

## 100 Essential Words Every Young Adult Should Know

*Use this list to grow vocabulary naturally over the school year. You can divide the words into weekly or monthly goals—for example, learning 5–10 words per week or 20 per month. Encourage teens to learn the meanings and try using each word in a sentence, conversation, or journal entry. Real-life use makes words stick!*

### WORD LIST:

1. **Adapt** – to change in order to fit new conditions
2. **Advocate** – someone who publicly supports a cause or person
3. **Ambition** – a strong desire to achieve something
4. **Analyze** – to examine closely and break down into parts
5. **Anticipate** – to expect or look forward to something
6. **Authentic** – real, genuine, or true
7. **Bias** – an unfair preference for or against something
8. **Beneficial** – helpful or good for something
9. **Budget** – a plan for how to spend money
10. **Capable** – having the ability to do something
11. **Clarify** – to make something easier to understand
12. **Commitment** – being dedicated or loyal to something
13. **Compassion** – showing kindness and care for others
14. **Comprehend** – to understand something fully
15. **Consequence** – the result or effect of an action
16. **Constructive** – helpful, not harmful
17. **Contradict** – to say the opposite of something
18. **Credible** – believable or trustworthy
19. **Crisis** – a time of great difficulty or danger
20. **Cultivate** – to grow or develop something
21. **Decisive** – able to make choices quickly and confidently
22. **Deduction** – a conclusion based on facts or logic
23. **Diligent** – working hard and paying attention to detail
24. **Discipline** – self-control or training to follow rules

25. **Dispute** – a disagreement or argument
26. **Diverse** – showing variety; very different
27. **Dominate** – to have control or power over something
28. **Efficient** – doing something well without wasting time
29. **Empathy** – understanding how someone else feels
30. **Endure** – to go through something hard without giving up
31. **Evaluate** – to judge or assess something carefully
32. **Exaggerate** – to make something seem bigger than it is
33. **Examine** – to look at something carefully
34. **Exceed** – to go beyond a limit or expectation
35. **Flexible** – able to bend or adapt easily
36. **Flourish** – to grow or do well
37. **Formal** – following set rules or structure
38. **Friction** – conflict between people or things
39. **Frugal** – careful with money or resources
40. **Function** – the purpose or role of something
41. **Generate** – to produce or create
42. **Genuine** – honest or true
43. **Goal** – something you aim to achieve
44. **Habitual** – done regularly or repeatedly
45. **Harmony** – agreement or peaceful living
46. **Hypothesis** – an educated guess
47. **Illustrate** – to explain or show clearly
48. **Impact** – the effect or influence of something
49. **Imply** – to suggest something without saying it directly
50. **Incentive** – something that motivates or encourages
51. **Independent** – able to do things on your own
52. **Inevitable** – certain to happen
53. **Influence** – the power to affect how others think or act

54. **Integrity** – doing the right thing, even when no one is watching
55. **Interpret** – to explain the meaning of something
56. **Invest** – to put time, effort, or money into something for a return
57. **Justify** – to give reasons or prove something is right
58. **Logical** – makes sense based on reason or facts
59. **Maintain** – to keep something going or in good condition
60. **Motivate** – to inspire or encourage someone to act
61. **Negotiate** – to discuss and reach an agreement
62. **Notable** – worthy of attention or notice
63. **Objective** – based on facts, not opinions
64. **Observe** – to notice or watch carefully
65. **Oppose** – to be against something
66. **Organize** – to arrange or plan
67. **Outcome** – the result of something
68. **Participate** – to take part in something
69. **Persevere** – to keep going despite difficulty
70. **Perspective** – a point of view
71. **Plausible** – believable or reasonable
72. **Practical** – useful and realistic
73. **Precise** – exact or accurate
74. **Predict** – to guess what might happen
75. **Priority** – something that is more important than others
76. **Proficient** – skilled or good at something
77. **Prove** – to show something is true
78. **Purpose** – the reason something is done
79. **Rational** – based on clear thinking
80. **Recall** – to remember something
81. **Reflect** – to think carefully about something
82. **Reliable** – can be trusted

- 83. **Relevant** – related to the topic or situation
- 84. **Respect** – to show honor or care for someone or something
- 85. **Respond** – to answer or reply
- 86. **Responsible** – being in charge or trusted with something
- 87. **Revise** – to improve by changing
- 88. **Secure** – safe or protected
- 89. **Significant** – important or meaningful
- 90. **Solution** – an answer to a problem
- 91. **Strategy** – a plan to reach a goal
- 92. **Structure** – the way something is organized
- 93. **Subtle** – not obvious or easy to notice
- 94. **Summarize** – to give the main points briefly
- 95. **Support** – to help or back up an idea
- 96. **Symbol** – something that stands for something else
- 97. **Synthesize** – to combine ideas into one
- 98. **Technique** – a method or way of doing something
- 99. **Tolerate** – to accept or deal with something
- 100. **Value** – the worth or importance of something