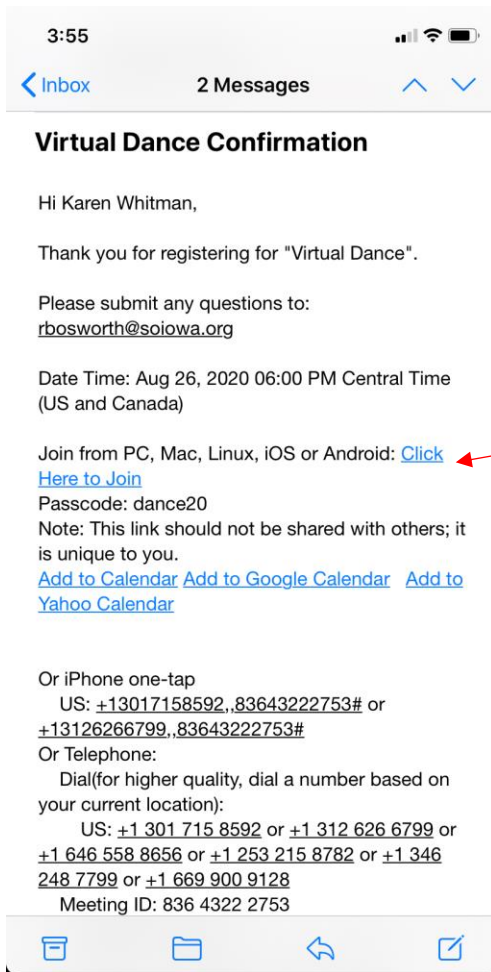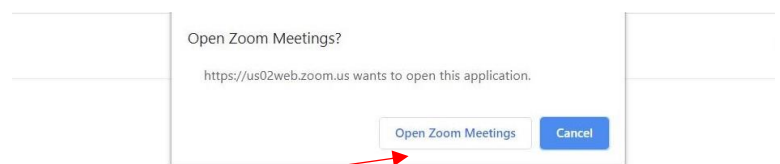# Zoom Tutorial for Computer Users

Once you have registered for a session, you will receive a registration confirmation email. When you are ready to join a session, open your registration confirmation email and click on Click Here to Join.
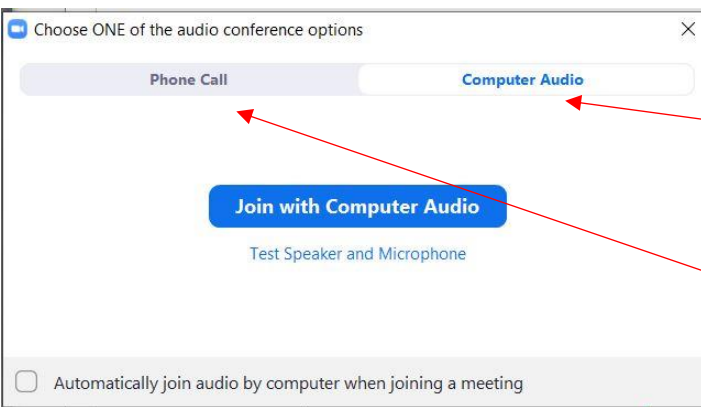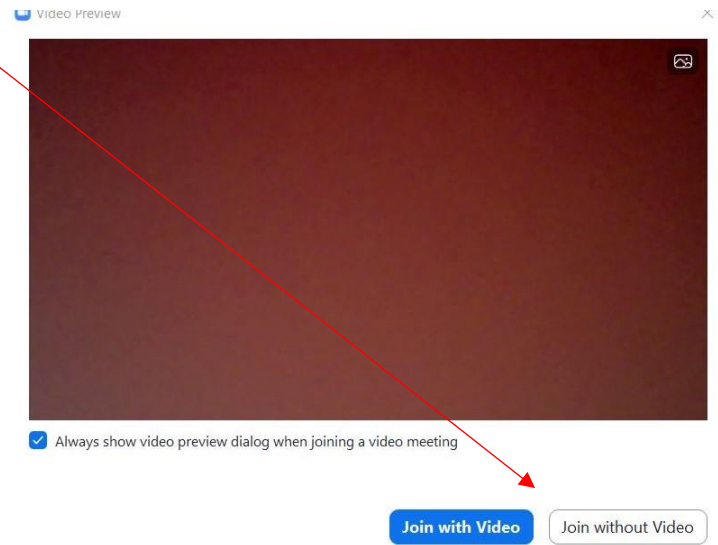

When system dialog prompts, click **Open Zoom Meetings**.

Next you will click on the Open Zoom Meetings button that appears on the pop-up. If you do not already have Zoom downloaded on your computer, you will need to click on Download and Run Zoom.

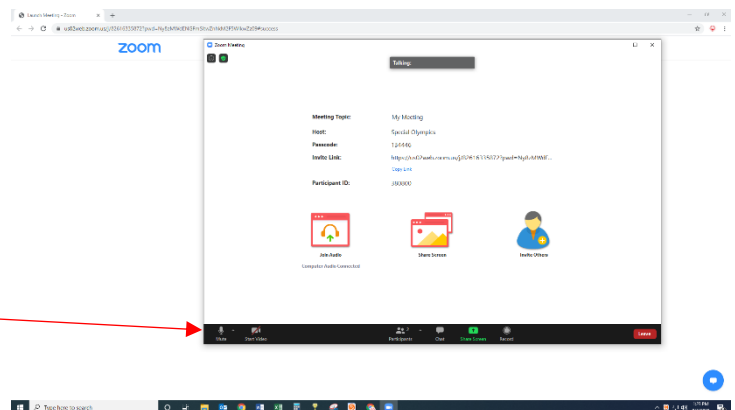If you have Zoom Client installed, launch meeting. Otherwise, download and run Zoom.
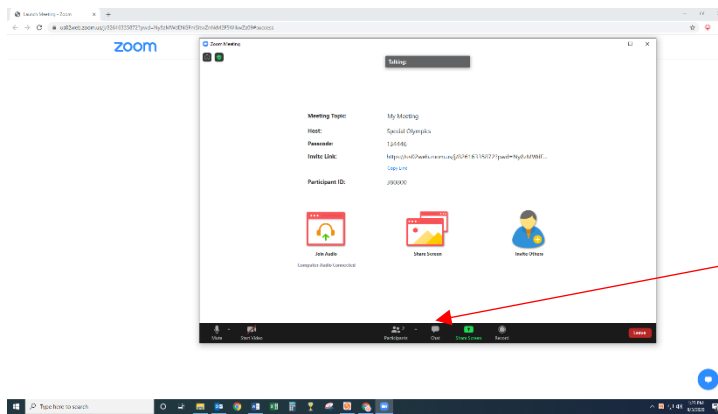
Now you will pick to Join With or Without Video. To join the session with video, you will need to have a web camera or a camera built into your computer. If you can, we recommend joining the session with video, being able to see people makes the session more fun.

Next you will choose to join with computer audio or by phone call. If your computer has a microphone and speakers or you are on a headset connected to your computer, we recommend connecting via Computer Audio. If you do not have a microphone and speaker connected to your computer but do have a phone available to you, we recommend connecting via Phone Call.

The sessions will be different when it comes to participants being muted or unmuted. If you are in a session that asks for individuals to be muted when they are not participating, please click on the Mute button at the bottom of your screen to switch between being muted and not muted.

If you would like to make a comment via the chat box, click on Chat button at the bottom of the Zoom screen.