# **ACTION VERB LIST FOR RESUME HELP**

tart your phrases describing job responsibilities with action verbs. Avoid using "duties included" or "responsible for." Please note that all verbs here are listed in past tense and may need to be modified depending on their use.

## Teaching

Accommodated Adapted Advised Advocated Assisted Clarified Coached Communicated Consulted Cooperated Coordinated Counseled Demonstrated Developed Empowered Enabled Encouraged

Enforced Evaluated Explained Facilitated Fostered Graded Guided Informed Initiated Instructed Schooled Served Set goals Shepherded Stimulated Taught Trained

### Creative

Acted Arranged Brainstormed Composed Conceptualized Cooked Crafted Created Demonstrated Designed Developed Devised Discovered Drew Energized Entertained Established Fashioned Founded Forged Formed Generated Illustrated

Imagined Improvised Innovated Inspired Instituted Integrated Introduced Invented Made Modeled Originated Performed Pioneered Predicted Produced Redesigned Reimagined Renovated Rejuvenated Revitalized Shaped Sketched Sparked

### Management/ Leadership

Accelerated Accomplished Achieved Administered Analvzed Appointed Assigned Attained Authorized Capitalized Chaired Compelled Conducted Consolidated Contracted Controlled Coordinated Curtailed Decided Delegated Delivered Designated Directed Drove Energized Enforced Exceeded Facilitated Governed Harmonized Headed Hired Improved Increased

Initiated Judged Launched Led Leveraged Lobbied Managed Marshalled Maximized Motivated Named Obliterated Officiated Orchestrated Oversaw Piloted Pioneered Planned Presided Prioritized Propelled Produced Realigned Rebuilt Recommended Regulated Restructured Scheduled Spearheaded Steered Strategized Strengthened Supervised Transformed

**Technical** 

Adjusted Assembled Built Calculated Calibrated Coded Computed Computerized Constructed Designed Devised Dissected Engineered Eradicated Fabricated Installed

Maintained Manufactured Mapped Navigated Operated Overhauled Positioned Programmed Remodeled Repaired Selected Serviced Solved Trained Upgraded Utilized

## Research

Analyzed Ascertained Authenticated Collected Compared Concluded Conducted Critiqued Detected Diagnosed Differentiated Discovered Distinguished Evaluated Examined Explored Extracted Gathered Hypothesized Identified Inspected Interpreted Interviewed

Investigated Justified Located Observed Organized Perceived Predicted Proved Ouestioned Read Researched Reviewed Selected Studied Summarized Surveyed Synthesized Systematized Tabulated Tested Uncovered Verified





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## Helping

Advised Advocated Aided Assessed Assisted Believed Championed Clarified Coached Counseled Demonstrated Educated Empowered Expedited Familiarized

Guided Helped Listened Mentored Oriented Perceived Referred Rehabilitated Represented Saved Shepherded Suggested Supported United

Fostered

### Administrative

Approved Arranged Catalogued Centralized Charted Classified Collated Collected Compiled Dispatched Distributed Documented Executed Generated Implemented Inspected Inventoried Monitored

Operated Prepared Processed Proofread Purchased Recorded Retrieved Scheduled Screened Selected Separated Specified Standardized Structured Systematized Tabulated Validated

#### **Results/Achieved**

Pinpointed

Accomplished Achieved Adapted Attained Captured Commanded Completed Concluded Contributed Cut Decreased Delivered Demonstrated Directed Dominated Doubled Drove Elevated Eliminated Established Exceeded Expanded Furnished Implemented Improved Increased Introduced Leveraged Lowered Maintained Mastered Masterminded Maximized Multiplied Obliterated Opened Optimized Orchestrated Overcame Perfected Piloted

Procured Projected Propelled Oualified Proposed Provided Raised Realized Recognized Recommended Reduced Revamped Revised Revitalized Risked Saved Simplified Sold Solved Spearheaded Steered Stimulated Streamlined Strengthened Structured Submitted Succeeded Supported Surpassed Transferred Transformed Tripled Trouble-shot Uncovered Unified United Upgraded Utilized Widened Won

### Financial

Achieved Administered Allocated Analyzed Appraised Audited Balanced Budgeted Calculated Checked Commercialized Commoditized Computed Curtailed Decreased Diversified Diverted Elevated Evaluated

Expanded Exported Financed Forecast Inspected Investigated Managed Marketed Memorized Monetized Optimized Ordered Organized Planned Procured Projected Rendered Researched Selected Transferred Verified

#### Communication

Accentuated Addressed Advised Advocated Appreciated Arbitrated Articulated Authored Briefed Brainstormed Collaborated Communicated Conceived Consulted Conveyed Corresponded Deciphered Detailed Documented Drafted Edited Emphasized Enlisted Exhorted Formulated Influenced Informed Interpreted

Lectured Mediated Moderated Motivated Negotiated Networked Persuaded Presented Printed Promoted Published Publicized Oueried Read Reconciled Recruited Responded Reported Revamped Rewrote Spoke Suggested Summarized Talked Transcribed Translated Updated Verbalized Wrote