

Healthy Minds Network Webinar Series: *Instructions for Participation*



All HMN webinars are free of charge and require no special software.

Joining the webinar:

1. Please join the webinar 10 minutes before its scheduled start time. The webinar will be hosted at the link listed beside the webinar session number on the *Webinar Series* page of the Healthy Minds Network website: <http://healthymindsnetwork.org/events/webinar-series>.
2. Follow the link and click “Enter as Guest”. Provide a name for yourself or your group (e.g., Joe Smith, Joe S., Eastern University).
3. Click “Enter Room” to join the webinar.
4. Upon entering the webinar, please use the *Audio Set up Wizard* (located under *Meeting*) to ensure that your audio is working properly.

The webinar will begin with a presentation, followed by an interactive discussion.

During the presentation portion of the webinar:

Please make sure your speaker is turned on. If the speaker is working properly, the speaker icon at the top of the screen will appear green.



During the discussion portion of the webinar:

Please submit questions using the “Chat Room” in the bottom corner of the screen at any point throughout the webinar. Your question(s) will be addressed during the discussion portion of the webinar.

Tips for a successful webinar:

Please don't use Google Chrome (instead use Safari, Firefox, Internet Explorer, etc.).

If possible, use a hardwired connection (not Wi-Fi). Since this is real-time, there is no buffering, and using Wi-Fi may cause the audio to come in and out.

Questions? Email us at healthyminds@umich.edu.