GOUDA ACADEMY

EST ENGLISH

100 WORDS

SELF-STUDY VOCABULARY GUIDE

2026 EDITION



5 Sets • 25 Quiz Questions

Tricky Meanings • Examples • Answer Key

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GOUDA ACADEMY • SELF-STUDY VOCABULARY GUIDE

EST English 100 High-Probability Vocabulary Words

A complete self-study guide of the 100 words most likely to show up on upcoming EST English tests—including a dedicated Usual Meaning vs. EST Tricky Meaning table for secondary-meaning traps.

> **3-Step Self-Study Method (15 Minutes per Set):**
> 1. Read through the 20 words and check off [ ] the ones you already know.
> 2. Circle any word whose **EST Tricky Meaning** surprises you and review its example sentence.
> 3. Take the 5-question Self-Check Quiz right away, plug the 4 choices into each blank, and grade yourself at the back!

Your 5 Self-Study Sets

[ ] **Set 1:** Usual Meaning vs. EST Tricky Meaning (20 Secondary-Meaning Traps) Words 1–20 + Quiz

[ ] **Set 2:** Author's Attitude, Tone & Critique Words Words 21–40 + Quiz

[ ] **Set 3:** Logic, Evidence & Argumentation Words Words 41–60 + Quiz

[ ] **Set 4:** Science, Nature & Change Words Words 61–80 + Quiz

[ ] **Set 5:** Writing Style, History & Character Words Words 81–100 + Quiz

Self-Check Answer Key (25 Questions) Back Page

Set 1: Tricky Secondary Meanings (EST Favorites)

Watch out! The EST loves testing everyday words using their less common formal meaning.

Word	Usual Meaning	EST Tricky Meaning	Example Sentence
[ ] 1. arrest (v.)	Police catch someone	**To stop, block, or halt movement**	The fallen branch arrested the flow of the stream.
[ ] 2. liberal (adj.)	A political viewpoint	**Generous; abundant in amount**	The patron offered liberal support to young artists.
[ ] 3. purchase (n.)	Buying something	**A firm grip, hold, or foothold**	Insects could find no purchase on the dense cedar wood.
[ ] 4. qualify (v.)	Meet requirements / pass	**To limit, soften, or make less extreme**	She qualified her praise with one minor critique.
[ ] 5. wanting (adj.)	Desiring something	**Lacking; falling short of what is needed**	The plan was weighed carefully and found wanting.
[ ] 6. check (v.)	Inspect or verify	**To hold back, restrain, or slow down**	Frost checked the spread of the coastal blight.
[ ] 7. affect (v.)	Influence or change	**To prefer, frequent, or put on a show of**	Water snakes generally affect quiet streams and ponds.
[ ] 8. reserve (n.)	A backup supply / park	**Quiet self-restraint; holding back emotion**	His cool reserve hid his genuine pride in his nephew.
[ ] 9. credit (v.)	Give praise or money	**To believe or accept as true**	Few witnesses could credit the traveler's wild tale.
[ ] 10. sound (adj.)	Noise you hear	**Solid, reliable, and free of flaws**	Her reasoning rested on sound geological evidence.
[ ] 11. temper (v.)	Anger or mood	**To soften, moderate, or tone down**	Experience tempered his early enthusiasm with caution.
[ ] 12. harbor (v.)	A port for ships	**To hold onto a feeling or secret in the mind**	He harbored quiet doubts about the risky voyage.
[ ] 13. novel (adj.)	A fictional book	**New, original, and never seen before**	The chemist proposed a novel method of filtering water.
[ ] 14. exact (v.)	Completely accurate	**To demand and obtain by force or authority**	The harsh winter exacted a heavy toll on the village.
[ ] 15. sanction (v.)	Punish or penalize	**To officially approve or permit**	The council refused to sanction the demolition.

Word	Usual Meaning	EST Tricky Meaning	Example Sentence
[ ] 16. yield (v.)	Slow down in traffic	**To produce, supply, or give way to**	The rocky hillside yielded little grain for the farmers.
[ ] 17. uniform (adj.)	School or work outfit	**Unchanging; dull sameness throughout**	A uniform tone puts even an eager audience to sleep.
[ ] 18. engaging (adj.)	Getting married / busy	**Charming, attractive, and holding attention**	Her engaging narrative drew readers into the scene.
[ ] 19. currency (n.)	Money or cash	**General acceptance or widespread use**	The rumor quickly gained currency across the port.
[ ] 20. eclipse (v.)	Moon blocking the sun	**To overshadow or surpass completely**	Her later discoveries eclipsed her earlier essays.

Self-Check Quiz — Set 1

1. The speaker _____ her bold claim by adding that more field data was still needed.
A. eclipsed B. qualified C. credited D. yielded

2. Because the bridge's stone foundation was _____, it survived a century of spring floods.
A. wanting B. novel C. sound D. uniform

3. In 'Thick ice checked the advance of the survey ship,' 'checked' most nearly means:
A. inspected B. halted C. marked D. approved

4. The new telescope's clarity quickly _____ every older instrument in the observatory.
A. harbored B. tempered C. eclipsed D. sanctioned

5. Although the argument sounded clever, the judges found its evidence _____.
A. wanting B. liberal C. engaging D. novel

Set 2: Author's Attitude, Tone & Critique Words

Key words tested in Tone, Perspective, Purpose, and Rhetoric questions.

Word	Plain Meaning	Example Sentence
[ ] 21. skeptical (adj.)	Doubtful; questioning rather than accepting easily	Geologists remained skeptical until the rock layers matched.
[ ] 22. candid (adj.)	Open, honest, and straightforward	Her candid letters admitted every mistake she made.
[ ] 23. austere (adj.)	Severe, strict, and plain without luxury	The household followed austere winter heating rules.
[ ] 24. reverent (adj.)	Showing deep, awe-filled respect	Emerson wrote in a reverent tone about the night sky.
[ ] 25. satirical (adj.)	Using humor or irony to mock foolishness	Pope's satirical verse ridiculed rival writers.

Word	Plain Meaning	Example Sentence
[ ] 26. somber (adj.)	Dark, serious, and gloomy in mood	The old hall had rich yet somber frescoed walls.
[ ] 27. vehement (adj.)	Showing strong, passionate, forceful feeling	She voiced a vehement objection to the unfair rule.
[ ] 28. placid (adj.)	Calm, peaceful, and undisturbed	The lagoon remained placid behind the outer reef.
[ ] 29. lucid (adj.)	Clear, easy to understand, and well explained	The physicist gave a lucid account of sound waves.
[ ] 30. ardent (adj.)	Passionate, eager, and deeply enthusiastic	He was an ardent defender of public education.
[ ] 31. scrupulous (adj.)	Careful, thorough, and strictly honest	Scrupulous measurements verified the valley's depth.
[ ] 32. apathetic (adj.)	Showing no interest, energy, or concern	Voters grew apathetic after years of broken promises.
[ ] 33. deride (v.)	To mock or treat with open scorn	Critics initially derided the inventor's steam engine.
[ ] 34. extol (v.)	To praise highly and enthusiastically	Biographers extol his courage during the storm.
[ ] 35. lament (v.)	To express deep sorrow or regret over	The essay laments the decline of skilled crafts.
[ ] 36. admonish (v.)	To warn or scold gently but firmly	The captain admonished the crew to check the ropes.
[ ] 37. ironic (adj.)	Expressing the opposite of literal meaning	The narrator's ironic praise exposes Aunt's vanity.
[ ] 38. detached (adj.)	**Usual:** physically separated. **EST Tricky:** Neutral, unemotional, and objective	The report maintains a detached scientific voice.
[ ] 39. partisan (adj.)	Strongly biased toward one political side	Partisan officials gave posts only to loyal allies.
[ ] 40. didactic (adj.)	Intended to teach a lesson or moral	The manual adopts a didactic tone for new speakers.

Self-Check Quiz — Set 2

1. Rather than taking sides, the historian describes the border dispute in a _____ tone.
A. vehement B. detached C. satirical D. ardent

2. Her _____ explanation turned a confusing physics law into three simple steps.
A. somber B. lucid C. apathetic D. austere

3. Many reviewers _____ the poet's vivid imagery while noting the book's uneven pacing.
A. deride B. lament C. extol D. admonish

4. Because the witness gave a _____ account that included her own errors, the jury trusted her.
A. candid B. partisan C. placid D. ironic

5. The essayist _____ the rapid disappearance of quiet neighborhood bookshops.
A. extols B. laments C. sanctions D. credits

Set 3: Logic, Evidence & Argumentation Words

High-probability words in Evaluate the Logic, Inference, and Supporting Evidence questions.

Word	Plain Meaning	Example Sentence
[ ] 41. corroborate (v.)	To confirm or back up with extra evidence	Fossil pebbles corroborate the theory of early eruptions.
[ ] 42. refute (v.)	To prove a claim or theory false	Telescope data refuted the claim that lunar plains were seas.
[ ] 43. substantiate (v.)	To support a claim with solid proof	Field records substantiate the glacier's steady motion.
[ ] 44. undermine (v.)	To weaken an argument or foundation	Missing measurements undermine the author's conclusion.
[ ] 45. bolster (v.)	To strengthen or reinforce a point	Two historical letters bolster her central claim.
[ ] 46. concede (v.)	**Usual:** lose a game. **EST Tricky:** To admit an opposing point is partly true	The author concedes that storms briefly slow reef growth.
[ ] 47. reconcile (v.)	**Usual:** make up after a fight. **EST Tricky:** To make two conflicting ideas fit together	Scientists struggled to reconcile the two fossil dates.
[ ] 48. extrapolate (v.)	To extend known data to estimate the unknown	Do not extrapolate a global trend from one valley.
[ ] 49. discern (v.)	To notice, detect, or distinguish clearly	Only a trained eye could discern the faint scratches.
[ ] 50. ambiguous (adj.)	Unclear; open to more than one meaning	The treaty's ambiguous wording sparked a fresh dispute.

Word	Plain Meaning	Example Sentence
[ ] 51. tenuous (adj.)	Very weak, thin, or poorly supported	Critics dismissed the link between the two events as tenuous.
[ ] 52. pragmatic (adj.)	Practical and realistic rather than theoretical	She chose a pragmatic solution that worked immediately.
[ ] 53. speculative (adj.)	Based on guesswork rather than solid proof	Without rock samples, the early timeline was speculative.
[ ] 54. empirical (adj.)	Based on direct observation or experiment	Bergeron's lab test offered empirical support.
[ ] 55. anomaly (n.)	Something unusual that breaks the normal pattern	The warm current was a striking anomaly in that latitude.
[ ] 56. stipulate (v.)	To demand or specify as a required condition	The charter stipulated that every guild inspect its wares.
[ ] 57. circumvent (v.)	To find a clever way around an obstacle or rule	Rural weavers circumvented the town guild's limits.
[ ] 58. mitigate (v.)	To make a problem or harm less severe	Fine window screens mitigate the risk of insect-borne illness.
[ ] 59. exacerbate (v.)	To make an existing problem much worse	Dry winds exacerbated the spreading hillside fire.
[ ] 60. inevitable (adj.)	Certain to happen; unavoidable	Without screens, seasonal fever was nearly inevitable.

Self-Check Quiz — Set 3

1. New ice-core samples _____ the geologist's claim that the valley froze three times.
A. refute B. corroborate C. circumvent D. exacerbate

2. Because the link between the two events was _____, the committee rejected the proposal.
A. empirical B. pragmatic C. tenuous D. inevitable

3. Installing stone breakwaters helped _____ the damage caused by winter storm surges.
A. mitigate B. stipulate C. extrapolate D. deride

4. Although the author _____ that the task is difficult, she insists it remains worthwhile.
A. refutes B. concedes C. discerns D. undermines

5. A single mild winter in a decade of severe freezes is best described as a statistical _____.
A. anomaly B. stipulation C. sanction D. reserve

Set 4: Science, Nature & Change Words

Core vocabulary appearing across EST Geology, Astronomy, Biology, and Physics passages.

Word	Plain Meaning	Example Sentence
[ ] 61. erosion (n.)	Gradual wearing away of rock or soil by water or wind	Hard lava caps shielded the softer rock from erosion.
[ ] 62. sediment (n.)	Solid particles settled at the bottom of water	River sediment buried the fragile bones in soft mud.
[ ] 63. impervious (adj.)	Impossible to penetrate or pass through	Dense basalt formed an impervious layer over the shale.
[ ] 64. permeable (adj.)	Allowing liquids or gases to pass through	Rainwater sinks quickly through permeable limestone.
[ ] 65. dormant (adj.)	Temporarily inactive or asleep, yet alive	The volcano remained dormant for centuries.
[ ] 66. resilient (adj.)	Able to recover quickly from hardship or damage	Coastal pines proved remarkably resilient after the gale.
[ ] 67. ephemeral (adj.)	Lasting for only a very short time	Desert wildflowers are brilliant but ephemeral.
[ ] 68. ubiquitous (adj.)	Present or found everywhere at once	Fine dust particles are ubiquitous in the lower air.
[ ] 69. catalyst (n.)	Something that triggers or speeds up rapid change	The rail line served as a catalyst for town growth.
[ ] 70. equilibrium (n.)	A state of steady balance between opposing forces	The reef reaches equilibrium between wave force and growth.
[ ] 71. trajectory (n.)	The curved path followed by a moving object	Astronomers calculated the comet's exact trajectory.
[ ] 72. precipitate (v.)	**Usual:** rain or snow. **EST Tricky:** To cause something to happen suddenly or sooner	A sudden thaw can precipitate a mountainside landslide.
[ ] 73. stagnation (n.)	Lack of movement, growth, or fresh activity	Without questioning minds, society risks stagnation.
[ ] 74. fluctuate (v.)	To rise and fall irregularly over time	River levels fluctuate sharply between dry and wet seasons.
[ ] 75. rudimentary (adj.)	Basic, elementary, and not yet fully developed	Early explorers relied on rudimentary wooden compasses.
[ ] 76. accumulate (v.)	To gather or build up gradually over time	Wind-blown silt can accumulate to hundreds of feet.
[ ] 77. dissipate (v.)	To scatter, thin out, and disappear	Morning sunlight quickly dissipated the harbor fog.

Word	Plain Meaning	Example Sentence
[ ] 78. perpetual (adj.)	Continuing forever without stopping	Perpetual modulation keeps speech lively and natural.
[ ] 79. viable (adj.)	Capable of working, surviving, or succeeding	Seeds can remain viable in dry soil for decades.
[ ] 80. phenomenon (n.)	An observable natural fact or remarkable event	The northern lights remain a striking optical phenomenon.

Self-Check Quiz — Set 4

1. Because the clay layer is _____ to water, rainwater pools on the surface instead of draining.
A. permeable B. impervious C. ephemeral D. rudimentary

2. The desert bloom is _____, vanishing within days as soon as the spring heat arrives.
A. perpetual B. ubiquitous C. ephemeral D. resilient

3. A sudden drop in barometric pressure can _____ a fierce coastal squall within hours.
A. dissipate B. precipitate C. accumulate D. fluctuate

4. For three centuries the crater lay _____, showing no smoke or tremors.
A. dormant B. viable C. ubiquitous D. permeable

5. Warm afternoon breezes gradually _____ the heavy mist blanketing the valley.
A. precipitated B. accumulated C. dissipated D. fluctuated

Set 5: Writing Style, History & Character Words

High-yield words for Literature, Biography, History, and Module 1 Word Choice questions.

Word	Plain Meaning	Example Sentence
[ ] 81. succinct (adj.)	Brief, clear, and expressed in very few words	Choose the most succinct phrasing that keeps the meaning.
[ ] 82. verbose (adj.)	Using far more words than necessary	Eliminate verbose options that repeat the same idea.
[ ] 83. eloquent (adj.)	Fluent, vivid, and persuasive in speech or writing	Her eloquent address moved the entire assembly.
[ ] 84. colloquial (adj.)	Informal, everyday conversational language	Avoid colloquial slang inside formal historical passages.
[ ] 85. antiquated (adj.)	Old-fashioned and outdated	She resented wearing an antiquated hairstyle.
[ ] 86. precarious (adj.)	Uncertain, unstable, and dangerously insecure	Unpaid writers lived a precarious existence in London.
[ ] 87. tenacious (adj.)	Holding firmly; persistent and determined	Tenacious roots grip the thin mountain soil.

Word	Plain Meaning	Example Sentence
[ ] 88. obstinate (adj.)	Stubbornly refusing to change one's mind	An obstinate refusal to adapt doomed the old guild.
[ ] 89. benevolent (adj.)	Kind, well-meaning, and generous	A benevolent neighbor shared blankets with the refugees.
[ ] 90. meticulous (adj.)	Showing extreme care and attention to detail	Her meticulous field notes recorded every specimen.
[ ] 91. formidable (adj.)	Impressive and difficult to overcome	Crossing the icy strait posed a formidable challenge.
[ ] 92. relentless (adj.)	Continuing steadily without softening or stopping	Relentless surf gradually shapes the rocky headland.
[ ] 93. alleviate (v.)	To ease or make pain or hardship less severe	New canals helped alleviate seasonal food shortages.
[ ] 94. emulate (v.)	To imitate someone admired in order to match them	Young apprentices strove to emulate the master's craft.
[ ] 95. advocate (v.)	**Usual:** a lawyer. **EST Tricky:** To publicly recommend or argue in favor of	The author advocates fine screens for every rural home.
[ ] 96. evoke (v.)	To bring a strong memory, image, or feeling to mind	The quiet parlor evoked memories of his childhood.
[ ] 97. convey (v.)	**Usual:** transport goods. **EST Tricky:** To communicate or express an idea or mood	Short sentences convey the narrator's rising urgency.
[ ] 98. esoteric (adj.)	Understood by only a small group of specialists	He avoided esoteric jargon so general readers could follow.
[ ] 99. austerity (n.)	Strict simplicity or harsh economic restraint	Years of war forced strict austerity upon the towns.
[ ] 100. resolute (adj.)	Firmly determined and unwavering in purpose	Despite the gale, the keeper remained resolute at his post.

Self-Check Quiz — Set 5

1. Editors prefer a _____ summary over a rambling paragraph that repeats the same point.
A. verbose B. succinct C. colloquial D. antiquated

2. The watchmaker's _____ attention to tiny brass gears prevented even a second's drift.
A. precarious B. obstinate C. meticulous D. esoteric

3. Because the climber's foothold on the wet ledge was _____, he moved with extreme care.
A. benevolent B. precarious C. eloquent D. resolute

4. In a formal biography, _____ phrases like 'totally awesome' break the passage's tone.
A. colloquial B. succinct C. tenacious D. formidable

5. The new coastal clinic was built to _____ overcrowding at the regional hospital.
A. emulate B. evoke C. alleviate D. convey

Self-Check Quiz Answer Key

Set	Correct Answers
Set 1	Q1: **B** | Q2: **C** | Q3: **B** | Q4: **C** | Q5: **A**
Set 2	Q1: **B** | Q2: **B** | Q3: **C** | Q4: **A** | Q5: **B**
Set 3	Q1: **B** | Q2: **C** | Q3: **A** | Q4: **B** | Q5: **A**
Set 4	Q1: **B** | Q2: **C** | Q3: **B** | Q4: **A** | Q5: **C**
Set 5	Q1: **B** | Q2: **C** | Q3: **B** | Q4: **A** | Q5: **C**