



ADTRAC UPDATE



Well done Liam!!

Liam came to ADTRAC after finishing working in two jobs after completing his master's degree. Liam hoped to find work during the summer, and then go on to study for a Chemistry PhD in Nottingham in the autumn.

On joining ADTRAC Liam was supported with interview skills preparation and was put forward for a position within Denbighshire County Council on the Work Start scheme. Liam narrowly missed out on the position and soon afterwards the country was impacted by the COVID-19 pandemic and lockdown.

A slight change of direction was now needed and Liam agreed to take part in some online training which would benefit him when studying for his PhD, for instance moving to a new city, meeting new people and how to network and plan his time correctly. He chose Networking Skills and Time Management as he expressed that he needed to ensure he had these skills in place to assist him during conducting research for his PhD.

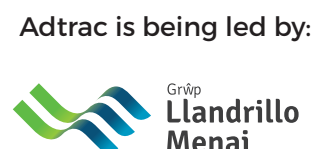
Liam attended an interview for his PhD in Nottingham during the summer. He said the interview skills preparation which he received had helped him plan for his interview in Nottingham and had given him an invaluable insight into what was expected from him in an interview.

In August Liam received confirmation of his acceptance to Nottingham University to do his PhD in Chemistry.

He will move to the city in late August and is due to begin his PhD on October 1st.



Well done Liam!!





Y DIWEDDARAF GAN ADTRAC Da iawn Liam!



Ymunodd Liam ag ADTRAC ar ôl gorffen gweithio mewn dwy swydd wedi iddo gwblhau ei radd meistr. Roedd Liam wedi gobeithio dod o hyd i waith dros yr haf cyn mynd ymlaen i astudio ar gyfer gradd Doethuriaeth (PhD) mewn Cemeg yn Nottingham yn yr hydref.

Pan ymunodd Liam ag ADTRAC cafodd gefnogaeth gyda sgiliau paratoi ar gyfer cyfweiliad a rhoddwyd ei enw ymlaen am swydd gyda Chyngor Sir Dinbych ar y cynllun 'Barod am Waith'. Ni chafodd Liam y swydd y tro hwnnw ac yn fuan wedi hynny trawyd y wlad gan bandemig COVID-19 a'r cyfnod clo.

Roedd rhaid newid cyfeiriad wedi hynny, ac fe gytunodd Liam i gymryd rhan mewn hyfforddiant ar-lein a fyddai o fudd iddo wrth iddo astudio ar gyfer y PhD, er enghraifft symud i ddinas newydd, cwrdd â phobl newydd a sut i rwydweithio a chynllunio ei amser yn effeithiol. Dewisodd y cyrsiau Sgiliau Rhwydweithio a Rheoli Amser oherwydd roedd yn dweud y byddai angen y sgiliau hynny arno i'w gynorthwyo i wneud gwaith ymchwil ar gyfer ei Ddoethuriaeth.

Aeth Liam am gyfweiliad ar gyfer ei radd Doethuriaeth yn Nottingham yn ystod yr haf. Dywedodd bod yr hyfforddiant 'sgiliau paratoi ar gyfer cyfweiliad' wedi ei gynorthwyo i gynllunio cyn ei gyfweiliad yn Nottingham ac wedi cynnig cipolwg gwerthfawr iddo o'r hyn y gallai ddisgwyl mewn cyfweiliad.

Ym mis Awst, derbyniodd Liam gadarnhad ei fod wedi cael ei dderbyn i Brifysgol Nottingham i wneud PhD mewn Cemeg. Bydd yn symud i'r ddinas ddiwedd mis Awst ac yn dechrau ar ei radd Doethuriaeth ddechrau mis Hydref.



Da iawn Liam!

