

Televisit Best Practices

Here are some tips on making the most out of your televisit from home

Your physical space

- **Distraction-free:** try to place yourself facing a blank wall or something with very little opportunity for distraction- this will allow you to focus on the other person more easily. Also, turn off sound and banner notifications on your computer (and phone) so that you are not distracted by your virtual world!
- **Background:** consider what you will also have in your background that the other person can see, perhaps also thinking about things that could be potentially distracting to the other person
- **Safe and secure:** try your best to ensure that you are in a location where you will not be overheard by anyone so that you can feel your most free in sharing
- **White noise:** To enhance the privacy of your space, consider putting music, nature sounds, or white noise on close to thin walls or doors so your voice is muffled to passerby.
- **Comfort kinda:** situate yourself so that you're comfortable (chair with backrest) but not too comfortable (a bed that you might fall asleep in!)
- **Limited amenities:** try to emulate your space like you would in a regular meeting. Maybe have water and tissues available. Perhaps wait on snacks or using your phone until after the session (also helps with distraction!)

Zoom

- **Internet connection:** test your internet connection if you have internet access. If you do not have reliable internet, make sure to contact your provider to speak on the phone or discuss other options.
- **Practice makes perfect:** if you don't have a lot of experience with Zoom, you may want to try it out first before hopping on a call. Practice with a friend, family member, or coworker so that you're not stuck troubleshooting during your session. Same goes for hooking up headphones or other devices.
- **Prepare:** you may want to have the Zoom link already in your Outlook/Google calendar or saved somewhere so that you don't have to go diving through your email or secure messages to find it.
- **Hide view:** to also go along with the idea of emulating an in-person meeting, perhaps it may be helpful to hide your view of yourself as you converse (even more help with distraction!) To do this, go to [this website with instructions on how to hide your self-view](#)
- **Sound considerations:** remember that the other person is hearing you through your computer speakers- try not to type, hit the keyboard, etc. since those sounds will be magnified to the other person
- **Look at the camera:** while this may be difficult to put in place, practice looking at the camera when talking/listening to the other person so that it feels like they are in face to face conversation. The closer their eyes are to the top of your screen (where your webcam likely is) the more eye-contact you'll achieve. This is also made easier if your face is 2-3 feet from your screen.
- **Name & pronouns:** you can customize your name (and therefore pronouns)! [Click this link to edit your name in individual meetings](#) or [click this link to add pronouns to your last name for all meetings](#).

Process

- **Be flexible:** it may be weird to talk over Zoom when you're used to talking in person about sensitive stuff. Try it out and give it a chance!
- **Be honest:** definitely let your provider know if it feels weird, distant, fun, whatever it may be! Talking about the process of meeting over Zoom will open up conversation on how it feels for both of you.
- **Discuss options:** perhaps after giving it a shot, you're still not into it. Bring this up with your provider and you can definitely talk about other options of getting support.