


# One-to-one session plan: Getting started with video calling (Zoom)

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There are several apps that allow you to video call with someone else, or a group of people. Video calling is an easy way to help someone remotely. We have created a series of two Session Plans that you could use to help someone else get set up and using Zoom for video calls. They can be adapted for other video calling platforms. You can view and download them using the links below!

## **The first session (part 1) is delivered over the phone and covers:**

1. Understanding the concept of video calling.
2. Understanding how to join a Zoom video call
3. Being aware of user settings/privacy and safety.

[Download the first session plan \(pdf\)](#)




## **The second session (part 2) is delivered over Zoom and covers:**

1. Understanding how to join a Zoom video call.
2. Being able to adjust video and audio settings and understand some of the main functions available during a call.
3. Appreciating other options for using Zoom (such as group meetings and remote support).
4. Being aware of user settings/privacy and safety.

[Download the second session plan \(pdf\)](#)



### **Next steps**

-  [Top tips for teaching on Zoom](#)
-  [Hosting a Zoom meeting](#)
-  [Hosting an online quiz with Zoom and Kahoot](#)



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