




























Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 5 & 6	Example from Listening 1 page 6
career 	<i>n.</i>	مهنة	a job that you learn to do and then do for many years	Khalid wants to change his career . He wants to become a doctor.	Iba Masood was ready to start her career in business.
employee	<i>n.</i>	موظف	a person who works for someone	Haya starts her new job tomorrow. She's a new employee of that company.	Secondly, other sites help people find jobs, and they help companies find employees .
requirement	<i>n.</i>	مُتَطَلَّب / إحتياج	something that you need or that you must do or have	A college education is one requirement to be a teacher. You also need some teaching experience.	For almost all of the jobs, the requirements included not only a university degree, but also three to five years of work experience.
basic 	<i>adj.</i>	أساسي / بسيط	simple; including only what is necessary	I don't know much about computers. I can only do basic things, like type papers and use email.	On Gradberry.com, students or graduates complete some basic information about themselves
organized 	<i>adj.</i>	مُنظَّم	able to plan your work or your life well	Our server isn't very organized . He forgot to bring your coffee, and he brought me the wrong food.	Iba Masood was organized , professional, and ready to work.
degree 	<i>n.</i>	شهادة / درجة علمية	a paper you get when you finish college	Education is important. It's harder to get some jobs if you don't have a college degree .	Because she had a degree from a good university, Masood did not think finding a job would be difficult.
application	<i>n.</i>	طلب وظيفة	a special piece of paper you will fill out when you try to get a job	I want to get a job at Rick's café. I just have to complete this application and take it to the restaurant.	Companies can view this information, post applications , schedule interviews, and hire new employees.
interview 	<i>n.</i>	مقابلة شخصية	a meeting when someone asks you questions to decide if you will get a job	I have an interview next week at a computer company.	Companies can view this information, post applications, schedule interviews , and hire new employees.


Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 9 & 10	Example from Listening 2 page 10 & 11
advertising	n.	ترويج / حملة ترويجية	telling people about things to buy	It isn't easy to get a job in advertising. You need to have interesting ideas, and you have to know how to sell things.	Do you have any experience in advertising?
assistant	n.	مُساعد / مُعاون	a person who helps someone in a more important position	Juan got a job as an assistant in a school. He'll help the children when the teacher is busy.	I really enjoyed it. I was an assistant in the office.
graduate	v.	يُتخرَّج	to finish your studies at school, college, or university	I plan to graduate from college next year.	You graduated last May. What did you study there?
major	n.	تخصُّص / رئيسي	the main subject you study in college	My mother speaks French very well. French was her major in college.	What was your major in college?
manager 	n.	مُدِير	the person who controls a company or business	My father is the manager of a large restaurant. He has a lot of employees, and he's very busy.	Hello. I'm Mark Williamson. I'm the manager of New World Design.
résumé	n.	بيان سيرة ذاتية	a list of your education and work experience that you send when you are trying to get a new job	I sent my résumé to ten companies. Only one company called me for an interview.	Yes, I saw that on your résumé.








Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 25 & 26	Example from Listening 1 page 26
international 	adj.	دولي	between different countries	A: I started a job at a great company. B: Oh, where is it? A: Well, it's an international company. They have offices around the world.	Our topic today is international advertising--how companies sell products in different countries.
difficulty 	n.	صعوبة / مشكلة	a problem	A: I lived in Europe for six months. B: Really? What was it like? A: Well, I had difficulty understanding the culture, but I really enjoyed it.	I'll talk about the difficulties of advertising in different cultures.
mistake 	n.	غلطة / خطأ	something that you do that is wrong	A: I made a big mistake at work. B: Oh, no. What did you do? A: I called my new boss by his first name. He looked very angry.	Sometimes the problem is a language mistake.
positive 	adj.	إيجابي	thinking or talking about the good parts of a situation	A: Do colors have different meanings in different cultures? B: Yes. Sometimes a color has a good or positive meaning in one culture and a bad meaning in another culture.	The color blue usually have a positive meaning.
death 	n.	موت	when a life finishes	A: There are different ideas around the world about death. B: What do you mean? A: I mean, in some countries people wear black and are very sad, but in others people celebrate.	White means death in some parts of Asia.
custom 	n.	عادة / عُرْف	something a group of people usually do	A: In Korea, do people take off their shoes when they enter their homes? B: Yes, it's a Korean custom.	International customs are another difficulty in advertising.
avoid 	v.	يتفادى / يتجنب	to try not to do something	A: I'm going to India on business. Do you have any travel advice? B: Yes. Avoid using your left hand. For example, it's very impolite to shake hands or eat with your left hand.	Then they can avoid mistakes like this one by international telephone company.
bottom 	n.	أسفل / قعر	the lowest part of something	A: In the Middle East, you shouldn't show the bottom of your shoes. B: Why not? A: Shoes are dirty. It's not polite.	It's not polite to show the bottom of your shoes in the Middle East.



Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 30 & 31	Example from Listening 2 page 31
carefully 	adv.	بانتباه / بدقه	a way of doing something so you don't make a mistake	Watch people carefully. Then you won't make a mistake.	You should always take the business cards with two hands and read them carefully.
confused 	adj.	مُشَوَّش / مُضْطَرَّب	not able to think clearly; not understanding	I didn't understand English well when I visited Ireland. When people spoke, I felt a little confused. But I still had a great time.	I didn't know what was wrong. I was confused.
die 	v.	يموت	to stop living	In some countries, it's common to wear black when someone dies.	When a person dies in Russia, people give flowers.
invite 	v.	يدعو	to ask someone to come somewhere or to do something	There is a new student from Turkey in our English class. Let's invite him to our house for dinner tomorrow.	My friend invited me to his wedding.
offended	adj.	مُستاء / مُهان	angry or unhappy because someone does something you don't think is polite	In the Middle East, you should always say yes when someone offers you something. If you say no. The person may be offended.	I wasn't really offended when my coworkers did something wrong to me.
rude 	adj.	عديم الأدب / وقح	not polite	Faris was an hour late, and he didn't call. Isn't that very rude?	It's rude to stand too close in the U.S.
upset 	adj.	مُنزعج / قَلِق	unhappy or worried	I saw Lisa crying after class. She looked very upset.	Then he looked very upset and said, "Excuse me!" and moved away.
wedding 	n.	زفاف / عرس	a special event when two people get married	Colors are an important part of a wedding. Many women wear a white dress, but in some countries, women wear red.	My friend invited me to his wedding.





Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 45	Example from Listening 1 page 46
dangerous 	adj.	خطر	may hurt you	Do you think it's dangerous to travel alone?	Insects are dangerous for the local plants and animals.
desert 	n.	صحراء	a large area of land that is dry and gets little rain	It is usually very hot in the desert, with very few plants.	Petra is in the desert about 225 kilometers from the capital city, Amman.
destroy 	v.	يخرّب / يدمّر / يقضي على	to break or ruin something	Too many visitors could destroy these very old houses.	Wind, rain, and too many visitors can destroy the buildings.
insect 	n.	حشرة	a small animal with six legs, such as an ant or a fly	What kind of insect is that? It's such a colorful bug.	Planes and boats sometimes carry insects that don't belong in the Galapagos Islands.
local 	adj.	محلي	of a place near you	If you travel to Mexico, you should try the local food. Tacos are my favorite dish.	Tourists spend money. This helps local businesses and makes jobs for local people.
pollution 	n.	تلوث	dirty air or water	Many big cities have problems with pollution. Cars and buses make the air dirty.	The growing tourist business is causing pollution, changing the land, and causing problems for animals.
tourist 	n.	سائح	a person who visits a place on vacation	Many countries need tourists to help the local economy.	Tourists spend money. This helps local businesses and makes jobs for local people.







Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 51	Example from Listening 2 page 52
volunteer	<i>n.</i>	مُتَطَوِّع	someone who works without pay	After college, Yolanda wants to work as a volunteer .	I'm happy that you're interested in our travel tour for volunteers to Cusco, Peru.
pretty 	<i>adj.</i>	جميل / حلو	beautiful	We really enjoyed our trip to Europe. We saw lots of pretty towns and took some great pictures.	Cusco is a pretty city with a population of about 350,000.
population	<i>n.</i>	عدد السكان / التعداد السكاني	number of people	China has the largest population of all the world's countries. In some cities, you could have millions of "neighbors"!	Cusco is a pretty city with a population of about 350,000.
ancient 	<i>adj.</i>	قديم جداً / عتيق	very old	The Mada'in Saleh is an ancient site. No one knows exactly who built it.	It's about three hours by train to Machu Picchu, the ancient Inca city.
prepare 	<i>v.</i>	يستعد / يتجهز	get ready	I'm going to Morocco tomorrow, so I have to pack my bags and prepare for my trip.	The first two weeks will prepare you for your volunteer work.
repair 	<i>v.</i>	يصلح / يرمم	fix	We waited in the airport for a long time. There was a problem with the airplane and they had to repair it.	On this trip, we're going to help repair a local school.
lead 	<i>v.</i>	يقود / يرشد / يوجه	take	In the summer, I work as a tour guide. I lead tourists to interesting places in my hometown.	You may teach English, or lead sports or games.
enjoyable 	<i>adj.</i>	ممتع / سار / فلة	fun	I love to travel and learn about different cultures. It's very enjoyable .	Most volunteers say this is the most enjoyable part of the trip.





Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 66	Example from Listening 1 page 67
comical	adj.	مُضِحّك / مُثِير للضحك	funny	Mark Twain wrote comical stories, such as Tom Sawyer and Huckleberry Finn.	During stand-up comedy shows, a comedian stands in front of a live audience and tells comical stories and jokes.
talented	adj.	موهوب	able to do something well	I think John will write a book someday. He is a very talented writer.	The Prince said he wanted to encourage talented young stand-up comedians to continue their work.
sense of humor	phr.	جس فكاهي	the ability to laugh at things and think they are funny	My boss has a great sense of humor. She makes everyone laugh.	Our sense of humor can help us connect and make friends with other people.
professional 	adj.	مُحترف	doing something for money as a job	Angelina is taking a writing course. She wants to be a professional writer someday.	However, because stand-up comedy is still very new, there are not many professional comedians yet.
however 	adv.	لكن / إلا أن	but	That TV show was popular in the United States. However, it was not successful in other parts of the world.	However, because stand-up comedy is still very new, there are not many professional comedians yet.
hit 	n.	نجاح باهر	a person or thing that a lot of people like	That new TV show is a big hit. Lots of people watch it.	The Amman festival was a hit, and now other cities like Riyadh and Dubai have comedy festivals too.
describe 	v.	يُصِف	to explain	Kim told me a great story. She can describe things in a very funny way.	On student described his experience.
huge 	adj.	كبير جداً / هائل / ضخم	very big	The Smiths' new house is huge. It has ten bedrooms!	Huge crowds attend stand-up comedy events every year.






Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 72	Example from Listening 2 page 73
communicate 	v.	يتواصل	to talk to people	Sometimes it's difficult to communicate in another language.	Doctor Long will talk about how we use humor to communicate.
make fun of	phr.	يسخر من	to laugh at in an unkind way	Do you think it's funny to make fun of other people?	This is when we make fun of another person; for example, when we laugh at someone for doing or saying the wrong thing.
wrong 	adj.	خطأ / غير صحيح	incorrect	Oh, no! I brought the wrong book to English class. This is my Spanish book.	This is when we make fun of another person; for example, when we laugh at someone for doing or saying the wrong thing.
feelings 	n.	عواطف / مشاعر / أحاسيس	emotions such as happiness and anger	Some people don't like to show their feelings. They don't laugh or cry in front of other people.	Put-down humor can make people feel bad, and can hurt their feelings.
understand 	v.	يفهم	to know what something means	Sometimes I don't understand jokes in English. I feel confused about what is funny.	Especially if they don't understand that you're joking.
probably 	adv.	على الأرجح / على الأغلب	almost certainly	Rei has a great sense of humor. She will probably laugh when I tell her the joke.	If put-down humor is your humor style, you probably don't have many friends.
afraid 	adj.	خائف	scared	Marisol is afraid to stand in front of an audience. She feels very nervous.	If this is you, you are not afraid to be in front of an audience.
imagine 	v.	يتخيل / يتصور	to make a picture in your mind	Close your eyes and imagine that you are at the beach.	Can you imagine if we didn't have humor at all?








Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 89	Example from Listening 1 page 90
benefit 	<i>n.</i>	منفعة / فائدة	something that is good or helpful	One benefit of doing sports is that it can give you more energy.	Dr. Wilkins led a study on the benefits of doing sports.
humans 	<i>n.</i>	بشر / ناس	people	Old humans need exercise to stay healthy.	Sports have been an important part of human life for a very long time.
active 	<i>adj.</i>	نشيط / فعال	always busy; doing many things	Steve is very active . He plays soccer and baseball, and he enjoys cycling, too.	It's important for us to be active .
improve 	<i>v.</i>	يتحسن / يُحسِّن	to make something better	Even a little exercise every day can improve your health.	Another way that doing sports is helpful is that it can improve our learning.
brain 	<i>n.</i>	مخ	the part inside a person's head that thinks and feels	When we exercise, it helps to "wake up" our brain .	Exercising and moving our bodies "wakes up" our brain , so it is active and ready to learn.
concentrate 	<i>v.</i>	يركّز	to give all your attention to something	I'm worried about my volleyball game after school today. I can't concentrate on my school work!	When we exercise, we can concentrate and learn better.
skill 	<i>n.</i>	مهارة	the ability to do something well	To be a good soccer player, you need a lot of skill .	Being part of a team and working together are important skills for life, for example, at school or at work.
lower stress	<i>phr.</i>	يخفض الإجهاد / خفض الإجهاد أو الضغوطات	to make you feel more relaxed	Playing sports is very good for you. It can lower stress and help you feel calm.	Watching sports is fun and relaxing, so it helps lower stress .




Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 93 & 94	Example from Listening 2 page 94
coach	n.	مَدْرَب رِيَاظِي	a sports trainer or instructor	Our basketball team has an excellent coach. He teaches us a lot of great skills.	Our coach, Mr. Wells, teaches us a lot of new skills.
escape 	v.	يَهْرَب / يَفْلِت مِنْ	to get free from someone or something	When I have a lot of stress and I need to escape from my problems, I go on a long run.	When I'm all alone, and it's quiet except for the sound of the wind, I can escape from the rest of the world.
exciting 	adj.	مُثِير / شَيِّق / حِمَاسِي	fun; causing you to feel a lot of energy	I think basketball is the most exciting sport to watch. The players have to be very fast.	I like hockey because it's a fast, exciting game.
forget 	v.	يَنْسِي	to stop thinking about something; to not remember	I didn't see you at soccer practice today. Did you forget?	Riding my bike gives me a way to forget about my problems.
patient 	adj.	صَبُور / صَابِر	able to stay calm when you are waiting or when you have problems	You need to be patient when you are learning a sport. It takes time to learn a new skill.	These kinds of sports improve health and help players learn to concentrate and be patient.
protect 	v.	يَحْمِي / يَقِي	to keep safe	You should wear a helmet when you ride a bike. It will protect your head if you fall.	They must learn how to fight and protect themselves from danger.
traditional	adj.	تَقْلِيدِي	old; from a long time ago	Karate is a traditional sport. It started many years ago in Japan.	These days, baseball and soccer are the most popular sports in Japan, but we have many traditional sports, too.




Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 107	Example from Listening 1 page 108
cheat 	<i>v.</i>	يغش	to do something that is not honest or fair	He didn't study, but he got an A on the test. Did you cheat ?	Too many of students cheat .
survey	<i>n.</i>	إستطلاع / إستفتاء	questions to find out what people think or do	The teacher took a survey to find out how many students use the Internet. All of the students answered yes.	A recent survey in the U.S. found that about 75 percent of high school students cheat in school.
according to 	<i>phr.</i>	طَبَقًا لـ / وفقًا لـ / بحسب ...	as something or someone says	According to a magazine article, most people tell lies sometimes.	According to the survey, more than half of students also copy reports from the Internet.
technology 	<i>n.</i>	تكنولوجيا / تقنية	knowledge about science and about how things work	Recent technology , such as the Internet and cell phones, makes communication fast and easy.	Well, John, I think it's all the new technology students have now.
quarter 	<i>n.</i>	رُبْع	25 percent (25%)	About a quarter of the class are international students.	Last year, about a quarter of my students turned in final reports that they copied from the Internet.
grade 	<i>n.</i>	درجة	the number or letter that shows how well you have done in school	I want to get a good grade on my final exam in math.	Students need to learn that school isn't just about grades .
suffer 	<i>v.</i>	يُعاني / يُقاسي	to feel pain, sadness, or another unpleasant feeling	I feel sad when I hear stories about children who don't have enough food. I think it's wrong for children to suffer .	They need to study and work hard. If they cheat, they're the ones who are going to suffer .

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 112	Example from Listening 2 page 113
a little bit	<i>phr.</i>	القليل / قليلاً / شوية /	a small amount	If you find money in the street, I think you should take it to the police, even if it's just a little bit of money.	I just used a little bit from each article for my paper.
section 	<i>n.</i>	قسم / جزء	a part of something	I found a great article online. Is it OK to use part of it in my report? I don't want to use the whole article— just a section of it.	I just took small sections from several articles I found online and put them together.
get caught	<i>phr.</i>	يتورط / ينكشف / يضبط متلبساً /	to be found doing something wrong	Teachers don't really know how many of their students cheat. That's because many students cheat on test, but they don't get caught.	You can get in a lot of trouble if you get caught!
illegal 	<i>adj.</i>	مخالف للقانون / غير شرعي /	not allowed by law	Sorry, you can't park here. It's illegal. This is no-parking zone.	It can also be illegal!
so far	<i>phr.</i>	حتى الآن	until now	I'll finish my final report this week. It's a 20-page paper, and I have 15 pages so far.	Can I see what you have so far?
responsibility 	<i>n.</i>	مسؤولية	an important job to do	Police officers have a big responsibility. They have to keep the city and its people safe.	Well, yes, I was a server, but I had a lot of responsibility.
lie 	<i>n.</i>	يكذب	something you say that you know is not true	To tell I lie is not an honest thing to do.	It's not really a lie.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 124	Example from Listening 1 page 125 & 126
accept 	<i>v.</i>	يقبل / يوافق	to say yes to something	My boss dislikes any kind of change. It's difficult for her to accept new ideas.	I thought they were interesting, especially, "Never say never." This means it's important to accept new ideas.
change your mind	<i>collocation</i>	يعدل عن رأيه / يغير رأيه	to decide to do something differently; to change your plan	Are you still planning to move to a new apartment this summer, or did you change your mind ?	If you can change your mind and be flexible, it makes you a wise person.
especially 	<i>adv.</i>	خاصة / بوجه خاص	more than usual or more than others	Life changes can be difficult, especially big changes like moving to a new country.	I thought they were interesting, especially , "Never say never." This means it's important to accept new ideas.
flexible	<i>adj.</i>	مرن / قابل للتكيف	able to change easily	Greg hates any kind of change. He really needs to learn to be more flexible .	It's important to be flexible at any age.
opportunity 	<i>n.</i>	فرصة	a chance to do something	My school has a study abroad program in London. About two thirds of my class is going, and I'm definitely going to go, too. It's a really good opportunity to improve my English.	I thought it was easier to just stay in Brazil. But I knew I would miss a good opportunity .
progress 	<i>n.</i>	تقدم / تطوّر	improvement or development	Karen did much better in school this year. She studied hard and made progress in all her classes. She just got 90 percent on her math test.	We came to a new country and a new school, we made new friends, and we made a lot of progress with our English.
proverb	<i>n.</i>	مثل سائر / قول مأثور	a popular saying that many people know and say, which teaches an important lesson	I learned a Chinese proverb about change today. It says, "A journey of a thousand miles begins with one step."	For homework, you read the list of English proverbs about change.
remain 	<i>v.</i>	يظلّ / يبقى	to stay the same way; not to change	Everything changes. Nothing can remain the same for very long.	In Brazil, we say, "One who does not look ahead, remains behind."

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 130 & 131	Example from Listening 2 page 131
habits 	n.	عادات	actions you do often	Some habits are hard to change, for example, biting your fingernails or eating sweets.	Why are some habits so difficult to change?
stick to	phr. v.	يلزم (شيئاً) / يبقى على ...	to continue	Many people want to lose weight. They may start a diet, but they often fail because they can't stick to it.	Maybe they are able to make a change, but they can't stick to it.
advice 	n.	نصيحة / إرشاد	something that you say to help someone decide what to do	If you want to change the world, start with yourself. I think that's good advice.	I give advice to people who want to make changes in their lives.
recommend 	v.	يوصي بـ / يَرْكِي	to tell someone that a person or a thing is good or useful	Can you recommend a good computer program for learning English?	I'd like to be healthier. What do you recommend?
goal 	n.	هدف / غاية	something that you want to do	I'm taking classes in web design. My goal is to start my own company someday.	Here's my advice: The first step is to set small goals for yourself.
remind 	v.	يُذَكِّر / يُنْبِه إلى	to help someone remember something	I hope I don't forget our exercise class on Tuesday. Can you please call me to remind me about it?	This will remind you of your goal every time you see it.
encourage 	v.	يشجّع / يحث على	to help someone continue something	A good teacher should encourage students and help them improve.	That person can encourage you and help you stick to your plan.
achieve 	v.	يحقق / ينجز	to do or finish	Don't give up! If you work hard, you can achieve anything you want to.	Studies show that people who write down their goals achieve them more often.
					Write the date when you plan to achieve your goal.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 146 & 147	Example from Listening 1 page 147 & 148
anxiety	<i>n.</i>	قَلَق / هَم	a general feeling of worry or fear	Many people feel anxiety about the future. They worry a lot about our environment.	For example, anxiety—or worry—is a common type of fear.
get over	<i>phr.</i> <i>v.</i>	يتغلب على / يتجاوز يشفى من /	to become well or happy again after a difficult time or sickness	My first experience with public speaking was so terrible. I don't think I will ever get over it.	Some people can get over their phobias with the help of a doctor.
panic	<i>v.</i>	يُصاب بهلع يفزع /	to get a sudden feeling of fear that you cannot control	If there is a fire, the important thing is not to panic.	When we panic, the fear takes over our body and mind, and we can't think clearly.
phobia	<i>n.</i>	خوف مَرَضِي شديد	a very strong fear of something	Lucia has a phobia of spiders. She saw one in her bedroom last month, and now she won't sleep there anymore.	Another kind of fear is a phobia.
purpose 	<i>n.</i>	غاية / هدف	the reason for something	Many students hate taking tests. They don't understand the purpose of them, and they don't think they are necessary.	And finally, I'll go over the purposes of fear—why we feel fear and what it does for us.
strength 	<i>n.</i>	قوة	physical power	You should join a karate class. It will help you build strength.	You may have the strength to lift something very, very heavy.
sweat 	<i>v.</i>	يعرق	to have liquid come from your skin, often because you are hot	I get nervous when I fly. I start to sweat, even if I'm not very hot.	First, your body gets warmer, and you begin to sweat.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 151	Example from Listening 2 page 152
bother 	<i>v.</i>	يُزعج / يُضايق	to annoy or worry somebody	Some people are afraid of snakes, but snakes don't bother me. I like them.	Today, I'd like to hear about what's bothering you.
terrified	<i>adj.</i>	فزع / مرعوب	very afraid	John is terrified of closed spaces. It's too scary for him to ride in elevators or cars.	Well, the problem is that I'm terrified of high places.
nightmare	<i>n.</i>	كابوس	bad dream	I didn't sleep much last night. I had a nightmare . I thought there were spiders all over me.	I had this dream—a nightmare , actually.
ground 	<i>n.</i>	أرض	surface of the Earth	Ken hates high places. He prefers to stay close to the ground .	Well, I can't stand being up above the ground —even just a little bit.
normal 	<i>adj.</i>	معتاد / عادي	usual	Maria's fear of heights is completely normal . Many people have this fear.	I can't do the things normal people do.
negative 	<i>adj.</i>	سلبي	bad	A lot of people have negative feelings about spiders.	It sounds like this phobia has a very negative effect on your life.
ideal	<i>adj.</i>	مثالي	perfect	Jim loves speaking in public. He is the ideal person for the sales position.	It was the ideal job for me.
get used to	<i>expr.</i>	تعود على ... / تعایش مع ...	begin to feel comfortable	Public speaking can be scary at first, but after you give a few presentations, you get used to it.	You will get used to it before you know it.