



Strive Mentoring – Programme Guide (Members)

● Creating your Vygo account

● Joining the Program and completing your Profile

● Timelines for the matching process

● Managing your Account and Communication



Step 1: Create your Vygo account

Select register/log in with organisation SSO, select Manchester Metropolitan University and enter your login details, then please complete the steps below.

Step 1 of 5

Tell Us About Yourself
Help us personalise your experience

First Name
Surname
Last Name
Email
Student ID

Log in

Step 1

Enter your name and student ID

Step 2 of 5

Are you a home or international student?
Telling us more about your situation will help us make more relevant recommendations for you. Select one option below.

☐ Home (UK)
☐ International
☐ Other
Please specify (optional)

Back Next

Step 2

Select where you are from (Home / International)

Step 3 of 5

What is your course?
Telling us more about your studies will help us make more relevant recommendations for you. Select one or more options below.

Search options...

(Distance) Doctor Of Clinical Science ☒

Ba (Hons) Animation (Foundation) ☐
Ba (Hons) Animation With Overseas Study ☐
Ba (Hons) Business Administration And Management (Top-Up) ☐
Ba (Hons) Business Management With A Modern Language ☐
Ba (Hons) Business Management With French With Study Abroad Year ☐
Ba (Hons) Business Management With Spanish With Study Abroad Year ☐
Ba (Hons) Creative Digital Design ☐
Ba (Hons) Criminology And Sociology With Year In Industry ☐
Ba (Hons) Digital Marketing Management ☐
Ba (Hons) Early Years And Childhood Studies ☐
Ba (Hons) Education ☐
Ba (Hons) Education (Foundation) ☐
Ba (Hons) Education Studies ☐
Ba (Hons) English And French ☐
Ba (Hons) English And Multimedia Journalism (Foundation) ☐
Ba (Hons) English And Spanish ☐

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Step 3

Select your course

Step 4 of 5

Which level / year are you in?
Telling us more about your situation will help us make more relevant recommendations for you. Select one option below.

☒ First year (UG)
☐ Foundation year
☐ Masters (PGT)
☐ PhD (PGD)
☐ Second year (UG)
☐ Third year (UG)

Back Next

Step 4

Select your level of study

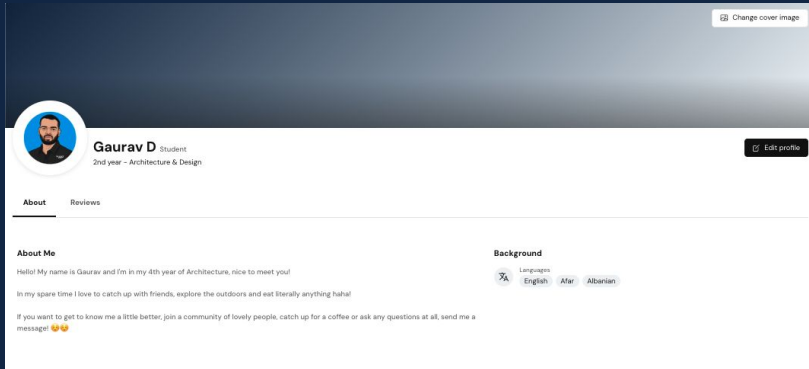
Step 2: Complete your Profile

The screenshots illustrate the steps to complete a profile:

- Available** status and **Profile** menu item.
- Edit basic info**: Fields for First name (Gaurav), Last name (Deva), Student ID (12651891), and Tagline (Summarize yourself in a sentence).
- Edit onboarding info**: Fields for Are you a home or international student? (Home (UK)), What is your course? ((Dclinsc) Doctor Of Clinical Science), and Which level / year are you in? (First year (UG)).
- Edit availability info**: Fields for Availability (Sunday, Monday, Tuesday) with **+ Add availability** buttons.
- Edit intro-video info**: Fields for Intro Video (Adding an intro video to your profile is a great way to help others get to know you. What makes a good intro video? 1. Tell us a bit about yourself. 2. Include any qualifications you may have (degrees, majors, etc.) 3. Keep it short and simple, under 1 minute if possible.) and **Record video** button.

- Once you've joined the platform, go to the bottom left corner of your screen to edit your profile. Click on the area that displays your name.
- We recommend you complete your profile before joining the programme. Once you have clicked your name, please click profile and you will be able to edit your profile.
 - Feel free to upload a professional photo of yourself as a profile picture, or you can use any placeholder image for your profile picture.
 - Complete your "About me" section, including relevant experience and let your personality come across.
 - Select any languages you speak.
 - Add in the times that you are available for students to book in sessions with you on Vygo.
- You can edit your profile information or add more details such as an intro video at any point by accessing these settings.
- Feel free to record an intro video so others can learn more about you!

Step 2: Complete your Profile (2/2)

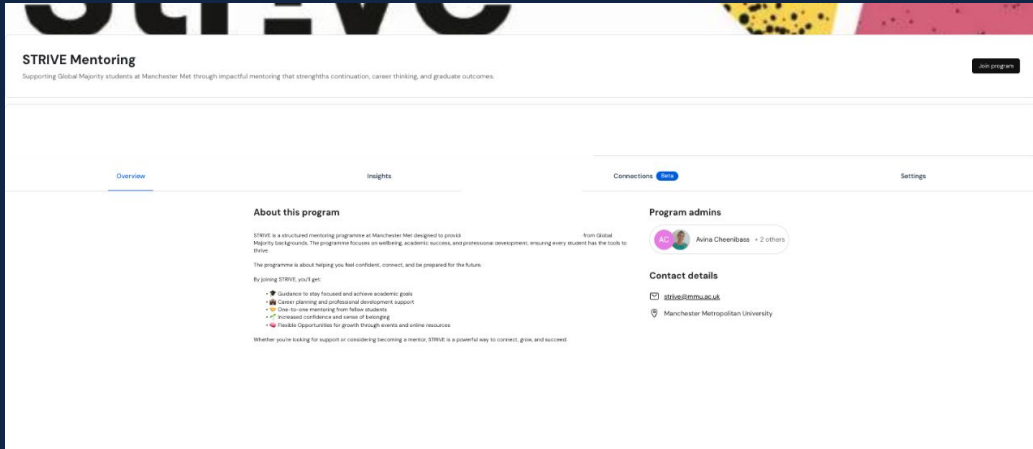


Once completed, your profile will look something like this.

You can make any changes to your profile by accessing the settings under your account or clicking on the 'Edit profile' button.

If you make any changes to your profile, please click save changes once complete.

Step 3: Join the Strive Mentoring programme



- Proceed to the programs tab / access the programme from the platform dashboard.
- You should see Strive Mentoring Scheme programme.
- The programme would appear as a recommended programme on your homepage. If not, click the “Programs” tab.
- This will take you into the Overview page. Read the information and click the blue “Join program” button & select ‘Join as a member’.

Step 4: Answer the join questions

Question 1 of 5

What ethnic group do you consider yourself to be part of?

Select one option that best applies

White

Mixed

Bangladeshi

Black African

Black Caribbean

Chinese

Pakistani

Indian

Any other ethnic background

Back Next

Q1 – Which ethnic group do you consider yourself to be part of

Question 2 of 5

Please select what gender you identify as

Select one option that best applies

Male

Female

Non - Binary

Prefer to self - describe

Prefer not to say

Previous Next

Q2 – Please select what gender you identify as

Question 3 of 5

Please select the sectors that you are interested in

Select all options that apply

Search answers...

Advertising, Marketing, and Public Relations X

☒ Advertising, Marketing, and Public Relations

☐ Architecture

☐ Armed Forces and Emergency Services

☐ Biological, Pharmaceutical, and Agrochemical Industries

☐ Business and Management

☐ Business Start-up / Enterprise

☐ Creative Arts and Culture (including Photography, Museums, Design, and Fashion)

☐ Criminal Justice (Police, Prisons, and Probation Services)

☐ Education and Teaching

☐ Energy and Utilities

☐ Engineering and Manufacturing (including Aviation and Aerospace)

☐ Environment and Agriculture

☐ Fashion Business

☐ Health, Social Care, and Social Work

Previous Next

Q3 – Please select the sectors that you are interested in

Question 4 of 5

What form of support are you looking for?

Select all options that apply

Building and maintaining a professional network X

☒ Building and maintaining a professional network

☐ Building confidence and resilience

☐ Career planning for a specific role or industry

☐ Entry requirements (applications, CVs, cover letters)

☐ Exploring career choices and direction within your specific area or industry

☐ Exploring general career choices and direction (for students without a specific career path in mind)

☐ Identifying transferable skills

☐ Improving your academic performance

☐ Interview preparation and skills development

☐ Navigating culture in the UK as an international student

☐ Navigating early career challenges and transitions

☐ Negotiating job offers and salaries

☐ Other professional skills development (e.g., communication, presentations, leadership)

☐ Personal branding and online presence (e.g., LinkedIn profile, portfolio)

☐ Seeking internships, placements, or work experience opportunities

Previous Next

Q4 – What form of support are you looking at?

Question 5 of 5

Would you feel more comfortable with a mentor of a particular gender?

Select one option that best applies

Yes

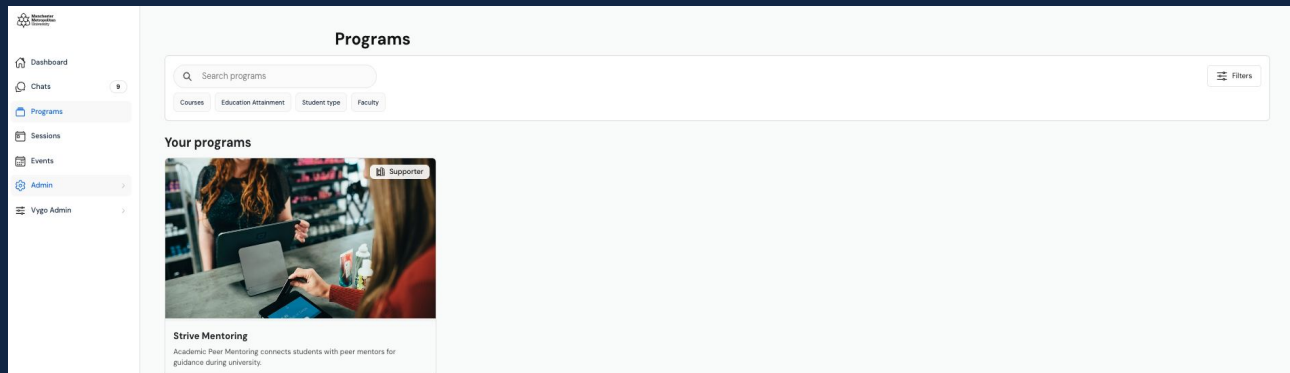
No

I don't mind

Previous Next

Q5 – Would you feel more comfortable with a mentor of a particular gender?

Step 4: Matching process



Once you've been matched, you will receive a notification by email, and a chat will appear with the mentor or member you've been paired with.

Week commencing 19/11/25

Ensure you follow the steps mentioned to complete your profile.

Phase 1

Your connection to your mentor will be carried out the week commencing 22/11/25 (depending upon mentor and mentees completing setting up their profiles)

Log in and visit your chat page.

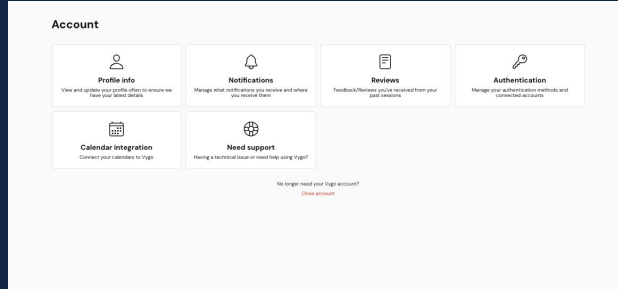
Phase 2

As you are aware of your mentor, you can start booking sessions.

As always, contact XXXX from XXXX if you have any queries or concerns (XXXXXXX)

Phase 3

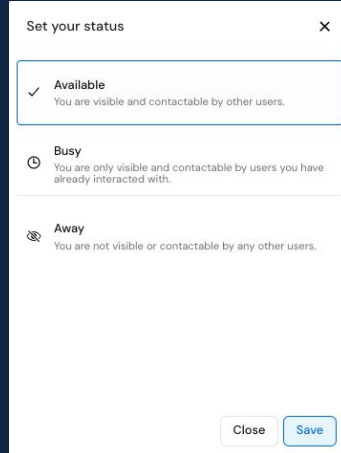
Step 6: Managing your account on Vygo.



Click on your profile area in the bottom left corner to manage your account.

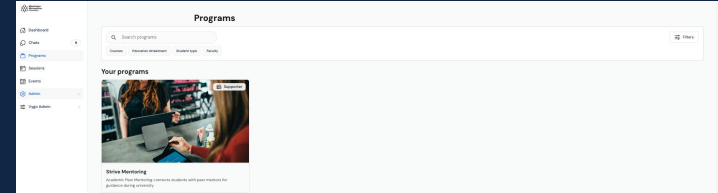
We recommend that you connect your calendar so that unavailable times are blocked out and your booked sessions appear in your usual calendar.

You can also control your email and app push notifications here.



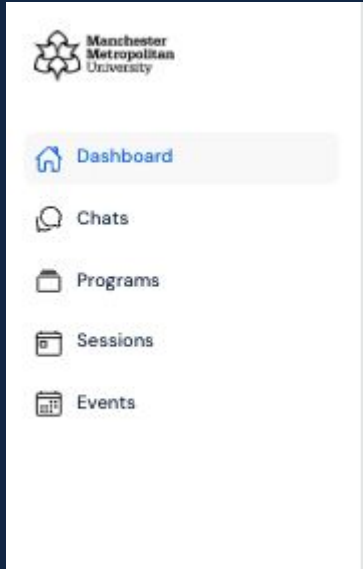
There is an additional availability setting: the “Status” bar on this menu.

If you’re busy or away and not able to communicate with your connections, apply this setting, otherwise leave yourself as “Available”.

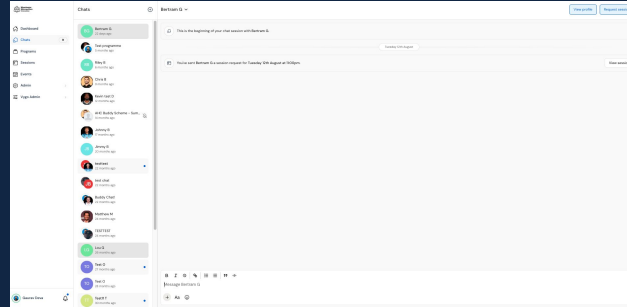


Whenever you log in to Vygo, you will be taken to your Dashboard which has a summary and links of all the relevant information including chats, sessions and events.

Step 7: Communication on Vygo.



Click on the Chat icon near the top right to see and message with your connections. You'll see a blue dot if you have anything unread.



Click between chats on the left, view the content in the large chat pane, and write your message in the text box at the bottom.

You can attach files, format text and use emojis, if that's your style!



You can view the profile of your connection in the top right, or click to book in a session whenever you're ready.

Mentors can do the same on their side.

Step 8: Prompt Questions– Your guide to getting the most out of mentoring

This prompt sheet is here to help you get the most out of your mentoring experience. The questions are designed to spark useful conversations, help you reflect on your goals, and make the most of your time with your mentor. There's no pressure to answer everything—just use the prompts that feel helpful to you.

Prompt Questions to Ask Your Mentor

1. Are there any skills you wish you had started working on earlier in your career?
2. When things get tough, how do you keep yourself motivated and focused?
3. Do you have an example of how you dealt with a sudden change in your work?
4. What skills do you think have helped you the most so far in your career?
5. How do you usually set goals for yourself, and what helps you reach them?
6. How did you figure out which job or career path was right for you?
7. If you could go back and do something differently in your career, what would it be?
8. What was your first job like, and what did you learn from it?
9. I'm struggling with my confidence — do you have any advice on how I could build it, or something that helped you when you were in the same situation?
10. What do you usually do when you're feeling stressed or overwhelmed?

Step 9: Booking Sessions on Vygo.



Jordan test H

Session summary

Strive Mentoring

Change

Vygo Video Room

Change

45 minutes

Change

September 9 2025

Change

1:00 AM

Change

Description

Provide a description for the session (optional).

Description

Enter a brief description (optional)

Cancel

Request session

Step 10: Completing Sessions – Feedback.

Members and mentors are required to provide post-session feedback, which is solely used for data collection. These insights help identify areas for improvement and enhance future mentor-member interactions.

Session feedback

We would love to get your feedback about your recent session with **Gaurav D** on **tomorrow**.

Session rating

Please provide a rating for **Gaurav D**.



Subject knowledge

How well did **Gaurav D** understand the topic and your problem?

Below expectations

Ok

Amazing

Communication

How well was **Gaurav D** able to communicate information about the topic?

Below expectations

Ok

Amazing

Your confidence

How confident are you with the topic after your sessions with **Gaurav D**?

No improvement

Some improvement

Major improvement

Review your session

Reviews help others decide who to book when looking for support.

Write a short review about your session with Gaurav D (optional).

- You'll be prompted to mark a session as "Complete" once the time and date has elapsed, and be given a brief feedback form to complete.
- Give the session an overall rating out of 5 Stars.
- Rate your mentor's subject knowledge and communication. Rate your own confidence on the topic of the session and provide comments.

Please note that your ratings and feedback will only be visible to your program administrator and will not be shared with other users.

Useful Help Centre Articles

- [What is Vygo & How does it work?](#)
- [Where can I access the Vygo Platform?](#)
- [What web browser works best with Vygo?](#)
- [How do I join a program?](#)
- [Online video session support articles](#)
- [How to reach out to a mentor?](#)
- [What makes a great Mentor?](#)
- [Tips to get the most out of a session](#)
- [Notification Management](#)
- [The Mentor Academy: Free online training for mentors on Vygo](#)
- [Account Management support articles](#)