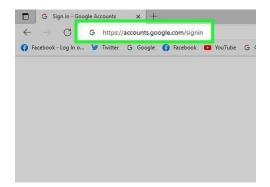


MENTORING SESSIONS FOR TRAINEES

HOW-TO FOR TRAINEES

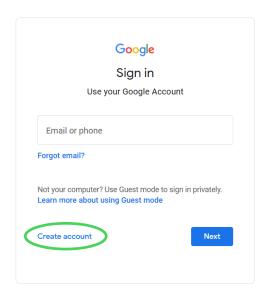
PART 1 - CREATE A GMAIL ACCOUNT



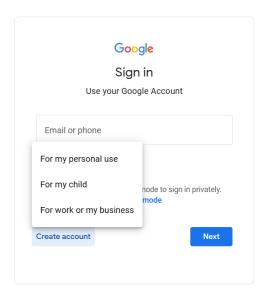
1. Go to: https://accounts.google.com/signin.

You can do this on any browser, even the browser on your smartphone or tablet!

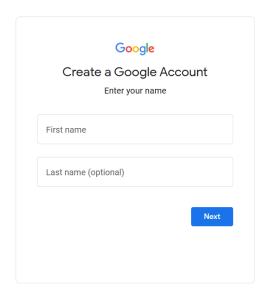
If you already have an active google account, please proceed to Part 2.



2. Click on "Create account" and fill in the required information.



3. Select "For my personal use".



4. Come up with a username. Click "Next".

By default, your username will become your new Gmail address (it will be "yourusername@gmail.com).

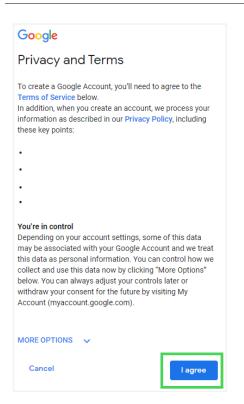
If your username is taken or not available, you will be given several related options, or you can try a different one.

5. Fill out the rest of the required information.

You will need to enter your first and last name, your birthday (for age verification), your gender, your phone number in case you lose access to your account, and a verification email address. You also need to enter which country you reside in.

The mobile phone number is recommended but not required. If you don't have a phone number, you can skip this step.

Click "Next" to continue through the account verification process.



Agree to the privacy policy. Take the time to read the entire privacy
policy so that you are aware of what Google can and can't do with
your personal information. Check the box if you agree to Google's
terms.

After clicking I agree, your account is created!

PART 2 - BOOK A MENTORING SESSION

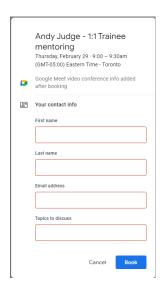
- 1. Click here to view the list of mentors.
- 2. Click on the calendar link of the mentor with whom you wish to book a mentoring session.



3. The mentor's calendar, with their available timeslots, will appear.

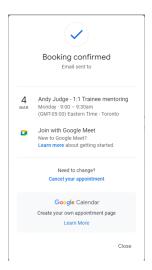


4. Click on the time (of the date that you want).



5. A pop-up window will appear. Enter your first name, last name, email address, as well as the topics that you wish to discuss with the mentor. Click on "Book".

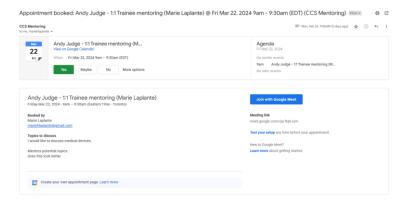
We recommend that you do put some notes as this will help the mentor structure and better prepare for the session.



6. A booking confirmation will pop-up.

Click on "Close".

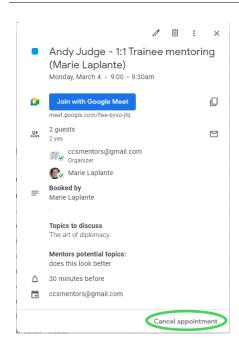
PART 3 - CONFIRMATION OF APPOINTMENT



Both you and the mentor will receive the same confirmation email.

PART 4 - CANCELLING SESSION

- 1. Go to your calendar.
- 2. Select the appointment that you wish to cancel. Click on it once.



3. A window will appear. Click on "Cancel appointment".

The session will be removed from your calendar.