Ctrl + T

Refactor this

Command +Option + IVI Extract Method

Command +Option Refactor ...

Command + Click Navigate to ...

Command +Option +

Inline (variable, field, method)

Command +Option + Surround With ...

Command +Option + V Introduce Variable

F6 Move Method

Shift + F6 Rename

Alt + Enter

Quick Fix Actions

Option + 1 Grow Selection