An introduction to Aims & Learning Outcomes

What are aims & learning outcomes?

"They are terms used to express what you want your learners to achieve and how they will go about this."

Ann Gravells, Preparing To Teach in the Life long Sector

Why do we need to learn to use aims & learning outcomes?

Their creation encourages the careful consideration of:

* **Who** our students are
* W**hat** we can present
* **Why** we are presenting it
* Whether what has been presented has been **successful** or if some future action is required?

What is the difference between aims & learning outcomes?

Aims

* These are a **broad** statement of intent regarding what you want your learners to achieve.

* They are more generalised, longer term & more difficult to evaluate.

* e.g. By the end of the lesson the teacher will aim to continue to deepen the students' experience of asana by introducing inversions, working with simple yoga philosophy from the Yoga Sutras in a relevant and contemporary manner

Learning Outcomes

These are SMART i.e.

* **S**pecific – clearly defined
* **M**easurable – can determine if done
* **A**chievable – are they possible?
* **R**ealistic – are they relevant?
* **T**ime bound – can they be done in time allotted?

* e.g. By the end of the lesson students will have:
  * Listened to an excerpt from the Sutras on the Yama of Ahimsa
  * Performed sarvangasana, adopting a suitable modification as necessary

There are three types of learning outcomes

- **Psychomotor** relating to what students will **do**

- **Cognitive** relating to what students will **know**

- **Affective** relating to what students will **feel**

…..And ideally every lesson plan will contain a mix of these three

Useful terminology for Learning Outcomes

Analyse	Differentiate	Perform	Relate
Answer	Estimate	Practice	Differentiate
Carry out	Explain	Recall	Discuss
Choose	Identify	Recap	Determine
Clarify	Label	Recognize	Predict
Compare	List	Repeat	Indicate
Contrast	Make	Select	Assess
Define	Measure	Show	Move
Demonstrate	Name	State	Judge
Describe	Participate	Summarize	Apply
~~Appreciate~~	~~Be aware of~~	~~Know~~	~~Understand~~