OVERCOMING VIDEO FATIGUE

How should a facilitator balance the many benefits of using webcams without contributing to video fatigue?

1 — Start with Video On

Set up the room so that when participants join, they see gallery-view video of attendees instead of presentation slides. Greet each person upon arrival and start the class with group conversation (ether large group or small group breakouts). Make good use of the webcams by asking participants to connect and communicate with them right from the start.

2 — Provide Instructions for Webcam Use

Teach participants early on how to avoid video fatigue by showing them available tools that help. See the tips below for guidelines to provide.

3 — Be Intentional About Video Use

Just because you start with video doesn't mean they need to be on throughout. Design your virtual class with intentional times for video-on group communication and video-off activities. Give the group breaks from video at regular intervals.

- Hide your own self-view
- Stand and move around
- Mute when not speaking
- Don't use full screen
- Be intentional about when to use them

In addition, use the above tips to avoid video fatigue.

CindyHuggett