

# BMSS4008- E-bortffolio

Gan Megan Keyte (2404110)





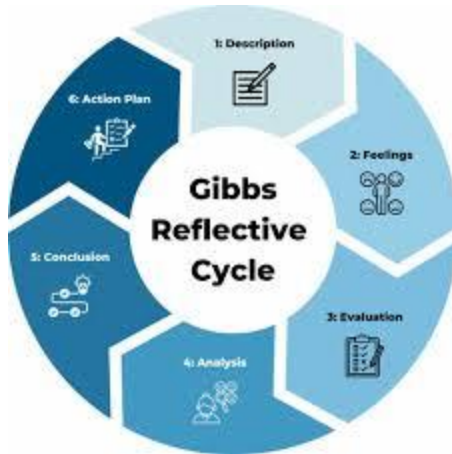
## Tymor 1 a 2

- Heriau
- Datblygu sgiliau newydd
- Amrywiaeth o aseiniadau
- Adborth unigrhyw





# 6 Cam Cylch Adlewyrchol Gibbs (McLeod,2024)



Disgrifiad - beth ddigwyddodd?

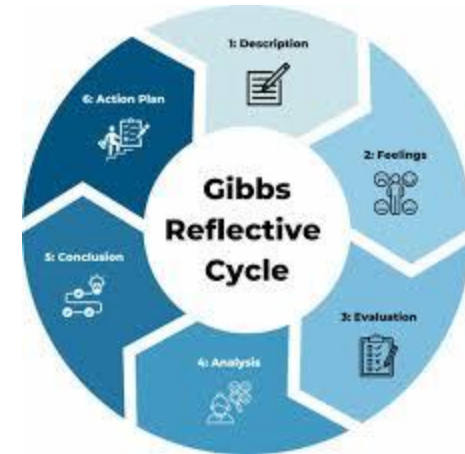
Teimladau - Pa emosiynau oeddwn i'n teimlo?

Gwerthuso-Beth weithiodd a beth nad oedd yn gweithio

Dadansoddi-Pam y digwyddodd ?

Casgliad - Beth ydw i wedi'i ddysgu?

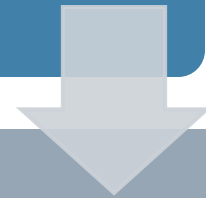
Cynllun gweithredu- Beth fyddaf yn ei wneud nawr?



Y Cam Cyntaf- Disgrifiad



Yr Ail Cam- Teimladau



Y Trydydd Cam- Gwerthuso



Y PEDWERYDD CAM- DADANSODDI

01

Y PUMED CAM- CASGLIAD

02

Y CHWECHED CAM- CYNLLUN  
GWEITHREDU



## "Llosgi Allan"

- Effaith negyddol o gymryd gormod mlaen
- Fflinder corfforol, emosiynol a meddyliol
- Annoddach gwerthuso sefyllfaoedd
- Effeithio gwneud penderfyniadau meddylgar





Her 2: Cydbwysedd gwael  
rhwng bywyd a gwaith





## Gosod Ffiniau

- Gysylltiedig â chanlyniadau cadarnhaol myfyrwyr, megis llesiant myfyrwyr a pherfformiad academiaidd
- penderfyniad ar ble i osod ffiniau yn gysylltiedig â'r ymlyniad seicolegol.
- pha mor amlwg yw pob rôl.
- Mae'n ymwneud â lle mae unigolion yn rhoi o'u hamser a'u hegni.
- Chryfder ffiniau pob rôl.



# Canlyniadau Cadarnhaol

- Cydbwysedd iach rhwng bywyd a gwaith
- Llwyddiant hirdymor
- Creadigrwydd
- Gynhyrchiant
- Boodhad

Diolch am wrando !!!



# Cyfeiriadau

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