

Client session preparation checklist



FOR ADULT CLIENT SESSIONS

Client preparation tips

- + Be in a private and quiet space (e.g., no roommates, etc.)
- + Have enough room to be comfortable.
- + Consider wearing headphones to eliminate echo and increase privacy.
- + Ensure enough light and desk space for possible written exercises.
- + Test your microphone and video camera on the video platform at least 5 minutes before online session.
- + Turn off any applications, online games and video streaming.
- + If the Internet connection is slow or poor quality, use a wired connection.
- + If wired connection is not possible, stay close to the router.

