

Google Meet

Overview

Google Meet is video-conferencing and telepresence software. Participants in a Google Meet session can simply send an invite link to anyone with a Gmail account.

For further information regarding Google Meet, please visit the following resources:

- [Google Meet cheat sheet](#)
- [Requirements for using Google Meet](#)
- [Google Meet training and help](#)

On this page

How can I use Google Meet?

You can use Google Meet to hold

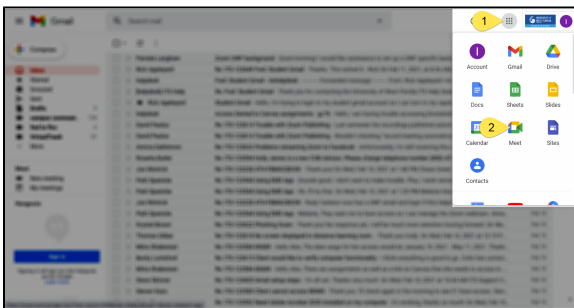
- impromptu meetings on the go
- international virtual training classes
- remote interviews
- and more

Google Meet allows a meeting for up to 100 people at a time (unlimited meeting duration).

How to create or join a Google Meet session

There are a number of ways to create or join a Google Meet session:

- Go to meet.google.com.
- Go to MyUWF and search for Google Meet.
- Log in to your UWF Gmail account, click the Apps icon in the top right (1), and then click **Meet** (2).



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