Impressions: We make them all the time.
How am I doing?

1. After or during your Zoom/online session or group, think about the 8 questions below.
2. Rate yourself using the 10 point scale (10 is the highest, 1 is the lowest).
3. Use the annotation tool to mark the box where you think your impression landed

**Question 1:** Did you show your face (keep video on, have your whole face in the frame)?

**Question 2:** Did you mute and unmute at the expected times?

**Question 3:** Did you share your plan when you went to do something off the screen (e.g., get a snack, use the bathroom, etc.)?

**Question 4:** Did you use the Zoom camera in an expected way?

**Question 5:** Did you use the Zoom features in an expected way (e.g. annotate at the expected times, share screen when asked, etc.)?

**Question 6:** Did you keep your brain in the group/attend to the group (avoid side videos, play games, email, etc.)?

**Question 7:** Did you show interest in others thoughts, stories, plans, ideas etc.?

**Question 8:** Did you follow the group plan?
Impressions: We make them all the time.

How am I doing?

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8.
→ Have students add their own “impression questions”
→ Link with the 4 Steps of Communication
→ Reflect before the next group meeting - set goal and action plan for this session