

Some tips on how to increase the performance of Zoom.us meetings

- Check for updates to your Zoom app.
- Connect using a network cable rather than Wi-Fi to ensure a stable connection.
- If you are connected via Wi-Fi, make sure you are close to the Wi-Fi router. Make sure everyone in your home is logged off of the Wi-Fi. If you have kids in the house, have them stay off streaming during your Zoom. Even if you are wired to the network streaming can still cause Zoom to be choppy.
- Disable HD video in your Zoom preferences. Sending high definition (HD) webcam video requires more bandwidth than sending non-HD. Disabling HD video will free up more of your Internet connection for other parts of your Zoom meeting.
- Mute your microphone when you're not speaking. When your microphone is on, Zoom will devote part of your Internet connection to an audio stream for you, even if you are not speaking. Mute your microphone when you do not need it, and you will allow Zoom use your Internet connection more effectively
- Close all other apps that are running that are unnecessary for the meeting. Avoid other activities that will steal bandwidth. Don't start other bandwidth-intensive activities just before or during a Zoom meeting. On your Zoom device—and as much as possible, on other computers and devices that share your Internet connection—avoid:
 - large downloads
 - large uploads
 - streaming video
 - cloud backups
 - cloud file synchronizations (e.g. OneDrive, Dropbox)
 - other high-bandwidth activities
- Place your camera where you can look directly into it. If you need notes, place them at the same level as your camera, maybe on either side of your monitor/camera, or just behind the monitor/camera perhaps on the wall/white board/or wherever so you can read them without having to look away from the camera.
- Use plenty of indirect lighting, especially if you are using the virtual background.
- Choose a clean, neutral coloured background if possible. If not, reduce clutter on bookshelves, cabinets and desks. Move objects that appear to be growing out of your head. Avoid showing the ceiling.
- Be cognizant of Zoom fatigue on eyes and brains. The delay in video along with staring at a screen for extended periods causes excess fatigue.