Certainly! Here are some common operations you can perform on a Java `List` (specifically using the `ArrayList` implementation):

1. Creating a List:
```java
List<String> list = new ArrayList<>();
```

2. Adding elements:
```java
list.add("Apple");
list.add("Banana");
list.add("Orange");
```

3. Accessing elements:
```java
String firstElement = list.get(0);
```

4. Updating elements:
```java
list.set(1, "Mango");
```

5. Removing elements:
```java
list.remove(2);
```

6. Checking the size of the list:
```java
int size = list.size();
```

7. Checking if the list contains an element:
```java
boolean containsBanana = list.contains("Banana");
```

8. Iterating over the list using a for-each loop:
```java
for (String fruit : list) {
        System.out.println(fruit);
```

}
```

9. Sorting the list:
```java
Collections.sort(list);
```

10. Checking if the list is empty:
```java
boolean isEmpty = list.isEmpty();
```

11. Clearing the list:
```java
list.clear();
```

These are just a few examples of operations you can perform on a Java `List`. The `ArrayList` class in Java provides many more methods and operations for manipulating and working with lists.
```