



RHONDDA CYNON TAF

Virtual Work Experience Programme



RHONDDA CYNON TAF

Day 1

Preparation for Work Experience

- Watch the '**Preparation for WE**' video
- Complete the '**Preparation for WE**' worksheet.
- Complete the '**Looking after yourself during work experience**' activity.

Day 2

Career Explorer

- Choose any of the **6 careers videos created by RCT staff** to watch (*choose as many as you like*).
- **Complete the worksheet** about your favourite career video.

Day 3

Employability Skills

- Watch the '**STAR Method**' video.
- Watch the '**Online Interview Tips**' video.
- Read the '**Stereotyping PP**'
- Complete the '**Employability worksheet**'.
- Complete the '**online survey**' to help us improve future events.

Rhaglen Profiad Gwaith Rhithwir



Diwrnod 1

Paratoi ar Gyfer Profiad Gwaith

- Gwyliwch y fideo '*Paratoi ar gyfer PG*'
- Cwblhewch y daflen waith '*Paratoi ar gyfer PG*'.
- Cwblhewch y gweithgaredd '*Edrych ar ôl eich hun yn ystod profiad gwaith*'.

Diwrnod 2

Archwiliwr Gyrfa

- Dewiswch unrhyw un o'r **6 fideo gyrfaoedd a grëwyd gan staff RhCT** i'w gwyllo (dewiswch gymaint ag y dymunwch).
- **Cwblhewch y daflen waith** am eich hoff fideo gyrfa.

Diwrnod 3

Sgiliau Cyflogadwyedd

- Gwyliwch y fideo '*STAR Method*'.
- Gwyliwch y fideo '*Awgrymiadau Cyfweliad Ar-lein*'.
- Darllenwch y cyflwyniad ar *Stereoteipio*.
- Cwblhewch y daflen waith cyflogadwyedd.
- **Cwblhewch yr *arolwg ar-lein*** i'n helpu i wella digwyddiadau yn y dyfodol.