ASSIMILATE -- verb
1. Take in information, ideas, or culture and understand fully; absorb and integrate people, ideas, or culture into a wider society or culture.
2. To cause something to resemble; to come to resemble.

If you move to a new country, a new town, a new school, etc., you have to assimilate into the new environment. You work to assimilate into a new environment because you don't want to stand out; you don't want to be different. A new USM student assimilates into our school community by learning the schedule, wearing the uniform, meeting the teachers, making friends with students, figuring out the lunch routine, etc.

You can assimilate yourself -- you can try to fit in yourself -- or someone or something can assimilate you -- a guide or an orientation session can help assimilate you into the new environment.

Synonyms: absorb, take in, master, digest, integrate, acculturate, embrace, incorporate
Antonyms: reject, alienate

BEHOLDEN -- adjective
Owing thanks or having a duty to someone in return for help or a service.

You are beholden to someone for something or you feel beholden to someone for something.

Synonyms: indebted, obligated
Antonyms: unappreciative, ungrateful

DILAPIDATED -- adjective
In a state of disrepair or ruin as a result of age or neglect.

A person isn't dilapidated; you wouldn't use this word to describe a person. You use it to describe a building, a car, something like that.

Synonyms: run-down, ramshackle, shabby, beat-up, rickety, decrepit
Antonyms: maintained, preserved

INCOHERENT -- adjective
Expressed in an incomprehensible or confusing way; unclear.

When you can't understand something, it's incoherent.

Synonyms: unclear, unintelligible, in comprehensible
Antonyms: clear, intelligible

INDIGNANT -- adjective
Feeling or showing anger or annoyance at what is perceived as unfair treatment.

*Whether you’re actually being treated unfairly or not doesn’t matter – you THINK you are being treated unfairly, so you’re offended or upset.*

Synonyms: affronted, offended, displeased  
Antonyms: pleased, gratified, content, satisfied

**INSIPID -- adjective**
Lacking flavor; lacking vigor or interest; boring.

*Insipid has a negative connotation; it’s an insult. If food is insipid, it’s bland and tasteless. If a person, a book, a movie, etc. is insipid, it’s boring, vapid, shallow, unimaginative, uninteresting.*

Synonyms: bland, unimaginative, uninteresting  
Antonyms: tasty, interesting, imaginative

**PLAINTIVE -- adjective**
Sounding sad and mournful.

*Your voice, music, a poem, etc. could be plaintive.*

Synonyms: wistful, doleful, pitiful, melancholy  
Antonyms: cheerful, joyous, ebullient

**QUAVER -- verb and noun**
1. **VERB:** Shake or tremble in speaking, typically through nervousness or emotion.  
2. **NOUN:** A shake or tremble in a person’s voice.

*Your voice can quaver (verb) or you can have a quaver (noun) in your voice.*

Synonyms for verb: tremble, waver, quiver, shake, falter  
Antonyms for verb: steady, command

Synonyms for noun: tremble, waver, quiver  
Antonyms for noun: steadiness, steadfastness, firmness

**SURMISE -- verb**
Suppose that something is true without having evidence to confirm it.

*Surmise is synonymous with suppose or assume.*

Synonyms: suppose, deduce, infer, presume, assume  
Antonyms: know, prove, substantiate
TARRY -- verb
Stay longer than intended; delay leaving a place.

*When you really don’t want to leave, you tarry.*  *When you take longer than you need to, you tarry.*

Synonyms: linger, loiter, dawdle
Antonyms: hurry