

THE ACADEMIC SUCCESS CENTER

at **Sam Houston**
STATE UNIVERSITY

Substitutes for “Says”

“Says” is word commonly used in essays and serves a very important purpose. However, this word is a bit vague, and using this word too much can become repetitive and weaken your point. If you find yourself using “says” too much, try figuring out exactly what “says” means (a good tip is to put another word or phrase in the sentence in place of “says”) and substitute another word that more accurately reflects your meaning.

When “says” means “tells,” you can use:

announces
declares
exclaims
expresses
mentions
discusses

points out
proclaims
reports
states
voices
informs

When “says” means “interprets,” you can substitute:

argues
asserts
claims
demonstrates
explains

explicates
reveals
shows
speculates
suggests

When “says” means “agree/disagree with,” you can write:

Agrees with:
acknowledges
affirms
avows
concedes
concurs
supports
upholds
vouches

Disagrees with:
admonishes
argues
debates
denies
protests
rebukes
refutes
reproves