

## How to write learning objectives:

Learning objectives **describe what attendees should be able to know and do** after having attended your presentation/learning activity.

Begin writing your learning objective(s) with the following statement:

After engaging in this session, participants will be able to:

**Learning objectives should vary in cognitive level.** Proposal objectives should be appropriate to the entry, advanced, and mastery level learner as selected in your application.

Ranked from most complex to least complex, sample verbs commonly used in learning objectives include

*Most Complex - develop, plan create, assess, review, justify, relate, measure, infer, apply, interpret, select, state, outline – least complex*

If all learning objectives are presented on a superficial level, then your proposal may not truly meet the level of depth for "advanced" or "mastery".

As an example, after engaging in this session, participants will:

1. Summarize effective mechanisms for facilitating effective debriefing;
2. Differentiate the essential components of debriefing (e.g., reflection, emotion, reception, integration and assimilation);
3. Identify mechanisms to implement debriefing in athletic training practice for novice and experienced athletic trainers;
4. Discuss common challenges encountered when facilitating debriefing;
5. Develop strategies to overcome challenges specific to facilitate effective debriefing.