Here are some tips for better zoom experience

1. Choose a quiet, well lit area if you are a participant in the meeting.
2. Situate yourself in a brightly lit space. Position yourself so that there are no bright light sources directly behind you. If you don’t have any special lighting equipment, here’s a trick: If possible face a north or south facing window, which will provide a natural soft light, without direct sun ever getting in your eyes. (Also, you can use a west-facing window in the morning, or an east-facing window in the afternoons.)
3. Raise your laptop or mobile device so that the camera is level with your eyes. You can use books or a tripod, but avoid holding it in your hands which can be shaky and distracting.
4. If possible use headphones or earphones to improve audio.
5. If using the built-in mic on your computer or phone, position yourself close enough to it.
6. Eliminate objects that are directly behind you.
7. Hard-wired internet connection is usually the best. If WiFi is the only option, it’s a good idea to turn off all other wireless devices that are not being used, to help preserve internet bandwidth.
8. In your settings, under video, select “Enable HD Video”
9. As the host, “allow users to select original sound during a meeting” (This can be found in your in-meeting advanced settings).
10. As a participant, check “show in-meeting option to enable original sound from microphone” (found in advance audio settings)
11. When using a mobile device, turn it to landscape mode (horizontal or wide screen) so that it fills up the video grid.
12. Mute you audio, if you are not presenting.