
LESSON ONE

1. ASPIRE (VERB)

- Definition: *To aim or have a goal of high achievement*
- Synonym: desire, strive
- Antonym: decline, descend
- Sentence:
He aspires to become a renowned scientist and contribute significantly to the field of renewable energy.

2. BOISTEROUS (ADJECTIVE)

- Definition: *behaving in a rough, noisy, or excitable way*
- Synonym: lively, rowdy
- Antonym: orderly, calm
- Sentence:
 - *The boisterous laughter of children playing in the street echoed through the neighbourhood and woke me from my nap.*

3. DIVULGE (VERB)

- Definition: *To reveal something that was meant to be hidden*
- Synonym: reveal, expose
- Antonym: conceal, disguise
- Sentence: *She promised never to divulge the secret they shared during their private conversation, understanding the importance of trust in a friendship.*

4. RESILIENCE (NOUN)

- Definition: *The ability to bounce back, or to recover quickly from stressful situations*
- Synonym: adaptability, durability
- Antonym: fragility, vulnerability
- Sentence: *Despite facing numerous setbacks, her resilience and determination enabled her to overcome every obstacle in her path towards success.*

5. DESPONDENT (ADJECTIVE)

- Definition: *Feeling very hopeless, sad or gloomy*
- Synonym: disheartened, discouraged
- Antonym: hopeful, encouraged
- Sentence: *After receiving the rejection letter from her dream college, she felt despondent and unsure about her future prospects.*

6. ABSOLVE (VERB)

Definition: *To forgive someone*

- **Synonym:** excuse, liberate, forgive
- **Antonym:** blame, condemn
- **Sentence:** *The court's decision to absolve him of all crimes came as a relief after years of legal battles and uncertainty.*

7. CREDIBLE (ADJECTIVE)

Definition: *To be honest and to be believed*

- **Synonym:** trustworthy, reliable
- **Antonym:** untrustworthy, unbelievable
- **Sentence:** *The journalist verified the information with multiple reliable sources to ensure that her article presented a credible account of the events.*

8. DEFICIENT (ADJECTIVE)

- Definition: *Lacking or missing out in something*
- Synonym: incomplete, unsatisfactory
- Antonym: adequate, satisfactory, perfect
- Sentence: The doctor identified several vitamins & minerals in the patient's diet that were deficient, so dietary adjustments were recommended to improve the patient's health.

9. EXACERBATE (VERB)

Definition: *To make something worse by aggravating it*

- **Synonym:** intensify, heighten
- **Antonym:** calm, reduce
- **Sentence:** *His careless and unkind comments only served to exacerbate the already tense situation, making it even more difficult to find a resolution.*