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.

add	compute	drill	label	predict	state
alphabetize	conduct	estimate	locate	prepare	subtract
analyze	construct	evaluate	make	present	suggest
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
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.