

## What do you need for Virtual Participation?

- A laptop or desktop computer or large tablet. You will be looking at Zoom and Google documents at the same time for activities, so cell phones and small tablets won't work well.
- Your computer needs to have a webcam (if possible), microphone, and speakers. Headset or earbuds can be helpful but are not required.
- Stable high-speed internet connection.
- The ability to access Zoom and Google Drive. (Some businesses block employees' access to shared folders, so please check with your IT person). We will send the links for Zoom once you register. The Google Drive links are given when you go into activities during the classes.
- The most up to date version of Zoom. Click here to download it onto your device ([https://zoom.us/download#client\\_4meeting](https://zoom.us/download#client_4meeting)).
- A workspace large enough to accommodate the computer and your participant and training manuals.
- Comfortable chair and an environment that will allow you to focus
- Pencil/pen, paper and post-it notes for activities and note-taking. You will also have note-taking space in your participant manual.

