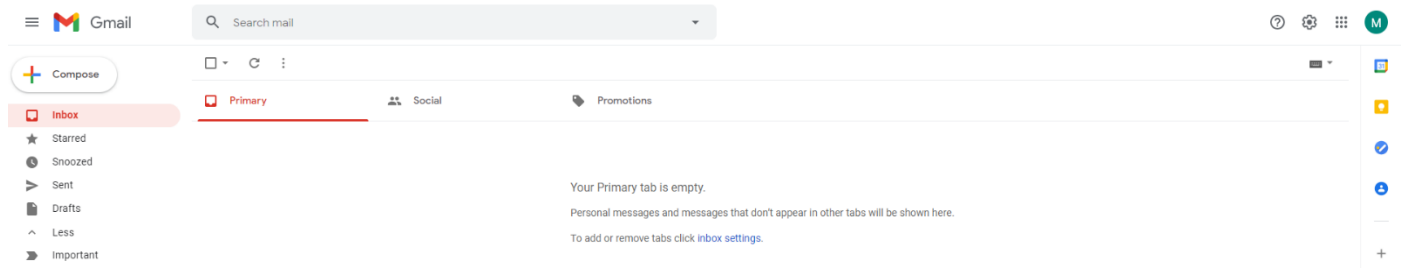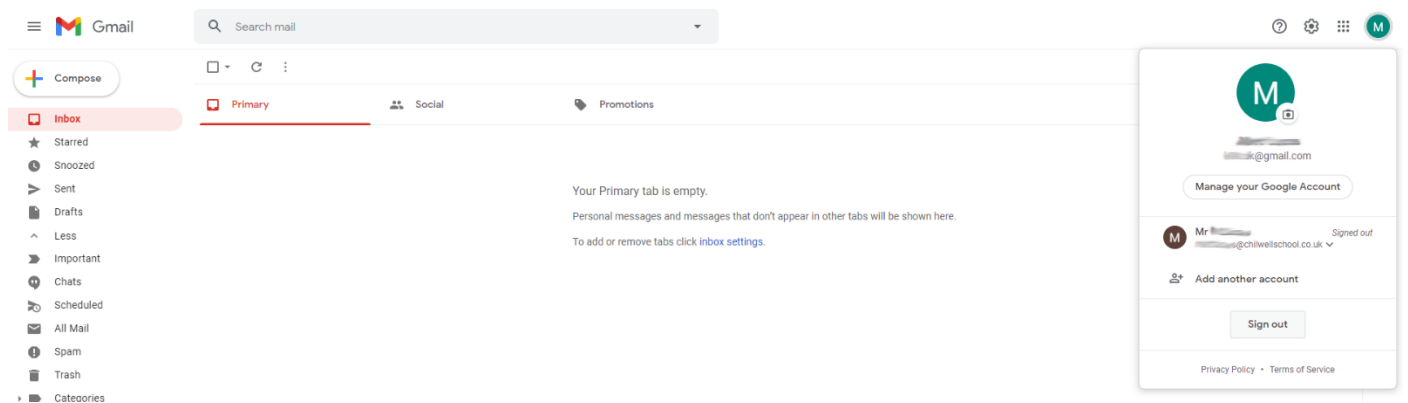# Student guide to Pausing sync on Google Chrome

Web browsers have a nasty habit of taking over your life, if you are encountering problems when trying to access Google Classrooms or Google Meet, try pausing the account sync.

Open your browser and click on 'Gmail' at the top of the window.

Click on the account icon at the top right on the page, this will either be your profile picture, or a letter.

Click the 'Sign out' button at the bottom of this box, this will prompt you to sign out of your account.

Click the 'Continue' button.

The account icon will now show Paused.