



## Skills-based Videoconferencing

### Week 8 Learning Activity

#### **Reflection:**

This Learning Activity will require you to go back and watch yourself during the 2<sup>nd</sup> Week's session and compare it to yourself during the 6th week session utilizing the *SbVC Telehealth Checklist* to evaluate yourself.

#### **1) Pay special attention to the following:**

What stands out?

What is different?

What could you do to improve your presence on the screen?

What are your strengths?