



# Her Dysgu'r Haf! Summer Learning Challenge!

Wythnos 2   Week 1 (w/c 01.07.24)	Wythnos 2   Week 2 (w/c 07.07.24)	Wythnos 3   Week 3 (w/c 14.07.24)	Wythnos 4   Week 4 (w/c 21.07.24)	Wythnos 5   Week 5 (w/c 28.07.24)
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**Dewiswch un o'r cyrsiau neu fideos isod bob wythnos | Choose one of the courses or videos per week**

**What is AI?**  
(5 munud 48 eiliad)  
5 minutes 48 seconds)

**Create a to-do list in One Note**  
(3 munud 35 eiliad)  
(3 minutes 35 seconds)

**Nano Tips to Boost Productivity**  
(8 munud 18 eiliad)  
(8 minutes 18 seconds)

**Creating new documents with templates in Word**  
(6 munud 5 eiliad)  
(6 minutes 5 seconds)

**Creating your sleep sanctuary**  
(3 munud 36 eiliad)  
(3 minutes 36 seconds)

**Common pitfalls with social media to avoid**  
(4 munud 24 eiliad)  
(4 minutes 24 seconds)

**Nano Tips and Shortcuts for Using Excel**  
(3 munud 3 eiliad)  
(3 minutes 3 seconds)

**Landscape photography with your camera phone**  
(4 munud 10 eiliad)  
(4 minutes 10 seconds)

**The phone's impact on relationships**  
(2 munud 17 eiliad)  
(2 minutes 17 seconds)

**Build better digital habits with sleep, exercise, and mindfulness**  
(2 munud 26 eiliad)  
(2 minutes 26 seconds)

**Choose happiness – Finding your purpose at work**  
(4 munud 5 eiliad)  
(4 minutes 5 seconds)

**Stop procrastination**  
(5 munud 26 eiliad)  
(5 minutes 26 seconds)

**How to write an effective prompt for AI**  
(5 munud 8 eiliad)  
(5 minutes 8 seconds)

**Using pressure as a creative fuel**  
(5 munud 42 eiliad)  
(5 minutes 42 seconds)

