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\showhyphens { $\langle word \rangle \sqcup \ldots \sqcup \langle word \rangle$ }

This command isn't normally used in documents, but you can use it at your terminal to see how TEX would hyphenate some random set of words. The words, with hyphenations indicated, appear both in the log and at your terminal. You'll get a complaint about an underfull hbox—just ignore it.

Example:

Underfull \hbox (badness 10000) detected at line 0
[] \tenrm thresh-old quizzi-cal draughts ar-gu-men-ta-tive