



**Test Ninjas**

VOCABULARY STUDY SERIES

SAT VOCABULARY

# SAT Vocabulary: Flexibility & Rigidity

36 focused words in Flexibility & Rigidity

**36**

UNIQUE WORDS

**1**

CATEGORIES

**SAT**

EXAM FOCUS



# About this study guide

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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 **accommodate** *verb*

## FLEXIBILITY &amp; RIGIDITY

to provide space or lodging for; to adjust to meet needs

The hotel can **accommodate** up to 500 guests, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A hotel adds a cot to accommodate one more guest: it makes room and adjusts to a need.

002 **adapt** *verb*

## FLEXIBILITY &amp; RIGIDITY

to adjust or modify to suit new conditions

Animals must **adapt** to changing environments to survive, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A chameleon adapts by changing color to suit its new surroundings.

003 **cling** *verb*

## FLEXIBILITY &amp; RIGIDITY

holding on tightly to something

The child was **clinging** to her mother's hand in the crowded store, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** Clinging to a cliff means gripping it tightly and refusing to let go.

004 **confined** *adjective*

## FLEXIBILITY &amp; RIGIDITY

restricted or limited to a particular area

The patient was **confined** to bed rest for several weeks, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A confined object cannot leave the small fence that restricts its area.

**ALSO · ADJECTIVE:** restricted in area or volume

005 **entrenching** *verb*

## FLEXIBILITY &amp; RIGIDITY

establishing firmly so that change is difficult

The policy risks **entrenching** inequality rather than addressing it, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** Digging a position into a deep trench makes it firmly established and hard to change.

006 **immune** *adjective*

## FLEXIBILITY &amp; RIGIDITY

resistant to a particular infection or toxin; protected from something harmful

After recovering from the illness, she became **immune** to the virus, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** An immune shield blocks a specific germ or harmful force.

**007 recalcitrant** *adjective*

## FLEXIBILITY &amp; RIGIDITY

having an obstinately uncooperative attitude;  
stubbornly resistant to authority

The **recalcitrant** student refused to follow classroom rules, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A recalcitrant mule locks its feet and stubbornly resists every command.

**ALSO · ADJECTIVE:** having obstinately uncooperative attitude

**008 receptive** *adjective*

## FLEXIBILITY &amp; RIGIDITY

willing to consider or accept new suggestions and ideas

The manager was **receptive** to feedback from her team, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** A receptive mind is an open door ready to consider a new idea.

**009 resilience** *noun*

## FLEXIBILITY &amp; RIGIDITY

the capacity to recover quickly from difficulties;  
toughness

The community showed remarkable **resilience** after the natural disaster, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** Resilience is a spring that bends under pressure and quickly returns to shape.

**010 resilient** *adjective*

## FLEXIBILITY &amp; RIGIDITY

able to withstand or recover quickly from difficult conditions

Children are often more **resilient** than adults give them credit for, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A resilient tree bends in the storm, survives, and rises upright again.

**011 responsive** *adjective*

## FLEXIBILITY &amp; RIGIDITY

reacting quickly and positively to suggestions or influences

The customer service team was very **responsive** to our concerns, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A responsive system receives a signal and immediately sends back a helpful answer.

**012 responsiveness** *noun*

## FLEXIBILITY &amp; RIGIDITY

the quality of reacting quickly and positively

The company is known for its **responsiveness** to customer feedback, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** Responsiveness is a quick, positive reply arrow following closely behind a signal.

**013 susceptible** *adjective***FLEXIBILITY & RIGIDITY**

likely or liable to be influenced or harmed by something

Young children are more **susceptible** to infections, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A susceptible plant has a thin shield and is easily affected by frost.

**014 malleable** *adjective***FLEXIBILITY & RIGIDITY**

easily influenced; pliable

Young minds are more **malleable**, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** Malleable clay bends easily under another hand's influence.

**015 adaptable** *adjective***FLEXIBILITY & RIGIDITY**

able to adjust to new conditions

The **adaptable** employee thrived in change, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** An adaptable tool changes shape to fit several new jobs.

**016 inflexible** *adjective***FLEXIBILITY & RIGIDITY**

unwilling to change or compromise

His **inflexible** stance hindered negotiations, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** An inflexible iron bar refuses both bending and compromise.

**017 pliable** *adjective***FLEXIBILITY & RIGIDITY**

easily bent; flexible

The **pliable** material shaped easily, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** Pliable clay bends easily beneath gentle pressure.

**018 rigid** *adjective***FLEXIBILITY & RIGIDITY**

unable to bend or be forced out of shape

The **rigid** structure withstood the storm, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A rigid rod stays straight and cannot be bent.

**019 versatile** *adjective*

## FLEXIBILITY &amp; RIGIDITY

able to adapt to many different functions

The **versatile** tool had multiple uses, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A versatile tool unfolds into many forms for different functions.

**022 supple** *adjective*

## FLEXIBILITY &amp; RIGIDITY

bending easily without breaking

Yoga kept her body **supple**, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** A supple branch bends smoothly without breaking.

**020 obstinate** *adjective*

## FLEXIBILITY &amp; RIGIDITY

stubbornly refusing to change one's opinion

The **obstinate** child refused to comply, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** An obstinate mule plants its feet and refuses to change direction.

**023 stubborn** *adjective*

## FLEXIBILITY &amp; RIGIDITY

having or showing dogged determination

His **stubborn** resistance frustrated everyone, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A stubborn figure grips one position and refuses to move.

**021 intractable** *adjective*

## FLEXIBILITY &amp; RIGIDITY

hard to control or deal with

The **intractable** problem defied solutions, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** An intractable problem fights every attempt to control or solve it.

**024 amenable** *adjective*

## FLEXIBILITY &amp; RIGIDITY

open to suggestion; easily persuaded

She was **amenable** to changing the plan, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** An amenable mind opens its door to suggestion and persuasion.

**025 unyielding** *adjective*

## FLEXIBILITY &amp; RIGIDITY

not giving way to pressure

The **unyielding** negotiator refused all offers, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** An unyielding wall does not move under pressure.

**028 defiant** *adjective*

## FLEXIBILITY &amp; RIGIDITY

showing resistance or bold disobedience

The **defiant** prisoner refused to talk, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A defiant figure stands against the command with a bold NO sign.

**026 accommodating** *adjective*

## FLEXIBILITY &amp; RIGIDITY

fitting in with wishes or needs

The **accommodating** host satisfied every request, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** An accommodating host rearranges the room to fit another person's needs.

**029 docile** *adjective*

## FLEXIBILITY &amp; RIGIDITY

ready to accept control or instruction

The **docile** horse was easy to train, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A docile animal calmly accepts guidance and instruction.

**027 compliant** *adjective*

## FLEXIBILITY &amp; RIGIDITY

disposed to agree with others

The **compliant** employee followed all instructions, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A compliant figure reads the instruction and readily agrees to follow it.

**030 headstrong** *adjective*

## FLEXIBILITY &amp; RIGIDITY

determined to have one's own way

The **headstrong** leader ignored advisors, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A headstrong person points one way and insists on having it.

031 **tractable** *adjective*

## FLEXIBILITY &amp; RIGIDITY

easy to control or influence

The **tractable** material was easy to mold, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A tractable animal follows the guiding rope without resistance.

032 **willful** *adjective*

## FLEXIBILITY &amp; RIGIDITY

intentionally doing what one wants

Her **willful** disobedience led to suspension, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** A willful person deliberately follows personal desire despite other directions.

033 **flexible** *adjective*

## FLEXIBILITY &amp; RIGIDITY

capable of bending easily without breaking

The **flexible** schedule accommodated everyone, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** A flexible band bends into new shapes without breaking.

034 **yielding** *adjective*

## FLEXIBILITY &amp; RIGIDITY

giving way under pressure

The **yielding** material absorbed impacts, showing whether the people involved could adjust their approach without losing sight of the goal.

**MEMORY CUE:** A yielding cushion gives way when pressure presses down.

035 **tenacious** *adjective*

## FLEXIBILITY &amp; RIGIDITY

tending to keep a firm hold

The **tenacious** lawyer never gave up, making the contrast between adaptability and inflexibility especially clear in practice.

**MEMORY CUE:** A tenacious hand maintains a firm grip through every pull.

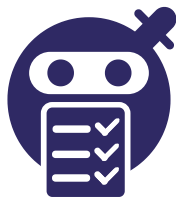
036 **cooperative** *adjective*

## FLEXIBILITY &amp; RIGIDITY

willing to work together

The **cooperative** team achieved success, revealing how readily the plan could respond when the surrounding conditions changed.

**MEMORY CUE:** Cooperative partners carry the same load together.



SAT VOCABULARY

# Keep building your edge.

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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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