



## Self-Exploration & Career Development

Defined  
Determined  
Established  
Expanded  
Experimented  
Explored  
Grew  
Improved  
Introduced  
Invested  
Learned  
Maintained  
Navigated  
Obtained  
Participated  
Prepared  
Scheduled  
Selected  
Set  
Sought  
Strengthened

## Ethics & Integrity

Approved  
Balanced  
Budgeted  
Controlled  
Displayed  
Documented  
Enforced  
Ensured  
Focused  
Fortified  
Modeled  
Monitored  
Observed  
Referred  
Regulated  
Represented  
Reserved  
Revised  
Secured  
Submitted  
Upheld

## Communication

Advertised  
Advised  
Articulated  
Clarified  
Communicated

Composed  
Contacted  
Conveyed  
Corresponded  
Counseled  
Debated  
Discussed  
Edited  
Educated  
Emphasized  
Explained  
Expressed  
Illustrated  
Influenced  
Informed  
Instructed  
Interpreted  
Listened  
Marketed  
Moderated  
Negotiated  
Outlined  
Persuaded  
Presented  
Promoted  
Publicized  
Reported  
Translated  
Transmitted  
Tutored  
Updated  
Wrote

## Teamwork

Achieved  
Aided  
Assisted  
Attained  
Collaborated  
Conferred  
Consulted  
Contributed  
Enlisted  
Mediated  
Performed  
Provided  
Supplied  
Supported  
Volunteered

## Equity & Inclusion

Adapted  
Advocated  
Boosted

Customized  
Distributed  
Empathized  
Enabled  
Familiarized  
Fostered  
Furthered  
Incorporated  
Individualized  
Integrated  
Intervened  
Involved  
Solicited

## Leadership

Acted  
Administered  
Appointed  
Assembled  
Authorized  
Built  
Chaired  
Coached  
Conducted  
Convinced  
Coordinated  
Decided  
Delegated  
Demonstrated  
Directed  
Encouraged  
Facilitated  
Founded  
Guided  
Handled  
Hired  
Hosted  
Initiated  
Instilled  
Launched  
Led  
Managed  
Modeled  
Motivated  
Originated  
Oversaw  
Planned  
Presided  
Recruited  
Revitalized  
Shaped  
Supervised  
Taught  
Trained  
United

## Critical Thinking

Analyzed  
Arranged  
Assessed  
Categorized  
Compared  
Compiled  
Conceptualized  
Critiqued  
Devised  
Estimated  
Evaluated  
Examined  
Filed  
Forecasted  
Gathered  
Identified  
Inspected  
Investigated  
Measured  
Organized  
Predicted  
Prioritized  
Projected  
Qualified  
Quantified  
Reorganized  
Researched  
Responded  
Reviewed  
Screened  
Specified  
Studied  
Summarized  
Surveyed  
Synthesized  
Validated  
Verified

## Technology

Accelerated  
Calculated  
Centralized  
Charted  
Collected  
Combined  
Computed  
Consolidated  
Converted  
Debugged  
Designed  
Drafted  
Expedited  
Extracted

Formulated  
Generated  
Inventoried  
Located  
Logged  
Maximized  
Merged  
Operated  
Optimized  
Processed  
Produced  
Programmed  
Recorded  
Replicated  
Retrieved  
Searched  
Simplified  
Simulated  
Standardized  
Systematized  
Upgraded  
Utilized

## Problem Solving

Addressed  
Adjusted  
Answered  
Answered  
Applied  
Audited  
Corrected  
Created  
Developed  
Diagnosed  
Engineered  
Implemented  
Improvised  
Increased  
Instituted  
Leveraged  
Modified  
Prevented  
Proposed  
Recommended  
Reconciled  
Rectified  
Reduced  
Repaired  
Replaced  
Resolved  
Restored  
Solved  
Streamlined  
Suggested  
Tested