

appreciate  **AWL (verb)** يقدر / يدرك قيمته

: to enjoy or understand the value of someone or something

* I really **appreciate** my friends. They always give me good advice.

* **Maintain** eye contact. When you look people in the eye, they feel you **appreciate** what they are saying.

B3 U1 (RW)

confidence  **(noun)** ثقة

: the feeling that you are sure about your own beliefs or abilities

* People with **confidence** usually make better public speakers because they feel very comfortable standing in front of a lot of people.

* They might not have enough **confidence** to start up conversations with strangers.

B3 U1 (RW)

demonstrate  **AWL (verb)** يوضِّح عملياً

: to show or explain how to do something

* Smiling can **demonstrate** to other people that you are a friendly person. Shaking a person's hand is another way to show friendliness.

* Research **demonstrates** that just five minutes of small talk can lead to more successful business deals.

B3 U1 (RW)

effective  **(adjective)** مؤثر / فعال

: producing the result that is wanted or intended

* Many people believe Facebook is an **effective** way to keep in touch with family and friends who live far away.

* **Effective** small talk can make that first impression get you the job.

B3 U1 (RW)

B3 U1 (RW)

impress  **(verb)** يُبهر / يترك انطباعاً جيداً

: to make someone admire and respect you

* Omar wanted to **impress** the interviewer, so he told him about the important project he worked on.

* In order to **impress** at a job interview, you need to bond with the interviewer right away.

B3 U1 (RW)

B3 U1 (RW)

lead to  **(phrasal verb)** يؤدي إلى

: to have something as a result

* When you meet new people in school, it can sometimes **lead to** friendships that last a lifetime.

* Comments about today's weather will **lead to** other people's weather stories about getting stuck in the rain.

B3 U1 (RW)

B3 U1 (RW)

maintain  **AWL (verb)** يُحافظ على

: to continue to have something; to keep something at the same level

* One of the best ways to **maintain** a conversation is to keep asking questions; then it can easily continue.

* **Maintain** eye contact. When you look people in the eye, they feel you appreciate what they are saying.

offensive  **(adjective)** مُسيء / مُهين / كريه / مُنفر

: unpleasant or insulting

* Jokes are a great way to "break the ice" when you meet new people, but you should never tell **offensive** jokes that could make them feel uncomfortable or angry.

* Avoid saying anything **offensive** that might make the other person feel awkward.

B3 U1 (RW)











select  **AWL (verb)** ينتقي / يختار

: to choose someone or something from similar people or things

* You should **select** what you wear to a job interview carefully. What you wear to an interview is very important.

* **Select** something around you that you share with the other person.

B3 U1 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 4 & 7	Example from Reading 1 page 5 & 6
appreciate AWL 	v.	يقدّر / يدرك قيمته	to enjoy or understand the value of someone or something	I really appreciate my friends. They always give me good advice.	Maintain eye contact. When you look people in the eye, they feel you appreciate what they are saying.
confidence 	n.	ثقة	the feeling that you are sure about your own beliefs or abilities	People with confidence usually make better public speakers because they feel very comfortable standing in front of a lot of people.	They might not have enough confidence to start up conversations with strangers.
demonstrate AWL 	v.	يوضّح عملياً	to show or explain how to do something	Smiling can demonstrate to other people that you are a friendly person. Shaking a person's hand is another way to show friendliness.	Research demonstrates that just five minutes of small talk can lead to more successful business deals.
effective 	adj.	مؤثر / فعّال	producing the result that is wanted or intended	Many people believe Facebook is an effective way to keep in touch with family and friends who live far away.	Effective small talk can make that first impression get you the job.
impress 	v.	يُبهر / يترك انطباعاً جيداً	to make someone admire and respect you	Omar wanted to impress the interviewer, so he told him about the important project he worked on.	In order to impress at a job interview, you need to bond with the interviewer right away.
lead to 	phr. v.	يؤدّي إلى	to have something as a result	When you meet new people in school, it can sometimes lead to friendships that last a lifetime.	Comments about today's weather will lead to other people's weather stories about getting stuck in the rain.
maintain AWL 	v.	يُحافظ على	to continue to have something; to keep something at the same level	One of the best ways to maintain a conversation is to keep asking questions; then it can easily continue.	Maintain eye contact. When you look people in the eye, they feel you appreciate what they are saying.
offensive 	adj.	مُسيء / مُهين / كريه / مُنفر	unpleasant or insulting	Jokes are a great way to "break the ice" when you meet new people, but you should never tell offensive jokes that could make them feel uncomfortable or angry.	Avoid saying anything offensive that might make the other person feel awkward.
select AWL 	v.	يُنْتقي / يَخْتار	to choose someone or something from similar people or things	You should select what you wear to a job interview carefully. What you wear to an interview is very important.	Select something around you that you share with the other person.
stranger 	n.	شخص غريب	a person you do not know	I thought I saw a stranger standing in front of my apartment building, but then I realized it was my friend waiting for me.	Put a group of strangers in a room together, and they'll probably start a conversation.

accomplishment (noun) إنجاز

: something impressive that someone has achieved

* Getting a job as an accountant has been my greatest professional accomplishment. It's something I dreamed about for years.

* Don't be afraid to talk about your accomplishments.

B3 U1 (RW)

consider (verb) يعتبر / يرى

: to have something as your opinion; to think about something or someone in a particular way

* You are not allowed to use your cell phone in some restaurants because many people consider it rude.

* Don't interrupt. Interrupting is considered rude.

B3 U1 (RW)

exaggerate (verb) يبالغ / يغالي

: to make something seem larger, better, or worse than it really is

* In the interview, Sami did not exaggerate his work experience. He knew his six months in sales wasn't a lot, but he wouldn't lie.

* Be careful not to exaggerate.

B3 U1 (RW)

expect (verb) يتوقع / ينتظر

: to think or believe that someone will do something or something will happen

* You are late for work again today. I expect you to arrive on time tomorrow.

* Most companies expect applicants to wear business clothes, such as a shirt and tie or a nice suit.

B3 U1 (RW)

B3 U1 (RW)

professional (adjective) محترف

: doing something in a way that shows skill, training, and care

* When you speak to customers, you should always be professional. You should be polite and try to help them as quickly as you can.

* The key to a successful interview is to be prepared and stay professional at all times.

B3 U1 (RW)

B3 U1 (RW)

punctual (adjective) محافظ على المواعيد

: doing something or happening at the right time; not late

* Alain is always punctual. He's never late for anything.

* Be punctual. Arriving late to an interview can be deadly.

B3 U1 (RW)

B3 U1 (RW)

research (noun) بحث علمي

: a detailed and careful study of something to find more about it

* A friend told me about a good company, so I did some research online. I learned that it was one of the top companies to work for here.

* You want to show the employer that you have done your research and that you care about working there.

responsible (adjective) مسؤول / ذو مسئولية

: behaving well and in a sensible way

* Thamer is very responsible. He always pays his bills on time.

* No employer wants to hire someone who is not responsible enough to come to work on time.

B3 U1 (RW)

slang (noun) لغة عامية

: informal words and expressions that are more common in spoken language

* Many teenagers use so much slang when they talk to each other that their own parents can't understand them.

* Listen carefully to what the interviewer is saying, and avoid using slang or bad words.

B3 U1 (RW)

stranger  (noun) شخص غريب

: a person you do not know

* I thought I saw a **stranger** standing in front of my apartment building, but then I realized it was my friend waiting for me.

* Put a group of **strangers** in a room together, and they'll probably start a conversation.

B3 U1 (RW)

weakness  (noun) ضَعْف

: a fault or lack of strength, especially in a person's character

* My boss is a great person, but he has one **weakness**. He almost never smiles, even when things are going well!

* Know how to discuss both your strengths and your **weaknesses** because you will be asked about both!

B3 U1 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 11, 13 & 14	Example from Reading 2 page 12 & 13
accomplishment	<i>n.</i>	إنجاز	something impressive that someone has achieved	Getting a job as an accountant has been my greatest professional accomplishment . It's something I dreamed about for years.	Don't be afraid to talk about your accomplishments .
consider	<i>v.</i>	يعتبر / يرى	to have something as your opinion; to think about something or someone in a particular way	You are not allowed to use your cell phone in some restaurants because many people consider it rude.	Don't interrupt. Interrupting is considered rude.
exaggerate	<i>v.</i>	يبالغ / يغالي	to make something seem larger, better, or worse than it really is	In the interview, Sami did not exaggerate his work experience. He knew his six months in sales wasn't a lot, but he wouldn't lie.	Be careful not to exaggerate .
expect	<i>v.</i>	يتوقع / ينتظر	to think or believe that someone will do something or something will happen	You are late for work again today. I expect you to arrive on time tomorrow.	Most companies expect applicants to wear business clothes, such as a shirt and tie or a nice suit.
professional	<i>adj.</i>	محترف	doing something in a way that shows skill, training, and care	When you speak to customers, you should always be professional . You should be polite and try to help them as quickly as you can.	The key to a successful interview is to be prepared and stay professional at all times.
punctual	<i>adj.</i>	محافظة على المواعيد	doing something or happening at the right time; not late	Alain is always punctual . He's never late for anything.	Be punctual . Arriving late to an interview can be deadly.
research	<i>n.</i>	بحث علمي	a detailed and careful study of something to find more about it	A friend told me about a good company, so I did some research online. I learned that it was one of the top companies to work for here.	You want to show the employer that you have done your research and that you care about working there.
responsible	<i>adj.</i>	مسؤول / ذو مسؤولية	behaving well and in a sensible way	Thamer is very responsible . He always pays his bills on time.	No employer wants to hire someone who is not responsible enough to come to work on time.
slang	<i>n.</i>	لغة عامية	informal words and expressions that are more common in spoken language	Many teenagers use so much slang when they talk to each other that their own parents can't understand them.	Listen carefully to what the interviewer is saying, and avoid using slang or bad words.
weakness	<i>n.</i>	ضعف	a fault or lack of strength, especially in a person's character	My boss is a great person, but he has one weakness . He almost never smiles, even when things are going well!	Know how to discuss both your strengths and your weaknesses because you will be asked about both!

balanced (adjective) متوازن

: consisting of parts that are in the correct or pleasing proportions

- * Most health experts agree that a **balanced** diet should include different types of foods, such as meat, fruits, vegetables, bread, and cheese.
- * Since supertasters avoid bitter fruits and vegetables, their diets are sometimes not **balanced**, which could put them more at risk for certain types of cancers.

B3 U2 (RW)

identify AWL (verb) يتحقق من / يتعرف على

: to recognize or be able to say who or what something is

- * The police used a photograph to **identify** the man who stole Abdullah's wallet.
- * If you can **identify** which kind of taster you are, you will be able to make more educated choices about your diet.

B3 U2 (RW)

likely (adjective) مُتوقع / مُحتمل

: probable or expected

- * People who don't eat well are more **likely** to get sick than people with healthy diets.
- * Research shows that supertasters are more **likely** to be women and from Asia, Africa, and South America.

B3 U2 (RW)

be made up of (phrase) يتكوّن من

: to consist of

- * Water **is made up of** hydrogen and oxygen.
- * The human tongue **is made up of** a group of muscles and taste buds that work together to recognize taste.

B3 U2 (RW)

B3 U2 (RW)

recognize (verb) يتعرّف على

: to know again someone or something that you have seen or heard better

- * I did not **recognize** the taste of the desert at first. It took me a minute to realize that it tasted like pistachios.
- * The human tongue is made up of a group of muscles and taste buds that work together to **recognize** taste.

B3 U2 (RW)

B3 U2 (RW)

at risk (phrase) في خطر

: in danger

- * People who don't eat well are **at risk** of getting sick.
- * Since supertasters avoid bitter fruits and vegetables, their diets are sometimes not balanced, which could put them more **at risk** for certain types of cancers.

B3 U2 (RW)

B3 U2 (RW)

sensitive (adjective) حساس / سريع التأثر

: easily hurt or damaged by something

- * Sarah's teeth are very **sensitive** to cold, so she usually drinks water at room temperature.
- * In addition to having more taste buds, supertasters are born with a gene that makes them **sensitive** to bitter foods.

system (noun) نظام

: a group of things or parts that work together

- * The human digestive **system** includes the mouth and stomach. It helps to change the food we eat into energy.
- * This complex **system** helps humans survive by recognizing which foods are safe and which might be dangerous.







B3 U2 (RW)

typically (adverb) بشكلٍ معهود / عادةً

: usually, normally

- * People who eat healthy foods and exercise **typically** have fewer health problems than people who don't.
- * Medium tasters **typically** have 10,000 taste buds.

B3 U2 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 28, 30 & 31	Example from Reading 1 page 29 & 30
balanced	<i>adj.</i>	متوازن	consisting of parts that are in the correct or pleasing proportions	Most health experts agree that a balanced diet should include different types of foods, such as meat, fruits, vegetables, bread, and cheese.	Since supertasters avoid bitter fruits and vegetables, their diets are sometimes not balanced , which could put them more at risk for certain types of cancers.
identify AWL 	<i>v.</i>	يتحقق من / يتعرف على	to recognize or be able to say who or what something is	The police used a photograph to identify the man who stole Abdullah's wallet.	If you can identify which kind of taster you are, you will be able to make more educated choices about your diet.
likely 	<i>adj.</i>	مُحتمل / مُتوقَّع	probable or expected	People who don't eat well are more likely to get sick than people with healthy diets.	Research shows that supertasters are more likely to be women and from Asia, Africa, and South America.
be made up of	<i>phr.</i>	يتكوَّن من	to consist of	Water is made up of hydrogen and oxygen.	The human tongue is made up of a group of muscles and taste buds that work together to recognize taste.
recognize 	<i>v.</i>	يتعرَّف على	to know again someone or something that you have seen or heard better	I did not recognize the taste of the desert at first. It took me a minute to realize that it tasted like pistachios.	The human tongue is made up of a group of muscles and taste buds that work together to recognize taste.
at risk	<i>phr.</i>	في خطر	in danger	People who don't eat well are at risk of getting sick.	Since supertasters avoid bitter fruits and vegetables, their diets are sometimes not balanced, which could put them more at risk for certain types of cancers.
sensitive 	<i>adj.</i>	حساس / سريع التأثر	easily hurt or damaged by something	Sarah's teeth are very sensitive to cold, so she usually drinks water at room temperature.	In addition to having more taste buds, supertasters are born with a gene that makes them sensitive to bitter foods.
system 	<i>n.</i>	نظام	a group of things or parts that work together	The human digestive system includes the mouth and stomach. It helps to change the food we eat into energy.	This complex system helps humans survive by recognizing which foods are safe and which might be dangerous.
typically 	<i>adv.</i>	بشكل معهود / عادةً	usually, normally	People who eat healthy foods and exercise typically have fewer health problems than people who don't.	Medium tasters typically have 10,000 taste buds.

concept **AWL**  (noun) مفهـوم / فـكرة / مـبدأ

: **idea; belief**

- * The **concept** behind organic food is that farmers should grow fruits, vegetables, and grains without harmful chemicals.
- * Looking at the **concept** of a “balanced diet” through the eyes of two very different cultures makes it clear that the definition can differ greatly.

B3 U2 (RW)

consume **AWL** (verb) يستهلك / يتهم

: **take in; eat**

- * People who **consume** too many calories typically gain weight.
- * A person’s culture can influence the way he tries to find balance in the foods he **consumes**.

B3 U2 (RW)

cuisine (noun) طبخ

: **cooking; food**

- * Middle Eastern **cuisine** is known for its use of rich spices like cumin, ginger, and cardamom.
- * Each region has its own local **cuisine** and food traditions, or what the French call terroir.

B3 U2 (RW)

influence  (verb) يـأثـر عـلى

: **affect; help determine**

- * The foods we eat as children can **influence** the foods we prefer as adults.
- * A person’s culture can **influence** the way he tries to find balance in the foods he consumes.

B3 U2 (RW)

B3 U2 (RW)

method **AWL**  (noun) طـريـقة / أسـلوب

: **way; process**

- * Various cultures use different **methods** for preparing foods.
- * When a dish has an equal amount of warm and cool foods together, it is considered balanced. Likewise, opposing cooking **methods** balance dishes.

B3 U2 (RW)

B3 U2 (RW)

portion **AWL** (noun) جزء / نصيب في الشيء

: **amount; quantity**

- * For dinner, I ate meat, vegetables, and just a small **portion** of dessert.
- * Each dish is eaten and enjoyed separately, and **portions** are small.

B3 U2 (RW)

B3 U2 (RW)

practice  (noun) عـادة / عـرف

: **action; custom**

- * The **practice** of eating with one's hands is considered rude in some cultures but polite in others.
- * This **practice** has even affected the menus of fast-food chains.

principle **AWL**  (noun) مـبدأ / مـعتـقد

: **basic rule; belief**

- * One **principle** of healthy eating is to read the labels on foods.
- * According to this **principle**, foods like carrots, water, and tofu are “cool” foods because they decrease body heat.

property  (noun) صـفة خاصـة / خاصـية / مزـية

: **quality; characteristic**

- * A unique **property** of water is taking up more space as ice than as a liquid.
- * The challenge in traditional Chinese cooking is to prepare and eat meals that balance these opposing **properties**.

region AWL  (noun)








منطقة

: area; place

* Although bananas are found in tropical regions, they also grow in deserts.

* For the French, balance does not come only from using different kinds of ingredients; enjoying the tastes of the country's many regions can also make their diet feel balanced.

B3 U2 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 35 & 37	Example from Reading 2 page 35, 36 & 37
concept AWL 	<i>n.</i>	مفهوم / فكرة / مبدأ	idea; belief	The concept behind organic food is that farmers should grow fruits, vegetables, and grains without harmful chemicals.	Looking at the concept of a “balanced diet” through the eyes of two very different cultures makes it clear that the definition can differ greatly.
consume AWL	<i>v.</i>	يستهلك / يلتهم	take in; eat	People who consume too many calories typically gain weight.	A person’s culture can influence the way he tries to find balance in the foods he consumes .
cuisine	<i>n.</i>	طبخ	cooking; food	Middle Eastern cuisine is known for its use of rich spices like cumin, ginger, and cardamom.	Each region has its own local cuisine and food traditions, or what the French call terroir.
influence 	<i>v.</i>	يؤثر على	affect; help determine	The foods we eat as children can influence the foods we prefer as adults.	A person’s culture can influence the way he tries to find balance in the foods he consumes.
method AWL 	<i>n.</i>	طريقة / أسلوب	way; process	Various cultures use different methods for preparing foods.	When a dish has an equal amount of warm and cool foods together, it is considered balanced. Likewise, opposing cooking methods balance dishes.
portion AWL	<i>n.</i>	جزء / نصيب في الشيء	amount; quantity	For dinner, I ate meat, vegetables, and just a small portion of dessert.	Each dish is eaten and enjoyed separately, and portions are small.
practice 	<i>n.</i>	عادة / عُرْف	action; custom	The practice of eating with one's hands is considered rude in some cultures but polite in others.	This practice has even affected the menus of fast-food chains.
principle AWL 	<i>n.</i>	مبدأ / معتقد	basic rule; belief	One principle of healthy eating is to read the labels on foods.	According to this principle , foods like carrots, water, and tofu are “cool” foods because they decrease body heat.
property 	<i>n.</i>	صفة خاصة / خاصية / مزية	quality; characteristic	A unique property of water is taking up more space as ice than as a liquid.	The challenge in traditional Chinese cooking is to prepare and eat meals that balance these opposing properties .
region AWL 	<i>n.</i>	منطقة	area; place	Although bananas are found in tropical regions , they also grow in deserts.	For the French, balance does not come only from using different kinds of ingredients; enjoying the tastes of the country’s many regions can also make their diet feel balanced.

benefit AWL 🗝️ (noun) فائدة / منفعة

: an advantage or useful effect that something has

* One benefit of driving to work is that it saves me time, but a advantage is that I can get stuck in traffic.

* According to car manufacturers, hands-free driving has important benefits.

B3 U3 (RW)

data AWL 🗝️ (noun) بيانات

: facts or information

* If my computer turns off by accident, I don't worry about losing my work because the data is already saved.

* The prototype driverless car's computer uses GPS and other data to drive the car safely to its destination.

B3 U3 (RW)

limitation (noun) حدّ / قيد

: a condition that controls or restricts what you can do

* If you don't pay for a membership to the website, you can't read all the articles. There's a limitation on how much information you can access without paying.

* Although driverless cars sound perfect, there are limitations.

B3 U3 (RW)

manufacturer 🗝️ (noun) المُنتِج

: a person or a company that makes something

* The car manufacturer has decided to build a car that runs on gasoline and electricity because its customers want vehicles that use less fuel.

* According to car manufacturers, hands-free driving has important benefits.

B3 U3 (RW)

B3 U3 (RW)

obey 🗝️ (verb) يُطِيع

: to do what someone tells you to do

* The police expect drivers to obey the speed limit on highways. If drivers go too fast, they may get a ticket.

* Select "cautious," and it will obey the speed limit.

B3 U3 (RW)

B3 U3 (RW)

obstacle (noun) عَقْبَة / عائق

: something that makes it difficult to do something or go somewhere

* Sand is a real obstacle when driving in the desert. It makes it difficult to control the speed and direction of the car.

* Cameras can see for us at night and steer cars around obstacles to avoid accidents.

B3 U3 (RW)

B3 U3 (RW)

occur AWL 🗝️ (verb) يحدث / يقع

: to happen

* Even though cars have headlights, accidents are more likely to occur at night because drivers can't see as well.

* In addition, accident does occur, who is to blame? Do you blame the driver? The car? The manufacturer?

respond AWL 🗝️ (verb) يَرُدُّ / يُجِيب

: to do or say something to answer someone or something

* My boss expects me to respond to his emails right away.

* In a hands-free car, people can respond to email without worrying about hitting another car.

B3 U3 (RW)








sense 🗝️ (verb) يحس / يشعر

: to understand or feel something

* In many buildings, the lights can sense when people enter a room, and they turn on by themselves.

* A prototype driverless car has sensors and cameras to give the a 360-degree "eye" to sense its full environment.

B3 U3 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 52, 54 & 55	Example from Reading 1 page 53 & 54
benefit AWL 	<i>n.</i>	فائدة / منفعة	an advantage or useful effect that something has	One benefit of driving to work is that it saves me time, but a disadvantage is that I can get stuck in traffic.	According to car manufacturers, hands-free driving has important benefits .
data AWL 	<i>n.</i>	بيانات	facts or information	If my computer turns off by accident, I don't worry about losing my work because the data is already saved.	The prototype driverless car's computer uses GPS and other data to drive the car safely to its destination.
limitation	<i>n.</i>	حدّ / قيد	a condition that controls or restricts what you can do	If you don't pay for a membership to the website, you can't read all the articles. There's a limitation on how much information you can access without paying.	Although driverless cars sound perfect, there are limitations .
manufacturer 	<i>n.</i>	المُنتِج	a person or a company that makes something	The car manufacturer has decided to build a car that runs on gasoline and electricity because its customers want vehicles that use less fuel.	According to car manufacturers , hands-free driving has important benefits.
obey 	<i>v.</i>	يُطيع	to do what someone tells you to do	The police expect drivers to obey the speed limit on highways. If drivers go too fast, they may get a ticket.	Select "cautious," and it will obey the speed limit.
obstacle	<i>n.</i>	عَقَبَة / عائق	something that makes it difficult to do something or go somewhere	Sand is a real obstacle when driving in the desert. It makes it difficult to control the speed and direction of the car.	Cameras can see for us at night and steer cars around obstacles to avoid accidents.
occur AWL 	<i>v.</i>	يحدث / يَقَع	to happen	Even though cars have headlights, accidents are more likely to occur at night because drivers can't see as well.	In addition, accident does occur , who is to blame? Do you blame the driver? The car? The manufacturer?
respond AWL 	<i>v.</i>	يَرُدُّ / يُجِيب	to do or say something to answer someone or something	My boss expects me to respond to his emails right away.	In a hands-free car, people can respond to email without worrying about hitting another car.
sense 	<i>v.</i>	يُحسُّ / يشعر	to understand or feel something	In many buildings, the lights can sense when people enter a room, and they turn on by themselves.	A prototype driverless car has sensors and cameras to give the a 360-degree "eye" to sense its full environment.

adapt AWL  (verb) يتكيف مع

: to change because the situation or environment you are in has changed

* Most smartphones have screens that **adapt** to light. When it is dark outside, the screen changes so it is less bright.

* parents must learn to **adapt** to technology they never had in school.

B3 U3 (RW)


digital  (adjective) رقمي

: using an electronic system to record or store information

* Libraries are using **digital** technology. Many library books are now available as e-books, which people can download onto their computers.

* The tablets connect students to an enormous amount of new, **digital** content, including e-books, online videos, and classroom apps.

B3 U3 (RW)

discover  (verb) يكتشف / يعلم

: to find or learn something new or unexpected or something that you did not know before

* In college, Sultan **discovered** that he liked art and engineering, so he decided to get a degree in architecture.

* In a history class, for example, students can use apps to **discover** and “rebuild” an ancient city.

B3 U3 (RW)

eventually AWL  (adverb) أخيراً / في النهاية

: in the end; after a long time

* I had an old desktop computer for many years, but I **eventually** replaced it with a tablet because I wanted something smaller and mobile.

* **Eventually**, all schools could have tablets. But will the experiment work?

B3 U3 (RW)

B3 U3 (RW)

experiment  (noun) تجربة

: a scientific test that is done in order to prove something or get new knowledge

* The Internet began as an **experiment** in the 1960s, when university researchers were looking for a way to let people access information from any computer in the world.

* **Eventually**, all schools could have tablets. But will the **experiment** work?

B3 U3 (RW)

B3 U3 (RW)

feedback (noun) رد الفعل لعملٍ ما / تعليق أو رأي

*** information about something that you have done or made which tells you how good or successful it is**

* When my teacher sends me **feedback** on my essay, I read his comment and try to make changes to improve it.

* In these cases, instant **feedback** can equal greater success.

B3 U3 (RW)

B3 U3 (RW)

interactive AWL (adjective) متفاعل: تفاعل بين الكمبيوتر والشخص

: involving direct communication both ways, between the computer and the person using it

* There are many computer games online that let students review math in fun and **interactive** ways.

* He says students are doing better with tablets because the learning is **interactive** and dynamic.

monitor AWL  (verb) يرصد / يُراقب

: to check, record, or watch something regularly for a period of time

* It is a good idea for parents to **monitor** how much time their children spend online because they can easily lose track of time.

* When they need help, they type a quick message to their teacher, who **monitors** them from his computer.

reliable AWL (adjective) موثوق / يمكن الاعتماد عليه

: that you can trust

* People can find **reliable** information on websites from professional organizations, but personal websites are less trustworthy.

* It is investing millions into fast **reliable** Internet for schools and cities.







revolutionize AWL (*verb*) / يُحدث ثورة في / يُغيّر جذرياً

: to change something completely

* Apps have revolutionized early childhood education. Babies used to learn colors and shapes from books, but now many learn them from apps.

* In the Middle East, tablet computers are revolutionizing education.

B3 U3 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 59 & 62	Example from Reading 2 page 60 & 61
adapt AWL 	<i>v.</i>	يتكيف مع	to change because the situation or environment you are in has changed	Most smartphones have screens that adapt to light. When it is dark outside, the screen changes so it is less bright.	parents must learn to adapt to technology they never had in school.
digital 	<i>adj.</i>	رقمي	using an electronic system to record or store information	Libraries are using digital technology. Many library books are now available as e-books, which people can download onto their computers.	The tablets connect students to an enormous amount of new, digital content, including e-books, online videos, and classroom apps.
discover 	<i>v.</i>	يكتشف / يعلم	to find or learn something new or unexpected or something that you did not know before	In college, Sultan discovered that he liked art and engineering, so he decided to get a degree in architecture.	In a history class, for example, students can use apps to discover and "rebuild" an ancient city.
eventually AWL 	<i>adv.</i>	أخيراً / في النهاية	in the end; after a long time	I had an old desktop computer for many years, but I eventually replaced it with a tablet because I wanted something smaller and mobile.	Eventually , all schools could have tablets. But will the experiment work?
experiment 	<i>n.</i>	تجربة	a scientific test that is done in order to prove something or get new knowledge	The Internet began as an experiment in the 1960s, when university researchers were looking for a way to let people access information from any computer in the world.	Eventually, all schools could have tablets. But will the experiment work?
feedback	<i>n.</i>	رد الفعل لعمل ما / تعليق أو رأي	information about something that you have done or made which tells you how good or successful it is	When my teacher sends me feedback on my essay, I read his comment and try to make changes to improve it.	In these cases, instant feedback can equal greater success.
interactive AWL	<i>adj.</i>	متفاعل: تفاعل بين الكمبيوتر والشخص	involving direct communication both ways, between the computer and the person using it	There are many computer games online that let students review math in fun and interactive ways.	He says students are doing better with tablets because the learning is interactive and dynamic.
monitor AWL 	<i>v.</i>	يرصد / يراقب	to check, record, or watch something regularly for a period of time	It is a good idea for parents to monitor how much time their children spend online because they can easily lose track of time.	When they need help, they type a quick message to their teacher, who monitors them from his computer.
reliable AWL	<i>adj.</i>	موثوق / يمكن الاعتماد عليه	that you can trust	People can find reliable information on websites from professional organizations, but personal websites are less trustworthy.	It is investing millions into fast reliable Internet for schools and cities.
revolutionize AWL	<i>v.</i>	يحدث ثورة في / يُغيّر جذرياً	to change something completely	Apps have revolutionized early childhood education. Babies used to learn colors and shapes from books, but now many learn them from apps.	In the Middle East, tablet computers are revolutionizing education.

anticipation **AWL** (*noun*) توقع أو إنتظار حدوث الشيء

: the state of feeling excited about something that is going to happen

* Sometimes the **anticipation** of something happening is better than when it actually happens.

* You find the nearest fast-food restaurant and order your burger, as your stomach grumbles in **anticipation**.

B3 U4 (RW)

appealing (*adjective*) جَدَّاب

: attractive or interesting

* The young child was very hungry, so the pictures of the food items on the menu all looked **appealing** to him.

* When the turkey is cooked, it gets wrinkles and the skin does not always look very **appealing**.

B3 U4 (RW)

appear  (*verb*) يبدو/ يظهر/ يبان

: to seem or to be seen

* Toys don't always **appear** like they are pictured in ads; often they are much smaller and not as colorful.

* To get the perfect-looking burger, food stylists often will use a partially cooked burger patty because it will **appear** plumper.

B3 U4 (RW)

claim  (*verb*) يدَّعي

: to say that something is true, without having any proof

* Food photographers **claim** that it is impossible to take attractive photos of real foods like ice cream.

* There are critics of this type of practice. They **claim** that advertising companies are deceiving us.

B3 U4 (RW)

come close to (*phrasal verb*) يقترب من / يشبه

: to be similar to something

* I need to lose weight, but I hate eating low-fat foods; the taste of low-fat foods doesn't **come close to** the taste of the real foods.

* Don't be surprised when the real thing does not **come close to** looking like the picture in the ad.

B3 U4 (RW)

critic  (*noun*) منتقد / ناقد

: a person who says what he/she thinks is bad or wrong with someone or something

* Almost everyone of the meeting agreed with the town's decision, but there was one **critic** who argued that it was the wrong choice.

* There are **critics** of this type of practice. They claim that advertising companies are deceiving us.

B3 U4 (RW)

deceptive (*adjective*) مُضَلِّل / خَدَّاع

: likely to give a false impression or to make someone believe something that is not true

* The store advertisement was very **deceptive** because it wasn't clear that you had to spend more than \$200 to get the free DVD.

* The same sort of **deceptive** tricks are used to photograph turkeys.

B3 U4 (RW)

figure out (*phrasal verb*) يفهم / يخمن / يلاقي أو يكتشف

: to find an answer to something or to understand someone or something

* Sami is going away for his vacation, but he still needs to **figure out** the cheapest way to travel, since he does not have a lot of money to spend.

* Now it's time to **figure out** how to photograph the bun.

B3 U4 (RW)

hire  (*verb*) يوظف

: to give someone a job

* The company is doing very well, and they hope to **hire** 10 new employees by the end of the year.

* Many food businesses, such as restaurants and food companies, **hire** someone called a "food stylist" to help photograph the foods they sell.

B3 U4 (RW)

Book 3 Unit 4 (RW): Does **advertising help or harm** us? Reading 1: Food Advertising Tricks You Should Know About

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 76, 78 & 79	Example from Reading 1 page 77 & 78
anticipation AWL	<i>n.</i>	توقع أو إنتظار حدوث الشيء	the state of feeling excited about something that is going to happen	Sometimes the anticipation of something happening is better than when it actually happens.	You find the nearest fast-food restaurant and order your burger, as your stomach grumbles in anticipation .
appealing	<i>adj.</i>	جَدَّاب	attractive or interesting	The young child was very hungry, so the pictures of the food items on the menu all looked appealing to him.	When the turkey is cooked, it gets wrinkles and the skin does not always look very appealing .
appear key	<i>v.</i>	يبدو / يظهر / بيان	to seem or to be seen	Toys don't always appear like they are pictured in ads; often they are much smaller and not as colorful.	To get the perfect-looking burger, food stylists often will use a partially cooked burger patty because it will appear plumper.
claim key	<i>v.</i>	يَدَّعي	to say that something is true, without having any proof	Food photographers claim that it is impossible to take attractive photos of real foods like ice cream.	There are critics of this type of practice. They claim that advertising companies are deceiving us.
come close to	<i>phr. v.</i>	يقترِب من / يشبه	to be similar to something	I need to lose weight, but I hate eating low-fat foods; the taste of low-fat foods doesn't come close to the taste of the real foods.	Don't be surprised when the real thing does not come close to looking like the picture in the ad.
critic key	<i>n.</i>	منتقد / ناقد	a person who says what he/she thinks is bad or wrong with someone or something	Almost everyone of the meeting agreed with the town's decision, but there was one critic who argued that it was the wrong choice.	There are critics of this type of practice. They claim that advertising companies are deceiving us.
deceptive	<i>adj.</i>	مُضَلِّل / خَدَّاع	likely to give a false impression or to make someone believe something that is not true	The store advertisement was very deceptive because it wasn't clear that you had to spend more than \$200 to get the free DVD.	The same sort of deceptive tricks are used to photograph turkeys.
figure out	<i>phr. v.</i>	يفهم / يخمن / يلاقي أو يكتشف	to find an answer to something or to understand someone or something	Sami is going away for his vacation, but he still needs to figure out the cheapest way to travel, since he does not have a lot of money to spend.	Now it's time to figure out how to photograph the bun.
hire key	<i>v.</i>	يوظِّف	to give someone a job	The company is doing very well, and they hope to hire 10 new employees by the end of the year.	Many food businesses, such as restaurants and food companies, hire someone called a "food stylist" to help photograph the foods they sell.
particularly key	<i>adv.</i>	بصورة خاصة / خاصة	especially	I wasn't particularly interested in seeing the movie, but I was pleasantly surprised at how exciting it really was.	They argue that some foods, which may not be particularly healthy for consumers, appear appetizing in these "styled" photos.

annoying  (adjective) مُزِعج

: making you feel slightly angry

* This is a useful website, but I can't stand all of the pop-up ads. They're so **annoying!**

* It may be **annoying** to sit through commercials during your favorite TV show, but the advertisers have paid for its production.

B3 U4 (RW)

annual  (adjective) سنوي

: happening or done once a year

* There is always a guest speaker at the college's **annual** graduation dinner. This year it will be the mayor!

* Everyone looks forward to this **annual** event, even those who do not like football, because the commercials are known to be the best of the year.

B3 U4 (RW)

broadcasting (noun) إذاعة / بث

: sound or pictures that are sent by radio or television

* Radio **broadcasting** brings news and other programs to the public.

* Even public **broadcasting** has supporters. The companies' names appear at the beginning or end of the shows.

B3 U4 (RW)

donation (noun) تَبْرُع / هبة

: money or something that is given to an organization

* Mini food companies make a **donation** of their products to organizations that feed the hungry.

* Various companies pay for the PSAs, and advertising agencies make **donations** of their time and expertise to produce them.

B3 U4 (RW)

entertain  (verb) يُسَلِّي

: to interest or amuse someone

* The children were bored last night, so we turned on the TV to **entertain** them.

* When we're not out shopping or being **entertained**, many of us enjoy surfing the Web.

B3 U4 (RW)

exposure (noun) دعاية إعلامية

: attention from newspapers, television, or other media

* The professor's appearance on the news program gave him the **exposure** he needed to become well known.

* It's a way for them to get both experience and **exposure**.

B3 U4 (RW)

memorable (adjective) لا يُنسى / عالق بالذاكرة

: easy to remember because it is special in some way

* That was a very **memorable** book. After all these years, I still remember the ending very clearly.

* They provide viewers with the information they need in a **memorable** way.

B3 U4 (RW)

support  (verb) يُعِیل / يدعم

: to give or provide someone or something with assistance and money

* Some food companies use part of their profits to **support** programs for seriously ill children.

* Besides providing information, advertising also **supports** the entertainment industry, including television and radio.

B3 U4 (RW)

surrounding  (adjective) مُحِیط (ب)

: being or going around someone or something

* All of the ads on the fence **surrounding** the baseball field are for food products that are sold there.

* There are hundreds of large banners **surrounding** sports stadiums, and hundreds, thousands, even millions of people notice them.

B3 U4 (RW)

particularly  (*adverb*) بصورة خاصة / خاصة

: especially

* I wasn't particularly interested in seeing the movie, but I was pleasantly surprised at how exciting it really was.

* They argue that some foods, which may not be particularly healthy for consumers, appear appetizing in these "styled" photos.

B3 U4 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 83, 85 & 85	Example from Reading 2 page 84 & 85
annoying key	<i>adj.</i>	مُزعِج	making you feel slightly angry	This is a useful website, but I can't stand all of the pop-up ads. They're so annoying!	It may be annoying to sit through commercials during your favorite TV show, but the advertisers have paid for its production.
annual key	<i>adj.</i>	سنويّ	happening or done once a year	There is always a guest speaker at the college's annual graduation dinner. This year it will be the mayor!	Everyone looks forward to this annual event, even those who do not like football, because the commercials are known to be the best of the year.
broadcasting	<i>n.</i>	إذاعة / بث	sound or pictures that are sent by radio or television	Radio broadcasting brings news and other programs to the public.	Even public broadcasting has supporters. The companies' names appear at the beginning or end of the shows.
donation	<i>n.</i>	تبرُّع / هبة	money or something that is given to an organization	Mini food companies make a donation of their products to organizations that feed the hungry.	Various companies pay for the PSAs, and advertising agencies make donations of their time and expertise to produce them.
entertain key	<i>v.</i>	يُسلِّي	to interest or amuse someone	The children were bored last night, so we turned on the TV to entertain them.	When we're not out shopping or being entertained , many of us enjoy surfing the Web.
exposure	<i>n.</i>	دعاية إعلامية	attention from newspapers, television, or other media	The professor's appearance on the news program gave him the exposure he needed to become well known.	It's a way for them to get both experience and exposure .
memorable	<i>adj.</i>	لا يُنسى / عالق بالذاكرة	easy to remember because it is special in some way	That was a very memorable book. After all these years, I still remember the ending very clearly.	They provide viewers with the information they need in a memorable way.
support key	<i>v.</i>	يُعيل / يدعم	to give or provide someone or something with assistance and money	Some food companies use part of their profits to support programs for seriously ill children.	Besides providing information, advertising also supports the entertainment industry, including television and radio.
surrounding key	<i>adj.</i>	مُحيط (بِ)	being or going around someone or something	All of the ads on the fence surrounding the baseball field are for food products that are sold there.	There are hundreds of large banners surrounding sports stadiums, and hundreds, thousands, even millions of people notice them.

aspect **AWL**  (noun) جانب / مظهر / هيئة

: part

* One **aspect** of extreme sports that many people cannot overcome is the risk.

* Another key **aspect** of risk perception may be something referred to as “the flow” or “the zone.”

B3 U5 (RW)

challenge **AWL**  (noun) تحدي

: something difficult and exciting

* He's an experienced climber, but now he believes he's ready for the **challenge** of climbing Mount Everest.

* I'm in it for the **challenge**, my heart thumping as I finish, the feeling of being alive,” he said.

B3 U5 (RW)

mental **AWL**  (adjective) عقلي / ذهني / فكري

: relating to the mind

* Running a marathon requires both physical strength and strong **mental** qualities like confidence and determination.

* Ski and Snowboard Association, says that not everyone has the **mental** character to excel in dangerous pursuits.

B3 U5 (RW)

notable (adjective) جدير بالذكر / هام / شهير

: important and well known

* Joe Simpson is **notable** for his mountain climbing as well as his writing.

* Mountaineer Al Read has logged many **notable** first ascents over the course of his climbing career.

B3 U5 (RW)

perceive **AWL** (verb) يرى / يفهم

: think of

* People **perceive** farming as a safe job, but it is one of the riskiest jobs a person can have.

* In addition to not being afraid of risks, certain people may **perceive** risk differently from others.

B3 U5 (RW)

precaution (noun) حيلة / احتراص

: things you do to avoid danger

* If you go rock climbing, you should take **precautions**, such as wearing a helmet and the right kind of shoes.

* But the climbers took every **precaution** to prepare themselves for this climb.

B3 U5 (RW)

pursuits **AWL** (noun) إهتمامات / رياضات / نشاطات

: activities

* During the summer months, some of his athletic **pursuits** are running, biking, and mountain climbing.

* Ski and Snowboard Association, says that not everyone has the mental character to excel in dangerous **pursuits**.

B3 U5 (RW)

tolerance (noun) تسامح / تحمّل

: ability to accept something difficult or unpleasant

* In order to really enjoy skiing, you need to have a very high **tolerance** for the cold.

* But others have a much higher **tolerance** for risk.

B3 U5 (RW)

trait (noun) سمة / صفة

: particular quality

* One **trait** of extreme sports that many athletes share is the love of excitement in their sport.

* Psychologists note that some people seem to have a strong craving for adrenaline rushes as a thrill-seeking behavior or personality **trait**.

B3 U5 (RW)

vivid (*adjective*)




حَيّ / قوِيّ

: producing a strong, clear picture in your mind

* My memory of reaching the top of the mountain is so **vivid** that I feel as if I'm still there.

* Having climbed for over 40 years, Read says he no longer pushes to the extremes as he once did—but the feeling is still **vivid**.

B3 U5 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 98, 100 & 101	Example from Reading 1 page 99 & 100
aspect AWL 	<i>n.</i>	جانب / مظهر / هيئة	part	One aspect of extreme sports that many people cannot overcome is the risk.	Another key aspect of risk perception may be something referred to as “the flow” or “the zone.”
challenge AWL 	<i>n.</i>	تحدي	something difficult and exciting	He's an experienced climber, but now he believes he's ready for the challenge of climbing Mount Everest.	I'm in it for the challenge , my heart thumping as I finish, the feeling of being alive,” he said.
mental AWL 	<i>adj.</i>	عقلي / ذهني فكري /	relating to the mind	Running a marathon requires both physical strength and strong mental qualities like confidence and determination.	Ski and Snowboard Association, says that not everyone has the mental character to excel in dangerous pursuits.
notable	<i>adj.</i>	جدير بالذكر / هام / شهير	important and well known	Joe Simpson is notable for his mountain climbing as well as his writing.	Mountaineer Al Read has logged many notable first ascents over the course of his climbing career.
perceive AWL	<i>v.</i>	يرى / يفهم	think of	People perceive farming as a safe job, but it is one of the riskiest jobs a person can have.	In addition to not being afraid of risks, certain people may perceive risk differently from others.
precaution	<i>n.</i>	حيطة / احتراس	things you do to avoid danger	If you go rock climbing, you should take precautions , such as wearing a helmet and the right kind of shoes.	But the climbers took every precaution to prepare themselves for this climb.
pursuits AWL	<i>n.</i>	إهتمامات / رياضات نشاطات /	activities	During the summer months, some of his athletic pursuits are running, biking, and mountain climbing.	Ski and Snowboard Association, says that not everyone has the mental character to excel in dangerous pursuits .
tolerance	<i>n.</i>	تسامح / تحمّل	ability to accept something difficult or unpleasant	In order to really enjoy skiing, you need to have a very high tolerance for the cold.	But others have a much higher tolerance for risk.
trait	<i>n.</i>	سِمة / صِفة	particular quality	One trait of extreme sports that many athletes share is the love of excitement in their sport.	Psychologists note that some people seem to have a strong craving for adrenaline rushes as a thrill-seeking behavior or personality trait .
vivid	<i>adj.</i>	حيّ / قويّ	producing a strong, clear picture in your mind	My memory of reaching the top of the mountain is so vivid that I feel as if I'm still there.	Having climbed for over 40 years, Read says he no longer pushes to the extremes as he once did—but the feeling is still vivid .

bravely (*adverb*)

بشجاعة

: in a brave manner

* The fire fighters bravely entered the burning school to rescue the children.

* Both challenges involve bravely facing the unknown, and to conquer either requires well-defined goals and discipline.

B3 U5 (RW)

conquer (*verb*)

يهزم / يقهر

: to defeat an enemy, an army, etc.; to overcome something

* My husband took a class that helped him conquer his fear of flying. Now he can ride in airplane without feeling so nervous.

* Both challenges involve bravely facing the unknown, and to conquer either requires well-defined goals and discipline.

B3 U5 (RW)

determined  (*adjective*) عائد العزم / مُصمّم

: having firmly decided to succeed in doing something, even if it is difficult or people are against you

* We were very tired, but we didn't get up. We were determined to get to the top of the mountain.

* Determined to reap the reward for all my effort, I replied, "Absolutely, we have to go on."

B3 U5 (RW)

distinctive **AWL** (*adjective*) مميز / متميز

: clearly different from others and therefore easy to recognize

* I always recognize Dins on the phone because she has a very distinctive voice. She doesn't sound like any of my other friends.

* Half Dome's shape is unforgettably distinctive because it's broken.

B3 U5 (RW)

earn  (*verb*)

يستحق / يجني

: to get something that you deserve

* When we were children, we had to do work around the house in order to earn rewards like toys or candy.

* I wanted bruises to be earned from sports related activities, not from needle pricks and aspirin-thinned blood.

B3 U5 (RW)

goal **AWL**  (*noun*) هدف / غاية / طموح

: purpose or aim

* My goal for this year is to train until I am ready to run the city marathon.

* Both challenges involve bravely facing the unknown, and to conquer either requires well-defined goals and discipline.

B3 U5 (RW)

role **AWL**  (*noun*)

دور / وظيفة

: the position and importance of someone or something

* When our parents were away, my oldest brother took on the role of the family guardian.

* I had been cast in the role of patient.

B3 U5 (RW)

significant **AWL**  (*adjective*)

ذو مغزى / هام / ملحوظ

: having a particular meaning; important

* Volunteering in South America was one of the most significant experiences of my life. It inspired me to pursue a career in public service.

* Secretly, I wanted to do something significant to help change the image that friends and family had developed of me.

B3 U5 (RW)








ultimate **AWL**  (*adjective*) أعظم / أقصى (الشيء)

: the greatest

* Rock climbing is the ultimate activity for people who want a fun, exciting challenge.

* To me, a mountain is the ultimate challenge, with body, spirit, and mind all having to work together.

B3 U5 (RW)

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 105 & 108	Example from Reading 2 page 106 & 107
bravely	<i>adv.</i>	بشجاعة	in a brave manner	The fire fighters bravely entered the burning school to rescue the children.	Both challenges involve bravely facing the unknown, and to conquer either requires well-defined goals and discipline.
conquer	<i>v.</i>	يَهْزِمُ / يَقْهَرُ	to defeat an enemy, an army, etc.; to overcome something	My husband took a class that helped him conquer his fear of flying. Now he can ride in airplane without feeling so nervous.	Both challenges involve bravely facing the unknown, and to conquer either requires well-defined goals and discipline.
determined 	<i>adj.</i>	مُصَمِّمٌ / عَاقِدُ الْعَزْمِ	having firmly decided to succeed in doing something, even if it is difficult or people are against you	We were very tired, but we didn't get up. We were determined to get to the top of the mountain.	Determined to reap the reward for all my effort, I replied, "Absolutely, we have to go on."
distinctive 	<i>adj.</i>	مَمِيزٌ / مَتَمِيزٌ	clearly different from others and therefore easy to recognize	I always recognize Dins on the phone because she has a very distinctive voice. She doesn't sound like any of my other friends.	Half Dome's shape is unforgettably distinctive because it's broken.
earn 	<i>v.</i>	يَسْتَحِقُّ / يَجْنِي	to get something that you deserve	When we were children, we had to do work around the house in order to earn rewards like toys or candy.	I wanted bruises to be earned from sports related activities, not from needle pricks and aspirin-thinned blood.
goal 	<i>n.</i>	هَدَفٌ / غَايَةٌ / طَمُوحٌ	purpose or aim	My goal for this year is to train until I am ready to run the city marathon.	Both challenges involve bravely facing the unknown, and to conquer either requires well-defined goals and discipline.
role 	<i>n.</i>	دَوْرٌ / وِظِيفَةٌ	the position and importance of someone or something	When our parents were away, my oldest brother took on the role of the family guardian.	I had been cast in the role of patient.
significant 	<i>adj.</i>	ذُو مَعْرَى / هَامٌ / مَلْحُوظٌ	having a particular meaning; important	Volunteering in South America was one of the most significant experiences of my life. It inspired me to pursue a career in public service.	Secretly, I wanted to do something significant to help change the image that friends and family had developed of me.
ultimate 	<i>adj.</i>	أَعْظَمُ / أَقْصَى (الشَيْءِ)	the greatest	Rock climbing is the ultimate activity for people who want a fun, exciting challenge.	To me, a mountain is the ultimate challenge, with body, spirit, and mind all having to work together.