



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

Learning in the digital era Dysgu yn yr oes digidol

Level / Lefel 4 Study Skills / Sgiliau Astudio

Session Objectives / Amcanion y Sesiwn

- **Adolygu nodiadau yn sgîl cwblhau Uned 0 – Topig 1 ‘Sut i astudio’n effeithiol’**
- Ail ymweld â’r grid marcio
- Deall categori 'Sgiliau Proffesiynol' i drafod nodweddion gwahanol asesiadau
- Trefnu Asesiadau
- **Review notes from completing Unit 0 – Topic 1 'How to Study effectively'**
- Re-visit marking grid
- Understand ‘Transferable skills’ to discuss different characteristics of different Assessment
- Assessment plotting

- Report outcome of completing online learning ...
- Adroddiad yn sgîl cwblhau dysgu ar lein ...
- Uned 0 Topig 1
- Unit 0 Topic 1

Uned 0 - Paratoi am addysg uwch



🔒 Not available unless: The student's language is Cymraeg (cy) (hidden otherwise)

Pwnc 1: Sut i astudio'n effeithiol

Yn y pwnc hwn byddwch yn edrych ar ffyrdd o greu'r amgylchedd astudio perffaith, wedi'i ddilyn gan nodweddion sy'n gysylltiedig â chyhoeddi a pherffeithiaeth a strategaethau i oresgyn yr ymddygiadau hyn. Byddwch hefyd yn creu cynllun astudio i'ch helpu chi i astudio yn effeithiol dros y tri phwnc nesaf.

Dechrau Pwnc 1 →

Unit 0 - Preparing for higher education



🔒 Not available unless: The student's language is English (en) (hidden otherwise)

Topic 1: How to study effectively

In this topic, you will look at ways to create the perfect study environment, as well as characteristics associated with procrastination and perfectionism and strategies to overcome these behaviours. You will also create a study plan to help you study effectively over the next three topics.

Enter Topic 1 →

Rhestr oddi ar GA36 / List from GA36

Enghreifftiau (gallwch hefyd gyflwyno eich syniadau eich hun):

- Oedi / Rheoli amser
- Ymgymryd â gormod o bethau
- Perffeithiwch
- Gweithgarwch
- Syndrom Twyllwr
- Ymdrech ac ansawdd gwaith cyffredinol
- Materion cyhyrol sy'n gysylltiedig â gweithio wrth ddesg
- Straen/pryder sy'n gysylltiedig â gwaith/gradd
- Blinder meddyliol
- I fod yn fwy myfyriol am y dysgu a thasgiau asesu
- ☐ Strategaethau dysgu
- ☐ Amserlen astudio
- ☐ Trefnu aseiniadau
- ☐ Defnyddio adborth oddi wrth asesiadau
- ☐ Profiadau proffesiynol yn rhan o fodiwlau profiad gwaith

Examples (you are also able to present your own ideas):

- ☐ Procrastination / Time management
- ☐ Taking on too much
- ☐ Perfectionism
- ☐ Physical activity and exercise around studying
- ☐ Imposter Thoughts
- ☐ General work effort and quality
- ☐ Desk related muscular issues
- ☐ Work/degree related stress/ anxiety
- ☐ Mental fatigue
- ☐ Being more reflective about learning and assessment tasks
- ☐ Learning strategies
- ☐ Study schedule
- ☐ Organising assessment
- ☐ Applying assessment feedback
- ☐ Professional experiences within course related placements.

Archwilio meini prawf / Exploring the criteria

- Mae 5 meini prawf ar dop papur
- Mewn parau / grwpiau ysgrifennwch beth arall chi'n meddw byddai'n ddisgwyliedig yn rhan o'r adran.
- Edrych ar GA36 ar gyfer asesiad y modiwl yma h.y. y cynnwys sy'n cyffredin i bob adran
- 5 criteria's as headings per flip chart
- In pairs / groups write what they think would be expected in each of the areas.
- Look at the GA36 for this modules assessment i.e. the generic blurb for each of the 5 different criteria

Engagement with Literature

- Variety of sources – journal – books – internet – peer reviewed
- Current, Relevant
- From leganto reading list attached to module / Papers that module leads have placed onto the moodle page.
- Accurate reference list
- Citations (short reference) in essay is accurate... commas in right place, page numbers etc
- REFERENCE WHAT'S ON MOODLE!

What does this look like in an/a:

- Presentation
- Essay
- Academic interview
- Report

Gwybodaeth a Dealltwriaeth

Knowledge & Understanding

- Perthnasol i pwnc (rhoi'r teitl mewn i ddarnau / camau)
- Pan yn siarad am maes bod mwy nag un ffynhonnell yn cefnogi'ch gwybodaeth chi – mae hyn yn rhoi ddwfnr i'ch gwaith.
- Defnyddiwch geirfa sy'n berthnasol i'r pwnc.
- Polisiau / Deddfau / Ystadegau lechyd Cenedlaethol
- Dyfyniadau academiaidd
- Relevant to subject (broken down the assessment Q)
- When talking about topic that there is more than one source supporting that knowledge – that gives depth to your work
- Key vocabulary in that topic is included
- Policies / Acts / NH Statistics
- Academic definitions

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BLOOM'S TAXONOMY

BLOOM'S TAXONOMY DIGITAL PLANNING VERBS

REMEMBERING



UNDERSTANDING



APPLYING



ANALYZING



EVALUATING



CREATING



Creating

Evaluating

Analyzing

Applying

Understanding

Remembering



Calculating
Categorizing
Taking Down
Correlating
Constructing
Linking
Mashing
Mind-Mapping
Organizing
Appraising
Advertising

Arguing
Validating
Testing
Scoring
Assessing
Criticizing
Commenting
Debating
Defending
Detecting
Experimenting

Blogging
Building
Animating
Adapting
Collaborating
Composing
Directing
Devising
Podcasting
Wiki Building
Writing

What does this look like in an/a:

- Presentation
- Essay
- Academic interview
- Report

Bullet-pointing

Expressing

Charting

Explaining

Reflecting
Reviewing
Editorializing

Managing
Negotiating
Leading



Ymarferol / Practical Application

- Theori gyda'r ymarferol – cynnig sefyllfaoedd bywyd go iawn.
- Dangos dealltwriaeth syniadau ym mywydau pob dydd
- Cynnwys model gwahanol / cymhwyso'r ymarferol
- Ble gallwn cael hyd i'r wybodaeth yma?
- Theory to practical – real life situations
- Demonstrate concepts to real world
- Apply models / formulate practical application
- Where can we find that information?

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Transferable

- Nodweddion dull yr asesiad
- Cyflwyno yn glir
- Strwythur
- Rhugl
- Yn glir
- Cyflymder ac amseriad
- Trefnus : cyflwyniad – prif ran – diwedd glo & bod yna trefn o fewn pob un o rain
- Characteristics of the method of assessment
- Presenting clearly
- Structured
- Fluent
- Clarity
- Pace and timing
- Organised: intro – main – conclusion & that there's organisation within the assessment

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Questions from last week

- What is an ePortfolio?

Tasg ar gyfer dydd Llun Mawrth 3ydd, 2025.

- *Dydd Llun, mis Mawrth 3ydd hoffwn eich annog chi i ddewis topig oddi ar y rhestr a rhannwyd ar gyfer eich ail aseiniad. Unwaith chi wedi dewis sy'n berthnasol i'ch bywyd chi - ystyriwch fel medrwch goresgyn a dewch o hyd i ffynonellau ymchwil gall cefnogi'ch argymhellion.*
- *nodwch mewn pwyntiau bwled (does dim angen ysgrifennu mewn brawddegau/paragraffau)*
- *Yna nodwch beth gall fod y rhwystrau i oresgyn*
- *Hoffwn i chi chwilio 5 ffynhonnell sy'n wahanol*
 - (i)gan ddefnyddio data statudol*
 - (ii)ar effaith ar ddylanwad lles myfyriwr*
 - (iii)ar y strategaethau ar argymhellion i ymateb/ rheoli / ac i greu sylwadau cadarnhaol*
- *Cyflwynwch ar turnitin erbyn dydd Llun 3ydd o Fawrth, 2025.*

Independent Learning in prep for 3/3/2025

- For Monday the 3rd of March we would like you to consider a topic from the list provided for your second assessment. Once you have chosen a possible topic that's relevant to you consider possible solutions & find sources of research that can support your recommendations.
- Write bullet points (paragraphs not necessary).
- Then consider what could be the barriers to these solutions.
- We encourage you to find and use 5 sources that are varied:
 - (i) on relevant official data/statistics, on the framing of their selected topic (theories, causes, etc),
 - (ii) on their consequences & impact on student well-being (data, research), and
 - (iii) on the strategies & recommendations to address/manage/ generate positive impacts (supporting theories and research, additional supporting arguments from health, science, education, etc)
- Submit onto turnitin by Monday 3rd March, 2025

Wythnos nesaf / Next week

Online task (asynchronous) previous slide content can be found on moodle page. Can use as guidance on expectations. Submit to turitin in prep for Monday 3rd March.

To further support your learning please continue to engage with & complete the online learning material found in Unit 0, 1 and 2. *(mark as completed at the end)*

3/3/2015

- Myfyrio – defnyddio model ac / neu strwythur ar gyfer myfyrdod. Hyn ar gyfer scaffald eich ail aseiniad,
- Cyflwyniadau – strwythur academaidd a sgiliau cyflwyno effeithiol
- Reflection – using a model or a structure for reflecting as scaffold for your second assessment.
- Presentations – structuring academic presentations & effective presenting skills