

# Virtual Work Experience Programme

## 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.
- 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**' trwy **\*mewnosod dolen\***
- 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 Cyfweiliad Ar-lein**'.
- **Cwblhewch y daflen waith cyflogadwyedd.**
- **Cwblhewch yr arolwg ar-lein** i'n helpu i wella digwyddiadau yn y dyfodol.