

## Action Verbs Checklist

Communication/People Skills					
Addressed	Advertised	Arbitrated	Arranged	Articulated	Authored
Clarified	Collaborated	Communicated	Composed	Condensed	Conferred
Consulted	Contacted	Conveyed	Convinced	Corresponded	Debated
Defined	Developed	Directed	Discussed	Drafted	Edited
Elicited	Enlisted	Explained	Expressed	Formulated	Furnished
Incorporated	Influenced	Interacted	Interpreted	Interviewed	Involved
Joined	Judged	Lectured	Listened	Marketed	Mediated
Moderated	Negotiated	Observed	Outlined	Participated	Persuaded
Presented	Promoted	Proposed	Publicized	Reconciled	Recruited
Referred	Reinforced	Reported	Resolved	Responded	Solicited
Specified	Spoke	Suggested	Summarized	Synthesized	Translated

Creative Skills					
Acted	Adapted	Began	Combined	Composed	Conceptualized
Condensed	Created	Customized	Designed	Developed	Directed
Displayed	Drew	Entertained	Established	Fashioned	Formulated
Founded	Illustrated	Initiated	Instituted	Integrated	Introduced
Invented	Modeled	Modified	Originated	Performed	Photographed
Planned	Revised	Revitalized	Shaped	Solved	

Data/Financial Skills					
Administered	Adjusted	Allocated	Analyzed	Appraised	Assessed
Audited	Balanced	Budgeted	Calculated	Computed	Conserved
Corrected	Determined	Developed	Estimated	Forecasted	Managed
Marketed	Measured	Netted	Planned	Prepared	Programmed
Projected	Qualified	Reconciled	Reduced	Researched	Retrieved

Helping Skills					
Adapted	Advocated	Aided	Answered	Arranged	Assessed
Assisted	Clarified	Coached	Collaborated	Contributed	Cooperated
Counseled	Demonstrated	Diagnosed	Educated	Encouraged	Ensured
Expedited	Facilitated	Familiarized	Furthered	Guided	Helped
Insured	Intervened	Motivated	Prevented	Provided	Referred
Rehabilitated	Represented	Resolved	Simplified	Supplied	Supported



Management/Leadership Skills					
Administered	Analyzed	Appointed	Approved	Assigned	Attained
Authorized	Chaired	Considered	Consolidated	Contracted	Controlled
Converted	Coordinated	Decided	Delegated	Developed	Directed
Eliminated	Emphasized	Enforced	Enhanced	Established	Executed
Generated	Handled	Headed	Hired	Hosted	Improved
Incorporated	Increased	Initiated	Inspected	Instituted	Led
Managed	Merged	Motivated	Navigated	Organized	Originated
Overhauled	Oversaw	Planned	Prioritized	Produced	Recommended
Reorganized	Replaced	Restored	Reviewed	Scheduled	Secured
Selected	Streamlined	Strengthened	Supervised	Terminated	

Organizational Skills					
Approved	Arranged	Catalogued	Categorized	Charted	Classified
Coded	Collected	Compiled	Corrected	Corresponded	Distributed
Executed	Filed	Generated	Incorporated	Inspected	Logged
Maintained	Monitored	Obtained	Operated	Ordered	Organized
Prepared	Processed	Provided	Purchased	Recorded	Registered
Reserved	Responded	Reviewed	Routed	Scheduled	Screened
Submitted	Supplied	Standardized	Systematized	Updated	Validated

Research Skills					
Analyzed	Clarified	Collected	Compared	Conducted	Critiqued
Detected	Determined	Diagnosed	Evaluated	Examined	Experimented
Explored	Extracted	Formulated	Gathered	Inspected	Interviewed
Invented	Investigated	Located	Measured	Organized	Researched
Reviewed	Searched	Solved	Summarized	Surveyed	Tested

Teaching Skills					
Adapted	Advised	Clarified	Coached	Communicated	Conducted
Coordinated	Critiqued	Developed	Enabled	Encouraged	Evaluated
Explained	Facilitated	Focused	Guided	Individualized	Informed
Instilled	Instructed	Motivated	Persuaded	Simulated	Stimulated
Taught	Tested	Trained	Transmitted	Tutored	

Technical Skills					
Adapted	Applied	Assembled	Built	Calculated	Computed
Conserved	Constructed	Converted	Debugged	Designed	Determined
Developed	Engineered	Fabricated	Fortified	Installed	Maintained
Operated	Overhauled	Printed	Programmed	Rectified	Regulated
Remodeled	Repaired	Replaced	Restored	Solved	Specialized
Standardized	Studied	Upgraded	Utilized		

Source: Adapted from [www.quintcareers.com](http://www.quintcareers.com)

