

## GENERAL VOCABULARY

- 1. INTEGRITY** The Quality of being honest and having strong moral principle; moral uprightness. Doing the right thing even when nobody is watching.

**She had the integrity to refuse to compromise on matters of principle.**

- 2. Evolve** develops gradually, especially from a simple to a more complex form.

**Her company has evolved from a hobby into a thriving business**

- 3. Complex** Consisting of many different and connected parts. Complicated, intricate, difficult.

The mechanics of the process are quite complex.

- 4. Hydro = Water, H<sub>2</sub>O**

**Hydro electric station built under the mountain.**

- 5. Hydrate = A compound, typically a crystalline one, in which water molecules are chemically bound to another compound or an element.**

**After-sun products will cool and hydrate your skin.**

- 6. Hydrated = Having absorbed enough water or other liquid. The process of providing an adequate amount of water to body tissues.**

**Staying hydrated is an important part of preventing muscle spasms.**

- 7. Dehydration = Not having absorbed enough water or other liquid.**

**Doctors suspect brain damage due to the dehydration.**

- 8. Systematic racism = Also known as institutional racism. Is a form of racism that is embedded as a normal practice within society or an organization. It can't lead to such issues as discrimination in criminal justice, employment, housing, healthcare, political power, and education, among other issues.**

**Young native girls were victims of systematic racism, cultural genocide and institutional violence.**

- 9. Caucasian = White-skinned; of European origin.**

The police are looking for a Caucasian male in his forties

10. **Resume**= A formal document that a job applicant creates to itemize his or her qualification for a position/job.

I'm finally building up my resume to improve many agencies.

11. **Prevail = Prove more powerful than opposing forces; be victorious.**

The law still prevails in some states.

12. **Humble** = Having or showing a modest or though estimate of one's own importance.

She is too humble to let praise go to her head.

13. **AMBIGUOUS** = Unclear or inexact because a choice between alternatives has not been made.

It does seem rather ambiguous to say it is being spent on patient care.

14. **FEEBLE** = Lacking physical strength, especially as a result of age or illness.

Daylight was making a feeble attempt to break through the heavy cloud cover.

15. **ARRAY** = An impressive display or range of a particular type of thing.

Over the past week, Rebecca has felt an array of emotions.

16. **DEMOCRACY** = A System of government by the whole population or all the eligible members of A state, typically through elected representatives. Controlled by the majority of its members. Freedom.

We use democracy as a method of selecting representatives.

17. **REM SLEEP**= Rapid Eye Movement. It normally happens 90 minutes after you fall asleep. It can last from 10 minutes to 1 hour. The brain is more active. It provides energy to your brain and it restores your mind. Essential for muscle recovery and restoring the body. The blood supply to the

**muscle increases, more oxygen and nutrients go to the muscles which facilitates muscle healing and growth.**

**Throughout the night, the cycles of REM sleep get longer and the sleep gets deeper.**

**18. EMPATHY = The ability to understand and share the feelings of another.**

**A single video a moment long can increase empathy and understanding.**

**19. DOCILE = Ready to accept control or instruction; submissive.**

**They are very docile, and the little children of the villagers often ride them to or from the river.**