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| **Word** | **Synonym/definition** | **Antonym** |
| Constantly | Continuously/ always |  |
| Amount | Quantity |  |
| Recent | New |  |
| Researchers | Scientists |  |
| Athletes | Sportsmen |  |
| Damage (n) | Injury |  |
| Intensively (adverb) | Hard/ |  |
| Unfortunately | Unluckily | Luckily |
| Moderation | Being in the middle |  |
| Digital natives | Someone who grew up with technology |  |
| Multitasking | Doing many things at the same time |  |
| Wrong |  | Right |
| Subject | Topic |  |
| Switch | Change/ shift |  |
| Task | Duty/job/ mission |  |
| At once | At the same time |  |
| Expert | Specialist/ professional |  |
| Psychologist |  |  |
| Concentrate | Focus |  |
| Happy | Glad/ joyful/ pleased | Sad |
| Myth | A false belief people think of as true |  |
| Guilty | Ashamed/ | Innocent |
| Wrong |  | Right |
| Enough | Sufficient | Lack of/ shortage |
| Depressing | Sad |  |
| Difficult | Hard | Easy |
| Bright/fresh | Energetic/ full of energy/ active | Lazy/ sleepy |
| Grumpy | With bad mood |  |
| Report | Study/research |  |
| Tired | Exhausted | Relaxed |
| Concentrate | Focus |  |
| Spend | Waste |  |
| Free time | Leisure time |  |
| Boring | Dull | Interesting/exciting |
| Busy | Hectic | Free |
| Interests | Hobbies |  |
| Certain | Specific/ particular |  |
| Put off | Postpone |  |
| Stressed | Worried/ pressured | Relaxed |