How can I host a Zoom meeting from my computer?

Find below links to Zoom resources depending on what you are trying to accomplish with Zoom.

- **Zoom: Quick Guide for Meeting Hosts**
- **Use Zoom in Canvas to conduct class**
- **How to record your Zoom Session and upload it to Canvas**
- **Avoid Zoombombing from trolling your online classes**
- **Additional ITS Room Meeting Resources**
  - The [Zoom Getting Started with PC and MAC](#) guide provides details on getting started and using the tool.
  - Watch the [Getting Started Videos](#).
  - Join the [Weekly Zoom Meetings and Webinar Training](#).
  - [Zoom’s Help Center](#) is a great resource for training materials.

If you require technical assistance or have a question, please contact your local support provider or the ITS Help Desk. Or call 203-432-9000, ITS Help Desk is available 24 hours a day, 7 days a week.

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