Tips i'ch helpu i ddysgu'n effeithiol - adnoddau

Cyfeirnodau a gasglwyd gan Mary Jacob a Tamsin Davies, Prifysgol Aberystwyth, 2023

Cysyniad craidd

- Fformwla meddylfryd twf i lwyddo
  - Strategaeth iawn, arweiniad, ac ymdrech
- Ymarfer
  - Galw gwybodaeth i gof (mae galw i gof yn well nag ymarfer adnabod)
  - Gadael lle (trechu'r gromlin anghofio)
  - Cymysgu pynciau (mae ymarfer wedi'i blethu yn well nag ymarfer mewn bloc)
  - Cardiau fflachio a chwisio eich hunain yn eich helpu i gofio, astudiwch gyda phartner
- Beth mae darlithwyr eisiau ichi ei wneud:
  - Dod i'r dosbarth a thalu sylw
  - Cymryd rhan a chyfrannu
  - Meddwl yn feirniadol am y deunydd
  - Paratoi cyn y dosbarth, adolygu ar ôl
- Newid dysgu goddefol yn ddysgu gweithredol gan ddefnyddio tasgau gwybyddol gweithredol (ACTs)
  - Gwneud tasg meddwl yn y dosbarth, wrth wylio fideos neu ddarllen

Ble i ddod o hyd i strategaethau

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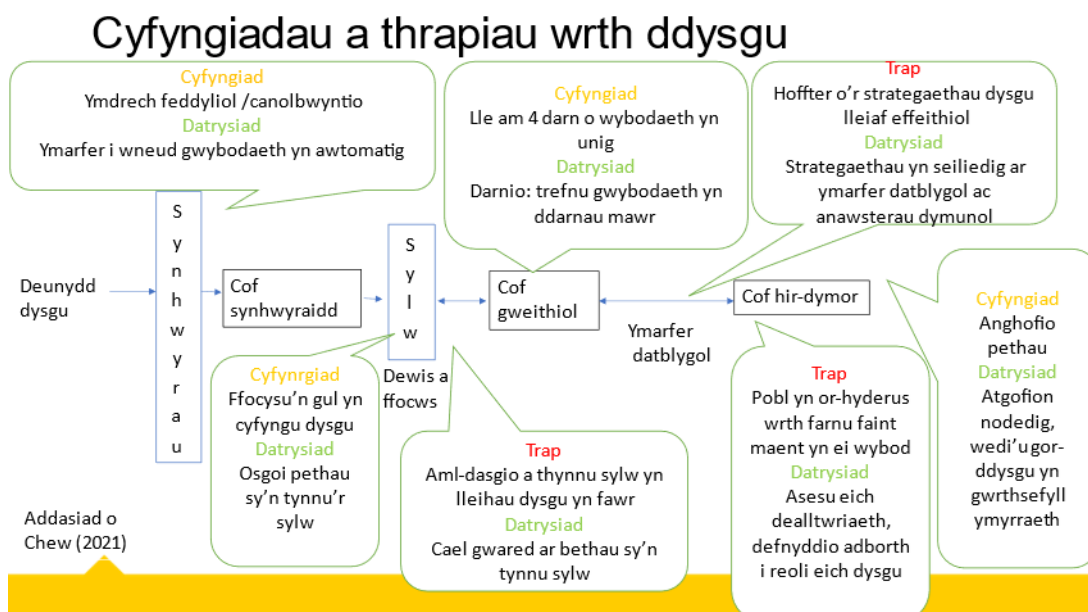
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