

# 10 tips for participants in group video calls

Video calling, especially in a group, can be daunting if it's a brand new experience. Here are a few simple things to think of doing (and not doing), that will make it better for everyone.

- **Sit close to the screen: your face should fill most of it.**  
If you're using a phone/tablet, prop up your device so it doesn't move and the angle/distance to your face are constant.
- **One face per screen: everyone dials in.**  
It flows smoother (and feels more equal) than when some people are in one room together and other people are online individually.
- **Mute yourself when not speaking.**  
This eliminates distracting background noise.
- **Use headphones (even if they don't have a built-in mic).**  
Headphones or earbuds will reduce feedback and the speaker's voice echoing. It also helps with keeping your conversation more private, and avoid disturbing people around you.
- **Try and be in a quiet space if you can.**  
Background hubbub will interfere with your voice when you're speaking. Movement behind you will draw the eye.
- **Place the light source in front of you, not behind.**  
Backlighting will make it difficult for people to see your facial expressions.
- **Give the speaker your full attention.**  
You can't make positive listening noises when you're muted, so nod and act engaged.
- **Close all other tabs and windows.**  
This will help with video performance as well as focus your attention.
- **Avoid excessive movement, it is visually distracting.**  
Don't eat, touch your face a lot, walk around with your phone/tablet.
- **If you need to move around, turn off your video while you do.**  
Likewise if you need to leave the room or deal with an emergency, else it becomes everyone's emergency.