



Every session should include these 5 elements to support effective learning

1. **Engage your learners** - Stimulate interest and activate feelings

2. **Develop your learners' skills** - Support them to learn and practice

Defnyddio'r holl wybodaeth sydd ar gael i chi yn y profffil eidd
 Yn awyddus i ddarparu gwybodaeth a chyngor i chi os oes gennych chi
 gwybodaeth a chyngor i chi os oes gennych chi

3. **Assess your learners' progress** - Monitor and evaluate their learning

Yn awyddus i ddarparu gwybodaeth a chyngor i chi os oes gennych chi
 gwybodaeth a chyngor i chi os oes gennych chi

4. **Support your learners' well-being** - Create a safe and supportive environment

Yn awyddus i ddarparu gwybodaeth a chyngor i chi os oes gennych chi
 gwybodaeth a chyngor i chi os oes gennych chi

5. **Reflect on your own practice** - Evaluate your own effectiveness as a teacher

Yn awyddus i ddarparu gwybodaeth a chyngor i chi os oes gennych chi
 gwybodaeth a chyngor i chi os oes gennych chi

COOPERATIVE Involve your learners in work-based projects which enable them to learn from each other and share their own experiences

ACTIVE AND COLLABORATIVE LEARNING