

Google's Recommendation for best practices to conduct a Google Meet

1. Reduce the number of Chrome Browser tabs to 1-2 open during a Meet session
2. Reduce the number of apps to 1-2 alongside a Meet session
3. Reduce the number of Chrome extensions running
4. Make sure you only have one Meet tab open at a time
5. Close any open browser tabs, windows, or apps that aren't currently being used
6. Turn off any Chrome extensions, especially **Meet-specific** ones
 - Click on Extensions on the top right corner of the Chrome browser
 - Click on Manage extensions
 - Click on the e bar to enable or disable
 - Alternatively, click on remove if you do not need the extension
7. Change your Meeting layout from tiled to Spotlight
8. Have your participants turn off their mic's when not in use
9. Change the quality of your device's video to a lower resolution. To accomplish this:
 - Join the meeting
 - Click on the 3 dots lower right side
 - Click on settings
 - Click on the video tab
 - Make adjustments to video from High Def to Standard