You are expected to know the charges formed by the monovalent (form only one charge) metals shown in grey, and that they do NOT get a roman numeral in the names of their compounds.

It is safe to assume that all other metals given to you for naming purposes will be polyvalent (form more than one charge), and do require a roman numeral in the names of their compounds.

You are also expected to know the charges formed by the non-metals.