

## Definitions:

1. done carefully and with a lot of attention to detail
2. demanding that particular rules, processes, etc. are strictly followed

# rigorous

## Used in a sentence:

- *a rigorous analysis*
- *Few people have gone into the topic in such rigorous detail.*
- *The second team adopted a much more rigorous approach to the problem.*
- *The work failed to meet their rigorous standards.*
- *They may benefit from the rigorous application of competition policy.*

## Etymology and historical meaning of the term rigorous:

late Middle English: from Old French *rigorous* or late Latin *rigorosus*, from *rigor* 'stiffness', from *rigere* 'be stiff'.

## Nearby words:

[rigmarole -noun](#)  
[rigor mortis- noun](#)  
[Rigorous- adjective](#)  
[rigorously -adverb](#)  
[rigour -noun](#)

## Questions:

- How does this link with the theme of the week: **'Focus on the goals'**
- Can you think of any synonyms for the word
- Could you use words of the same family (verbs, nouns ) in sentences?
- In which subjects could you use this word?