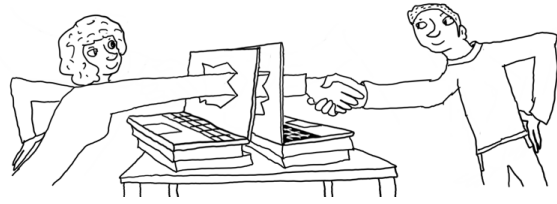


Build Your Video Conferencing Skills! For Home Visitors - and Everyone Else!

Self-Assessment Checklist

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Recommended Tips	I do this well!	I should work on this!
Technical Stuff		
1. Use a computer		
2. Use the right video app		
3. Maximize your bandwidth		
4. Turn off other apps		
5. Produce good-enough audio		
6. Make sure you can hear		
7. Produce good-enough video		
8. Get ready before the call		
Your Environment		
9. Protect others' privacy		
10. Let there be light		
11. Minimize unwanted noise		
12. Eye to eye		
13. What's in back?		
Interactions		
14. Be yourself		
15. Maintain eye contact		
16. Pay attention to non-verbal communication		
17. Take turns		
18. Do. Not. Multitask.		

For more information on using video conferencing for home visits, please refer to [Video Conferencing 101: Guidance for early interventionists on using video conference for home visits \(and other purposes\) during the COVID-19 Pandemic](#)