



## Tips for participating in a class using Zoom

- Download the free Zoom app for your computer or smartphone at this link: <https://zoom.us/support/download>.
- To participate in a class or appointment, you will receive either a link or a meeting ID number and a password. If you receive a link, just click on it and join the meeting. If you receive a meeting number and password, open Zoom, type in the meeting ID number, then put in the password when it asks for it.
- Find a quiet, private space to participate and ensure others around you won't interrupt you. Think about a place with good lighting. Get comfortable so you can stay for the whole class.
- When you first join the meeting, you will be in a "waiting room." When it is time to start, the group facilitator will let you into the group.
- You may be on mute initially while your audio and video get connected – give it a minute or two.
- While in the group, it is helpful to remain on mute to limit background noise. You can use the "chat" function or you can "raise your hand" with a button that allows the group leader to know you want to speak and they can call on you.
- Relax and be yourself in the group. We are happy to have you join us!