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| **The Helpful Hundred – Planning for Instruction** |
| *Smaldino, Lowther, and Russell (2008) suggest 100 verbs that highlight performance. Each of these verbs is observable and measurable, making them work quite well in writing objectives for learning. This is not to say that these 100 verbs are the only ones are can be used effectively; however, they provide a great reference.* |
| **add** | **compute** | **drill** | **label** | **predict** | **state** |
| **alphabetize** | **conduct** | **estimate** | **locate** | **prepare** | **subtract** |
| **analyze** | **construct** | **evaluate** | **make** | **present** | **suggest** |
| **apply** | **contrast**  | **explain** | **manipulate** | **produce** | **swing** |
| **arrange** | **convert** | **extrapolate** | **match** | **pronounce** | **tabulate** |
| **assemble** | **correct** | **fit** | **measure** | **read** | **throw** |
| **attend** | **cut** | **generate** | **modify** | **reconstruct** | **time** |
| **bisect** | **deduce**  | **graph** | **multiply** | **reduce** | **translate** |
| **build** | **defend** | **grasp** | **name** | **remove** | **type** |
| **cave** | **define** | **grind** | **operate** | **revise** | **underline** |
| **categorize** | **demonstrate** | **hit** | **order** | **select** | **verbalize** |
| **choose** | **derive** | **hold** | **organize** | **sketch** | **verify** |
| **classify** | **describe** | **identify** | **outline** | **ski** | **weave** |
| **color** | **design** | **illustrate** | **pack** | **solve** | **weigh** |
| **compare** | **designate** | **indicate** | **paint** | **sort** | **write** |
| **complete** | **diagram** | **install**  | **plot** | **specify** |   |
| **compose** | **distinguish** | **kick** | **position** | **square** |   |
|   |   |   |   |   |   |
| Source: Smaldino, S. E., Lowther, D. L., & Russell, J. D. (2008). *Instructional Media and Technologies for Learning (*9th ed). Upper Saddle River, NJ: Pearson. |