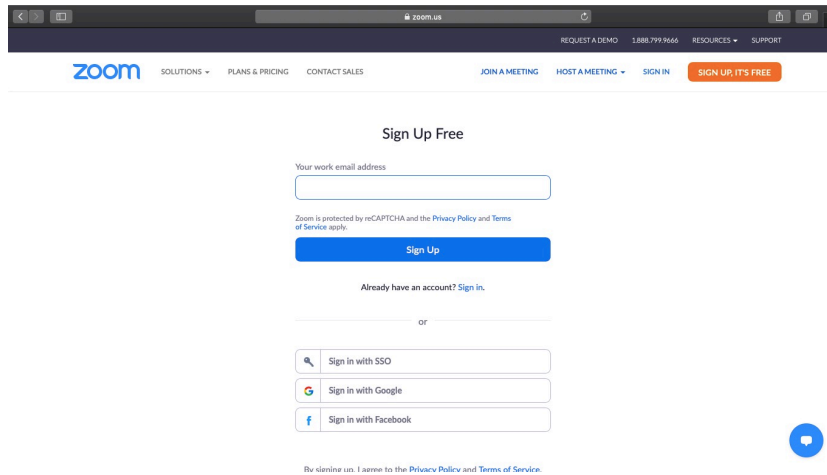


# REST OF THE STRUGGLE

## CHAPTER 1: RECOVER — A DIGITAL ENGAGEMENT

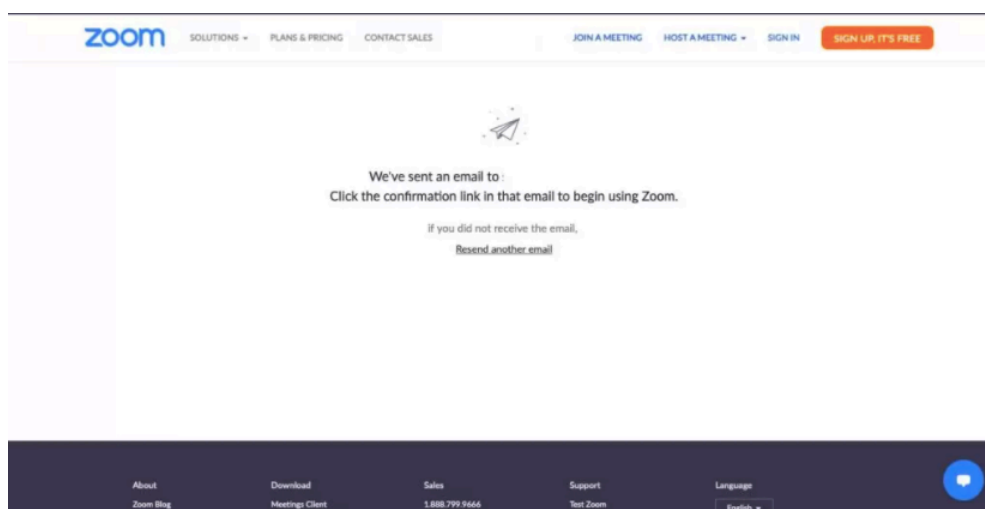
### Zoom Tutorial (a step by step guide on using Zoom)

#### 1) Setting Up Zoom:



The screenshot shows the Zoom website's sign-up page. At the top, there is a navigation bar with the Zoom logo and links for SOLUTIONS, PLANS & PRICING, CONTACT SALES, JOIN A MEETING, HOST A MEETING, SIGN IN, and SIGN UP, IT'S FREE. The main heading is "Sign Up Free". Below this, there is a form for "Your work email address" with a text input field. A blue "Sign Up" button is positioned below the input field. A small note states "Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply." Below the button, there is a link "Already have an account? Sign in." and a separator "or". There are three social login options: "Sign in with SSO", "Sign in with Google", and "Sign in with Facebook". At the bottom, there is a small link: "By clicking us, I agree to the Privacy Policy and Terms of Service." A blue speech bubble icon is visible on the right side of the page.

- Each user must have an account set up in the zoom. Sign up to create a new account with zoom, click: <https://zoom.us>
- To sign up, you will need to download the app, complete the given three steps on your internet browser and have access to your email to verify your account.



- Download the zoom application to your computer/laptop.
- Watch this video to understand how to sign up and download the zoom app on your browser:  
<https://youtu.be/qsy2Ph6kSf8?t=30>
- Once you sign up, Zoom will open in your browser of choice.

2) Before logging in for the various practices, make sure you are logged in to your zoom account in the zoom app.

3) Mention your full name in the profile section. You can learn about updating your profile here:  
<https://support.zoom.us/hc/en-us/articles/201363203-Customizing-your-profile>

4) Access the zoom room by using the meeting link by:

- Clicking on the link; or
- Copying the link and pasting it onto the browser of your choice