## The Helpful Hundred – Planning for Instruction

Smaldino, Lowther, and Russell (2008) suggest 100 verbs that highlight performance. Each of these verbs is observable and measurable, making them work quite well in writing objectives for learning. This is not to say that these 100 verbs are the only ones are can be used effectively; however, they provide a great reference.

alphabetizeconductestimatelocatepreparesubtractanalyzeconstructevaluatemakepresentsuggestapplycontrastexplainmanipulateproduceswingarrangeconvertextrapolatematchpronouncetabulateassemblecorrectfitmeasurereadthrowattendcutgeneratemodifyreconstructtimebisectdeducegraphmultiplyreducetranslatebuilddefendgraspnameremovetypecavedefinegrindoperatereviseunderlinecategorizedemonstratehitorderselectverbalizechoosederiveholdorganizesketchverifyclassifydescribeidentifyoutlineskiweavecolordesignillustratepacksolveweighcomparedesignateindicatepaintsortwritecompletediagraminstallplotspecify	add	compute	drill	label	predict	state
apply contrast explain manipulate produce swing arrange convert extrapolate match pronounce tabulate assemble correct fit measure read throw attend cut generate modify reconstruct time bisect deduce graph multiply reduce translate build defend grasp name remove type cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write	alphabetize	conduct	estimate	locate	prepare	subtract
arrange convert extrapolate match pronounce tabulate assemble correct fit measure read throw attend cut generate modify reconstruct time bisect deduce graph multiply reduce translate build defend grasp name remove type cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write	analyze	construct	evaluate	make	present	suggest
assemble correct fit measure read throw attend cut generate modify reconstruct time bisect deduce graph multiply reduce translate build defend grasp name remove type cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete	apply	contrast	explain	manipulate	produce	swing
attend cut generate modify reconstruct time bisect deduce graph multiply reduce translate build defend grasp name remove type cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete diagram install plot specify	arrange	convert	extrapolate	match	pronounce	tabulate
bisect deduce graph multiply reduce translate build defend grasp name remove type cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete	assemble	correct	fit	measure	read	throw
build defend grasp name remove type cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete	attend	cut	generate	modify	reconstruct	time
cave define grind operate revise underline categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete diagram install plot specify	bisect	deduce	graph	multiply	reduce	translate
categorize demonstrate hit order select verbalize choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete diagram install plot specify	build	defend	grasp	name	remove	type
choose derive hold organize sketch verify classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete diagram install plot specify	cave	define	grind	operate	revise	underline
classify describe identify outline ski weave color design illustrate pack solve weigh compare designate indicate paint sort write complete diagram install plot specify	categorize	demonstrate	hit	order	select	verbalize
colordesignillustratepacksolveweighcomparedesignateindicatepaintsortwritecompletediagraminstallplotspecify	choose	derive	hold	organize	sketch	verify
compare designate indicate paint sort write complete diagram install plot specify	classify	describe	identify	outline	ski	weave
complete diagram install plot specify	color	design	illustrate	pack	solve	weigh
	compare	designate	indicate	paint	sort	write
compose distinguish kick position square	complete	diagram	install	plot	specify	
	compose	distinguish	kick	position	square	

Source: Smaldino, S. E., Lowther, D. L., & Russell, J. D. (2008). *Instructional Media and Technologies for Learning* (9th ed). Upper Saddle River, NJ: Pearson.