



The Open  
University  
Y Brifysgol  
Agored

WALES CYMRU

# OPENLEARN CHAMPIONS

## A GUIDE FOR LEARNERS

An Open University in Wales programme



# WELCOME TO OPENLEARN

## CONTENTS

|  |           |
|--|-----------|
| <b>What is 'OpenLearn'?</b>              | <b>03</b> |
| What do I need to get started?           | 03        |
| How do I use this guide?                 | 03        |
| <b>Getting Started</b>                   | <b>04</b> |
| How to use OpenLearn                     | 04        |
| Finding your way around OpenLearn        | 04        |
| Guide to levels                          | 04        |
| Accessibility on OpenLearn               | 05        |
| <b>Explore</b>                           | <b>06</b> |
| <b>Challenge</b>                         | <b>07</b> |
| <b>Recognise and reward</b>              | <b>08</b> |
| Badged Open Courses                      | 08        |
| <b>More open learning</b>                | <b>09</b> |
| OpenLearn Wales                          | 09        |
| OpenLearn Create                         | 09        |
| FutureLearn                              | 09        |
| Community learning                       | 10        |
| Workplace learning                       | 10        |
| iSpot Nature                             | 10        |
| <b>Next steps</b>                        | <b>11</b> |
| Reflecting on your learning              | 11        |
| Career planning                          | 11        |
| <b>Is university study right for me?</b> | <b>12</b> |
| University Ready                         | 12        |
| Talk to us                               | 12        |
| <b>Learning log</b>                      | <b>13</b> |
| <b>Reflecting on my learning</b>         | <b>14</b> |
| <b>Next steps</b>                        | <b>14</b> |

Welcome to The Open University (OU) in Wales – the start of your learning journey.



Whether you're returning to learning for the first time since school or you're already learning but not online, there's bound to be something in this workbook to grab your interest. I hope you enjoy finding your way around OpenLearn – the OU's home of free learning. OpenLearn is bursting full of thousands of resources to explore – from one-minute videos to longer courses, and on every subject you can think of.

This workbook will get you started. Where it will take you, is up to you. Do enjoy the adventure.



Louise Casella  
Director, The Open University in Wales

# WHAT IS 'OPENLEARN'?

**OpenLearn** is an Open University website, home to over 1,000 *free* short courses and resources for people who are thinking about getting back into learning.

With OpenLearn, you decide where and how far you take your learning journey. You decide how much time you want to commit to studying, the level you want to study at, and the pace you progress at.

You may be keen to learn a new skill, to fulfil your potential, or improve your career opportunities. You may just want to learn more about a subject that interests you.

OpenLearn will help you:

- Explore free online learning
- Identify the resources that interest you
- Reflect on where you are now, where you want to be and how to get there
- Develop study skills
- Understand routes into formal study

Listen to Cerys Matthews explain more.



**Introduction to OpenLearn.**

## What do I need to get started?

All you need is a computer, tablet or smartphone and internet access. If you don't have wifi at home, you can access the internet at your local library or community learning centre.

## How do I use this guide?

This guide is designed to help you identify your learning needs and options, to navigate your journey through OpenLearn and, if you decide to take it further, towards more formal study.

You can work through this guide yourself, with a friend or in a group.

This guide is available online and as an interactive pdf at **The OpenLearn Champions Hub page.**



# GETTING STARTED

## Here's how to use OpenLearn in 4 easy steps:

### Step 1

Register as an OpenLearn Champion learner with The Open University in Wales via the registration link below.

### Learner registration form (English)

### Step 2

Visit the website using the **OpenLearn Champions Hub** page where we've gathered some of the most popular courses for you to check out.

### Step 3

Create an OpenLearn account to start your personal learning record. Signing up is free and only takes 2 minutes. Having an account means you can:

- Save your favourite courses so you can easily find them later
- Enrol on courses and dip in and out of these when you have the time
- Keep track of your progress
- Share your achievements as you earn badges and certificates of completion

### Step 4

Explore the website – there are several ways to look at the courses available so dive in and start learning!



**Click to find out more.**

## Finding your way around OpenLearn Champions Hub page

There are several ways to find what interests you on OpenLearn. You can choose one of the pre-selected courses or use the subject icons on the home page to explore all types of content under the following headings:

- Health, Sports & Psychology
- Education & Development
- History & The Arts
- Languages
- Money & Business
- Nature & Environment
- Science, Maths & Technology
- Society, Politics & Law



**Click here to visit the hub.**

The free courses tab across the top of the screen will open a full catalogue of courses available in each subject, in alphabetical order. Each listing will tell you the level of the course and how many hours it will take. The 'For Study' and 'For Life' tabs will take you to **Skills for Work** and **Skills for Study** resources.

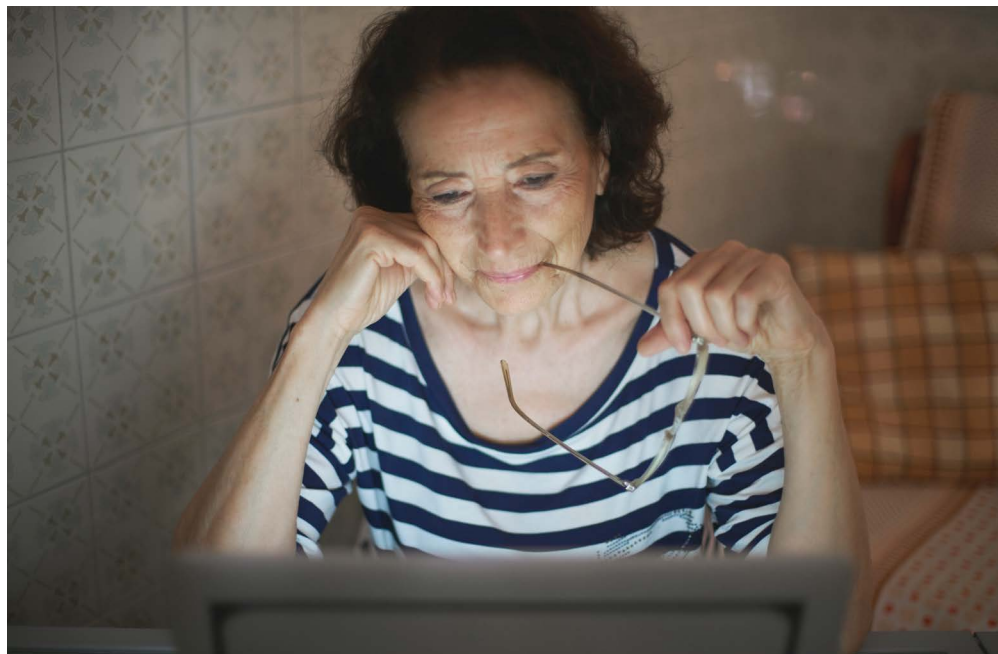
You can also use the search bar to find what you're looking for, such as Welsh history, writing crime fiction, or how to draw a pie chart. There are so many resources on OpenLearn, there's sure to be something on your chosen subject.

## Guide to levels

Watch out for the level of any resource that looks interesting and choose the level that's right for you.

- Level 1 should be accessible to most learners.
- Level 2 intermediate resources will usually be aimed at university level.
- Level 3 advanced resources are at postgraduate level.

Most of the resources in this guide are introductory level.



### Accessibility on OpenLearn

OpenLearn content is reviewed to make it as accessible as possible. Many of the courses can be downloaded in different formats and used offline or on your preferred device, including Word, PDF, Kindle, and ePub. You can adjust the size and colour of the text, and the colour of the background. Modern browsers allow you to override the entire colour scheme. Older browsers will display most content, but some features won't work.

Learners with screen readers should be able to access all the text-based content.



Learners with screen magnifier or who use specific operating system or browser settings should not have any difficulties with the site.



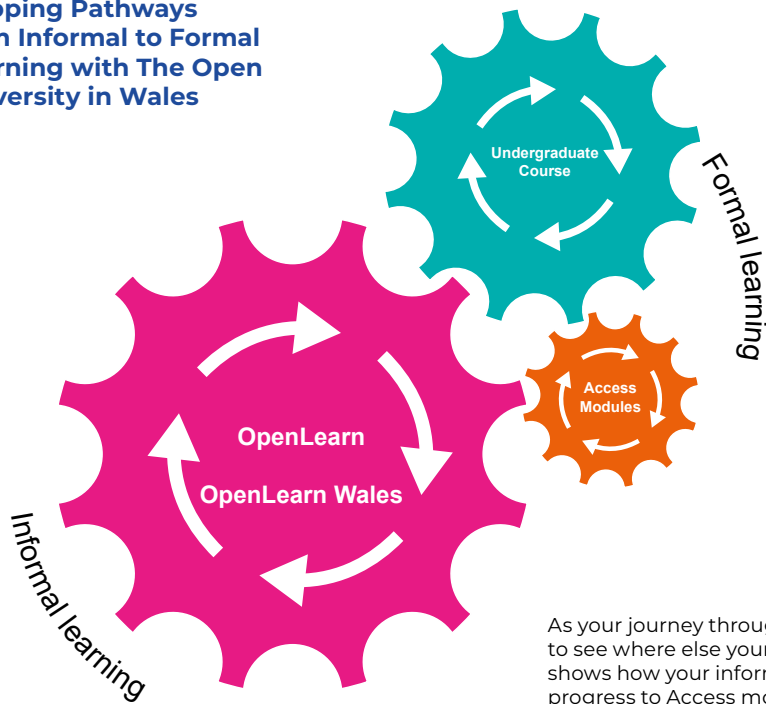
Video and audio material can be downloaded and over 90% have textual descriptions and/or transcripts.



This guide is available as an interactive pdf which you can find at **OpenLearn Champions Hub page**.



### Mapping Pathways from Informal to Formal Learning with The Open University in Wales



#### UNDERGRADUATE COURSES

- Courses and qualifications
- Personal interest
- Career development

#### ACCESS MODULES

- Arts and Languages
- Science, Technology and Maths
- People, Work and Society

#### OPENLEARN AND OPENLEARN WALES

- Explore OU material
- Try out OU courses
- Badged open courses
- Prepare for formal study

As your journey through OpenLearn moves forward, you may like to see where else your learning could take you. This cog diagram shows how your informal learning with OpenLearn can help you progress to Access modules and undergraduate courses.



## EXPLORE

On OpenLearn you'll find a vast range of free learning material. Even if you only have 5 minutes to spare, you will find something to interest you.

There is so much to choose from on OpenLearn, it can be hard to know where to start. In this section, here are some short tasters to help you get started. They are all introductory level and take less than an hour.

### Explore (less than an hour)

[Do you have a photographic memory?](#)

[Welsh History: Who was St David? \(article\)](#)

[What is technology? \(article\)](#)

[Soft skills training \(article\)](#)

[Wellbeing and mental health collection](#)

[What is the national learning hub for volunteers?](#)

[OpenLearn with Working Wales](#)

[Five reasons why you should care about mindfulness](#)

[In your garden: Birds and nesting boxes](#)

[Open door to success \(article\)](#)

[The seven types of plastic](#)



Click on each topic to find out more.





## CHALLENGE

If you've enjoyed exploring the materials in the last section, why not challenge yourself with a short course?

The courses suggested in this section take up to 15 hours.

If you haven't already registered on OpenLearn, now is the time to do it (see page 4). You need to have an account to enrol on courses. Most of them offer a statement of completion to recognise your learning.

If your exploration has given you the confidence to navigate OpenLearn, you can dive right in and search for what interests you.

### Short Courses (2 - 15 hours)

Aberdulais Falls: A case study in Welsh heritage

Introduction to law in Wales

Introduction to bookkeeping and accounting

MoneySavingExpert (MSE) Academy of Money

Panic attacks: what they are and what to do about them

What about me? A personal development course for carers in Wales

Croeso: Beginners' Welsh

Understanding Devolution in Wales

Climate change: transitions to sustainability



Click on each topic to find out more.





# RECOGNISE AND REWARD

Badged Open Courses (BOCs) are a digital record of your learning. To earn one, you must complete the course and pass the online quizzes. Badges don't carry any credit (for qualifications) but they're a terrific way to demonstrate your achievement and provide evidence of continuous professional development. You can display your badge on your OpenLearn profile or on social media platforms such as LinkedIn.

Here you will find some examples of the badged courses available on OpenLearn, and new ones are added every month so don't forget to sign up to the **OpenLearn Newsletter**.

## Recognise courses (24 - 48 hours)

Supporting Children's mental health and wellbeing

Personal branding for career success

Understanding autism

Everyday maths 1 (Wales) (48hrs)

Everyday maths 2 (Wales) (48hrs)

Everyday English 1 (48hrs)

Everyday English 2 (48hrs)

The science of nutrition and healthy eating

Forensic psychology

Introduction to cyber security: stay safe online

Citizen Science and Global Diversity

Rural entrepreneurship in Wales (non-badged 30 hr)



Click on each topic to find out more.





# MORE OPEN LEARNING

## OpenLearn Wales

**OpenLearn Wales** is the home of free, bilingual learning about Wales. It's a collection of free educational resources across a range of subjects relevant to Welsh society, history, and culture. Including articles, activities, and free short courses, some of the content is available in English or Welsh.

As OpenLearn Wales content doesn't award credits towards a qualification, you don't need to become an Open University student to access it. **OpenLearn Wales** is available to anyone with an interest in learning more about life in Wales.

Take a look at some of our resources:

- **Take your teaching online**
- **Blaenau Gwent REACH**
- **Croeso: Beginners' Welsh**
- **Butetown Carnival: past, present and future**
- **Understanding Devolution in Wales**



**FIND OUT MORE**

Visit [OpenLearn Wales](#)

## OpenLearn Create

Like OpenLearn, you can do free courses and gain badges on OpenLearn Create. It is a platform that allows The Open University to create open learning resources with partner organisations in Wales and all over the world.

OpenLearn Create also makes the tools available for you to create your own resources or adapt existing ones to suit your learning needs.



**FIND OUT MORE**

Visit [open.edu/openlearncreate](https://open.edu/openlearncreate)

## FutureLearn

FutureLearn is a platform owned by The Open University that hosts a diverse range of courses from universities around the world.

This is the home of our micro-credentials and massive open online courses (MOOCs). MOOCs are open to all and there may be thousands of people signed up for each course, all studying at the same time. Like OpenLearn, anyone can register for a course and it is free to take part.

The difference is that courses on FutureLearn are time limited, so you must keep up with the pace. The course is made available week by week and you study at the same time as other learners from around the world. Another difference is that, once you've finished the free course, there is a cost if you would like a certificate of completion. Micro-credentials and MOOCs can be a good 'next step' between informal and formal learning. They provide an opportunity to see if you can study in real time over several weeks without committing to formal study yet.



**FIND OUT MORE**

Visit [FutureLearn.com](https://FutureLearn.com)



It boosted my confidence an awful lot. I believed in myself. I felt like the sky is the limit, I can do anything.

**Learner**  
Caring Counts Course



### Community learning

You may be keen to brush up on your literacy, numeracy, or digital skills or maybe you are looking for a more practical subject to study next. Look at what your local college offers or try adult learning classes in the community.

Informal learning is available through your local community learning team and library.

Contact them about adult education classes in your area.

### Workplace learning

If you are interested in learning that's related to your job, talk to your employer or Union Learning Representative (ULR) (if you have one) about learning opportunities available at work. For example,

#### **Teaching assistants: Support in action (Wales).**

If you have colleagues who would like to explore OpenLearn, why don't you become an Openlearn Champion?

Contact us at [wales-partnerships@open.ac.uk](mailto:wales-partnerships@open.ac.uk) to register your interest.

Here are some ideas for learning in the workplace:

- Set up a study group.
- Develop digital skills by getting into online learning.
- Identify courses related to your job. For example, subjects such as dementia may be relevant to health and care workers.
- Run informal sessions where learners get together to discuss their learning and how they put it into practice.
- Maybe someone at work would be happy to facilitate a session or even a course. OpenLearn courses can be studied offline too!

There is no limit to the amount of time you can spend on OpenLearn or the number of courses you can take.

### iSpot Nature

Citizen science is a growing trend in involving the public in several types of collaboration with scientists. The growth of this informal learning activity has consequences for data collection and data analysis and the way in which science is carried out. It also has an impact on what, and how, citizen scientists learn about science when engaged in such activities.

**iSpot**, a free community platform created by The Open University to help to identify wildlife and share nature through uploading photographs and identifying plants/animals native to Britain.

Try this course on OpenLearn **Citizen science and global biodiversity.**



# NEXT STEPS

Now that you've had a chance to explore OpenLearn, spend some time thinking about your next steps. When you have had time to think about it, you can decide to continue with informal learning online or try a different challenge, including formal study.

## Reflecting on your learning

Review your progress and reflect on how your learning is going. You can use the learning log on page 13, a notebook, or a Word document for this. Write down the different subjects you have covered and some comments on how you found the courses in terms of interest and level of difficulty. This will help you identify which areas appeal to you and the level that's right for you.

- Have you found yourself making links between what you've learnt and things you come across in everyday life, for instance watching the news or talking to friends?
- Have you surprised yourself with what you've learnt, maybe feeling strongly about an issue you didn't know about before?

Reflecting can help you look at your choices and motivations, and to appreciate the skills and qualities you already have. **OpenLearn Create** has a range of courses that can help you reflect on where you are and where you would like to be.

If you feel unsure about what the OU is all about and if distance learning is for you, you could try out this short, **free OpenLearn course** to get a taste.

An Open University **Access module** is a good place to start if you have been out of formal education for some time or left school without qualifications.

 **Watch video here.**

**Making your learning count** is a new Open University module that lets you gain credit for 150 hours of informal study you've already done on OpenLearn or other online platforms.

 **Watch video here.**

## Career planning

If you are thinking of studying with a career goal in mind and want to plan your next steps, The Open University careers website offers information and tips on choosing and planning your career. The website is open to anyone, at any stage of their learning journey.

If you go on to register for formal study with the OU, you can also access our Careers & Employability Services where you can access a range of services including one to one consultations, webinars, forums and take the next steps to becoming OU Career Confident.

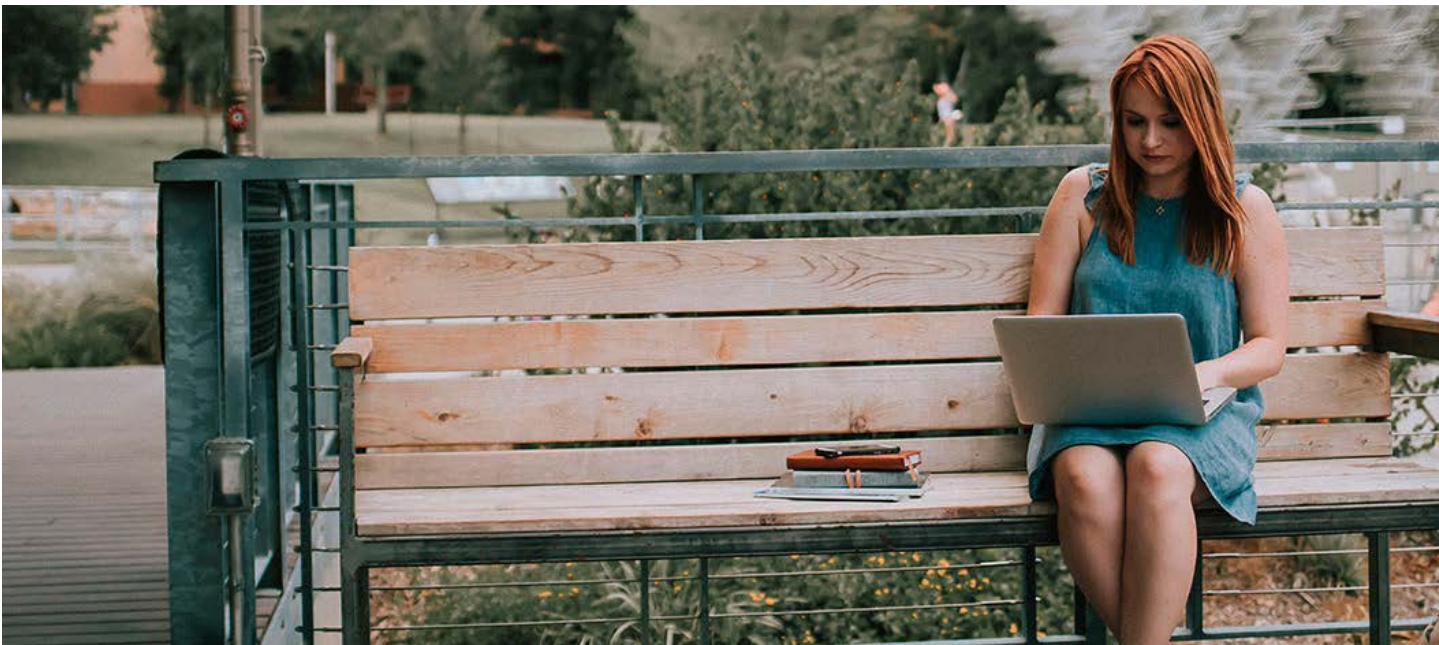
There are also OpenLearn resources to get you thinking about your career. You can find these and more on **OpenLearn Employability Hub**:

- **Skills for work**
- **Developing career resilience**
- **Succeed in the workplace**



**FIND OUT MORE**

Visit [open.ac.uk/careers](https://open.ac.uk/careers)



# IS UNIVERSITY STUDY RIGHT FOR ME?

If you feel you're ready to study at university level, have a look at the range of courses available.

With The Open University in Wales you can study one module at a time, so you don't have to commit yourself to doing a degree or other qualification at the start. There are no formal entry requirements for most courses. OU modules generally start in October and February and last nine months, though there are shorter modules and start dates at other times of the year.

The flexibility of The Open University also appeals to students with caring responsibilities, parents, and others who may prefer not to travel to university.



## FIND OUT MORE

Visit [open.ac.uk/courses](https://open.ac.uk/courses)

## University Ready

If you are considering university level study and would like some advice and guidance on what to expect, take a look at **University Ready** on OpenLearn. This is a collection of free resources from universities in Wales to help you take your first steps into higher education. There is a range of videos, articles and guides on study skills, wellbeing and mental health and different subject areas.

## Talk to us

If you would like to discuss the best place to start studying with The Open University in Wales, contact our advisers on **wales-support@open.ac.uk**

Kyle explains the range of support we offer at The Open University in Wales in this video.

 **Watch video here.**

As you continue your own personal learning journey, we'd love to hear from you. You can get in touch through this email – **wales-partnerships@open.ac.uk**

We want to hear about your journey with the OU. Tell us about your experience or any extraordinary moments you've had. We would love to hear your stories and share them with others.

 **Tell us your story here.**



## FIND OUT MORE

**Visit** [open.edu/openlearn](https://open.edu/openlearn)  
**Call** **029 2047 1170**  
**Email** [wales-partnerships@open.ac.uk](mailto:wales-partnerships@open.ac.uk)  
**Twitter** [@OUWales](https://twitter.com/OUWales)  
**LinkedIn** [The Open University in Wales](https://www.linkedin.com/company/the-open-university-in-wales)  
**Facebook** [@openuniversitywales](https://www.facebook.com/openuniversitywales)



# LEARNING LOG

| Explore  |              |          |
|----------|--------------|----------|
| Activity | Subject area | Comments |
|          |              |          |

| Challenge |              |          |
|-----------|--------------|----------|
| Course    | Subject area | Comments |
|           |              |          |

| Recognise and reward |              |          |
|----------------------|--------------|----------|
| Badged course        | Subject area | Comments |
|                      |              |          |



## REFLECTING ON MY LEARNING

Which subjects have you most enjoyed? Why do you think this might be?

What have you learned about how you learn?

What challenges did you face when studying and how did you tackle them?

## NEXT STEPS

**Think about what you'd like to do next.**

What are your personal learning goals?

What steps will you take to reach your goals?



# HYRWYDDWYR OPENLEARN CANLLAW I DDYSGWYR

Rhaglen gan y Brifysgol Agored yng Nghymru



# CROESO I OPENLEARN

## CYNNWYS

|   |           |
|---|-----------|
| <b>Beth yw 'OpenLearn'?</b>                       | <b>03</b> |
| Beth sydd ei angen arnaf i ddechrau arni?         | 03        |
| Sut ydw i'n defnyddio'r canllaw hwn?              | 03        |
| <b>Dechrau Arni</b>                               | <b>04</b> |
| Sut i ddefnyddio OpenLearn                        | 04        |
| Canfod eich ffordd o amgylch OpenLearn            | 04        |
| Canllaw i lefelau                                 | 04        |
| Hygyrchedd ar OpenLearn                           | 05        |
| <b>Archwilio</b>                                  | <b>06</b> |
| <b>Her</b>  | <b>07</b> |
| <b>Cydnabod a gwobrwyo</b>                        | <b>08</b> |
| Cyrsiau agored â bathodyn                         | 08        |
| <b>Mwy o ddysgu agored</b>                        | <b>09</b> |
| OpenLearn Cymru                                   | 09        |
| OpenLearn Create                                  | 09        |
| FutureLearn                                       | 09        |
| Dysgu yn y Gymuned                                | 10        |
| Dysgu yn y gweithle                               | 10        |
| iSpot Nature                                      | 10        |
| <b>Camau nesaf</b>                                | <b>11</b> |
| Myfyrio ar eich dysgu                             | 11        |
| Cynllunio gyrfa                                   | 11        |
| <b>A yw astudio yn y brifysgol yn addas i mi?</b> | <b>12</b> |
| Barod ar gyfer Prifysgol                          | 12        |
| Siarad â ni                                       | 12        |
| <b>Cofnod dysgu</b>                               | <b>13</b> |
| <b>Myfyrio ar fy nysgu</b>                        | <b>14</b> |
| <b>Camau nesaf</b>                                | <b>14</b> |

Croeso i'r Brifysgol Agored yng Nghymru – dechrau eich taith ddysgu.



P'un a ydych yn dychwelyd i ddysgu am y tro cyntaf ers ysgol neu rydych eisoes yn dysgu ond nid ar-lein, mae'n siŵr y bydd rhywbeth yn y llawlyfr hwn i ddenu eich sylw. Rwy'n gobeithio y byddwch yn mwynhau canfod eich ffordd o amgylch OpenLearn – cartref dysgu am ddim y Brifysgol Agored. Mae OpenLearn yn orlawn o filoedd o adnoddau i'w harchwilio – o fideos un funud i gyrsiau hirach, ac ar bob pwnc y gallwch feddwl amdano.

Bydd y llawlyfr hwn yn eich helpu i ddechrau arni. Chi sydd i benderfynu ble bydd yn mynd â chi. Mwynhewch yr antur.

*Louise Casella*

Louise Casella  
Cyfarwyddwr,  
Y Brifysgol Agored yng Nghymru



# BETH YW 'OPENLEARN'?

Gwefan gan y Brifysgol Agored yw **OpenLearn**, sy'n gartref i dros 1,000 o gyrsiau byr ac adnoddau *am ddim* i bobl sy'n ystyried dychwelyd i ddysgu.

Gydag OpenLearn, chi sy'n penderfynu i ble a pha mor bell rydych chi'n mynd â'ch taith ddysgu. Chi sy'n penderfynu faint o amser rydych chi am ymrwymo i astudio, y lefel rydych chi am astudio arni, a'r cyflymder rydych chi'n symud ymlaen.

Efallai eich bod yn awyddus i ddysgu sgil newydd, cyflawni eich potensial, neu wella eich cyfleoedd gyrfa. Efallai eich bod eisiau dysgu mwy am bwnc sydd o ddiddordeb i chi.

Bydd OpenLearn yn eich helpu chi i:

- Archwilio dysgu ar-lein am ddim
- Adnabod yr adnoddau sydd o ddiddordeb i chi
- Myfyrio ar ble'r ydych chi nawr, lle'r hoffech ei gyrraedd a sut i gyrraedd yno
- Datblygu sgiliau astudio
- Deall llwybrau i astudio ffurfiol

Gwrandewch ar Cerys Matthews yn egluro mwy.

 **Cyflwyniad i OpenLearn.**

## Beth sydd ei angen arnaf i ddechrau arni?

Y cyfan sydd ei angen arnoch yw cyfrifiadur, llechen neu ffôn clyfar a mynediad at y rhynggrwyd. Os nad oes gennych wi-fi gartref, gallwch gael mynediad at y rhynggrwyd yn eich llyfrgell neu ganolfan ddysgu cymunedol leol.

## Sut ydw i'n defnyddio'r canllaw hwn?

Dyluniwyd y canllaw hwn i'ch helpu i nodi'ch anghenion a'ch opsiynau dysgu, i lywio'ch taith trwy OpenLearn ac, os penderfynwch fynd â hi ymhellach, tuag at astudiaeth fwy ffurfiol.

Gallwch fynd trwy'r canllaw hwn eich hunan, gyda ffrind neu mewn grŵp.

Mae'r canllaw hwn ar gael ar-lein ac fel pdf rhyngweithiol ar **dudalen Hafan Hyrwyddwyr OpenLearn.**



# DECHRAU ARNI

## Dyma sut i ddefnyddio OpenLearn mewn 4 cam hawdd:

### Cam 1

Cofrestru fel dysgwr Hyrwyddwr OpenLearn gyda'r Brifysgol yng Nghymru trwy'r ddolen gofrestru isod.

### Ffurflen gofrestru dysgwr (Cymraeg)

### Cam 2

Ewch i'r wefan gan ddefnyddio tudalen **Hafan Hyrwyddwr OpenLearn** lle rydym wedi casglu ynghyd rhai o'r cyrsiau mwyaf poblogaidd i chi gael golwg arnynt.

### Cam 3

Creu cyfrif OpenLearn i ddechrau eich cofnod dysgu personol. Mae cofrestru yn rhad ac a ddim a ddim ond yn cymryd 2 funud. Mae cael cyfrif yn golygu y gallwch:

- Gadw eich hoff gyrsiau fel y gallwch ddod o hyd iddynt yn hawdd yn ddiweddarach
- Cofrestru ar gyrsiau ac astudio pan fydd gennych yr amser
- Cadw llygad ar eich cynnydd
- Rhannu eich cyraeddiadau wrth i chi ennill bathodynnew a thystysgrifau cwblhau

### Cam 4

Archwilio'r wefan - mae yna sawl ffordd i edrych ar y cyrsiau sydd ar gael felly ewch amdani a dechrau dysgu!

 **Cliciwch i gael gwybod mwy.**

## Canfod eich ffordd o amgylch tudalen Hafan Hyrwyddwr OpenLearn

Mae yna sawl ffordd i ddod o hyd i'r hyn sydd o ddi-ddordeb i chi ar OpenLearn. Gallwch ddewis un o'r cyrsiau a ddewiswyd ymlaen llaw neu ddefnyddio'r eiconau pwnc ar yr hafan i archwilio pob math o gynnwys o dan y penawdau canlynol:

- lechyd, Chwaraeon a Seicoleg
- Addysg a Datblygu
- Hanes a'r Celfyddydau
- Ieithoedd
- Arian a Busnes
- Natur a'r Amgylchedd
- Gwyddoniaeth, Mathemateg a Technoleg
- Cymdeithas, Gwleidyddiaeth a'r Gyfraith

 **Cliciwch yma i ymweld â'r hwb.**

Bydd y tab cyrsiau am ddim ar frig y sgrin yn agor catalog llawn o gyrsiau sydd ar gael ym mhob pwnc, yn nhrefn yr wyddor. Bydd pob cofnod yn nodi lefel y cwrs a faint o oriau y bydd yn eu cymryd i'w gwblhau. Bydd y tabiau 'Ar gyfer Astudio' ac 'Ar gyfer Bywyd' yn eich arwain at adnoddau **Sgiliau ar gyfer Gwaith a Sgiliau ar Gyfer Astudio.**

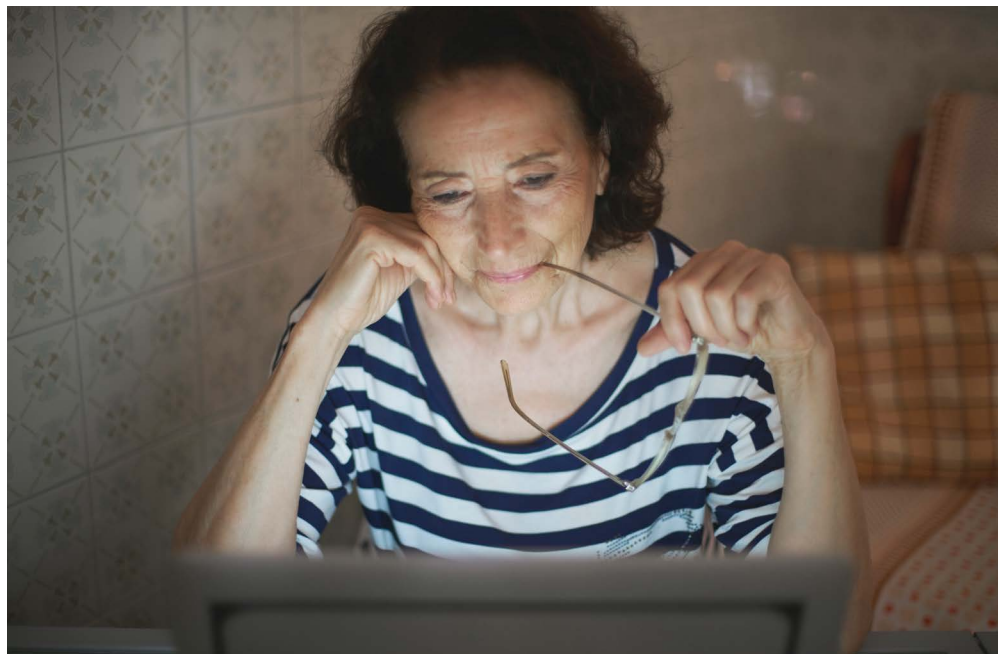
Gallwch hefyd ddefnyddio'r bar chwilio i ddod o hyd i'r hyn rydych chi'n chwilio amdano, fel Hanes Cymru, ysgrifennu ffuglen trosedd, neu sut i lunio siart cylch. Mae yna gymaint o adnoddau ar OpenLearn, mae'n sicr y bydd yna rywbeth ar eich pwnc dewisol.

## Canllaw i lefelau

Edrychwch ar lefel unrhyw adnodd sy'n edrych yn ddi-ddorol a dewiswch y lefel sy'n iawn i chi.

- Lefel 1 a dylent fod yn hygyrch i'r rhan fwyaf o ddysgwyr. Bydd adnoddau.
- Bydd adnoddau canolradd Lefel 2 fel arfer yn cael eu hanelu at lefel prifysgol
- Mae adnoddau uwch Lefel 3 ar lefel ôl-raddedig.

Mae'r holl adnoddau yn y canllaw hwn ar lefel Ragarweiniol.



### Hygyrchedd ar OpenLearn

Mae cynnwys OpenLearn yn cael ei adolygu i'w wneud mor hygyrch â phosib. Gellir lawrlwytho llawer o'r cyrsiau mewn gwahanol fformatau a'u defnyddio all-lein neu ar y ddyfais sydd orau gennych, gan gynnwys Word, PDF, Kindle, ac ePub. Gallwch addasu maint a lliw'r testun, yn ogystal â'r lliw cefndir. Mae porwyr modern yn caniatáu i chi newid y cynllun lliw cyfan. Bydd porwyr hŷn yn arddangos y rhan fwyaf o'r cynnwys, ond ni fydd rhai nodweddion yn gweithio.

Dylai dysgwyr gyda darllenwyr sgrin allu cael mynediad at yr holl gynnwys testun.



Ni ddylai dysgwyr gyda chwyddwyr sgrin neu sy'n defnyddio system weithredu neu osodiadau porwr penodol gael unrhyw anawsterau gyda'r safle.



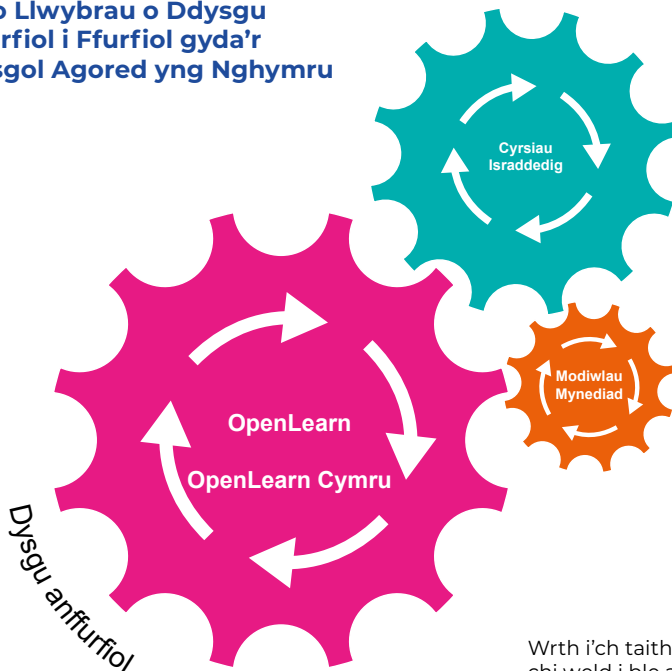
Gallwch lawrlwytho cynnwys fideo a sain ac mae gan 90% o'r cynnwys ddisgrifiadau testunol a/neu drawsgriadau.



Mae'r canllaw hwn ar gael fel pdf rhyngweithiol y gallwch ddod o hyd iddo ar y **dudalen Hafan Hyrwyddwyr OpenLearn**.



### Mapio Llwybrau o Ddysgu Anffurfiol i Ffurfiol gyda'r Brifysgol Agored yng Nghymru



Dysgu ffurfiol

#### CYRSIAU ISRADEDDIG

- Cyrsiau a chymwysterau
- Diddordeb personol
- Datblygu gyrfa

#### MODIWLAU MYNEDIAD

- Y Celfyddydau ac Ieithoedd
- Gwyddoniaeth, Technoleg a Mathemateg
- Pobl, Gwaith a Chymdeithas

#### OPENLEARN AC OPENLEARN CYMRU

- Archwilio Deunydd y Brifysgol Agored
- Rhoi cynnig ar gyrsiau'r Brifysgol Agored
- Cyrsiau agored â bathodyn
- Paratoi at astudio ffurfiol

Wrth i'ch taith trwy OpenLearn symud ymlaen, efallai yr hoffech chi weld i ble arall y gallai'ch dysgu fynd â chi. Mae'r diagram hwn yn dangos sut gallai'ch dysgu anffurfiol gyda OpenLearn eich helpu i symud ymlaen i fodiwlau Mynediad a chyrtsiau israddedig.



# ARCHWILIO

Ar OpenLearn byddwch yn dod o hyd i ystod eang o ddeunyddiau dysgu am ddim. Hyd yn oed os mai dim ond 5 munud sydd gennych i'w sbario, byddwch yn dod o hyd i rywbeth sydd o ddiddordeb.

Mae cymaint o ddewis ar OpenLearn, gall fod yn anodd gwybod ble i ddechrau. Yn yr adran hon, mae rhai sesiynau blasu i'ch helpu i ddechrau arni. Mae pob un ar lefel ragarweiniol ac yn cymryd llai nag awr.

## Archwilio (llai nag awr)

A oes gennych gof ffotograffig?

Beth yw technoleg? (erthygl)

Hyfforddiant sgiliau meddal (erthygl)

Sgiliau: Bod ar y blaen gyda'r adnoddau sgiliau rhad ac am ddim hyn mewn Mathemateg a Saesneg

Casgliad llesiant a iechyd meddwl

Beth yw'r hwb dysgu cenedlaethol ar gyfer gwirfoddolwyr?

OpenLearn gyda Chymru'n Gweithio

Pum rheswm dros pam ddylech boeni am ymwybyddiaeth ofalgar

Yn eich gardd: Adar a blychau nythu

Y saith math o blastig



Cliciwch ar bob pwnc i ddysgu mwy.





## HER

Os ydych wedi mwynhau archwilio'r deunyddiau yn yr adran olaf, beth am herio eich hun gyda chwrs byr?

Mae'r cyrsiau a awgrymir yn yr adran hon yn cymryd hyd at 15 awr.

Os nad ydych eisoes wedi cofrestru ar OpenLearn, nawr yw'r amser i wneud hynny (gweler tudalen 4). Byddwch angen cyfrif i gofrestru ar gyrsiau. Mae'r rhan fwyaf yn cynnig datganiad o gwblhad i gydnabod eich dysgu.

Os yw'ch archwilio wedi rhoi'r hyder i chi lywio OpenLearn, gallwch fynd amdani a chwilio am yr hyn sydd o ddiddordeb i chi.

### Cyrsiau Byr (2 - 15 awr)

Rhaeadr Aberdulais: Astudiaeth achos yn nhreftadaeth Cymru

Cyflwyniad i'r Gyfraith yng Nghymru

Drws Agored i Lwyddiant

Cyflwyniad i gadw cyfrifon a chyfrifeg

Academi Arian MoneySavingExpert (MSE)

Pyliau o banig: beth ydyn nhw a beth i'w wneud yn eu cylch

Beth amdanaf fi? Cwrs datblygiad personol i ofalwyr yng Nghymru

Deall datganoli yng Nghymru

Newid yn yr hinsawdd: pontio i gynaliadwyedd



Cliciwch ar bob pwnc i ddysgu mwy.





## CYDNABOD A GWOBRWYO

Mae Cyrsiau Agored â Bathodyn (BOCs) yn gofnod digidol o'ch dysgu. I ennill un, rhaid i chi gwblhau'r cwrs a llwyddo yn yr holl gwisiau ar-lein. Nid yw bathodynnau yn arwain at unrhyw gredyd (ar gyfer cymwysterau) ond maent yn ffordd wych i ddangos eich cyflawniad a darparu tystiolaeth o ddatblygiad proffesiynol parhaus. Gallwch arddangos eich bathodyn ar eich proffil OpenLearn neu ar lwyfannau cyfryngau cymdeithasol megis LinkedIn.

Yma, fe welwch enghreifftiau o'r cyrsiau â bathodynnau sydd ar gael ar OpenLearn. Ychwanegir gyrsiau newydd bob mis, felly cofiwch gofrestru ar gyfer **Cylchlythyr OpenLearn**.

### Cyrsiau a gydnabyddir (24 - 48 awr)

Cefnogi iechyd meddwl a llesiant Plant

Brandio personol ar gyfer llwyddiant gyrfa

Deall awtistiaeth

Mathemateg bob dydd 1 (Cymru) (48 awr)

Mathemateg bob dydd 2 (Cymru) (48 awr)

Saesneg bob dydd 1 (48 awr)

Saesneg bob dydd 2 (48 awr)

Gwyddoniaeth maeth a bwyta'n iach

Seicoleg fforensig

Cyflwyniad i seiberddiogelwch: bod yn ddiogel ar-lein

Gwyddoniaeth Dinasyddiaeth ac Amrywiaeth Fyd-eang

Entrepreneuriaeth wledig yng Nghymru (dim bathodyn 30 awr)



Cliciwch ar bob pwnc i ddysgu mwy.



# MWY O DDYSGU AGORED

## OpenLearn Cymru

**OpenLearn Cymru** yw cartref dysgu dwyieithog rhad ac am ddim am Gymru. Casgliad o adnoddau dysgu rhad ac am ddim ar draws ystod eang o bynciau sy'n berthnasol i gymdeithas, hanes a diwylliant Cymru. Yn cynnwys erthyglau, gweithgareddau a chysiau byr am ddim, mae peth o'r cynnwys ar gael yn Gymraeg a Saesneg.

Gan nad yw cynnwys OpenLearn Cymru yn dyfarnu credydau tuag at gymhwyster, nid oes angen i chi ddod yn fyfyrwr gyda'r Brifysgol Agored i gael mynediad ato. Mae **OpenLearn Cymru** ar gael i unrhyw un sydd â diddordeb mewn dysgu am fywyd yng Nghymru.

Cymerwch olwg ar rai o'n hadnoddau:

- **Ewch â'ch dysgu ar-lein**
- **Blaenau Gwent REACH**
- **Carnifal Butetown: y gorffennol, y presennol a'r dyfodol**
- **Deall datganoli yng Nghymru**



### RHAGOR O WYBODAETH

Ewch i [OpenLearn Cymru](#)



## OpenLearn Create

Fel OpenLearn, gallwch astudio cyrsiau rhad ac am ddim ac ennill bathodynau ar OpenLearn Create. Mae'n blatfform sy'n caniatáu i'r Brifysgol Agored greu adnoddau dysgu agored gyda sefydliadau partner yng Nghymru a ledled y byd.

Mae OpenLearn Create hefyd yn sicrhau bod yr offer ar gael i chi greu eich adnoddau eich hun neu addasu'r rhai sy'n bodoli eisoes i weddu i'ch anghenion dysgu.



### RHAGOR O WYBODAETH

Ewch i [open.edu/openlearncreate](http://open.edu/openlearncreate)

## FutureLearn

Mae FutureLearn yn blatfform sy'n eiddo i'r Brifysgol Agored sy'n cynnal ystod amrywiol o gyrsiau gan brifysgolion ledled y byd.

Dyma gartref ein meicrogymwysterau a'n Cyrsiau Ar-lein Enfawr Agored (MOOCs). Mae MOOCs yn agored i bawb ac efallai y bydd miloedd o bobl wedi cofrestru ar gyfer pob cwrs, a phob un yn astudio ar yr un pryd. Fel gyda OpenLearn gall unrhyw un gofrestru ar gwrs ac mae'r cyrsiau am ddim.

Y gwahaniaeth yw bod gan gyrsiau ar FutureLearn gyfyngiad amser, felly rhaid i chi ymdopi â'r cyflymder. Mae'r cwrs ar gael wythnos wrth wythnos ac rydych chi'n astudio ar yr un pryd â dysgwyr eraill o bedwar ban byd. Gwahaniaeth arall yw, ar ôl i chi orffen y cwrs am ddim, mae yna gost os ydych eisiau tystysgrif cwblhau. Gall meicrogymwysterau a MOOCs fod yn 'gam nesaf' da rhwng dysgu anffurfiol a dysgu ffurfiol. Maent yn rhoi cyfle i weld a allwch astudio mewn amser real dros sawl wythnos heb ymrwymo i astudio ffurfiol eto.



### RHAGOR O WYBODAETH

Ewch i [FutureLearn.com](http://FutureLearn.com)



Rhoddodd hwb mawr i'm hyder. Roeddwn i'n credu ynof i fy hun. Roeddwn yn teimlo nad oedd yna derfyn, fel y gallwn wneud unrhyw beth.

**Dysgwr**  
Cwrs Pwysigrwydd Gofalu



## Dysgu yn y Gymuned

Efallai eich bod yn awyddus i wella'ch sgiliau llythrennedd, rhifedd neu ddigidol neu efallai eich bod yn chwilio am bwnc mwy ymarferol i'w astudio nesaf. Edrychwch ar yr hyn sydd gan eich coleg lleol i'w gynnig neu rhowch gynnig ar gyrsiau i oedolion yn y gymuned.

Mae dysgu anffurfiol ar gael trwy eich tîm dysgu cymunedol lleol a'r llyfrgell.

Cysylltwch â nhw i holi am ddsbarthiadau addysg oedolion yn eich ardal.

## Dysgu yn y gweithle

Os oes gennych ddi-ddordeb mewn dysgu sy'n gysylltiedig â'ch swydd, siaradwch â'ch cyflogwr neu Gynrychiolydd Dysgu eich Undeb (ULR) (os oes gennych un) am y cyfleoedd dysgu sydd ar gael yn y gwaith. Er enghraifft, i

### **Gynorthwyr Addysgu: Cefnogaeth ar Waith (Cymru).**

Os oes gennych chi gydweithwyr a hoffai archwilio OpenLearn, beth am ddod yn Hyrwyddwr OpenLearn?

Cysylltwch â ni trwy **partnariaethau-cymru@open.ac.uk** i gofrestru eich diddordeb.

Dyma ychydig o syniadau ar gyfer dysgu yn y gweithle:

- Sefydlu grŵp astudio.
- Datblygu sgiliau digidol drwy ddsygu ar-lein.
- Chwilio am gyrsiau sy'n gysylltiedig â'ch swydd. Er enghraifft, gallai pynciau fel Dementia fod yn berthnasol i weithwyr gofal ac iechyd.
- Cynnal sesiynau anffurfiol lle mae dysgwyr yn dod at ei gilydd i drafod eu dysgu a sut maen nhw'n ei roi ar waith.
- Efallai byddai rhywun yn y gwaith yn fodlon hwyluso sesiwn neu gwrs hyd yn oed. Gallwch astudio cyrsiau OpenLearn all-lein hefyd!

Nid oes terfyn ar faint o amser y gallwch dreulio ar OpenLearn na faint o gyrsiau y gallwch astudio.

## iSpot Nature

Mae gwyddoniaeth dinasyddion yn duedd gynyddol o gynnwys y cyhoedd mewn sawl math o gydweithrediad â gwyddonwyr. Mae twf y gweithgaredd dysgu anffurfiol hwn yn arwain at ganlyniadau ar gyfer casglu data a dadansoddi data a'r ffordd y mae gwyddoniaeth yn cael ei chynnal. Mae hefyd yn cael effaith ar beth, a sut, mae gwyddonwyr dinasyddion yn dysgu am wyddoniaeth wrth gymryd rhan mewn gweithgareddau o'r fath.

Mae **iSpot**, yn blatfform cymunedol am ddim a grëwyd gan y Brifysgol Agored i helpu i adnabod bywyd gwylt a rhannu natur trwy uwchlwytho lluniau ac adnabod planhigion/ anifeiliaid sy'n frodorol i Brydain.

Rhowch gynnig ar y cwrs hwn ar OpenLearn: **Gwyddoniaeth Dinasyddion a Bioamrywiaeth Fyd-eang.**





# CAMAU NESAF

Nawr eich bod wedi cael cyfle i archwilio OpenLearn, treuliwch amser yn ystyried eich camau nesaf. Ar ôl i chi gael amser i feddwl amdano, gallwch benderfynu parhau gyda dysgu anffurfiol ar-lein neu roi cynnig ar her wahanol, yn cynnwys astudio ffurfiol.

## Myfyrio ar eich dysgu

Adolygwch eich cynnydd a myfyriwch ar sut mae'ch dysgu'n mynd. Gallwch ddefnyddio'r cofnod dysgu ar dudalen 13, llyfr nodiadau neu ddogfen Word ar gyfer hyn. Nodwch y gwahanol bynciau rydych chi wedi'u cynnwys ac ychydig o sylwadau am sut y daethoch o hyd i'r cyrsiau o ran diddordeb a lefel anhawster. Bydd hyn yn eich helpu i nodi pa feysydd sy'n apelio atoch chi a'r lefel sy'n addas ar eich cyfer chi.

- Ydych chi wedi cael eich hun yn gwneud cysylltiadau rhwng yr hyn rydych chi wedi'i ddysgu a'r pethau rydych chi'n dod ar eu traws mewn bywyd bob dydd, er enghraifft gwyllo'r newyddion neu siarad â ffrindiau?
- Ydych chi wedi synnu'ch hun â'r hyn rydych chi wedi'i ddysgu, efallai teimlo'n gryf am fater nad oeddech chi'n gwybod amdano o'r blaen?

Gall myfyrio eich helpu i edrych ar eich dewisiadau a'ch cymhellion, a gwerthfawrogi'r sgiliau a'r rhinweddau sydd gennych eisoes. Mae gan **OpenLearn Create** ystod o gyrsiau a all eich helpu i fyfyr ar ble rydych chi a ble hoffech chi fod..

Os ydych chi'n teimlo'n ansicr ynglŷn â beth yw pwrpas y Brifysgol Agored ac a yw dysgu o bell yn addas ar eich cyfer chi, fe allech chi roi cynnig ar y **cwrs OpenLearn** byr, rhad ac am ddim hwn i gael blas.

Mae **modiwlau mynediad** y Brifysgol Agored yn lle da i ddechrau os ydych chi wedi bod allan o addysg ffurfiol ers cryn amser neu wedi gadael yr ysgol heb gymwysterau.

 **Gwylwch y fideo yma.**

Mae **gwneud i'ch dysgu gyfrif** yn fodiwl Prifysgol Agored newydd sy'n caniatáu i chi ennill credyd am astudiaeth anffurfiol rydych chi wedi'i gwneud eisoes ar OpenLearn neu blatfformau ar-lein eraill.

 **Gwylwch y fideo yma.**

## Cynllunio gyrfa

Os ydych chi'n ystyried astudio gyda nod gyrfa mewn golwg ac eisiau cynllunio'ch camau nesaf, mae gwefan gyrfaedd y Brifysgol Agored yn cynnig gwybodaeth ac awgrymiadau ar ddewis a chynllunio'ch gyrfa. Mae'r wefan yn agored i unrhyw un, ar unrhyw gam o'u taith dysgu.

Os ewch ymlaen i gofrestru ar gyfer astudiaeth ffurfiol gyda'r Brifysgol Agored, gallwch hefyd gyrchu ein Gwasanaethau Gyrfaedd a Chyflogadwyedd lle gallwch gyrchu ystod o wasanaethau gan gynnwys ymgynghoriadau un i un, gweminarau, fforymau a chymryd y camau nesaf i ddod yn Barod am Yrfa gyda'r Brifysgol Agored.

Mae yna hefyd adnoddau OpenLearn i'ch helpu i feddwl am eich gyrfa. Gallwch ddod o hyd i'r rhain a mwy yn **Hwb Cyflogadwyedd OpenLearn:**

- **Sgiliau ar gyfer gwaith**
- **Datblygu gwytnwch gyrfaol**
- **Llwyddo yn y gweithle**



## RHAGOR O WYBODAETH

Ewch i [open.ac.uk/careers](https://open.ac.uk/careers)



# A YW ASTUDIO YN Y BRIFYSGOL YN ADDAS I MI?

Os ydych yn teimlo eich bod yn barod i astudio ar lefel prifysgol, cymerwch olwg ar yr ystod o gyrsiau sydd ar gael.

Gyda'r Brifysgol Agored yng Nghymru gallwch astudio un modiwl ar y tro, felly does dim rhaid i chi ymrwymo'ch hun i wneud gradd neu gymhwyster arall ar y dechrau. Nid oes yna ofnyon mynediad ffurfiol i'r rhan fwyaf o gyrsiau. Fel arfer, mae modiwlau'r Brifysgol Agored yn dechrau ym mis Hydref a mis Chwefror ac yn para naw mis, er mae yna fodiwlau byrrach a dyddiadau dechrau ar adegau eraill o'r flwyddyn.

Mae hyblygrwydd y Brifysgol Agored hefyd yn apelio at fyfyrwyr sydd â chyfrifoldebau gofalu, rhieni, ac eraill a allai fod yn well ganddynt beidio â theithio i'r brifysgol.



## RHAGOR O WYBODAETH

Ewch i [open.ac.uk/courses](https://open.ac.uk/courses)

## Barod ar gyfer Prifysgol

Os ydych chi'n ystyried astudio ar lefel prifysgol ac yr hoffech gael rhywfaint o gyngor ac arweiniad ar yr hyn i'w ddisgwyl, edrychwch ar yr adran **Barod ar gyfer Prifysgol** ar OpenLearn. Dyma gasgliad o adnoddau am ddim gan brifysgolion yng Nghymru i'ch helpu chi i gymryd eich camau cyntaf i addysg uwch. Mae yna gasgliad o fideos, erthyglau a chanllawiau ar sgiliau astudio, lles ac iechyd meddwl, a gwahanol feysydd pwnc.

## Siarad â ni

Os hoffech drafod y lle gorau i ddechrau astudio gyda'r Brifysgol Agored yng Nghymru, cysylltwch â'n cynghorwyr trwy **[cymorth-cymru@open.ac.uk](mailto:cymorth-cymru@open.ac.uk)**

Gwylwch Kyle yn egluro'r ystod o gymorth y mae'r Brifysgol Agored yng Nghymru yn ei gynnig i'n myfyrwyr yn y fideo hwn.

### Gwylwch y fideo yma.

Wrth i chi barhau ar eich taith ddysgu bersonol, byddem wrth ein bodd yn clywed gennych. Gallwch gysylltu â ni drwy'r e-bost hwn – **[partnariaethau-cymru@open.ac.uk](mailto:partnariaethau-cymru@open.ac.uk)**

Hoffem glywed am eich taith gyda'r Brifysgol Agored. Dywedwch wrthym am eich profiad neu unrhyw enydau arbennig rydych wedi'u cael. Byddem wrth ein bodd yn clywed eich straeon ac yn eu rhannu ag eraill.

 **Rhannwch eich stori â ni yma.**



## RHAGOR O WYBODAETH

**Ewch i** [open.edu/openlearn](https://open.edu/openlearn)  
**Ffôn** 029 2047 1170  
**E-bost** [partnariaethau-cymru@open.ac.uk](mailto:partnariaethau-cymru@open.ac.uk)  
**Twitter** @OUCymru  
**LinkedIn** The Open University in Wales  
**Facebook** @openuniversitywales



# COFNOD DYSGU

| Archwilio    |           |          |
|--------------|-----------|----------|
| Cweithgaredd | Maes pwnc | Sylwadau |
|              |           |          |

| Her  |           |          |
|------|-----------|----------|
| Cwrs | Maes pwnc | Sylwadau |
|      |           |          |

| Cydnabod a gwobrwyo |           |          |
|---------------------|-----------|----------|
| Cwrs â Bathodyn     | Maes pwnc | Sylwadau |
|                     |           |          |



## MYFYRIO AR FY NYSGU

Pa bynciau ydych chi wedi'u mwynhau fwyaf? Pam hynny, yn eich barn chi?

Beth ydych chi wedi'i ddysgu am sut ydych yn dysgu?

Pa heriau ydych chi wedi'u hwynebu wrth astudio a sut aethoch i'r afael â nhw?

## CAMAU NESAF

**Ystyriwch beth hoffech chi ei wneud nesaf.**

Beth yw eich nodau dysgu personol?

Pa gamau fydddech chi'n eu cymryd i gyrraedd eich nodau?