



Test Ninjas

VOCABULARY STUDY SERIES

SAT VOCABULARY

SAT Vocabulary: Activity & Inactivity

58 focused words in Activity & Inactivity

58

UNIQUE WORDS

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CATEGORIES

SAT

EXAM FOCUS



About this study guide

This vocabulary guide was prepared and published by Test Ninjas as an independent study resource. It is designed to help students build the precise word knowledge needed for demanding academic reading and reasoning.

How to use this guide

Study in short, repeated sessions. Read each definition, say the word aloud, and use the example to understand how the word functions in context. Return to unfamiliar words until you can explain them without looking at the definition.

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001 **carrying** *verb*

ACTIVITY & INACTIVITY

transporting or holding something while moving

He was **carrying** a heavy box up the stairs, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: Picture arms carrying a box across the room: holding it while moving it.

002 **come** *verb*

ACTIVITY & INACTIVITY

to move toward or arrive at a place

Please **come** to my office when you have a moment, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: An arrow labeled COME points toward the speaker and ends at the destination.

003 **compose** *verb*

ACTIVITY & INACTIVITY

to create or write something; to form the substance of

She took time to **compose** a thoughtful response to the letter, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A composer arranges separate notes into music; to compose is to create or form a whole.

004 **construct** *verb*

ACTIVITY & INACTIVITY

to build or create something

Engineers will **construct** a new bridge over the river, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: Construct a wall by placing one brick at a time until the new structure exists.

005 **deed** *noun*

ACTIVITY & INACTIVITY

an action that is performed intentionally; a legal document proving ownership

His heroic **deed** saved three children from the burning building, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A deed can be a deliberate action or the signed paper proving ownership of property.

006 **defunct** *adjective*

ACTIVITY & INACTIVITY

no longer existing or functioning

The **defunct** factory has been abandoned for over twenty years, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A defunct machine sits unplugged in a museum because it no longer exists or functions.

007 disengage *verb***ACTIVITY & INACTIVITY**

to separate or release from attachment; to withdraw from involvement

The pilot had to **disengage** the autopilot and take manual control, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: Unhook two linked chains to disengage them, or step back from the activity.

008 dormant *adjective***ACTIVITY & INACTIVITY**

temporarily inactive or not developing; in a state of rest

The **dormant** volcano had not erupted in over five hundred years, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A dormant seed rests underground: alive but temporarily inactive and not growing.

ALSO · ADJECTIVE: temporarily inactive or inoperative

009 dynamic *adjective***ACTIVITY & INACTIVITY**

characterized by constant change or activity; energetic and forceful

The **dynamic** speaker captivated the audience with her passionate presentation, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: Dynamic gears never stop changing and moving with forceful energy.

010 encountering *verb***ACTIVITY & INACTIVITY**

unexpectedly meeting or experiencing something

We kept **encountering** obstacles throughout the hiking trail, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: Turning a corner and unexpectedly meeting an obstacle captures encountering it.

011 energetic *adjective***ACTIVITY & INACTIVITY**

showing or involving great activity or vitality

The **energetic** puppy ran around the yard without stopping, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: An energetic figure bounds up stairs with a fully charged battery.

012 entering *verb***ACTIVITY & INACTIVITY**

coming or going into a place; beginning to be involved in

Students **entering** the examination hall must show their identification, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: An arrow crossing a doorway shows entering a place or becoming involved.

013 **existence** *noun*

ACTIVITY & INACTIVITY

the fact or state of living or being; continued survival

Scientists continue to search for evidence of life's **existence** on other planets, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A steady heartbeat and a lit presence sign represent existence: the state of being.

014 **gathers** *verb*

ACTIVITY & INACTIVITY

collects or brings together from various sources

She **gathers** wildflowers from the meadow every spring, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A rake gathers scattered leaves and brings them together.

015 **get** *verb*

ACTIVITY & INACTIVITY

to obtain, receive, or come to have something

I need to **get** some groceries before the store closes, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: An open hand gets the key when it receives and comes to possess it.

016 **held** *verb*

ACTIVITY & INACTIVITY

past tense of hold; kept in one's grasp or possession

She **held** the fragile vase carefully as she walked across the room, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A closed hand held the key and kept it in its grasp.

017 **hibernation** *noun*

ACTIVITY & INACTIVITY

a state of minimal activity and metabolic depression in animals during winter

Bears enter **hibernation** to conserve energy during the cold months, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A bear's winter battery drops to minimum during hibernation.

018 **implement** *verb*

ACTIVITY & INACTIVITY

to put a plan or decision into effect; to carry out

The company plans to **implement** new safety procedures next month, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: Implement a plan by moving it from the blueprint into real action.

019 inactive *adjective***ACTIVITY & INACTIVITY**

not engaging in activity; not functioning or operating

The volcano has been **inactive** for over a thousand years, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An inactive machine rests beside an OFF switch with no moving parts.

020 inactivity *noun***ACTIVITY & INACTIVITY**

the state of being inactive; lack of activity or movement

Prolonged **inactivity** can lead to various health problems, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A motionless scene and a zero activity meter represent inactivity.

021 interrupted *verb***ACTIVITY & INACTIVITY**

stopped the continuous progress of something; broke in on a speaker

The meeting was **interrupted** by a fire alarm, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An interrupted line has a visible break where progress or speech was stopped.

022 involved *adjective***ACTIVITY & INACTIVITY**

connected or participating in something; complicated

Many volunteers were **involved** in organizing the charity event, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A linked chain shows participation; a tangled chain shows the second meaning, complicated.

023 joining *verb***ACTIVITY & INACTIVITY**

connecting or linking together; becoming a member of

She is considering **joining** the local book club, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: Two open links click together when joining into one chain.

024 occupy *verb***ACTIVITY & INACTIVITY**

to fill or take up space or time; to reside in

The meeting will **occupy** most of the afternoon, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A large box occupies the floor space by filling and taking it up.

025 occupying *verb*

ACTIVITY & INACTIVITY

taking up space, time, or attention; residing in

The thought of the exam was **occupying** all her attention, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: An occupying object fills the available space, time, or attention.

026 offered *verb*

ACTIVITY & INACTIVITY

presented or proposed for acceptance or rejection

The company **offered** her a generous salary package, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An offered object rests on an open palm, ready to be accepted or rejected.

027 operative *adjective*

ACTIVITY & INACTIVITY

functioning or having effect; a worker or secret agent

The key **operative** word in the contract is 'must' rather than 'may', showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: An operative machine has moving gears; an operative can also be a worker or agent.

028 persist *verb*

ACTIVITY & INACTIVITY

to continue firmly in an opinion or course of action despite difficulty

If symptoms **persist**, you should consult a doctor, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: Persist by continuing up the steep path even when resistance pushes back.

029 prepared *adjective*

ACTIVITY & INACTIVITY

made ready for use or action; expecting something to happen

She came to the meeting **prepared** with all the necessary documents, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A packed tool kit and checked plan show someone is prepared and ready.

030 provide *verb*

ACTIVITY & INACTIVITY

to make available for use; to supply

The scholarship will **provide** funding for her education, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: Provide supplies by placing what is needed into open, waiting hands.

031 **providing** *verb*

ACTIVITY & INACTIVITY

making available or supplying; on the condition that

The organization is **providing** meals to families in need, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: Providing fills an empty shelf; in IF language, it sets the condition that must be met.

032 **pulled** *verb*

ACTIVITY & INACTIVITY

exerted force to move something toward oneself; withdrew

He **pulled** the door open and stepped inside the building, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A rope under force moved the object closer; it was pulled.

033 **receive** *verb*

ACTIVITY & INACTIVITY

to be given, presented with, or paid something; to accept delivery of

Did you **receive** my email about the schedule change, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: Open hands receive what is delivered, given, or paid.

034 **released** *verb*

ACTIVITY & INACTIVITY

allowed to move or act freely; made available to the public

The band **released** their new album last Friday, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An opened cage and public launch show something has been released.

035 **running** *noun/verb/adjective*

ACTIVITY & INACTIVITY

moving at a speed faster than walking; the action of managing or operating

She enjoys **running** in the park every morning, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: Running feet move faster than walking; running a system means keeping it operating.

036 **strenuously** *adverb*

ACTIVITY & INACTIVITY

with great effort or energy; vigorously

She **strenuously** denied any involvement in the scandal, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: Pushing a boulder uphill shows working strenuously with great energy and effort.

037 **take** *verb*

ACTIVITY & INACTIVITY

to get into one's hands or possession; to grasp or seize

Please **take** this book and return it to the library, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A hand closes around an object to take it into possession.

038 **toward** *preposition*

ACTIVITY & INACTIVITY

in the direction of; approaching

She walked **toward** the exit when she heard the fire alarm, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An arrow pointing toward the door moves in that direction and approaches it.

039 **withdraw** *verb*

ACTIVITY & INACTIVITY

to remove or take away something from a particular place or position; to retreat

She decided to **withdraw** her application after accepting another job offer, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: Withdraw by pulling a piece away from the board or retreating backward.

040 **stagnate** *verb*

ACTIVITY & INACTIVITY

to cease developing; become inactive

Without innovation, the company began to **stagnate**, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: Water that stops flowing becomes stagnant; progress that stops also stagnates.

041 **listless** *adjective*

ACTIVITY & INACTIVITY

lacking energy or enthusiasm

The heat made everyone feel **listless**, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A listless person lies beside an empty energy battery.

042 **vigorous** *adjective*

ACTIVITY & INACTIVITY

strong, healthy, and full of energy

The **vigorous** exercise improved his health, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A vigorous body lifts a heavy weight with a full health battery.

043 lethargic *adjective*

ACTIVITY & INACTIVITY

sluggish and apathetic

The hot weather made everyone **lethargic**, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A lethargic figure moves slowly beside a nearly empty energy gauge.

044 industrious *adjective*

ACTIVITY & INACTIVITY

diligent and hard-working

The **industrious** worker earned a promotion, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: An industrious worker steadily completes task after task.

045 indolent *adjective*

ACTIVITY & INACTIVITY

wanting to avoid activity or exertion

The **indolent** student rarely completed assignments, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: An indolent person avoids the task list and returns to the hammock.

046 diligent *adjective*

ACTIVITY & INACTIVITY

having persistent effort in one's work

Her **diligent** research uncovered the truth, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A diligent worker carefully persists until every checklist box is complete.

047 slothful *adjective*

ACTIVITY & INACTIVITY

lazy; disinclined to work

His **slothful** habits led to poor grades, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A slothful figure hangs asleep while unfinished work piles up.

048 assiduous *adjective*

ACTIVITY & INACTIVITY

showing great care and perseverance

The **assiduous** detective solved the case, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An assiduous craftsperson combines careful detail with unwavering perseverance.

049 lackadaisical *adjective*

ACTIVITY & INACTIVITY

lacking enthusiasm and determination

The **lackadaisical** approach doomed the project, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A lackadaisical effort droops below a weak enthusiasm and determination gauge.

050 languid *adjective*

ACTIVITY & INACTIVITY

weak or faint from illness or fatigue

The **languid** pace of summer afternoons, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A languid body sags weakly beneath fatigue and illness.

051 torpid *adjective*

ACTIVITY & INACTIVITY

mentally or physically inactive; lethargic

The **torpid** economy showed no signs of growth, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A torpid creature remains almost motionless in body and mind.

052 static *adjective*

ACTIVITY & INACTIVITY

lacking movement, action, or change

Wages remained **static** for years, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A static object is frozen while movement passes around it.

053 bustling *adjective*

ACTIVITY & INACTIVITY

full of energetic and noisy activity

The **bustling** marketplace was alive with activity, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: A bustling market buzzes with noisy, energetic movement.

054 brisk *adjective*

ACTIVITY & INACTIVITY

active, fast, and energetic

Business was **brisk** during the holiday season, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A brisk walker moves with quick, active energy.

055 sluggish *adjective***ACTIVITY & INACTIVITY**

slow-moving or inactive

The **sluggish** economy worried investors, helping observers judge what action occurred and how it affected the surrounding situation.

MEMORY CUE: A sluggish arrow crawls slowly across the page.

058 enterprising *adjective***ACTIVITY & INACTIVITY**

having the ability to see new opportunities

The **enterprising** young inventor created a new app, clarifying the kind and degree of activity taking place in the situation.

MEMORY CUE: An enterprising explorer spots an opportunity door before anyone else.

056 inert *adjective***ACTIVITY & INACTIVITY**

lacking the ability or strength to move

The **inert** body lay motionless, showing whether something was functioning, changing, or remaining inactive under the circumstances.

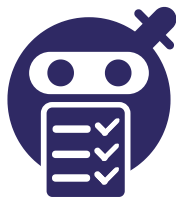
MEMORY CUE: An inert object remains still because it lacks the strength to move.

057 sprightly *adjective***ACTIVITY & INACTIVITY**

lively and full of energy

The **sprightly** octogenarian still played tennis, showing whether something was functioning, changing, or remaining inactive under the circumstances.

MEMORY CUE: A sprightly figure skips upward with lively energy.



SAT VOCABULARY

Keep building your edge.

Vocabulary grows through repeated exposure and deliberate use.
Revisit this list, write with the words, and practice recognizing their
meaning in context.

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