
R.E.M.S R Definition File

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R.E.M.S. METHOD

S1 Slides 1 & 2 & 3

NET (noun)

Definition: It is a device, made of fabric or rope stitched together, used to catch things such as fish or butterflies.

The fisherman was pulling the net full of fishes without any help.
The net had been dropped into the ocean.

CANDLE (noun)

Definition: It is used for lighting and is usually made of wax that comes in many shapes.

She blew out the candles on the cake.
I saw that the candle had been used.

STRAW (noun)

Definition: A "straw" is a long plastic material that we use for drinking, it transfers the liquid from the glass or bottle to the mouth of the drinker.

The mother let her son use the straw to drink his juice so that it won't spill on his shirt.
Drinking straws are sometimes chewed.

TABLET (noun)

Definition: A tablet is a solid form of medicine usually round or oval in shape.

The nurse instructed that the tablet should be taken once a day.
A small tablet was prescribed.

TANK (noun)

Definition: A "tank" is a big and heavy container.

The water in the tank is really dirty.
The tank is filled with water.

WIRE (noun)

Definition: A "wire" is a long thin metal that is covered with plastic, rubber, etc.

The man connected the wires carefully.
I saw the wire being cut.

SCREW (noun)

Definition: A "screw" is a piece of metal that is used to hold things together.

We have to use a screw to fix your computer.
A tiny screw has been placed in the computer.

HOOK (noun)

Definition: A "hook" is a tool for catching, holding, or pulling something and has a shape similar to the letter "J".

My father always uses a hook every time he goes fishing.
Hooks are used to catch fish.

KIT (noun)

Definition: A "kit" is a small bag where we put our things into.

I lost my kit yesterday; it has important things in it.
A small kit was found on the train station.

LADDER (noun)

Definition: A piece of equipment used for climbing up and down.

The ladder is too short to reach the ceiling.

He noticed the ladder had been transferred again.

FREEZER (noun)

Definition: A container, operated by electricity, that stores food at a very cold temperature.

We put meat in the “freezer” to preserve it and keep it fresh.

The freezer isn't working, please call someone to repair it.

The old freezer is being emptied of its contents.

CORRIDOR (noun)

Definition: It is a long way that we need to walk in, in order to enter a room.

The teacher ordered her student to clean the corridor.

The corridor has been blocked.

S2 Slides 16 & 17

BRAVE (adjective)

Definition: It means showing no fear of dangerous or difficult things.

He was too brave, knowing he can jump off that cliff.

She is a brave little girl.

INTELLECTUAL (adjective)

Definition: A person who is so smart and intelligent.

Her scores just show that she is really intellectual.

A scientist is an intellectual person.

JUNIOR (adjective)

Definition: If someone is a “junior” at work, he or she has a job at a low level within an organization.

We can also use the word “junior” as in “junior high school” which includes seventh, eighth or ninth grade.

There are many junior high schools that you can choose from.

I'm in junior high school.

DEAR (adjective)

Definition: If someone or something is dear to you, it means you hold them or it very close to your heart.

She is one of my dear friends.

My father's dear friend is in town.

VISUAL (adjective)

Definition: “Visual” relates to seeing or to the eyes.

My father has a visual problem.

Most of us are visual learners.

FIRM (adjective)

Definition: It means not weak or uncertain.

The boss maintains a firm control in the office.

You have to have a firm voice to be an effective speaker.

DISABLED (adjective)

Definition: If a person is "disabled", it means he or she can't do things like other people do. He might not be able to see, walk or speak properly.

This organization is protecting the rights of disabled children.

ROYAL (adjective)

Definition: If we say that a person has a "royal" blood or describe someone as "royal", it means that he or she is related to a king or queen.

His great-grandfather has royal blood.

GET ALONG WITH (somebody) (phrasal verb)

Definition: When you "get along with" somebody, it means that you like each other or you like spending time with each other.

I easily get along with my new classmates they are all kind to me.

My sister gets along with her brother-in-law.

GET ON SOMEBODY'S NERVES (phrasal verb)

Definition It means if you see or meet somebody, you feel irritated by his or her presence.

She is getting on my nerves.

Sheila gets on my nerves a lot.

LET (someone) DOWN (phrasal verb)

Definition: It means to fail someone who is depending on us.

He doesn't like to let his father down.

TO HAVE A CHANGE OF HEART (phrasal verb)

Definition: It means to change your decision or choice.

My mother had a change of heart when she saw my dad sick.

S3 Slides 27 & 28

OBTAIN (verb)

Definition: It means to gain or get something usually by effort.

I need to obtain a high score to pass the exam.

We obtained permission to enter the building.

OPERATE (verb)

Definition: When we "operate" something, it means that we run and control a business or a piece of equipment.

We need to find someone who knows how to operate the machine.

A business is being operated on that street.

TRANSFER (verb)

Definition: It means, to put something into another place.

Please transfer this table to the next room.

Some money has been transferred without my knowledge.

WITHDRAW (verb)

Definition: If we withdraw from something, like a class for example, we stop taking part in that class. On the other hand, to "withdraw" money is to get or remove money from a bank account.

My mother asked me to withdraw money from her bank account yesterday.

A hundred dollars was withdrawn from my account.

PROTEST (VERB)

Definition: It means to show that you strongly disagree about something.

The students protest about the increase of tuition fees in their university.

The promotion of the new manager was being protested.

LAUNCH (verb)

Definition: It means to begin something such as a plan or to introduce something new such as a product.

The newest model of the iPhone was launched last month.

A new phone that not many people use was launched.

CONFINE (verb)

Definition: It means to keep someone in a place like prison, hospital, etc.

She is confined in the hospital now because of her asthma.

A lot of us hate being confined in the hospital.

ABANDON (verb)

Definition: When you leave someone and never come back to get them, it means you "abandon" them.

The mother abandoned her child at the hospital.

She doesn't remember being abandoned as a kid.

ELECT (verb)

Definition: It means to choose someone for a position, especially a government position by voting.

The majority was asked to elect someone to replace the previous officer.

Nobody actually wanted him to be elected.

CONSTRUCT (verb)

Definition: It means to build something large such as a building, road, or bridge.

The local government is planning to construct a bridge.

A new building across the road is being constructed.

REJECT (verb)

Definition: It means not to accept something from someone.

She rejected the offer to become a manager.

He got rejected by the girl he likes.

PROCEED (verb)

Definition: It means to move forward.

The students need to proceed to their classroom immediately after the program.

The process has to proceed.

S4 Slides 60 & 61

SURVEY (noun)

Definition: A "survey" is an activity in which many people are asked a series of questions in order to gather information about what most people do or think about something.

The survey was being conducted to know the reason why employees are always absent.

Our company conducted a survey on our new products.

TAX (noun)

Definition: It means an amount of money that a government requires people to pay according to their income, the value of their property, etc.

The average worker contributes at least 10 percent of their salary as tax every month.
Our tax payment is calculated every year.

REQUIREMENT (noun)

Definition: It is the lists of all the things that you need to have in order to get the job.

One of their requirements is for you to have at least 2 years of experience.
Finishing all the requirements is demanded to get in the club.

FEEDBACK (noun)

Definition: The word "feedback" refers to comments given to someone in order to improve a performance, product, etc.

During the meeting, the manager gave some feedback about their presentation.
His feedback was needed to complete the report.

FUND (noun)

Definition: When we say "fund", it means the total money that we save for a reason.

We need to have enough fund to use for our project next month.
A fund was raised to help the poor children.

ADMISSION (noun)

Definition: It means the act or process of accepting someone as a student at a school.

He already submitted an application for admission in our school.
Admission to that school has become a competition.

WELFARE (noun)

Definition: It refers to the well-being of someone, that is, being healthy, happy or successful.

Parents should give the needs of their children to have a good welfare.
Child welfare has been neglected in this city.

CRITIC (noun)

Definition: It means someone who gives opinions about reports, presentation or work of other people.

The critics will review our presentation tomorrow.
A critic was not required to do this job.

DEMOCRACY (noun)

Definition: It is a system of government in which people choose leaders through voting in an election.

Democracy is being practiced by most countries in the world.
Democracy had been fought for.

RECOVERY (noun)

Definition: It refers to the process of becoming healthy after being sick for a period of time.

The doctor asked the patient to have a regular check-up in order to have a fast recovery.
His recovery was assisted by very good doctors.

SATISFACTION (noun)

Definition: It means something that makes you happy or satisfied.

Customer satisfaction is our main concern.

Product satisfaction has to be promoted.

CAPACITY (noun)

Definition: It means the ability to do a certain thing.

His capacity in working under pressure is very impressive.

His capacity to deal with business was tested.

S5 Slides 73 & 74

SO-CALLED (adjective)

Definition: We use the term "so-called" to indicate the name that we commonly used for something or someone. For example, She is the so-called "Ms. Know-it-all" because she always has an opinion about everything."

He is a so-called food expert.

OBVIOUS (adjective)

Definition: When something is "obvious", it means we can easily notice it. For example, "It's obvious in her face that she is really nervous."

He is very obvious when he is angry.

ACADEMIC (noun)

Definition: When we talk about "academic", it has something to do with education. For example, "His academic performance is so impressive."

They like having academic discussions.

PROFESSIONAL (noun)

Definition: A "professional" is someone who does a job that requires special skills or education. For example, "I was trained by a professional."

We are professionals when we work.

TO HAVE BUTTERFLIES IN ONE'S STOMACH (phrasal verb)

Definition: "To have butterflies in one's stomach" means to feel very nervous.

We get butterflies in our stomachs when we go to job interviews.

NUISANCE (noun)

Definition: The word "nuisance" means a person, thing, or situation that causes trouble or problems.

Filling out all the paperwork was a nuisance.

It is a nuisance to go down the stairs to use the toilet.

PATIENCE (noun)

Definition: When you have the ability to deal with problems or difficult people, and it doesn't make you angry or annoyed, it means you have "patience" for them.

I treat my students with great patience.

You need patience to deal with small children.

FOLK (noun)

Definition: "Folk" means people in general like men, women, friends, family members, etc.

My folks in the province love to eat traditional food.

My folks like drinking a lot.

CONSUMER (noun)

Definition: When we say "consumer", they are the ones who buy products in the market.

The consumers complain about the prices of our products.

I am a consumer of tea and coffee.

TO LOSE TRACK (phrasal verb)

Definition: "To lose track" means to no longer know what is happening, or to not remember something.

After finishing university, I lost track of some of my classmates.

I lost track of time while watching TV.

UP TO SOMETHING (phrasal verb)

Definition: "Up to something" means doing something wrong or planning something in secret.

I think our team is up to something to surprise our boss on his birthday.

That look tells me you are up to something.

S6 Slides 83 & 84

PROFESSION (noun)

Definition: The word "profession" means occupation or job.

After studying at university, we need to look for a good profession.

He studies well to have a good profession.

LITERATURE (noun)

Definition: "Literature" is a written piece such as poems, novels, plays, etc.

I like reading English literature.

I found some very good literature in the library.

CLASSROOM (noun)

Definition: A "classroom" is a room where classes are being taught. We can see a classroom in a school.

Our school has big classrooms.

This classroom is always noisy.

STATISTICS (noun)

Definition: One of the branches of mathematics is statistics. "Statistics" deal with studying of collection such as how often something is done, how common something is, etc.

In research, you have to make good statistics.

Not many people understand statistics.

PSYCHOLOGY (noun)

Definition: "Psychology" refers to the study of the mind and behavior.

Studying psychology is challenging.

He studied psychology at university.

TAPE (noun)

Definition: "Tape" is a strip of sticky plastic that we use to repair light material like paper.

Please use this tape to attach the poster to the wall.

I always run out of tape at the beginning of the term.

CERTIFICATE (noun)

Definition: A "certificate" is a document that proves you have finished school or a training course.

After the seminar, the attendees received a certificate.

She needs to finish the program to get a certificate.

COME ACROSS (phrasal verb)

Definition: To "come across" means to find someone or something unexpectedly or by chance.

During the meeting, we came across some answers to our concerns.

We came across a new book character.

ADD UP (phrasal verb)

Definition: To "add up" means to make sense or seem reasonable.

His idea did not add up to the issue.

The arguments he presented did not add up.

BREAK SOMETHING DOWN (phrasal verb)

Definition: The phrasal verb "break something down" means to divide into something smaller or to explain something step by step.

In order for our presentation to be successful, we need to break our group down.

The teacher needs to break the lesson down.

FIGURE SOMETHING OUT (phrasal verb)

Definition: To "figure something out" is to understand or find the answer to something.

Before we start with our trip, we have to figure our plans out first.

They were asked to figure out the problem in an hour.

R.E.M.S. METHOD

S7 Slide 112

S8 Slides 123 & 124

DELIVERY (noun)

Definition: The word "delivery" is the noun of the verb deliver.

The delivery of our new stock is coming this afternoon.

Delivery for the orders will be next week.

STRUGGLE (noun)

Definition: A "struggle" is a long effort to do or deal with something that is difficult or that causes problems.

In studying English, it is normal to experience struggles at first.

To make a business profit is a struggle.

TRANSFER (noun)

Definition: "Transfer" is the process of moving someone or something from one place to another.

He has to do a money transfer to his business account.

REPLACEMENT (noun)

Definition: A "replacement" is a person or thing that replaces someone or something else.

We need a replacement for these old chairs.

Her replacement for her position came yesterday.

VIA (preposition)

Definition: When we use the word "via", it means "by using someone or something".

I usually contact her via e-mail.

Profit came via merchandise sales.

LICENSE (noun)

Definition: A "license" is a card or document that gives you permission to do or have something such as a driver's license, business license, etc.

You are not allowed to drive until the age of 18 and have a license.

You need a license to operate a business.

DETAIL (noun)

Definition: We use the word "detail" to say the smallest part of something, like in a project.

We need to discuss the details of the project.

I give attention to details.

GO AGAINST SOMEBODY (phrasal verb)

Definition: To "go against somebody" means to disobey or oppose somebody.

They are afraid to go against you.

It is hard to go against your boss.

GET ON WITH SOMETHING (phrasal verb)

Definition: To "get on with something" means to continue to do or to make progress.

We need to get on with our presentation before the deadline ends.

We need to get on with our work.

SPEAK ONE'S MIND (phrasal verb)

Definition: To "speak one's mind" is to directly express one's feelings or opinions.

Most of the time, the manager speaks his mind.

You have to speak your mind in the meeting.

HARD UP (phrasal verb)

Definition: The phrasal verb "hard up" means with very little money.

I can't go with you now, I'm a bit hard up at the moment.

People who are hard up can't put up a business.

GIVE OUT (phrasal verb)

Definition: To "give out" means to hand out or distribute something to people.

As a part of our marketing strategy, we have to give out leaflets to our customers.

They are tasked to give out flyers.

S9 Slides 135 & 136

STALL (noun)

Definition: We can see a "stall" usually in the market. It is similar to a counter that has a table where we put our goods like vegetables, fruits, etc.

Stalls are being built for the upcoming festival.

There are stalls put up for the holidays.

CONSTRUCTION (noun)

Definition: It is the process of building something like roads, houses, etc.

They will be needing a big amount of money to continue the construction.

The construction of the new office is delayed.

FORTUNE (noun)

Definition: When we say "fortune", it means a big amount of money. By "good or bad fortune", we mean a set of good or bad events that happen to someone and have an effect on his or her life.

After working for years, he earned enough fortune to start his own business.

He had good fortune working abroad.

LIGHTNING (noun)

Definition: We see "lightning" during a storm or bad weather. It is a sudden flash of light produced in the sky.

The tree was hit by lightning.

Lightning scares most children.

LAKE (noun)

Definition: A "lake" is a large area of water that is surrounded by land.

Children are not allowed to swim in the lake.

Our house is near a lake.

MUD (noun)

Definition: We can see "mud" in the lake. It is soft and wetland.

My slippers were stuck in the mud.

There's a lot of mud today because of the rain.

BOILER (noun)

Definition: A "boiler" is a large container that is used for heating water.

The boiler didn't work today.

Boilers were used as part of the heating system before.

HOUSING (noun)

Definition: When we say "housing", it means the houses, buildings, apartments, etc., in which people live.

The housing materials are all ready to be used.

This city has a lot of housing projects.

FEATURE (verb)

Definition: To "feature" is to include something as an important part.

The newly released cellphone features a much better camera.

The new house features a huge swimming pool.

RURAL (adjective)

Definition: We use the word "rural" to describe a place away from the city and the people who live there.

My mother wants to live in rural areas more than in the city.

There are more houses in rural areas.

SIGNAL (noun)

Definition: A "signal" is something such as a sound, a movement of the body, an object, etc. that gives information about something.

He didn't catch the signal.

We have to wait for their signal before moving into the house.

COMMERCIAL (adjective)

Definition: "Commercial" is related to the buying or selling of goods or services. For example, "They created commercial vehicles."

Commercial buildings are in demand in the city.

S10 Slide 166

S11 Slides 178 & 179

ANGER (noun)

Definition: When we say "anger", it means a strong feeling of being upset or annoyed because of something wrong or bad. This makes you hurt or shout at other people.

The manager controls her anger during the meeting.

I think she feels a lot of anger toward her father.

THREAT (noun)

Definition: A "threat" is a statement saying you will be harmed if you do not do what someone wants you to do.

His family received a threat from their neighbor after the trouble they had.

This kind of food is a threat to my health.

VIOLENCE (noun)

Definition: Hurting someone or destroying something is an example of "violence". It is the use of physical force to harm someone, to damage property, etc.

The number of violence is rising this year.

Violence will not solve anything.

TENSION (noun)

Definition: "Tension" is a kind of feeling that makes you feel extremely nervous and uncomfortable or angry.

The crime that happened in their place brought tension to the people.

Tension builds up when two people strongly disagree with each other's opinion.

PITY (verb)

Definition: When you feel sorry for something or someone, it means you "pity" them.

I pity those children in the street with no food to eat.

I pity the sick.

PRIDE (noun)

Definition: "Pride" is a feeling of happiness and satisfaction that you get when you or someone you know does something good, difficult, etc.

She looks at her painting with pride.

He takes pride in his success.

ON ONE'S MIND (phrasal verb)

Definition: The phrasal verb "on one's mind" means to be thinking or worrying about something.

He can't focus on his work because his problem is always on his mind.

My work is always on my mind.

STEER CLEAR OF (phrasal verb)

Definition: To "steer clear of" means not to go near or to avoid someone or something that seems unpleasant which could harm you or likely to cause problems.

You need to steer clear of trouble when you get there.

Steer clear of negative people.

BACK AWAY (phrasal verb)

Definition: To "back away" is to move backward away from someone or something because of fear.

If you feel uncomfortable meeting him, just back away.

You need to back away when someone starts getting aggressive.

WORK UP (phrasal verb)

Definition: To "work someone up" means to make someone feel very angry, excited, upset, etc.

My job worked me up.

He worked the girl up when he asked her out.

OUT OF ONE'S MIND (phrasal verb)

Definition: "Out of one's mind" means to be thinking crazily or to be crazy.

You are out of your mind swimming in this cold winter!

The man shouting on the street is out of his mind.

LET YOURSELF GO (phrasal verb)

Definition: To "let yourself go" is to relax and enjoy yourself.

She needs to take a rest and let herself go.

It is healthy to let yourself go sometimes.

R.E.M.S. METHOD

S12 Slides 190 & 191

ARISE (verb)

Definition: To "arise" means to begin to occur or to exist.

For example, "Accidents arise in a country where security is lacking."

The internet is a place where some weird trends arise.

HOOK (verb)

Definition: To "hook" is to connect or attach something with a hook.

For example, "The jacket hooks at the back of the door."

The umbrella is hooked on the edge of the table.

FOR GOOD

Definition: When we say "for good", we mean completely, never to return to the original state or condition.

For example, "My mom decided to live in the US for good."

We are staying in this office for good.

FLOW (verb)

Definition: To "flow" is to move continuously in one direction, especially of liquid, gas, etc.

For example, "The tank leaks and the water flows on the wall."

Water flows out to the ocean.

BANG (verb)

Definition: To "bang" is to cause a thing or a part of one's body to hit something that makes a loud noise.

For example, "His head banged on the floor when he lost control of his bicycle."
Pots bang on the wall.

FLOOD (verb)

Definition: To "flood" means to fill something with a large amount of something or to become covered with water.

For example, "Heavy rains flooded our village yesterday."
This street floods when it rains.

SUCK (verb)

Definition: To "suck" is to pull some liquid, etc. into our mouth forming a small hole in our lips.

For example, "I am sucking water from my tumbler using a drinking straw."
Babies suck their mother's breast for milk.

HUNT (verb)

Definition: To "hunt" means to catch and kill animals for food or pleasure.

For example, "They hunted for birds in the forest."
The deer used to be hunted.

GET TOGETHER (phrasal verb)

Definition: The phrasal verb "get together" means to meet or gather usually for social reasons.

For example, "After many years of not seeing each other, we finally got together."
My friends and I are planning to get together.

DRAG ON (phrasal verb)

Definition: To "drag on" means to last longer than expected, often longer than seems necessary.

For example, "Our classes drag on because of some special announcement."
The meeting dragged on for hours

GO ON AND ON (phrasal verb)

Definition: To "go on and on" means to continue for a long time.

For example, "It's late in the evening yet the show goes on and on."
She doesn't shut up and just goes on and on

S13 Slide 220

S14 Slide 229 & 230

BREAK DOWN (phrasal verb)

Definition: To "break down" is to get upset.

For example, "I break down every time I get a low score."
The woman broke down after her husband's funeral.

CALM DOWN (phrasal verb)

Definition: To "calm down" is to relax after being angry.

For example, "You need to calm down and fix the problem before it gets worse."
You have to calm down to be able to talk properly.

BITE ONE'S TONGUE (phrasal verb)

Definition: We "bite our tongue" when we try not to say what we really think or feel.

For example, "She bites her tongue as the manager shouted at her."
Even though she didn't like their plan, Viola bit her tongue.

PLAY WITH FIRE (phrasal verb)

Definition: To "play with fire" means to take unnecessary risks or behave in a dangerous way.

He likes to play with fire and make bad decisions.

SORE POINT (noun)

Definition: "Sore point" means a topic which makes somebody feel unhappy or angry when it is mentioned.

For example, "She tried not to mention the sore point about her presentation yesterday."
Don't ask about Dom's love life, it's a sore point.

INCREDIBLE (adjective)

Definition: When we watch something "incredible", we mean it is very good.

For example, "The fireworks display was incredible."
His painting is incredible.

INCREDIBLY (adverb)

Definition: "Incredibly" is the adverb of the word incredible.

For example, "Her skills in singing are incredibly awesome."
It is incredibly difficult to get into that school.

UNFORTUNATELY (adverb)

Definition: The word "unfortunately" is used to say that something bad has happened.

For example, "I did my best to pass the exam but unfortunately, I failed."
She lost her job, unfortunately.

BOILING (adjective)

Definition: "Boiling" means very hot.

For example, "Today's temperature is boiling."
The room is boiling in summer.

NONSENSE (noun)

Definition: The word "nonsense" refers to words or ideas that are not true or showing a lack of good judgement.

For example, "Stop talking nonsense, you are just wasting your time."
The politician's campaign promises were nothing but nonsense.

UNITY (noun)

Definition: "When a country has "unity", it means that the people in it cooperate and agree with one another.

For example, "If we work with unity, we can do this successfully."
A country's unity is very important to maintain its peace.

CIVIL (noun)

Definition: The word "civil" means to act politely but not friendly, in order to not be rude.

For example, "It's hard to be civil when you really feel mad."

Even if I don't like him, I'm still acting civil.

R.E.M.S. METHOD