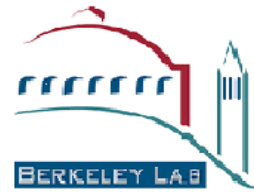


Updates



Still The Same

- Increase staff still on hold
- Travel, outside of Bay Area, still on hold
- COO approval required for travel inside the Bay Area
- No changes in enter requirements

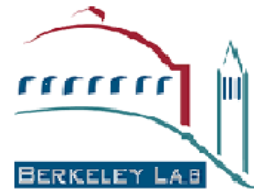
COVID Testing 11am-1pm (Now includes Affiliates)

Monday and Tuesday at LBL

Wednesday at Potter St

<https://covid.lbl.gov/covid-19-testing>

Zoom Fatigue



Four Primary Reasons

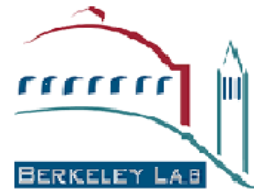
- Excessive amounts of close-up eye contact is highly intense
 - Both amount of eye contact and size of faces is unnatural

Solution: Take Zoom out of full screen / reduce the size of the window and use an external keyboard to allow an increase in personal space bubble

- Seeing yourself constantly in real-time is fatiguing
 - Unnatural, like having someone follow you around with a mirror

Solution: Once you see you are “framed” turn off the video

Zoom Fatigue



- Video chats dramatically reduce our usual mobility
 - In-person and phone conversations allow for moving around where as the camera field in videoconferencing unnaturally limits movement

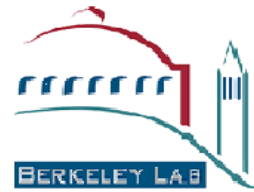
Solution: Think about the room you videoconference in – can your camera be moved farther away from the screen to allow you room to pace.

Set ground rule for meetings that it is OK for videos to be off

- Cognitive load is much higher in video chats
 - In regular face-to-face, nonverbal communication is quite natural but in video chats you have to work harder to send and receive signals

Solution: During meetings give yourself an “audio only” break. Don’t just shut your camera off but turn away from the screen.

Final Note



This information came from a Stanford Research News article.
You can measure your own Zoom fatigue and participate in their research project here – <https://comm.Stanford.edu/ZEF>

