# Tech Tips for an Optimal Virtual Meeting Experience

Check Your Internet Connection and Settings:
Limit heavy internet usage and streaming services (Netflix, Hulu, etc.). Reduce the number of tabs and applications you have open.
Check your internet connection. Move closer to your Wi-Fi router or use a hardwire internet connection, if possible.
□ Use the latest version of Google Chrome, Mozilla Firefox, or Safari web browsers.
Disconnect from your company VPN. If you are in the office, try another network (Some offices have robust firewalls that will block video and video chat).
If your office has a firewall, ask your IT staff to make sure that you can access streaming audio and video.
Clear your web browser history and cache.
$\Box$ For video chats, try a hard refresh (CTRL+F5 on PC and Command+R on Mac).
Ensure that no other programs are accessing your camera or audio (i.e. Zoom). On a Mac, you may need to do a hard close of these applications by selecting the app icon + "Quit." When in doubt, restart your computer. You may be running apps that are using your camera or microphone in the background.
For screen sharing on Mac, make sure the Screen Recording setting is turned on. <u>Visit Apple's online support site</u> for instructions, or paste this address into your web browser: https://support.apple.com/guide/mac-help/controlaccess-to-screen- recording-on-mac-mchld6aa7d23/mac
Important: Only participate in one video chat at a time. If you have more than one chat open, it will disrupt the bandwidth for all participants.



### **Clearing Your Cache on Mozilla Firefox:**







**Allow Microphone and Camera Permissions:** 



Ŋ	Integrated Webcam		$\sim$
Ŷ	Microphone (Realtek(R) Audio)		
	Remember this decision		
		Allow	<u>B</u> lock



#### **Disconnect from Your VPN:**





#### **Enable Audio Within the Chat Room:**









#### **Enable Screen Share Settings on a Mac:**



www.GoCadmium.com

	Sharing	Q screen shar				
Computer Name: Sarah's MacBook Pro Computers on your local network can access your computer at: Edit Sarahs-MBP.local On Service Screen Sharing: On Other users can access your computer's screen at vnc://sarahs-mbp/ or by						
<ul> <li>Screen Sharing</li> <li>File Sharing</li> <li>Media Sharing</li> <li>Printer Sharing</li> <li>Remote Login</li> <li>Remote Management</li> <li>Remote Apple Events</li> <li>Bluetooth Sharing</li> <li>Internet Sharing</li> <li>Content Caching</li> </ul>	Allow access for: All users Only these users: Allow access for: All users Allow access for: All users Allow access for: All users Allow access for: All users Sarah F H —	er sidebar. Computer Settings				
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## Still Having Trouble?





