includes weekly reading assignments.

MEMORY HOOK The course's "roadmap."

489 GPA (Grade Point Average) NOUN

MEANING A number representing a student's average academic performance.

- Her GPA is 3.8 this semester.
- He's working to raise his GPA before graduation.
- A high GPA can help with scholarships.

MEMORY HOOK The overall "score" of your grades.

490 Tuition NOUN

MEANING The money paid for education, especially at a college or university.

- Tuition costs have risen a lot in recent years.
- She took a part-time job to help pay tuition.
- International students often pay higher tuition.

MEMORY HOOK The fee for being "taught" (tutored).

491 Study group NOUN

MEANING A group of students who study together.

- We formed a study group before finals.
- The study group meets every Tuesday.
- Joining a study group helped me understand the material better.

MEMORY HOOK Studying together as a "group."

492 Procrastinate (see #2) REUSED FOR SCHOOL CONTEXT

MEANING To delay studying or schoolwork.

- I always procrastinate writing essays.
- Don't procrastinate on your thesis.
- She procrastinated until the night before the deadline.

MEMORY HOOK Same word, academic context.

493 Office hours NOUN

MEANING Scheduled times when a teacher/professor is available for questions.

- I went to office hours to ask about the assignment.
- Her office hours are Tuesday afternoons.
- Use office hours if you're struggling with the material.

MEMORY HOOK Set "hours" for the professor's "office."

494 Rote learning NOUN

MEANING Memorizing information through repetition, without deep understanding.

- Rote learning helped me memorize the vocabulary list.
- Some critics say schools rely too much on rote learning.
- Math facts are often taught through rote learning.

MEMORY HOOK Learning by repeating over and over.

495 Elective NOUN

MEANING An optional course, not required for a degree.

- I took photography as an elective.
- Electives let students explore different interests.
- Her favorite class was actually an elective.

MEMORY HOOK A course you "elect" (choose) to take.

496 Dropout NOUN

MEANING A person who leaves school before completing it.

- He was a college dropout who later became a successful entrepreneur.
- The dropout rate decreased this year.
- She almost became a dropout during a hard semester.

MEMORY HOOK "Dropping out" of school.

497 Well-rounded ADJECTIVE

MEANING Having a variety of skills or interests, not just one focus.

- Colleges like well-rounded applicants.
- She's well-rounded — great at academics, sports, and art.
- A well-rounded education includes more than just books.

MEMORY HOOK Balanced in all "directions," like a full circle.

498 Fail forward IDIOM

MEANING To learn and grow from failure instead of being discouraged by it.

- She believes in failing forward, not fearing mistakes.
- Failing forward helped him become a better entrepreneur.
- The class encourages students to fail forward and try again.

MEMORY HOOK Moving "forward" even through failure.

499 Brainiac NOUN (INFORMAL)

MEANING A very intelligent person, especially academically.

- He's the class brainiac, always tops every test.
- She's a total brainiac when it comes to science.
- The team needed a brainiac to solve the puzzle.

MEMORY HOOK A "brain" full of knowledge.

500 Learning curve NOUN

MEANING The rate at which you learn something new, often referring to difficulty at the start.

- There's a steep learning curve with this new software.
- The first month had a big learning curve.
- Every new job comes with a learning curve.

MEMORY HOOK A "curve" showing how fast you improve.

501 Homework grind

PHRASE (INFORMAL)

MEANING The repetitive, tiring process of completing homework.

- I'm stuck in the homework grind tonight.
- The homework grind gets easier with a good routine.
- She powered through the homework grind before the weekend.

MEMORY HOOK "Grinding" through repeated tasks.

502 Sharp learner

PHRASE

MEANING Someone who picks up new information quickly.

- He's a sharp learner, catches on fast.
- She's always been a sharp learner in new subjects.
- Being a sharp learner helped her switch careers easily.

MEMORY HOOK A "sharp" (quick) mind for learning.

503 Tutor

NOUN/VERB

MEANING A private teacher who helps a student one-on-one.

- She hired a tutor for math.
- He tutors students in English after school.
- A good tutor makes a big difference.

MEMORY HOOK Personal, one-on-one teaching.

504 Mentor

NOUN/VERB

MEANING An experienced person who guides and advises someone less experienced.

- My mentor helped me navigate my first job.
- She mentors new employees at the company.
- A good mentor challenges you to grow.

MEMORY HOOK A guide who shows you the way.

505 Class clown NOUN

MEANING A student known for joking around and making others laugh.

- He was the class clown in high school.
- The class clown always lightens the mood.
- Being the class clown sometimes got him in trouble.

MEMORY HOOK The "clown" of the classroom, always joking.

506 Curriculum NOUN

MEANING The subjects and content taught in a course or school.

- The school updated its science curriculum this year.
- Our curriculum includes both theory and hands-on practice.
- The new curriculum focuses more on critical thinking.

MEMORY HOOK The full "course" of study.

507 Peer pressure NOUN

MEANING The influence from people your own age to act a certain way.

- She resisted peer pressure to skip class.
- Peer pressure can push teens into risky choices.
- It's hard to stand up to peer pressure sometimes.

MEMORY HOOK Pressure from your "peers" (equals).

508 Standardized test NOUN

MEANING A test administered and scored the same way for all students.

- We took a standardized test at the end of the year.
- Standardized tests don't always reflect real ability.
- She scored well on the standardized test.

MEMORY HOOK A test that's "standard" (the same) for everyone.

509 Cheat sheet NOUN

MEANING A small note with key information, sometimes used (dishonestly) during a test.

- He made a cheat sheet to review before the exam.
- Getting caught with a cheat sheet has serious consequences.
- She used flashcards instead of a cheat sheet to actually learn.

MEMORY HOOK A sheet meant to help you "cheat" or quickly review.

510 Light bulb moment IDIOM

MEANING A sudden moment of understanding or inspiration.

- I had a light bulb moment while reviewing my notes.
- Her light bulb moment came during the lecture.
- That example gave me a light bulb moment about the concept.

MEMORY HOOK A lightbulb turning on above your head — sudden clarity.

Chapter 17 Activities

ACTIVITY A

Study Habits Reflection

Write 2-3 sentences about your own study habits using "cram," "study group," or "learning curve."

ACTIVITY B

School Memory

Describe a school memory (real or imagined) using "pop quiz," "ace," and "light bulb moment." ---

18

Success, Failure & Everyday Wisdom

WORDS 511–540 OF 600

511 Breakthrough NOUN

MEANING A sudden, important discovery or achievement after struggle.

- Scientists had a major breakthrough in the research.
- Her breakthrough came after years of hard work.
- The team celebrated their breakthrough moment.

MEMORY HOOK "Breaking through" a barrier.

512 Setback NOUN

MEANING A problem that delays or reverses progress.

- Losing the client was a big setback for the company.
- Despite the setback, she stayed motivated.
- Every setback taught him something new.

MEMORY HOOK Being pushed "back" a step.

513 Milestone NOUN

MEANING An important event or stage in progress.

- Turning 30 felt like a big milestone.
- The company hit a major sales milestone.
- Graduating college is a huge milestone.

MEMORY HOOK A marker along the road of progress.

514 Comeback NOUN

MEANING A return to success after failure or absence.

- The team made an incredible comeback in the second half.
- Her career comeback surprised everyone.
- That was the best comeback story of the year.

MEMORY HOOK "Coming back" stronger.

515 Underdog NOUN

MEANING A person or team expected to lose, but who might surprise everyone.

- The underdog team won the championship.
- Everyone loves cheering for the underdog.
- He went from underdog to champion in one season.

MEMORY HOOK The "dog" nobody expects to win.

516 Grit NOUN

MEANING Courage and determination despite difficulty.

- It takes real grit to finish a marathon.
- Her grit got her through medical school.
- Success often depends more on grit than talent.

MEMORY HOOK Toughness that helps you push through.

517 Perseverance NOUN

MEANING Persistence in doing something despite difficulty.

- His perseverance finally paid off.
- Perseverance is more important than natural talent sometimes.
- She showed real perseverance through years of setbacks.

MEMORY HOOK "Persevering" — continuing despite hardship.

518 Fall short IDIOM

MEANING To fail to reach a goal or expectation.

- We fell short of our sales target this quarter.
- His performance fell short of expectations.
- The project fell short due to a lack of resources.

MEMORY HOOK Not quite reaching the required "height."

519 Rock bottom IDIOM

MEANING The lowest possible point, especially emotionally or financially.

- He hit rock bottom before turning his life around.
- The company reached rock bottom before recovering.
- She felt like she was at rock bottom after the loss.

MEMORY HOOK The absolute lowest — hitting the "bottom" like a rock.

520 Turn things around IDIOM

MEANING To change a bad situation into a good one.

- The new manager turned things around for the struggling team.
- She managed to turn things around after a rough start.
- It took a year, but they turned things around financially.

MEMORY HOOK "Turning" the direction of a situation.

521 Against all odds IDIOM

MEANING Despite very unlikely chances of success.

- Against all odds, they won the championship.
- She succeeded against all odds after a difficult childhood.
- The small company grew against all odds.

MEMORY HOOK Beating unlikely "odds" (chances).

522 Trial and error NOUN

MEANING A method of solving problems through repeated attempts and mistakes.

- I learned to cook through trial and error.
- The scientists used trial and error to perfect the formula.
- Trial and error is part of any creative process.

MEMORY HOOK Trying, failing, adjusting, repeating.

523 Silver lining IDIOM

MEANING A positive aspect of a difficult situation.

- Losing the job had a silver lining — I found something better.
- Every cloud has a silver lining, she reminded herself.
- The silver lining of the delay was extra planning time.

MEMORY HOOK A bright edge around a dark cloud.

524 Learning experience NOUN

MEANING An event, especially a mistake, that teaches you something valuable.

- That failed project was a huge learning experience.
- He treats every setback as a learning experience.
- It wasn't a total failure, more of a learning experience.

MEMORY HOOK Turning failure into growth.

525 Push through PHRASAL VERB

MEANING To continue despite difficulty or exhaustion.

- I pushed through the last mile of the race.
- She pushed through despite the pain.
- We just need to push through this busy week.

MEMORY HOOK Physically or mentally pushing forward.

526 Reach your potential IDIOM

MEANING To achieve what you are truly capable of.

- She finally reached her potential in her new role.
- Good mentors help others reach their potential.
- He hasn't reached his full potential yet.

MEMORY HOOK Fulfilling your hidden capability.

527 Achieve closure PHRASE

MEANING To reach a sense of resolution, especially after a difficult experience.

- Writing the letter helped her achieve closure.
- He needed closure before moving on.
- The apology gave them both closure.

MEMORY HOOK "Closing" an open emotional chapter.

528 Level up IDIOM (INFORMAL)

MEANING To improve or advance to a better stage.

- She's leveling up her career with a new certification.
- Time to level up your cooking skills.
- He leveled up his fitness routine this year.

MEMORY HOOK Like leveling up in a video game.

529 Full circle IDIOM

MEANING Returning to where you started, often with new understanding.

- Teaching at my old school felt like coming full circle.
- His career has come full circle in an interesting way.
- It felt like full circle moving back to my hometown.

MEMORY HOOK Completing a "circle" back to the start.

530 Uphill battle IDIOM

MEANING A difficult struggle or challenge.

- Getting funding for the startup was an uphill battle.
- It's been an uphill battle recovering from the injury.
- She faced an uphill battle proving herself in a new field.

MEMORY HOOK Fighting while climbing "uphill" — extra hard.

531 Sink or swim IDIOM

MEANING A situation where you must succeed on your own or fail completely.

- It was sink or swim on my first day at the new job.
- They threw him into the project, sink or swim.
- Sometimes sink or swim is the fastest way to learn.

MEMORY HOOK No safety net — either you swim, or you sink.

532 Blessing in disguise IDIOM

MEANING Something that seems bad at first but turns out to be good.

- Losing that job was a blessing in disguise.
- The delay turned out to be a blessing in disguise.
- Sometimes rejection is a blessing in disguise.

MEMORY HOOK A gift hidden inside something that looks bad.

533 Cut your losses IDIOM

MEANING To stop doing something before it gets worse.

- We decided to cut our losses and end the project early.
- Sometimes it's smarter to cut your losses than keep trying.
- He cut his losses and sold the failing business.

MEMORY HOOK Stopping the "loss" before it grows.

534 Go the extra mile IDIOM

MEANING To do more than what is expected.

- She always goes the extra mile for her clients.
- He went the extra mile to help his coworker finish on time.
- Going the extra mile is what separates good from great.

MEMORY HOOK Traveling one more "mile" than required.

535 Small wins NOUN

MEANING Minor successes that build toward a bigger goal.

- Celebrate the small wins along the way.
- She tracks her small wins to stay motivated.
- Small wins add up to big progress over time.

MEMORY HOOK Little victories that build momentum.

536 Bite off more than you can chew IDIOM

MEANING To take on more responsibility than you can handle.

- I bit off more than I could chew with three projects at once.
- He realized he'd bitten off more than he could chew.
- Don't bite off more than you can chew this semester.

MEMORY HOOK Trying to "chew" too big a bite.

537 Hit the ground running IDIOM

MEANING To start something with energy and speed right away.

- She hit the ground running on her first day.
- The new manager hit the ground running with fresh ideas.
- We need someone who can hit the ground running.

MEMORY HOOK Running full speed, right from the start.

538 Raise the bar IDIOM

MEANING To increase the standard or expectation for something.

- Her performance raised the bar for the whole team.
- This new product really raises the bar in the industry.
- He keeps raising the bar for himself every year.

MEMORY HOOK Setting the "bar" (standard) higher.

539 Come out on top IDIOM

MEANING To succeed or win, especially after a struggle.

- Despite the tough competition, she came out on top.
- The company came out on top after a rough year.
- We're confident our team will come out on top.

MEMORY HOOK Ending "on top," at the highest point.

540 Everything happens for a reason PHRASE

MEANING A comforting belief that difficult events have some future purpose.

- She reminded herself that everything happens for a reason.
- I don't always believe everything happens for a reason, but it helps sometimes.
- He said everything happens for a reason after the unexpected job change.

MEMORY HOOK A common comfort phrase for hard times.

Chapter 18 Activities

ACTIVITY A

Success Story

Write a 4-5 sentence "success story" (real or imagined) using at least 5 words from this chapter.

ACTIVITY B

The Ultimate Challenge

Choose your favorite 10 words from the ENTIRE book (any chapter). Write one paragraph telling a short story that uses all 10. Read it aloud when you're done — that's mastery! --- ## Final Review: All 600 Words at a Glance *(This section becomes a printable quick-reference index in the final design — organized by chapter, with page numbers.)* ## About This Book *(Author bio/branding section — to be added in design phase.)* ## Thank You *(Closing CTA page — to be added in design phase.)*

19

Everyday Phrasal Verbs

WORDS 541–570 OF 600

541 Figure out PHRASAL VERB

MEANING To understand or solve something after thought.

- I finally figured out how to fix the printer.
- Let's figure out a plan for the trip.
- She figured out the answer on her own.

MEMORY HOOK Working out a "figure" (solution) step by step.

542 Come up with PHRASAL VERB

MEANING To think of an idea or plan.

- She came up with a great idea for the party.
- We need to come up with a backup plan.
- He came up with the perfect gift idea.

MEMORY HOOK An idea "coming up" to the surface.

543 Put off PHRASAL VERB

MEANING To delay or postpone something.

- I keep putting off my dentist appointment.
- Don't put off important decisions too long.
- She put off the meeting until next week.

MEMORY HOOK Pushing a task further "off" in time.

544 Look forward to PHRASAL VERB

MEANING To feel excited about something upcoming.

- I'm looking forward to the weekend.
- She looks forward to visiting her family.
- We're looking forward to the concert next month.

MEMORY HOOK Excitedly looking ahead ("forward").

545 Give up PHRASAL VERB

MEANING To stop trying; to quit.

- Don't give up on your goals.
- He gave up smoking last year.
- She almost gave up, but kept going.

MEMORY HOOK "Giving" your effort "up" — stopping.

546 Get over PHRASAL VERB

MEANING To recover from something difficult, like a loss or illness.

- It took months to get over the breakup.
- I finally got over my cold.
- She's still trying to get over the disappointment.

MEMORY HOOK Moving "over" a hurdle emotionally.

547 Look into PHRASAL VERB

MEANING To investigate or research something.

- I'll look into flight prices this weekend.
- The company is looking into the complaint.
- She looked into different universities before deciding.

MEMORY HOOK Looking "into" the details of something.

548 Take after PHRASAL VERB

MEANING To resemble a family member in appearance or personality.

- She takes after her mother, they're both artistic.
- He takes after his dad in humor.
- My son takes after me — stubborn as ever.

MEMORY HOOK Following "after" a family trait.

549 Run into PHRASAL VERB

MEANING To meet someone unexpectedly; also, to encounter a problem.

- I ran into an old friend at the store.
- We ran into some issues with the plan.
- She ran into her ex at the wedding.

MEMORY HOOK Bumping ("running") into someone or something unplanned.

550 Bring up PHRASAL VERB

MEANING To mention a topic; also, to raise a child.

- She brought up an interesting point in the meeting.
- He was brought up by his grandparents.
- Don't bring up politics at dinner.

MEMORY HOOK Bringing a topic "up" to the surface.

551 Break down PHRASAL VERB

MEANING To stop working (machine); also, to become very upset.

- My car broke down on the highway.
- She broke down in tears after the news.
- The system broke down during the update.

MEMORY HOOK Something "breaking" apart, mechanically or emotionally.

552 Fall through PHRASAL VERB

MEANING To fail to happen as planned.

- Our vacation plans fell through last minute.
- The business deal fell through.
- His plans fell through due to bad weather.

MEMORY HOOK Plans "falling" apart before completion.

553 Hold on

PHRASAL VERB

MEANING To wait; also, to keep gripping something.

- Hold on, I'll be right there.
- She held on tightly during the rollercoaster.
- Hold on a second while I check.

MEMORY HOOK Waiting or gripping — "holding on."

554 Look up

PHRASAL VERB

MEANING To search for information; also, to improve.

- I looked up the word in the dictionary.
- Things are looking up for the business.
- Let me look up the address quickly.

MEMORY HOOK Searching "up" details, or things getting better ("up").

555 Pull off

PHRASAL VERB (INFORMAL)

MEANING To succeed at something difficult.

- She pulled off an amazing presentation.
- They somehow pulled off the surprise party.
- He pulled off a tricky move in the game.

MEMORY HOOK "Pulling" a hard task "off" successfully.

556 Set up

PHRASAL VERB

MEANING To arrange or prepare something; also, to establish.

- Let's set up a meeting for Thursday.
- He set up his new laptop yesterday.
- She set up a small business last year.

MEMORY HOOK Getting something ready ("set") and started ("up").

557 Take off PHRASAL VERB

MEANING To become suddenly successful; also, for a plane to leave the ground.

- Her career really took off after that project.
- The plane took off on time.
- Sales took off after the ad campaign.

MEMORY HOOK Rising fast, like a plane leaving the ground.

558 Wear off PHRASAL VERB

MEANING To gradually disappear or fade, especially an effect or feeling.

- The pain medication is wearing off.
- My excitement wore off after a few days.
- The paint's shine wore off over time.

MEMORY HOOK An effect slowly "wearing" away.

559 Work out PHRASAL VERB

MEANING To exercise; also, to be resolved successfully.

- I work out three times a week.
- Everything worked out fine in the end.
- We worked out the details over coffee.

MEMORY HOOK Physical exercise, or a plan "working" itself "out."

560 Catch up PHRASAL VERB

MEANING To reach the same level as someone; also, to reconnect and share news.

- I need to catch up on my emails.
- Let's catch up over coffee soon.
- She's catching up after missing a week of class.

MEMORY HOOK Closing the gap, "catching" up to speed.

561 Check in PHRASAL VERB

MEANING To register at a hotel/airport; also, to see how someone is doing.

- We checked in at the hotel around 3pm.
- I just wanted to check in and see how you're doing.
- He checks in with his team every Monday.

MEMORY HOOK Confirming presence or well-being.

562 Cheer up PHRASAL VERB

MEANING To become happier, or to make someone else happier.

- She cheered up after hearing the good news.
- He tried to cheer up his friend after the loss.
- This song always cheers me up.

MEMORY HOOK A "cheer" boosting your mood upward.

563 Come across PHRASAL VERB

MEANING To find something by chance; also, to give an impression.

- I came across an old photo while cleaning.
- He comes across as very confident.
- She came across a great deal online.

MEMORY HOOK Something crossing your path unexpectedly.

564 Dress up PHRASAL VERB

MEANING To wear formal or special clothes.

- We dressed up for the wedding.
- She loves dressing up for Halloween.
- Do we need to dress up for this event?

MEMORY HOOK "Upgrading" your outfit for an occasion.

565 Fill in PHRASAL VERB

MEANING To complete a form; also, to temporarily take someone's place.

- Please fill in your name and address.
- He filled in for the manager while she was away.
- Fill in the blanks below.

MEMORY HOOK Filling an empty space.

566 Hang out PHRASAL VERB

MEANING To spend casual time with someone.

- Let's hang out this weekend.
- We hung out at the park all afternoon.
- She hangs out with her college friends every month.

MEMORY HOOK Relaxed, casual time together.

567 Keep up (with) PHRASAL VERB

MEANING To stay at the same pace as someone or something.

- It's hard to keep up with all the news.
- He kept up with the group during the run.
- She struggles to keep up with new technology.

MEMORY HOOK Staying level, not falling behind.

568 Point out PHRASAL VERB

MEANING To indicate or draw attention to something.

- She pointed out a mistake in the report.
- He pointed out the best restaurant in town.
- I want to point out one important detail.

MEMORY HOOK "Pointing" attention toward something.

569 Show off PHRASAL VERB

MEANING To display something proudly, often to impress others.

- He loves showing off his new car.
- She showed off her painting skills at the fair.
- Stop showing off and just help us.

MEMORY HOOK Same root as "flex" (#282) — displaying pride.

570 Sort out PHRASAL VERB

MEANING To organize or resolve a problem.

- We need to sort out the schedule conflict.
- She sorted out her closet over the weekend.
- Let's sort this out before it becomes bigger.

MEMORY HOOK Putting things (or problems) in order.

Chapter 19 Activities

ACTIVITY A

Phrasal Verb Story

Write a short story (4-5 sentences) about your week using at least 5 phrasal verbs from this chapter.

ACTIVITY B

Quick Match

Match each phrasal verb to its meaning without looking back: "put off," "look forward to," "give up," "get over." Check your answers against the chapter. ---

20

Fun, Quirky & Surprising Words

WORDS 571–600 OF 600

571 Discombobulated

ADJECTIVE (PLAYFUL)

MEANING Confused or disoriented.

- I felt completely discombobulated after the time change.
- The sudden schedule change left everyone discombobulated.
- He looked discombobulated after waking up from the nap.

MEMORY HOOK A long, funny word that sounds as confused as it means.

572 Gobsmacked

ADJECTIVE (BRITISH, INFORMAL)

MEANING Utterly astonished or shocked.

- I was gobsmacked when I heard the news.
- She looked gobsmacked at the surprise party.
- He was gobsmacked by how fast the year went.

MEMORY HOOK So shocked it's like being smacked in the "gob" (mouth).

573 Peckish (see #123)

REUSED FUN CONTEXT

MEANING Slightly hungry, a fun British classic.

- I'm feeling a bit peckish, fancy a snack?
- Are you peckish before the movie?
- He got peckish around 4pm every day.

MEMORY HOOK Repeated for chapter variety.

574 Bamboozled

ADJECTIVE (INFORMAL)

MEANING Tricked, confused, or deceived.

- I got totally bamboozled by that confusing contract.
- She felt bamboozled after the surprise rule change.
- Don't let the salesman bamboozle you.

MEMORY HOOK A playful word for being tricked.

575 Hodgepodge (NOUN)

MEANING A confused mixture of different things.

- The playlist was a hodgepodge of genres.
- Her closet is a hodgepodge of styles.
- The report was a hodgepodge of unrelated ideas.

MEMORY HOOK A messy, mixed-up combination.

576 Shenanigans (NOUN (INFORMAL))

MEANING Playful mischief or silly behavior.

- The kids were up to their usual shenanigans.
- No shenanigans while I'm out, please!
- Their weekend was full of fun shenanigans.

MEMORY HOOK Fun-sounding word for silly antics.

577 Flabbergasted (ADJECTIVE)

MEANING Extremely surprised, shocked.

- I was flabbergasted by the plot twist.
- She looked flabbergasted at the unexpected bill.
- He was flabbergasted when he won the prize.

MEMORY HOOK So shocked your jaw drops — "flab" wobbling in surprise.

578 Skedaddle (VERB (INFORMAL, PLAYFUL))

MEANING To leave quickly.

- We should skedaddle before it starts raining.
- The kids skedaddled when they heard the bell.
- Time to skedaddle, the movie's about to start.

MEMORY HOOK A fun, quick-sounding word for "run away."

579 Snazzy

ADJECTIVE (INFORMAL)

MEANING Stylish and impressive.

- That's a snazzy new jacket you're wearing.
- He drives a snazzy sports car.
- The office got a snazzy new logo.

MEMORY HOOK A punchy word for something flashy and stylish.

580 Hangry (see #1)

REUSED FOR FUN CONTEXT

MEANING Hungry and irritable.

- Feed me now, I'm hangry.
- She gets hangry if lunch is delayed.
- Sorry for snapping — pure hangry moment.

MEMORY HOOK Repeated word, still one of the most-loved.

581 Wobbly

ADJECTIVE

MEANING Unsteady, shaky.

- The old chair felt wobbly.
- My legs were wobbly after the long hike.
- The table is wobbly, it needs fixing.

MEMORY HOOK The word itself sounds like it's wobbling.

582 Nitty-gritty

NOUN (IDIOM)

MEANING The basic, practical details of something.

- Let's get into the nitty-gritty of the contract.
- She explained the nitty-gritty of the process.
- I don't need the nitty-gritty, just the summary.

MEMORY HOOK The "gritty" small details underneath the surface.

583 Topsy-turvy

ADJECTIVE

MEANING In a state of confusion or disorder; upside down.

- My schedule has been topsy-turvy this week.
- The move left the house topsy-turvy.
- Life felt topsy-turvy after the big change.

MEMORY HOOK Sounds like things flipped "upside down."

584 Wishy-washy

ADJECTIVE (INFORMAL)

MEANING Lacking strength of character or decisiveness.

- He gave a wishy-washy answer, not clear at all.
- Her wishy-washy attitude made the decision harder.
- Don't be wishy-washy, pick a side.

MEMORY HOOK Weak like watered-down ("washy") liquid.

585 Higgledy-piggledy

ADJECTIVE (BRITISH, PLAYFUL)

MEANING In complete disorder or confusion.

- The books were stacked higgledy-piggledy on the shelf.
- Everything in the garage is higgledy-piggledy.
- Her notes were written higgledy-piggledy across the page.

MEMORY HOOK A fun rhyming word for total mess.

586 Kerfuffle

NOUN (BRITISH, INFORMAL)

MEANING A commotion or fuss, usually over something minor.

- There was a small kerfuffle over the parking spot.
- The kerfuffle at the meeting delayed everything.
- It caused quite a kerfuffle on social media.

MEMORY HOOK A funny word for a small chaotic fuss.

587 Lollygag

VERB (INFORMAL, PLAYFUL)

MEANING To spend time idly instead of working.

- Stop lollygagging and finish your homework.
- We lollygagged around the house all Sunday.
- He lollygags at work when no one's watching.

MEMORY HOOK A playful word for wasting time.

588 Nincompoop

NOUN (PLAYFUL, INFORMAL)

MEANING A silly or foolish person.

- Don't call yourself a nincompoop, everyone makes mistakes.
- He felt like a nincompoop after the mix-up.
- What a nincompoop move, forgetting the tickets!

MEMORY HOOK An old, funny insult, said with affection.

589 Doohickey

NOUN (INFORMAL)

MEANING A small object or gadget whose name you don't know.

- Pass me that doohickey on the table.
- What's this doohickey for?
- I lost the little doohickey that holds the lid on.

MEMORY HOOK A playful placeholder word for "thingy."

590 Thingamajig

NOUN (INFORMAL)

MEANING Similar to doohickey — an object whose name you forget.

- Can you grab that thingamajig from the drawer?
- This thingamajig connects to the printer.
- I need a thingamajig to fix this.

MEMORY HOOK A fun, catch-all word for unnamed objects.

591 Hullabaloo

NOUN (INFORMAL)

MEANING A loud noise or commotion, especially of protest or excitement.

- There was a big hullabaloo over the new policy.
- The kids caused a hullabaloo in the backyard.
- What's all this hullabaloo about?

MEMORY HOOK A loud, rhythmic word for chaos and noise.

592 Wonky

ADJECTIVE (INFORMAL)

MEANING Crooked, unsteady, or not working correctly.

- This shelf is a bit wonky.
- My wifi's been wonky all day.
- The picture frame hangs wonky on the wall.

MEMORY HOOK A short, silly word for slightly broken or off.

593 Persnickety

ADJECTIVE (INFORMAL)

MEANING Overly fussy about details.

- He's persnickety about how his desk is organized.
- She's persnickety when it comes to grammar.
- My grandmother is persnickety about her garden.

MEMORY HOOK Similar to "picky," but sounds even fussier.

594 Codswallop

NOUN (BRITISH, INFORMAL)

MEANING Nonsense.

- That excuse is complete codswallop.
- Don't believe that codswallop online.
- He talked a load of codswallop during the meeting.

MEMORY HOOK A silly-sounding British word for "nonsense."

595 Brouhaha NOUN

MEANING Excited or noisy reaction; a fuss.

- There was a huge brouhaha over the price change.
- The brouhaha died down after a few days.
- It caused quite a brouhaha at the office.

MEMORY HOOK A dramatic, French-origin word for uproar.

596 Fuddy-duddy NOUN (INFORMAL, PLAYFUL)

MEANING A person seen as old-fashioned or overly conservative.

- He's such a fuddy-duddy about technology.
- Don't be a fuddy-duddy, try the new app.
- My uncle is a lovable fuddy-duddy.

MEMORY HOOK A funny, affectionate word for someone stuck in old ways.

597 Whippersnapper NOUN (PLAYFUL, INFORMAL)

MEANING A young, inexperienced person seen as overconfident.

- Listen here, young whippersnapper!
- The whippersnapper thought he knew everything already.
- She laughed at being called a whippersnapper by her grandpa.

MEMORY HOOK An old-fashioned, funny word used jokingly by older people.

598 Pandemonium NOUN

MEANING Wild chaos and disorder.

- Pandemonium broke out when the concert tickets went on sale.
- The classroom was pandemonium after the fire alarm.
- It was pure pandemonium at the store on Black Friday.

MEMORY HOOK Total, wild chaos everywhere.

599 Snollygoster NOUN (RARE, PLAYFUL)

MEANING A clever, unscrupulous person, especially in politics or business.

- He's a real snollygoster, always finding loopholes.
- Beware of the snollygoster salesman.
- The character in the film was a classic snollygoster.

MEMORY HOOK A rare, fun word — say it out loud, it's memorable!

600 Serendipitous ADJECTIVE

MEANING Happening by a happy or fortunate accident (adjective form of serendipity, #271).

- It was a serendipitous meeting that changed her career.
- The whole trip felt serendipitous from start to finish.
- Finding this book was completely serendipitous.

MEMORY HOOK The adjective form of the perfect final word — a happy accident, just like this book finding you.

Chapter 20 Activities

ACTIVITY A

Say It Out Loud

Pick your 5 favorite "fun word" from this chapter and say each one out loud 3 times. The sillier the word, the easier it sticks!

ACTIVITY B

600-Word Certificate

Congratulations — you've now seen all 600 words! Go back and circle (or list) the 20 words you're most excited to start using today. ---

You Made It Through All 600 Words

That's a real achievement — most learners never go this deep. You now have a bank of vocabulary that most textbooks never teach: the words people actually reach for in real conversations, texts, meetings, and everyday life.

Review Weekly

Revisit one chapter a week to keep the words active in your memory.

Use Them Out Loud

Try one new word per day in a real conversation or message.

Redo the Activities

Retention comes from producing words, not just reading them.

Keep Going

Vocabulary building is a habit — small and consistent wins.

About This Book

[Author bio goes here — a short, warm paragraph about who you are, your teaching background, and why you created this book.]

🙏

Thank You

[Closing call-to-action goes here — e.g. link to your course, newsletter, or social media for learners who want to keep building their vocabulary with you.]