Amserlen / Schedule

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| **Amser / Time** | **Sesiwn / Session** | **Dolen i Ymuno / Link to Join** |
| 9:30-9:45  | **Croeso / Welcome**Tim Woods | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a5b29141b903e43bd971605bb42a82edd%2540thread.tacv2%2F1615373918695%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Cbe77e706e9364fbe897f08d8e3b37727%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509707229624448%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=N6LAQD8Kx%2Frpv6Kyi8pv%2Bri%2Bp%2BOt7Nv7E%2FgEDLe1sBc%3D&reserved=0) |
| 9:45-10:00 | **Well-being in the Curriculum at Aberystwyth University**Samantha Glennie | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a5b29141b903e43bd971605bb42a82edd%2540thread.tacv2%2F1615374041659%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7C21f9c2d2def34021ccee08d8e3b3bf8b%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509708436528595%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=eW9YETYu6GGBQF0MiZeJcUCEscBMxgc12vFjkmFgJ14%3D&reserved=0) |
| 10:00-10:20  | **Well-being in the Curriculum – a Foundation Year Pilot**Sinead O’Connor | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a5b29141b903e43bd971605bb42a82edd%2540thread.tacv2%2F1615374084097%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7C5fd7a949a9bf46683cf208d8e3b3d90a%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509708857332874%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=VNWUHswt3EYzneYJDrk%2FMAG3BwGkJq4UyOrf%2FPkOClg%3D&reserved=0) |
| 10:20-10:50  | **Supporting Students in Building a Resilient Approach to their Learning**Antonia Ivaldi | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a5b29141b903e43bd971605bb42a82edd%2540thread.tacv2%2F1615374118387%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Cad68cf2e8a5c405f437f08d8e3b3ed4c%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509709230773692%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=udqMURtJU88cWT4z4%2FiPG2bp1PUOY5jqX2XPygGZjPQ%3D&reserved=0) |
| 10:50 – 11:20  | *Egwyl / Break – sesiwn ioga / yoga session (11:00-11:15)* | [Dolen Sesiwn Ioga/Yoga Session Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a5b29141b903e43bd971605bb42a82edd%2540thread.tacv2%2F1615374201772%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Ccaab7efe5d4443dae4d708d8e3b41eff%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509710032304701%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xb5C7y7gtgmFG9ZRXTFFwUYCmnQ1AAooYBPbQWrvPw0%3D&reserved=0)  |
| 11:20 – 12:20  | **Flourishing at Aberystwyth – Putting Positive Education into Practice**Frederica Roberts - keynote | [Dolen Prif Siaradwr (Roberts)/Keynote (Roberts) Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253af8dfe94504d04368b56eba636e845d4d%2540thread.tacv2%2F1615377472251%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522b98c0464-c505-43ae-b51e-0c252e066001%2522%257d&data=04%7C01%7C%7Cd8e10cf6efd940db205508d8e3bbbc38%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509742741731252%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fgfVf%2Bm0RB5LNBXEvykzvjKgVakkNmEnV9MurpQtuNI%3D&reserved=0) |
| 12:20 -12:50  | **What Can Lecturers Do to Get Students to Embrace Mistakes?**Marco Arkesteijn | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253af8dfe94504d04368b56eba636e845d4d%2540thread.tacv2%2F1615379282246%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7C4a8f2cedcbb44ef1159b08d8e3bff333%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509760855055245%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mTFaK4QGgpwZwMBLVejYsRB56u%2B%2B2n9I8v3uEJ6ydB4%3D&reserved=0) |
| 12:50 – 13:50  | *Amser ginio / Lunch* |  |
| 13:50 – 14:30  | **Online Communities and Student Well-being**Kate Lister - Keynote | [Dolen Prif Siaradwr (Lister) / Keynote (Lister) Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a95d94c5f8e7b48e3baf910cb2b307621%2540thread.tacv2%2F1615374378963%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Cbe0493037ddf4b1f6eee08d8e3b48893%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509711813596894%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WFt6tcEXJQ9D0jdpkiIu0k24o4I7kWY8XMK458q7hkA%3D&reserved=0)  |
| 14:30 – 14:50   | **Building Resilience**Alison Pierse | [Dolen i ymuno Team / Link to Teams](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a95d94c5f8e7b48e3baf910cb2b307621%2540thread.tacv2%2F1615374449143%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7C20d1a1a8f6b84570b29e08d8e3b4b271%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509712516133361%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=2OHOvkaVcslb544E3%2Fg4Urj7eQ1VOO3VKxD3z4HFoYs%3D&reserved=0)[Dolen i’r recordiad / Link to recording](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Faberystwyth.cloud.panopto.eu%2FPanopto%2FPages%2FViewer.aspx%3Fid%3Deee72031-fe46-4c9c-9601-accb00bf1f61&data=04%7C01%7C%7Cd125d307ef804ce3fcdb08d8cdba575d%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637485547559026079%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WJaCbikeGdni3nOju7UaR1HQ9bOXqSW8DkrnSJ4BZgw%3D&reserved=0)  |
| 14:50 – 15:20   | **Meeting Students' Needs (using simple tools)**Panna Karlinger, Trystan Hooper, Lenka Michalkova, Tom Mumford | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a95d94c5f8e7b48e3baf910cb2b307621%2540thread.tacv2%2F1615374488640%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Cb769c005d1ca4933bba108d8e3b4c9fe%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509712904985537%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IBjNKQtvPhquzlwq5AMvI62DF2HWifhsR6sD5cltXHU%3D&reserved=0) |
| 15:20 – 15:50   | *Egwyl / Break – sesiwn myfyrdod / meditation session (15:30-15:40)* | [Dolen Myfyrdod/Meditation Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253a95d94c5f8e7b48e3baf910cb2b307621%2540thread.tacv2%2F1615374547974%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7C73eb80db3bca4650c4a308d8e3b4ed4a%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509713520230901%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=aiSZKuG0FG0JjM95pV7z4r1%2F%2BbbAcq%2BOSNKP77TjDXw%3D&reserved=0)  |
| 15:50 – 16:20  | **Resilience - a Valuable Student Skill**Sadie Thackaberry | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ac7fb3c91d2f4440595b1788ce8cdf8ef%2540thread.tacv2%2F1615374585304%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Ce8b01520d30e4dd41c8308d8e3b5039c%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509713885106519%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gtVVQ1TeWEvws6pWIbAmfVVxNh6jXFsBMgziKgTuYME%3D&reserved=0) |
| 16:20 – 16:50 | **Final Remarks – what will you implement session?**Samantha Glennie, Sioned Llywelyn, Lara Kipp & Anna Udalowska | [Dolen/Link](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ac7fb3c91d2f4440595b1788ce8cdf8ef%2540thread.tacv2%2F1615374633576%3Fcontext%3D%257b%2522Tid%2522%253a%2522d47b090e-3f5a-4ca0-84d0-9f89d269f175%2522%252c%2522Oid%2522%253a%2522cb8ef450-5a8f-4ebc-93cd-4b5173cf9f31%2522%257d&data=04%7C01%7C%7Cb0a9b439838c4815c65f08d8e3b5205a%7Cd47b090e3f5a4ca084d09f89d269f175%7C0%7C0%7C637509714356032720%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=HDffwMvBh3AkoW4Bgk6g12VchsuaytlejeqL0CLFnH0%3D&reserved=0) |