GUIDE TO WRITING LEARNING OBJECTIVES

Learning objectives must be **observable and measurable**.

Learning objectives should **(1)** focus on the learner, and **(2)** contain action verbs that describe measurable behaviors.

**Verbs to USE:** list, describe, recite, write, compute, discuss, explain, predict, apply, demonstrate, prepare, use, analyze, design, select, utilize, compile, create, plan, revise, assess, compare, rate, critique

**Verbs to AVOID:** know, understand, learn, appreciate, become aware of, become familiar with

Example of well-written learning objectives:

**Upon completion of this session, the participant will be able to:**
1. Discuss basic hypnosis theory and technique
2. List differences between acute and chronic pain
3. Utilize hypnosis in controlling acute pain
4. Apply post-hypnotic suggestions to chronic pain