

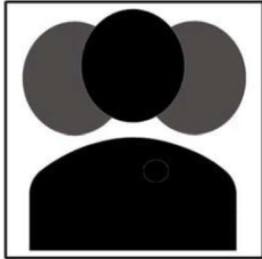



Cell Phones

| Common Issue(s) | Poor | Better |
|---|--|---|
| <p>When using commonly used headphones provided by mobile devices, the lapel microphone commonly moves around causing distracting and disruptive noises during a session.</p> <p>Remedial options include:</p> <ul style="list-style-type: none"> • Know the location of your “mute” button on your device when appearing. When not speaking, it is appropriate to mute your device’s microphone (to minimize background noise). <p>OR</p> <ul style="list-style-type: none"> • Use a headset with a <u>fixed microphone</u>. |  |  |
| <p>When using a mobile device, there is a tendency to hold onto it. This can cause the video (for others) to feel like they are in a rollercoaster as the video follows the individual movements.</p> <p>Remedial options: Sit in a stationary location with your device fixed in a stable location.</p> |  |  |