



COLÉGIO DIOCESANO DE SÃO JOSÉ

2026/2027 1st SEMESTER JUNIOR 1

Unit 1 Who am I? Vocabulary List

Name: _____ Class: _____ No. _____ Date: _____

No.	Word	P.O. S	IPA	Definition	Example	Synonyms
1.	hobby	n.	/'hɑ:.bi/	an activity you do for pleasure in your free time	<i>Reading is a peaceful hobby that doesn't cost much money.</i>	pastime
2.	nerd	n.	/nɜ:.d/	someone who is intelligent but not popular	<i>The nerd fixed my computer quickly.</i>	geek
3.	introverted	adj.	/'ɪntrəvɜ:.rtɪd/	quiet person who prefers alone time over crowds	<i>He is introverted and avoids loud parties.</i>	shy, quiet
4.	gentle	adj.	/'dʒen.təl/	a kind and calm person who treats others softly	<i>The gentle nurse calmed the scared child.</i>	kind, soft
5.	expert	n.	/'ek.spɜ:.t/	A person with a high level of knowledge or skill relating to a particular subject	<i>My father is an expert at cooking steaks.</i>	specialist
6.	get rid of	phr. v	/get rɪd əv/	to remove or throw away something unwanted	<i>He needs to get rid of his fear of public speaking.</i>	remove, throw away
7.	stress	n.	/stres/	great worry caused by a difficult situation	<i>Stress from exams affects students' sleeping patterns.</i>	pressure
8.	energetic	adj.	/,enər'dʒetɪk/	to have or show a lot of energy	<i>Our dog is very energetic and needs two long walks every day.</i>	lively
9.	practice	n.	/'præk.tɪs/	repeated exercise or performance to improve skill over time	<i>Piano practice every day improves your playing greatly.</i>	exercise
10.	irritated	adj.	/'ɪrɪteɪtɪd/	feeling annoyed or impatient due to something unpleasant	<i>He was irritated by the constant loud noise from his neighbour.</i>	annoyed
11.	improve	v.	/ɪm'pru:v/	to make something become better	<i>You need to practice if you want to improve your skills.</i>	enhance
12.	pastime	n.	/'pæs.taɪm/	an activity done regularly for	<i>Gardening as a pastime helps</i>	leisure activity

				enjoyment or relaxation during free time	<i>reduce daily stress.</i>	
13.	quite	adv.	/kwaɪt/	completely	<i>The movie was quite interesting, not boring at all.</i>	fairly
14.	seldom	adv.	/ˈseldəm/	not often, rarely	<i>I seldom drink coffee after 5 p.m.</i>	rarely
15.	sociable	adj.	/ˈsoʊfəbl/	to describe someone who likes to spend time with other people	<i>Romeo is very sociable – he likes parties.</i>	outgoing, friendly
16.	admire	v.	/ədˈmaɪr/	respect or approve of someone or something greatly and deeply	<i>I admire my mother for her endless kindness.</i>	respect, appreciate
17.	considerate	adj.	/kənˈsɪdərət/	thoughtful of others' feelings and needs	<i>You are very considerate to help me carry the heavy boxes.</i>	thoughtful
18.	awesome	adj.	/ˈɑːsəm/	extremely good	<i>You did an awesome job on this project.</i>	amazing, incredible
19.	opposite	adj.	/ˈɑː.pə.zɪt/	completely different	<i>They live on the opposite side of the street.</i>	contrary
20.	lean	adj.	/li:n/	thin and healthy	<i>The marathon runner had a lean, muscular body from years of training.</i>	slender
21.	plump	adj.	/plʌmp/	slightly round and full in a pleasant way	<i>The plump baby has adorable chubby cheeks.</i>	chubby
22.	personality	n.	/ˌpɜːsənˈæləti/	the type of person you are, shown by the way you behave	<i>His funny personality lights up any dull room.</i>	character
23.	confident	adj.	/ˈkɒnfɪdənt/	being sure of yourself and your abilities	<i>He was confident that he would pass the test because he had studied hard.</i>	self-assured
24.	mistake	n.	/mɪˈsteɪk/	an error or wrong action caused by poor judgment or carelessness	<i>This letter is full of spelling mistakes.</i>	error

25.	generous	adj.	/ˈdʒenərəs/	willing to give and share	<i>It was very generous of him to donate his old toys to the poor children.</i>	unselfish
26.	volunteer	n.	/ˌvɒl.ənˈtɪr/	a person who offers to do something freely without being forced or paid	<i>As a volunteer on the childcare project, I really saw life.</i>	helper
27.	charity	n.	/ˈtʃer.ə.ti/	an organization that gives help, money to those in need	<i>She donates clothes to charity every single year.</i>	nonprofit
28.	litter	n.	/ˈlɪ.ə/	trash left in public places	<i>The park was full of litter after the concert.</i>	rubbish, garbage
29.	explore	v.	/ɪkˈsplɔːr/	to travel through unknown places to learn about them	<i>The best way to explore the countryside is on foot.</i>	discover
30.	highlight	n.	/ˈhaɪ.laɪt/	the best or most exciting part of something	<i>The highlight of the trip was seeing whales.</i>	best part

Unit 1 Word Family

No.	Noun (n.)	Verb (v.)	Adjective (adj.)	Adverb (adv.)
1.			energetic	
2.	stress			
3.		improve		
4.			considerate	
5.			confident	
6.		explore		