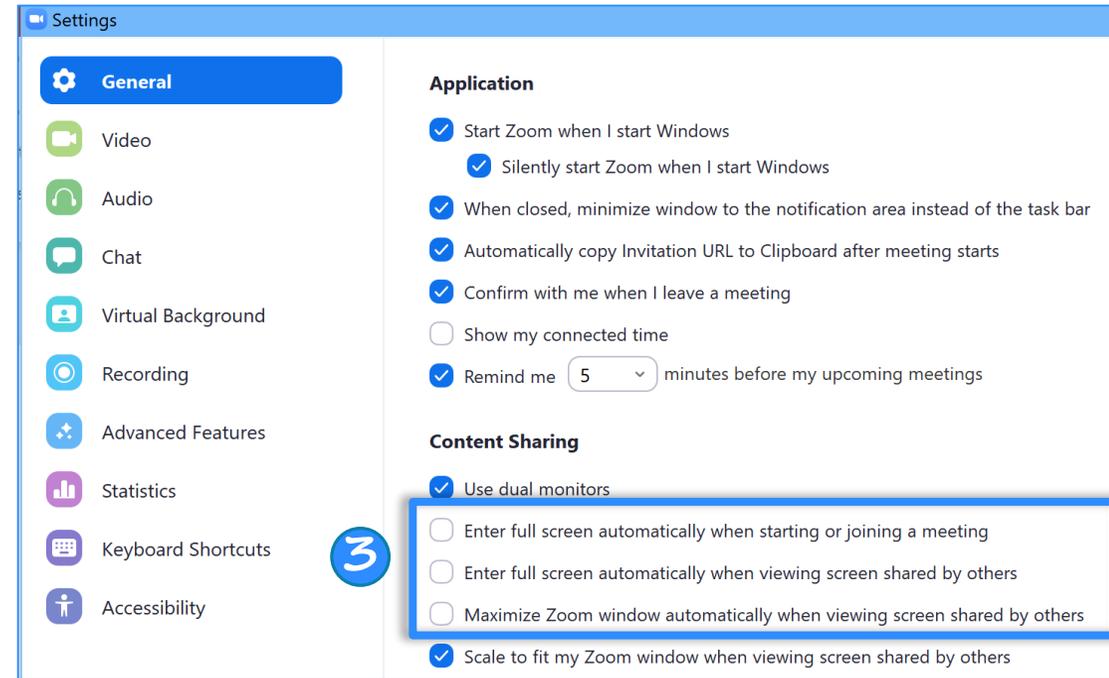
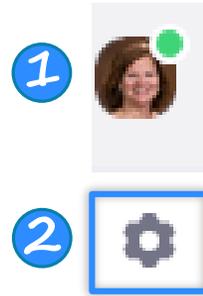




# Avoid Full Screen Mode

zoom  
Zen



When using Zoom, it is best to **avoid Full Screen mode** as much as possible to minimize confusion about where the Zoom window went and how to find other applications while Zoom is running. One way to prevent this is by choosing NOT to use automatic full screen mode.

Open the desktop app **1** Click the profile pic **2** Click the settings icon. In the General tab > Content Sharing section **3** UNCHECK the options shown above.



Mac settings are the same but arrangement on screen is a little different.