

Zoom Tip Sheet - Students

What is Zoom?

Zoom is a videoconference platform that allows users to connect from computers and mobile devices, similar to Skype. Zoom is compliant with the Canadian Data Protection regulations including the Personal Information Protection and Electronic Documents Act (PIPEDA) and the Personal Health and Information Protection Act (PHIPA).

Getting Setup (before your first counselling session):

1. Go to <https://zoom.us/signup> to sign up for a Zoom account.
2. Download and install Zoom
 - a. Link to download: <https://zoom.us/download>
 - b. The Zoom app is also available for all smart devices. You can download the app from your respective app store and after installing, please review your device settings to ensure the Zoom app has access to your microphone and camera.
3. Joining future meetings will open the application automatically and connect you to the meeting.
4. Once you've signed up and downloaded Zoom, check out this link to test your audio/video settings and to familiarize yourself with using Zoom:
<https://zoom.us/test>

Joining your session with your Counsellor:

1. A few minutes before your appointment, check your email where you will find an invite from your counsellor to join the session.
2. Within the email, you will see a section that says "Join Zoom Meeting". Click the link below this (or copy and paste into your browser) and this will open Zoom and you'll be ready to go.
3. Check out this quick tutorial for more details: <https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->