

# Reduce visual overload

Make video conferences less tiring for your students by reducing visual and cognitive overload.

- ✓ Ask your students what would be most helpful and adapt as necessary.
- ✓ Use a plain wall or blank screen as your background. Shiny or cluttered backgrounds increase visual overload.
- ✓ Use light shining towards you. A desk lamp behind the camera will light up your face.
- ✓ Wear plain clothing.
- ✓ Use the chat feature for questions, instructions, and to signal changes of topic.
- ✓ Establish class protocols. For example, signaling that you'd like to speak.

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