

# 100 SAT words you have to know in 2026

Digital SAT vocabulary with meanings, examples  
and Russian translations.

*from Mahym  
at Ivy Owl*



# How to use this list

The digital SAT tests vocabulary in context: you read a short passage and choose the word that fits best. You need the precise meaning, not a rough idea.

- 1** Learn 10 words a day. You'll finish the list in 10 days.
- 2** Say each word out loud using the pronunciation guide.
- 3** Write your own sentence for every word. That's what makes it stick.
- 4** On day 11, test yourself on all 100. Repeat every week until test day.

## What's inside

|                                                                                  |                                    |              |
|----------------------------------------------------------------------------------|------------------------------------|--------------|
|  | Evidence and argument              | words 1–20   |
|  | Tone and attitude                  | words 21–40  |
|  | Change and degree                  | words 41–60  |
|  | Character and behavior             | words 61–80  |
|  | Trap words and academic essentials | words 81–100 |

*watch for words marked trap:  
they look easy, but the SAT  
uses a different meaning!*

## Evidence and argument

1 **corroborate** verb (kuh-ROB-uh-rayt)

To confirm or support with evidence.

| New data corroborated the theory.

*по-русски: подтверждать*

2 **substantiate** verb (sub-STAN-shee-ayt)

To prove a claim with evidence.

| She substantiated her claim with three studies.

*по-русски: обосновывать, доказывать*

3 **refute** verb (rih-FYOOT)

To prove that something is wrong.

| The experiment refuted the old idea.

*по-русски: опровергать*

4 **undermine** verb (un-der-MINE)

To weaken something gradually.

| One weak source can undermine a whole essay.

*по-русски: подрывать, ослаблять*

5 **bolster** verb (BOHL-ster)

To support or strengthen.

| Extra data bolstered her argument.

*по-русски: подкреплять, усиливать*

## Evidence and argument

6 **plausible** adjective (PLAW-zuh-bul)

Seeming reasonable or likely to be true.

His excuse was plausible, but it wasn't true.

*по-русски: правдоподобный*

7 **tenuous** adjective (TEN-yoo-us)

Very weak, thin, or easily broken.

The link between the two events is tenuous.

*по-русски: слабый, шаткий*

8 **empirical** adjective (em-PEER-ih-kul)

Based on observation or experiment.

Scientists need empirical evidence, not opinions.

*по-русски: эмпирический, опытный*

9 **anecdotal** adjective (an-ik-DOH-tul)

Based on personal stories, not data.

His proof was only anecdotal.

*по-русски: основанный на отдельных случаях*

10 **conjecture** noun (kun-JEK-cher)

A guess made without full evidence.

Without data, it's just conjecture.

*по-русски: догадка, предположение*

## Evidence and argument

11 **dubious** adjective (DOO-bee-us)

Doubtful; not to be trusted.

| The website's claims were dubious.

*по-русски: сомнительный*

---

12 **compelling** adjective (kum-PEL-ing)

Very convincing.

| She made a compelling case for more funding.

*по-русски: убедительный*

---

13 **contend** verb (kun-TEND)

To argue or claim that something is true.

| The author contends that cities should ban cars.

*по-русски: утверждать*

---

14 **assert** verb (uh-SERT)

To state something confidently.

| He asserted that the results were wrong.

*по-русски: заявлять, утверждать*

---

15 **concede** verb (kun-SEED)

To admit something is true, often unwillingly.

| She conceded that her opponent had a point.

*по-русски: признавать, уступать*

## Evidence and argument

16 **validate** verb (VAL-ih-dayt)

To prove that something is true or correct.

| Later research validated his model.

*по-русски: подтверждать*

17 **speculate** verb (SPEK-yuh-layt)

To guess without firm evidence.

| Experts speculate about the cause of the crash.

*по-русски: строить предположения*

18 **infer** verb (in-FER)

To reach a conclusion from evidence.

| From her smile, I inferred that she had passed.

*по-русски: делать вывод*

19 **implicit** adjective (im-PLIS-it)

Suggested but not directly stated.

| There was an implicit warning in his words.

*по-русски: подразумеваемый, неявный*

20 **discredit** verb (dis-KRED-it)

To make people stop believing in something.

| The scandal discredited the study.

*по-русски: дискредитировать*

## Tone and attitude

21 **ambivalent** adjective (am-BIV-uh-lunt)

Having mixed feelings about something.

| She felt ambivalent about leaving home.

*по-русски: двойственный, противоречивый*

---

22 **skeptical** adjective (SKEP-tih-kul)

Doubtful; not easily convinced.

| Critics were skeptical of the new plan.

*по-русски: скептический, недоверчивый*

---

23 **candid** adjective (KAN-did)

Honest and direct.

| He gave a candid answer about his mistakes.

*по-русски: откровенный, прямой*

---

24 **indifferent** adjective (in-DIF-er-unt)

Not caring either way.

| The cat was indifferent to its new toy.

*по-русски: безразличный*

---

25 **reverent** adjective (REV-er-unt)

Showing deep respect.

| Visitors were quiet and reverent in the old library.

*по-русски: благоговейный, почтительный*



## Tone and attitude

26 **sardonic** adjective (sar-DON-ik)

Mocking in a bitter way.

He gave a sardonic laugh at the bad news.

*по-русски: язвительный*

27 **earnest** adjective (ER-nist)

Sincere and serious.

She made an earnest effort to improve.

*по-русски: искренний, серьёзный*

28 **wary** adjective (WAIR-ee)

Cautious about possible danger.

Be wary of offers that sound too good.

*по-русски: настороженный*

29 **nostalgic** adjective (nuh-STAL-jik)

Longing for the past.

Old songs make my father nostalgic.

*по-русски: ностальгический*

30 **apathetic** adjective (ap-uh-THET-ik)

Showing no interest or energy.

Many voters seemed apathetic this year.

*по-русски: апатичный, равнодушный*

## Tone and attitude

31 **contemptuous** adjective (kun-TEMP-choo-us)

Showing that you think something is worthless.

He gave the cheap gift a contemptuous look.

*по-русски: презрительный*

32 **dismissive** adjective (dis-MIS-iv)

Treating something as unimportant.

She was dismissive of my idea.

*по-русски: пренебрежительный*

33 **cynical** adjective (SIN-ih-kul)

Believing people act only for themselves.

Years in politics made him cynical.

*по-русски: циничный*

34 **measured** adjective (MEZH-erd)

Careful and controlled.

The scientist gave a measured response.

*по-русски: сдержанный, взвешенный*

35 **emphatic** adjective (em-FAT-ik)

Expressed with force and clarity.

Her answer was an emphatic no.

*по-русски: решительный, категоричный*

## Tone and attitude

36 **whimsical** adjective (WIM-zih-kul)

Playful and unusual.

| The book has a whimsical style.

*по-русски: причудливый, игривый*

---

37 **solemn** adjective (SOL-um)

Serious and formal.

| It was a solemn ceremony.

*по-русски: торжественный, серьёзный*

---

38 **indignant** adjective (in-DIG-nunt)

Angry about unfair treatment.

| She was indignant when blamed for his mistake.

*по-русски: возмущённый*

---

39 **wistful** adjective (WIST-ful)

Sadly longing for something.

| He gave a wistful look at his old school.

*по-русски: грустно-задумчивый*

---

40 **ironic** adjective (eye-RON-ik)

Happening in the opposite way to what you'd expect.

| It's ironic that the fire station burned down.

*по-русски: ироничный*

## Change and degree

41 **mitigate** verb (MIT-ih-gayt)

To make something less severe.

| Trees can mitigate city heat.

*по-русски: смягчать, уменьшать*

42 **exacerbate** verb (ig-ZAS-er-bayt)

To make a problem worse.

| Stress can exacerbate a headache.

*по-русски: усугублять*

43 **diminish** verb (dih-MIN-ish)

To make or become smaller.

| His fear diminished over time.

*по-русски: уменьшать(ся)*

44 **augment** verb (awg-MENT)

To increase or add to.

| She augmented her income by tutoring.

*по-русски: увеличивать, дополнять*

45 **alleviate** verb (uh-LEE-vee-ayt)

To make pain or a problem easier to bear.

| The medicine alleviated his pain.

*по-русски: облегчать*

## Change and degree

46

**curtail** verb (ker-TAYL)

To cut short or limit.

| The storm curtailed our trip.

*по-русски: сокращать, ограничивать*

---

47

**fluctuate** verb (FLUK-choo-ayt)

To rise and fall irregularly.

| Prices fluctuate every season.

*по-русски: колебаться*

---

48

**proliferate** verb (pruh-LIF-uh-rayt)

To increase quickly in number.

| Coffee shops proliferated downtown.

*по-русски: быстро распространяться*

---

49

**stagnate** verb (STAG-nayt)

To stop growing or developing.

| The economy stagnated for years.

*по-русски: застаиваться*

---

50

**dwindle** verb (DWIN-dul)

To slowly become smaller.

| Our savings dwindled after the move.

*по-русски: сокращаться, таять*



## Change and degree

51 **amplify** verb (AM-pluh-fye)

To make larger or stronger.

| Social media amplifies every rumor.

*по-русски: усиливать*

---

52 **erode** verb (ih-ROHD)

To wear away gradually.

| Lies slowly erode trust.

*по-русски: подтачивать, разрушать*

---

53 **surge** noun (SERJ)

A sudden, strong increase.

| There was a surge in applications this year.

*по-русски: резкий рост, всплеск*

---

54 **negligible** adjective (NEG-lih-juh-bul)

So small that it doesn't matter.

| The price difference was negligible.

*по-русски: незначительный*

---

55 **marginal** adjective (MAR-jih-nul)

Small and not very important.

| The new rule had a marginal effect.

*по-русски: незначительный, минимальный*

## Change and degree

56 **substantial** adjective (sub-STAN-shul)

Large in size or importance.

| She won a substantial scholarship.

*по-русски: значительный, существенный*

57 **incremental** adjective (in-kruh-MEN-tul)

Happening in small steps.

| Incremental practice leads to big results.

*по-русски: постепенный*

58 **drastic** adjective (DRAS-tik)

Extreme and sudden.

| The school made drastic changes.

*по-русски: радикальный, резкий*

59 **precipitous** adjective (prih-SIP-ih-tus)

Very sudden and steep.

| Sales saw a precipitous drop.

*по-русски: стремительный, резкий*

60 **unprecedented** adjective (un-PRES-ih-den-tid)

Never done or known before.

| The flood was unprecedented in size.

*по-русски: беспрецедентный*

## Character and behavior

61 **meticulous** adjective (muh-TIK-yuh-lus)

Extremely careful with details.

| Her notes are meticulous.

*по-русски: дотошный, скрупулёзный*

62 **resilient** adjective (rih-ZIL-yunt)

Able to recover quickly from difficulty.

| Resilient students learn from failure.

*по-русски: стойкий, жизнестойкий*

63 **diligent** adjective (DIL-ih-junt)

Hardworking and careful.

| A diligent student reviews every day.

*по-русски: усердный, прилежный*

64 **frugal** adjective (FROO-gul)

Careful not to waste money.

| Being frugal helped him save for college.

*по-русски: бережливый, экономный*

65 **prudent** adjective (PROO-dunt)

Wise and careful about the future.

| It's prudent to apply to several universities.

*по-русски: благоразумный, осмотрительный*

## Character and behavior

66 **tenacious** adjective (tuh-NAY-shus)

Refusing to give up.

| The tenacious team kept fighting.

*по-русски: упорный, настойчивый*

67 **pragmatic** adjective (prag-MAT-ik)

Practical; focused on what works.

| She took a pragmatic approach to studying.

*по-русски: прагматичный, практичный*

68 **benevolent** adjective (buh-NEV-uh-lunt)

Kind and wanting to help others.

| A benevolent donor paid for the new library.

*по-русски: доброжелательный, благосклонный*

69 **altruistic** adjective (al-troo-IS-tik)

Caring about others more than yourself.

| Her altruistic work helped hundreds of families.

*по-русски: альтруистичный, бескорыстный*

70 **gregarious** adjective (grih-GAIR-ee-us)

Enjoying the company of others.

| My gregarious friend knows everyone.

*по-русски: общительный*

## Character and behavior

71 **reticent** adjective (RET-ih-sunt)

Quiet; slow to share thoughts or feelings.

| He was reticent about his past.

*по-русски: сдержанный, скрытный*

---

72 **impetuous** adjective (im-PECH-oo-us)

Acting quickly without thinking.

| An impetuous decision cost him the game.

*по-русски: импульсивный, опрометчивый*

---

73 **obstinate** adjective (OB-stuh-nit)

Stubbornly refusing to change.

| The obstinate child refused to eat.

*по-русски: упрямый*

---

74 **complacent** adjective (kum-PLAY-sunt)

Too satisfied to keep improving.

| Don't get complacent after one good score.

*по-русски: самоуспокоенный, благодушный*

---

75 **conscientious** adjective (kon-shee-EN-shus)

Careful to do things well and correctly.

| A conscientious worker double-checks everything.

*по-русски: добросовестный*

## Character and behavior

76 **audacious** adjective (aw-DAY-shus)

Boldly daring.

| It was an audacious plan to cross the desert.

*по-русски: дерзкий, смелый*

77 **versatile** adjective (VER-suh-tul)

Able to do many different things well.

| She's a versatile musician.

*по-русски: разносторонний, универсальный*

78 **scrupulous** adjective (SKROO-pyuh-lus)

Very honest and careful to do what is right.

| He was scrupulous about citing his sources.

*по-русски: щепетильный, добросовестный*

79 **zealous** adjective (ZEL-us)

Full of energy for a cause.

| The zealous volunteers worked all night.

*по-русски: ревностный, рьяный*

80 **magnanimous** adjective (mag-NAN-ih-mus)

Generous and forgiving, especially to a rival.

| The magnanimous winner praised his rival.

*по-русски: великодушный*

## Trap words and academic essentials

81

**novel** adjective (NOV-ul)

trap

New and original (not a book!).

| The team proposed a novel solution.

по-русски: *новый, оригинальный*

82

**qualify** verb (KWAL-ih-fye)

trap

To limit a statement or add conditions to it.

| The author qualified her claim by adding 'in most cases.'

по-русски: *уточнять, оговаривать*

83

**temper** verb (TEM-per)

trap

To soften or moderate.

| He tempered his criticism with praise.

по-русски: *смягчать, умерять*

84

**check** verb (CHEK)

trap

To stop or hold something back.

| The new dam checked the flooding.

по-русски: *сдерживать*

85

**yield** verb (YEELD)

trap

To produce a result, or to give way.

| The study yielded surprising results.

по-русски: *давать (результат); уступать*

## Trap words and academic essentials

86

**grave** adjective (GRAYV)

*trap*

Very serious.

| The doctor had grave concerns.

*по-русски: серьёзный, тяжёлый*

---

87

**appreciate** verb (uh-PREE-shee-ayt)

*trap*

To increase in value.

| Land in the city appreciated quickly.

*по-русски: дорожать, расти в цене*

---

88

**sanction** verb (SANGK-shun)

*trap*

To officially approve. As a noun, it can also mean a penalty.

| The school sanctioned the new club.

*по-русски: санкционировать, одобрять*

---

89

**conspicuous** adjective (kun-SPIK-yoo-us)

Easy to notice; standing out clearly.

| His orange jacket was conspicuous in the crowd.

*по-русски: заметный, бросающийся в глаза*

---

90

**ubiquitous** adjective (yoo-BIK-wih-tus)

Found everywhere.

| Smartphones are ubiquitous today.

*по-русски: повсеместный, всеобщий*

## Trap words and academic essentials

91 **scrutinize** verb (SKROO-tuh-nize)

To examine something very closely.

| Admissions officers scrutinize every application.

*по-русски: тщательно изучать*

92 **arbitrary** adjective (AR-bih-trair-ee)

Based on chance, not reason.

| The rules seemed arbitrary.

*по-русски: произвольный*

93 **ambiguous** adjective (am-BIG-yoo-us)

Having more than one possible meaning.

| The ending of the film is ambiguous.

*по-русски: двусмысленный, неоднозначный*

94 **discern** verb (dih-SERN)

To notice or understand something that isn't obvious.

| It was hard to discern his real reason.

*по-русски: различать, распознавать*

95 **inherent** adjective (in-HEER-unt)

Existing as a natural, permanent part.

| Every plan has inherent risks.

*по-русски: присущий, неотъемлемый*

## Trap words and academic essentials

96 **prevalent** adjective (PREV-uh-lunt)

Common and widespread.

| The flu is prevalent in winter.

*по-русски: распространённый*

---

97 **feasible** adjective (FEE-zuh-bul)

Possible and practical to do.

| Is it feasible to finish by Friday?

*по-русски: осуществимый*

---

98 **intricate** adjective (IN-trih-kit)

Very detailed and complex.

| The carpet had an intricate pattern.

*по-русски: замысловатый, сложный*

---

99 **obsolete** adjective (ob-suh-LEET)

No longer used; out of date.

| Paper maps are almost obsolete.

*по-русски: устаревший*

---

100 **paradox** noun (PAIR-uh-doks)

Something that seems to contradict itself but may be true.

| It's a paradox that more choice can make us less happy.

*по-русски: парадокс*

# Want a plan, not just a list?

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*good luck on  
test day!  
Mahym*

