Oxidation Numbers
A short list

Monatomic ions

+1

all the alkali metals show the +1 oxidation state only

Cu^{+1}	copper (I) , cuprous	H^{+1}	hydrogen
Au^{+1}	gold (I)	Li^{+1}	lithium
Ag^{+1}	silver	Na^{+1}	sodium
Tl^{+1}	thallium (I)	K^{+1}	potassium
Hg_2^{+2}	mercury (I), mercurous	Rb^{+1}	rubidium
		Cs^{+1}	cesium

+2

all the alkaline earth metals show the +2 oxidation state only

Cu^{+2}	copper (II), cupric	Be^{+2}	beryllium
Fe^{+2}	iron (II), ferrous	Ca^{+2}	calcium
Pb^{+2}	lead (II), plumbous	Mg^{+2}	magnesium
Sn^{+2}	tin (II), stannous	Sr^{+2}	strontium
Cr^{+2}	chromium (II)	Ba^{+2}	barium
Ni^{+2}	nickel (II)	Ra^{+2}	radium
Zn^{+2}	zinc	Cd^{+2}	cadmium
Cd^{+2}	cadmium	Hg^{+2}	mercury (II), mercuric
Mn^{+2}	manganese (II)	Co^{+2}	cobalt (II), cobaltous

+3

all the IIIA elements exhibit the +3 state, but Tl exhibits +1 as well

Fe^{+3}	iron (III), ferric	B^{+3}	boron
Cr^{+3}	chromium (III)	Al^{+3}	aluminum
Ni^{+3}	nickel (III)	Ga^{+3}	gallium
Co^{+3}	cobalt (III), cobaltic	In^{+3}	indium
Au^{+3}	gold (III)	Tl^{+3}	thallium (III)
Ti^{+3}	titanium (III)	Sc^{+3}	scandium

+4

all elements in IVA exhibit the +4 state, but some in IVA exhibit more than one state

C^{+4}	carbon	Sn^{+4}	tin (IV), stannic
Si^{+4}	silicon	Pb^{+4}	lead (IV), plumbic
Ge^{+4}	germanium	Ti^{+4}	titanium (IV)
Mn^{+4}	manganese (IV)		

-1

all the halogens exhibit the -1 state; several exhibit + states in covalent compounds

F^{-1}	fluoride	I^{-1}	iodide
Cl^{-1}	chloride	H^{-1}	hydride
Br^{-1}	bromide		

-2

all the chalcogens exhibit the -2 state for ionic compounds; several exhibit + states in covalent compounds

O^{-2}	oxide	Se^{-2}	selenide
S^{-2}	sulfide	Te^{-2}	telluride

-3

some of the VA elements exhibit the -3 state for ionic compounds; several exhibit + states in covalent compounds

N^{-3}	nitride
P^{-3}	phosphide

-4

only carbon exhibits the -4 state for a limited number of ionic compounds

C^{-4}	carbide

Polyatomic ions

+1

the only commonly encountered ion is the ammonium ion

NH_4^+ ammonium

-1

$(NO_2)^{-1}$	nitrite	$(ClO_4)^{-1}$	perchlorate
$(NO_3)^{-1}$	nitrate	$(ClO_3)^{-1}$	chlorate
$(HSO_4)^{-1}$	hydrogen sulfate, bisulfate	$(ClO_2)^{-1}$	chlorite
$(HCO_3)^{-1}$	hydrogen carbonate, bicarbonate	$(ClO)^{-1}$	hypochlorite
$(HSO_3)^{-1}$	hydrogen sulfite, bisulfite	$(IO_3)^{-1}$	iodate
$(MnO_4)^{-1}$	permanganate	$(BrO_3)^{-1}$	bromate
$(OH)^{-1}$	hydroxide	$(C_2H_3O_2)^{-1}$	acetate
$(CN)^{-1}$	cyanide	$(H_2PO_4)^{-1}$	dihydrogen phosphate

-2

$(SO_4)^{-2}$	sulfate	$(CO_3)^{-2}$	carbonate
$(CrO_4)^{-2}$	chromate	$(SiF_6)^{-2}$	hexafluorosilicate
$(Cr_2O_7)^{-2}$	dichromate	$(C_4H_4O_6)^{-2}$	tartrate
$(C_2O_4)^{-2}$	oxalate	$(HPO_4)^{-2}$	hydrogen phosphate

-3

$(PO_4)^{-3}$	phosphate	$(AsO_4)^{-3}$	arsenate
$(PO_3)^{-3}$	phosphite		

ACIDS (aq)

H_2SO_4	sulfuric	HNO_3	nitric
H_2SO_3	sulfurous	HNO_2	nitrous
H_2CO_3	carbonic	$HC_2H_3O_2$	acetic
H_3PO_4	phosphoric	H_3BO_3	boric
H_3PO_3	phosphorous	$H_2C_2O_4$	oxalic
$HClO_4$	perchloric	HCl	hydrochloric
$HClO_3$	chloric	HBr	hydrobromic
$HClO_2$	chlorous	HF	hydrofluoric
HClO	hypochlorous	HI	hydroiodic
		HCN	hydrocyanic

H_2SO_4, $HClO_4$, $HClO_3$, HNO_3, HCl, HBr, HI can be considered to be strong acids, ionizing completely in most cases; the rest are weak acids.