

How to use Zoom at Sophia

ICT Office Sophia University

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1. Introduction

Sophia University has a site license agreement for Zoom.

This section describes the registration procedures and precautions for using Zoom at Sophia University.

Since Zoom is a cloud service, it is subject to change at any time. For more information on how to use it, please visit Zoom's official website or other sources.

1-1 **Rules of Use**

1-1-1 **Licensing of Zoom**

It is assumed that you must comply with the following Zoom license when using this service.

<https://zoom.us/terms>

Ultimately, Sophia University is responsible for everything done with the Sophia University account.

If the license is abused or the use is against public order, the university may be held liable first, and then Sophia University may pursue the user's responsibility.

Please refrain from misuse as it may cause problems due to the contract with Sophia University.

1-1-2 **Use of Sophia University's Zoom account for purposes other than class and research**

The ICT Office does not provide support or troubleshooting services.

We do not provide account hosting for webinar licenses or issue licenses to outsiders.

1. Non-commercial Use

It is not a problem to use "private non-commercial use" and "non-private but non-commercial use" within the scope of the Zoom account and license assigned to an individual.

Examples: Calls with families living far away, online meetings of academic conferences, and scientific research project meetings

2. Commercial Use (Educational and Research Purposes)

Use at other universities and educational institutions: It is permissible to use Zoom for educational and research purposes only. However, please ensure that you obtain permission from the respective university.

3. Commercial Use (other than for Educational and Research Purposes)

Using it for profit-making activities, such as side jobs or economic activities by companies outside their contract, is prohibited.

Please use an account contracted individually.

1-1-3 Use of accounts of other universities and organizations at Sophia University (Sophia University, Sophia University Junior College) for education, research, and clerical work

Please avoid using accounts issued by other organizations for education, research, and clerical work at Sophia University (Sophia University, Sophia University Junior College).

ICT Support refuses to provide any support or troubleshooting (technically impossible).

1-2 Contract Details and License Allocation

1-2-1 Faculty and Staff Licenses

Faculty members and staff with a primary status of 'faculty' or 'staff' in the personnel data, who have been assigned a 'sophia.ac.jp' email address, will be granted a license to host meetings for up to 500 participants. Cloud recording is available. A webinar license for up to 500 participants will be granted. By signing in using the steps in Section 2-1, you will be licensed.

*Only personal Sophia email addresses can be used. Accounts cannot be created with job accounts, shared mailbox addresses, etc.

1-2-2 Student Licenses

It allows meetings for up to 300 participants. However, the cloud recording feature is not available. By signing in using the steps in Section 2-1, you will be licensed.

1-2-3 Regarding Eagle Mail Holders (Graduates, Retirees, etc.)

If a Zoom account has been created for Sophia Mail, it will not be available. You cannot apply for a personal Zoom contract with a Sophia Mail address. Please use a different email address to apply.

2. Sign in to Zoom Account

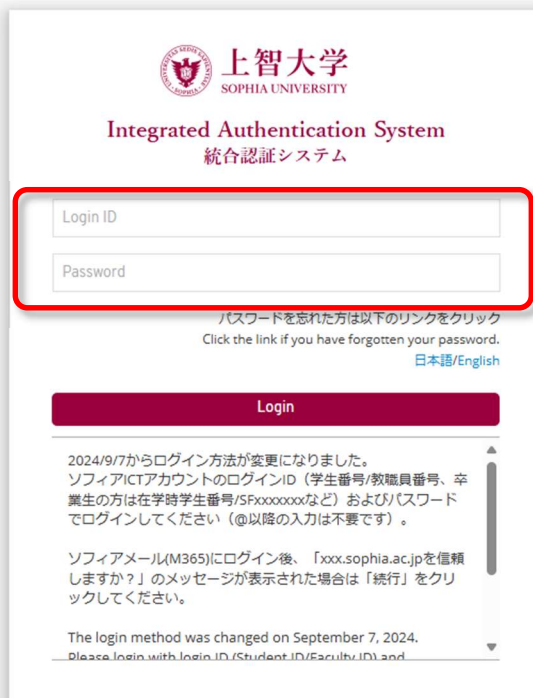
2-1 Sign in with a Web browser

Access Zoom at this URL: <https://sophia-ac-jp.zoom.us/saml/login>

1. Access the Zoom sign-in page (<https://sophia-ac-jp.zoom.us/saml/login>). The following login screen will appear. Enter your ID and password and click [Login].

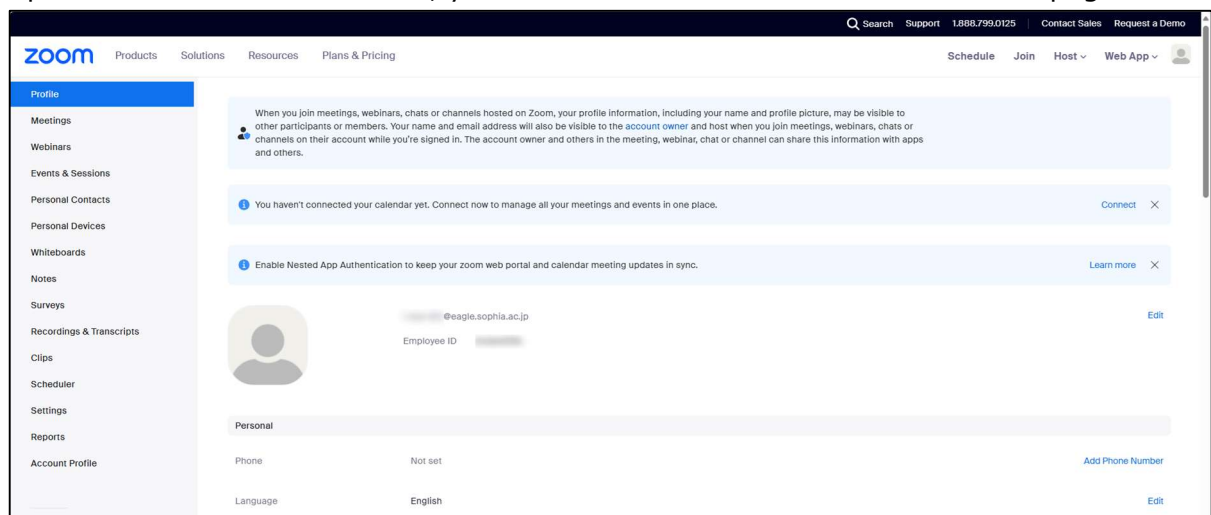
Login ID: Student Number or Faculty ID Number

Password: Sophia ICT account (Same as Moodle, Sophia Mail, etc.)



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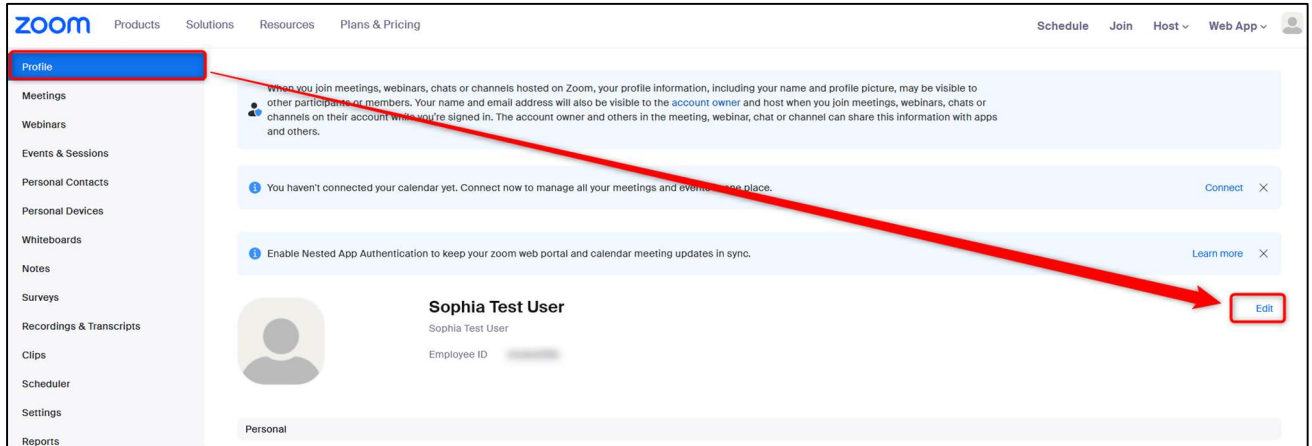
2. Upon successful authentication, you will be redirected to the Zoom "Profile" page.



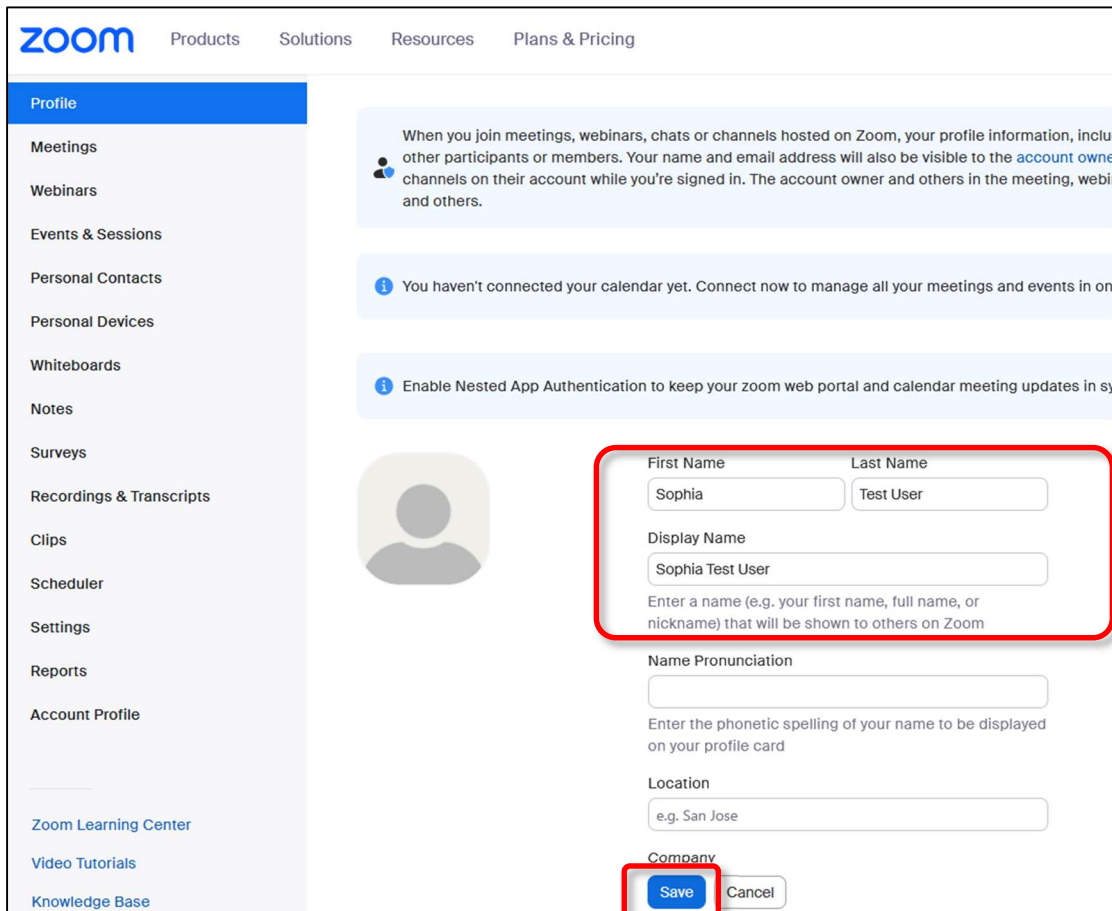
2-2 Registration of Name

Enter the name correctly. It may be used to confirm attendance, especially for students, so please strictly adhere to the same registered in the student registration. To register your name, click “Edit” on your profile after signing in to Zoom.

1. After signing in to Zoom, go to your profile page and click [Edit].



2. Enter in the “First Name” and “Last Name” and “Display Name” and click [Save].



2-3 **Do not use Gmail or Facebook to sign in to Zoom**

Suppose you signed in with Gmail or Facebook; your account may be unintentionally registered with a different email address, resulting in a sign-in that is not your Sophia University email address, and you may not be able to participate in a meeting successfully. Please sign out and sign in again using your Sophia University email address.

3. Installation and Updating of Zoom Software and Apps

3-1 **Signing in and using the browser**

You can access the Zoom web page (<https://sophia-ac-jp.zoom.us/saml/login>) with various browsers (Firefox, Edge, Chrome, and Safari) and join Zoom meetings. However, we strongly recommend that you install the software application described below before using it.

When using Zoom with various browsers, SSO login is required each time the browser is launched.

For the sign-in procedure in your browser, please refer to “2-1 Sign in with a Web browser”.

3-2 **Installation of Software and Apps**

Please follow the procedure below to install it on the device to use.

We recommend that you use a PC and software, such as Windows or Mac, if you are hosting Zoom meetings or presenting materials.

Downloading the Zoom Workplace desktop or mobile app

https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0060928

3-3 **Updating of Software and Apps**

Please update the Zoom software/apps consciously and regularly.

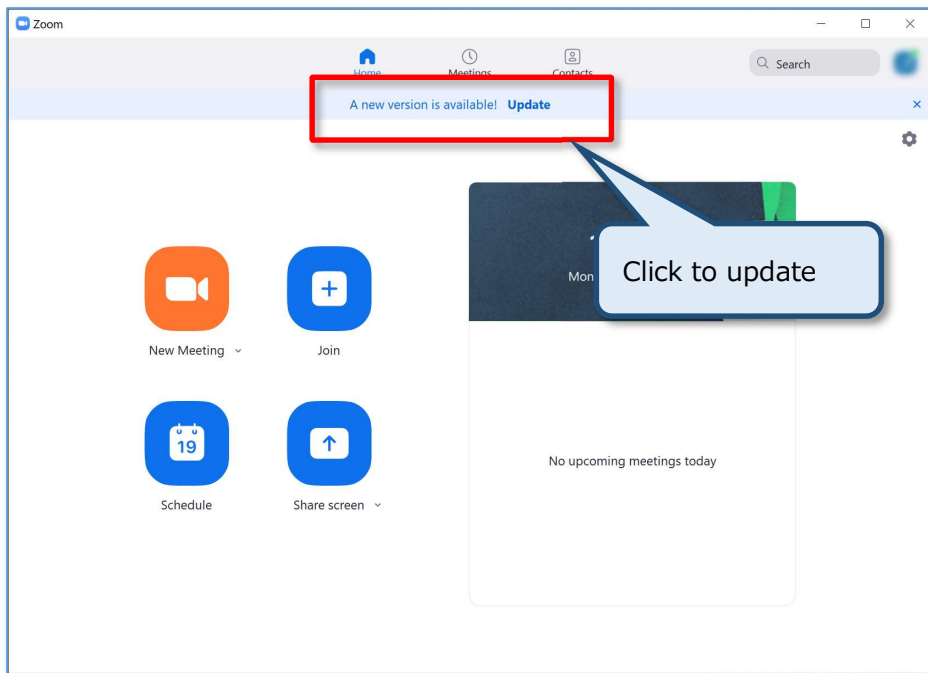
As a security measure, it seems to be updated frequently.

Updating Zoom to the latest version

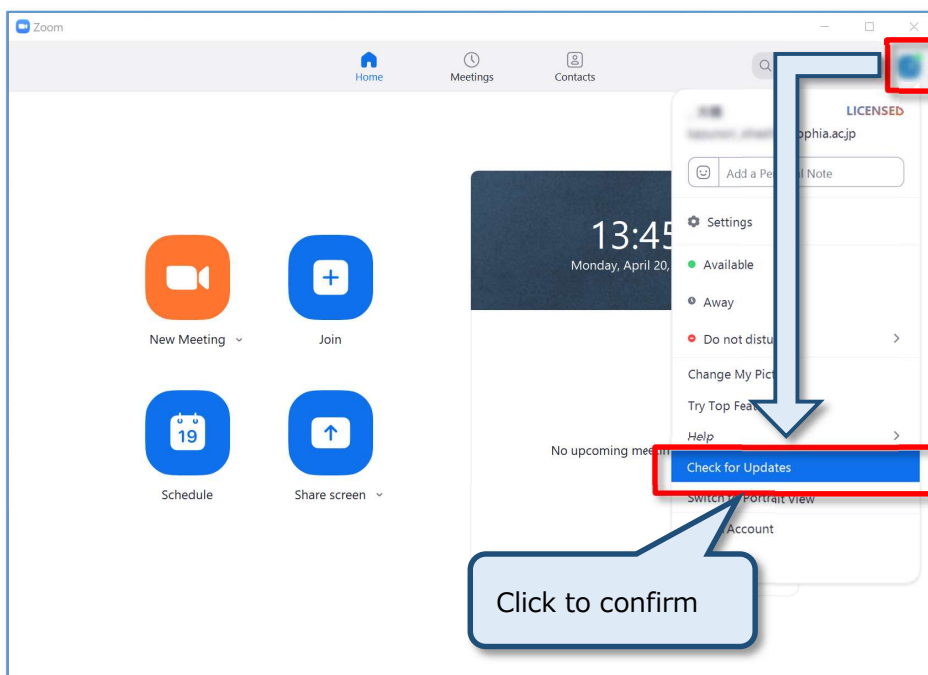
https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0060716

3-3-1 Automatic Update Notification

You will be notified when there is an update to your Zoom software.

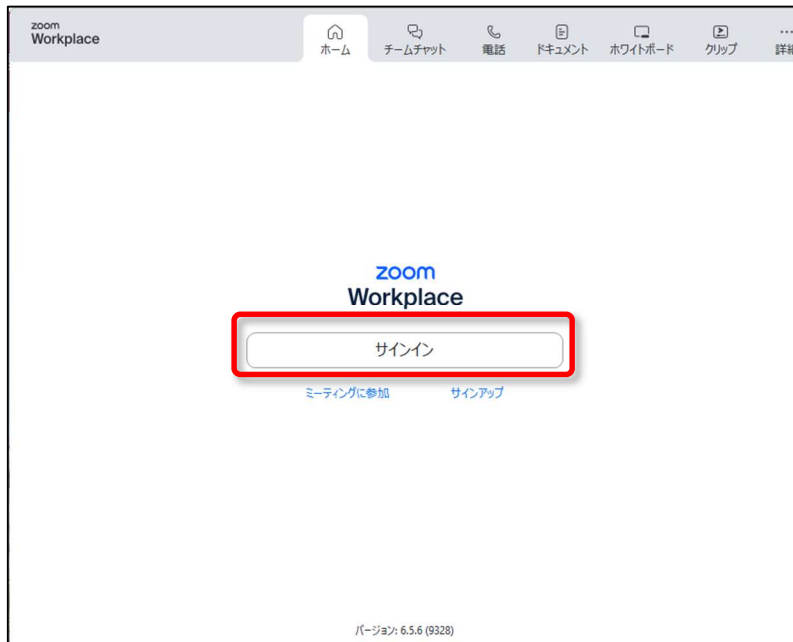


Manual Update Confirmation

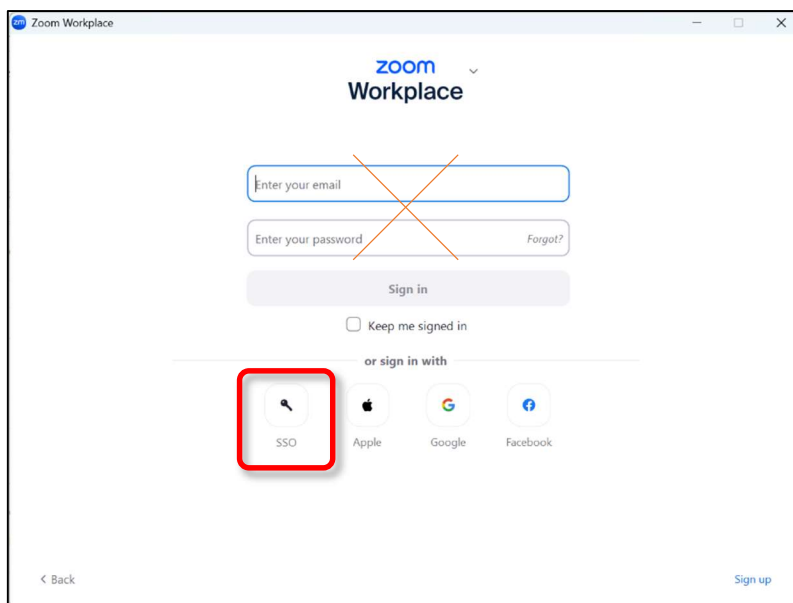


3-4 Sign in to your Zoom account on the PC application

1. Launch the Zoom application. Click [Sign in].



2. Click [SSO].



3. Please do either Method 1 or Method 2.

Method 1) Enter "sophia-ac-jp" in the Company Domain and click [Continue]
(Please note that the hyphens are used before and after "ac", not a period).

Zoom Workplace

Sign in with SSO

Company domain
sophia-ac-jp .zoom.us

Continue

[I do not know the company domain](#)

[< Back](#)

There is a **hyphen** before and after "ac", not a **period**

Method 2) Click on "I don't know the company domain"; the 'Search Company Domain' screen will be displayed. Enter your Sophia email address and click [Continue].

Zoom Workplace

Search company domain

Company email
■■■■@eagle.sophia.ac.jp

Continue

[I know the company domain](#)

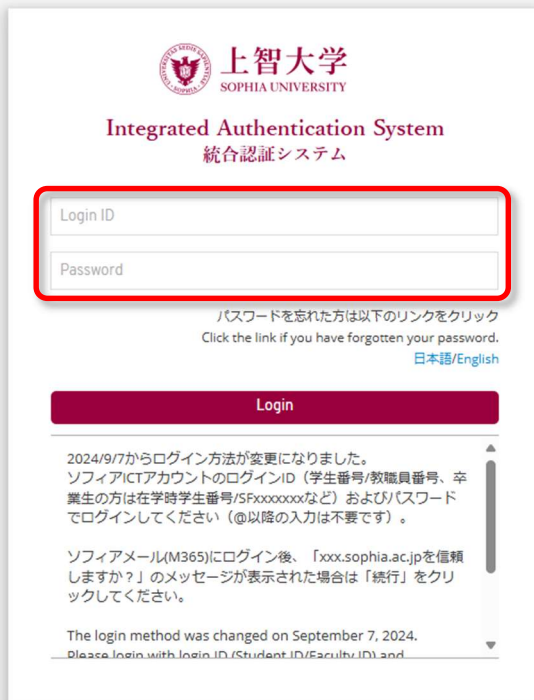
[< Back](#)

Enter your Sophia Mail address.
Faculty and staff: ■■■■@sophia.ac.jp
Students: ■■■■@eagle.sophia.ac.jp

4. The following login screen will appear in the browser. Enter your ID and password and click [Login].

Login ID: Student Number or Faculty ID Number

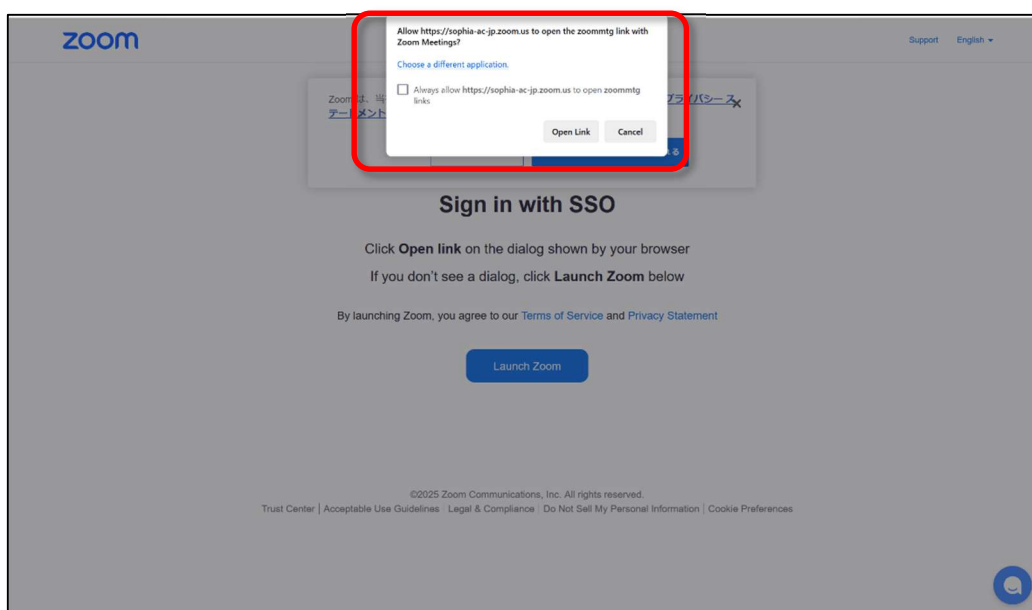
Password: Sophia ICT account (Same as Moodle, Sophia Mail, etc.)



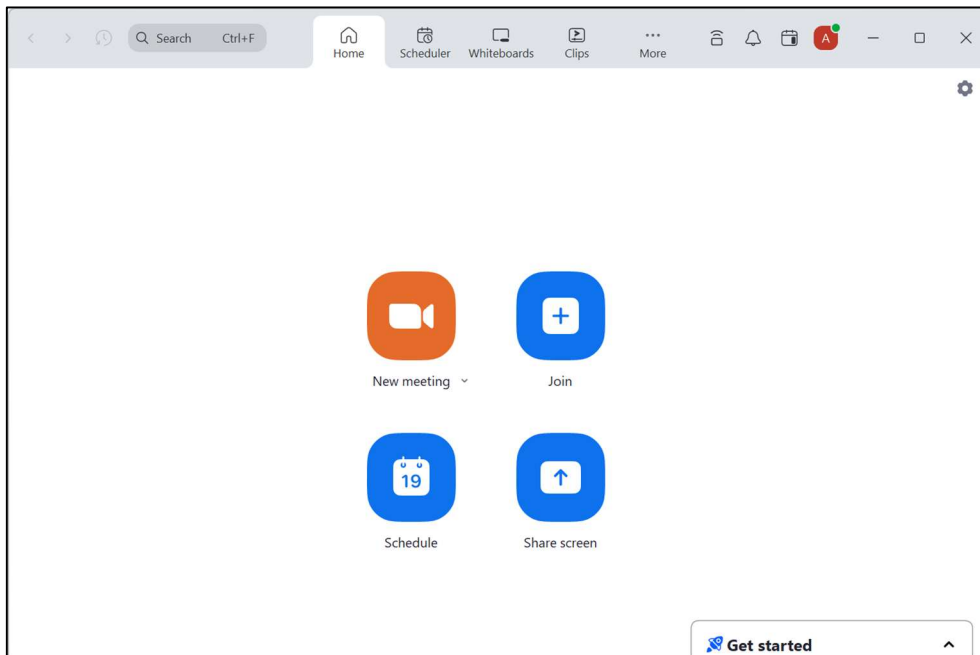
The screenshot shows the login page for Sophia University's Integrated Authentication System. At the top is the university's logo and name in Japanese and English. Below this is the title 'Integrated Authentication System' and its Japanese equivalent. A red rectangle highlights the 'Login ID' and 'Password' input fields. Below the fields are links for 'Forgot your password?' and language options for 'Japanese/English'. A prominent red 'Login' button is centered. A scrollable text area below contains a notice about a login method change on September 7, 2024, explaining that users should now use their Student ID or Faculty ID as the login ID and their Sophia ICT account password.

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5. When the login authentication is successful, a dialog box will appear in your browser. Click on [Open Link]

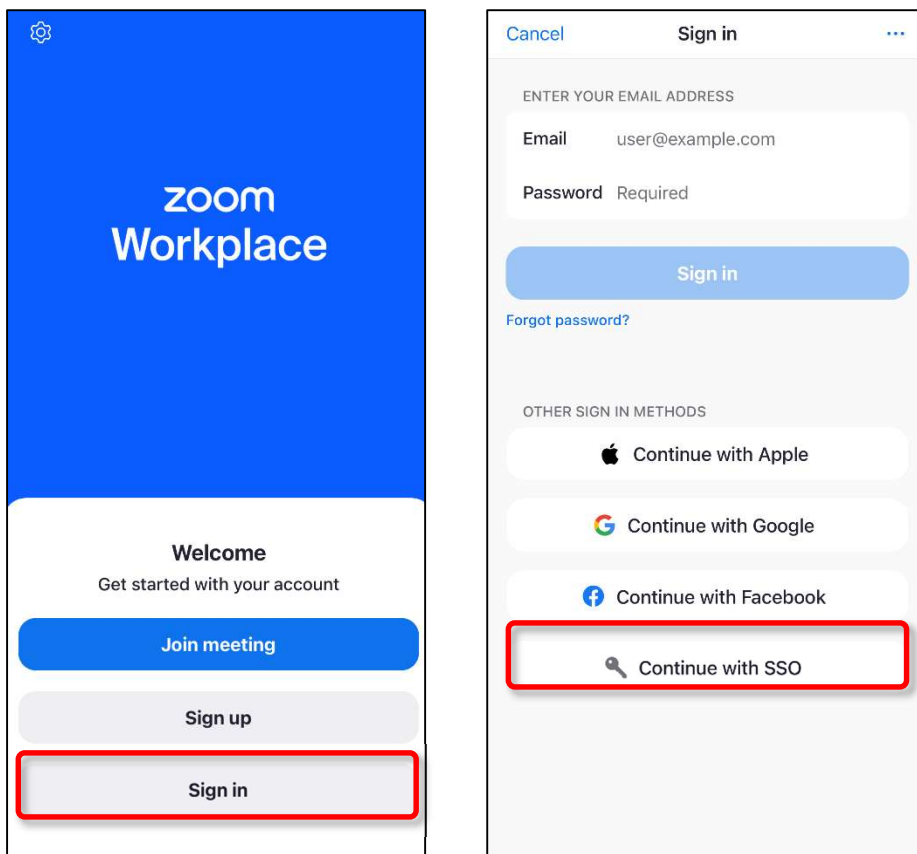


6. The screen will return to the Zoom app, and Zoom will be available on the app. Thereafter, you will remain logged in.



3-5 Sign in to your Zoom account on your smartphone app

1. Launch the Zoom app. Tap [Sign in]. And Tap [Continue with SSO].



2. Please do either Method 1 or Method 2.

Method 1) Enter “sophia-ac-jp” in the Company Domain and tap [Continue]

(Please note that the hyphens are used before and after “ac”, not a period).

There is a **hyphen** before and after “ac”, not a period

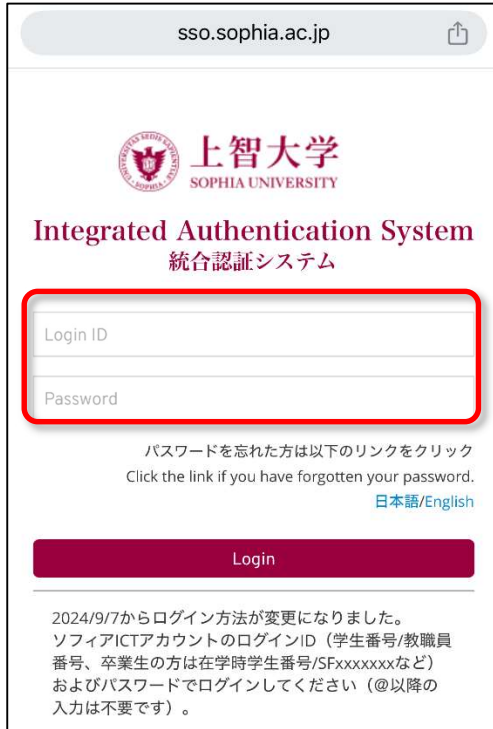
Method 2) Click on "I don't know the company domain"; the ‘Search Company Domain’ screen will be displayed. Enter your Sophia email address and click [Continue].

Enter your Sophia email address.
Faculty and staff: ●●●@sophia.ac.jp
Students: ●●●@eagle.sophia.ac.jp

3. The following login screen will appear in the browser. Enter your ID and password and tap [Login].

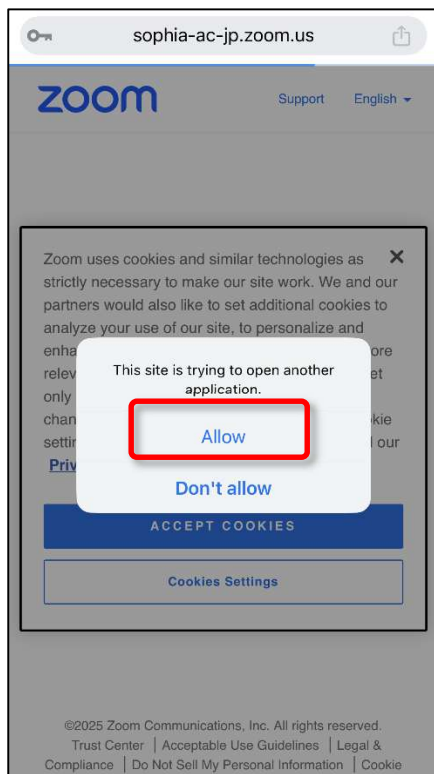
Login ID: Student Number or Faculty ID Number

Password: Sophia ICT account (Same as Moodle, Sophia Mail, etc.)

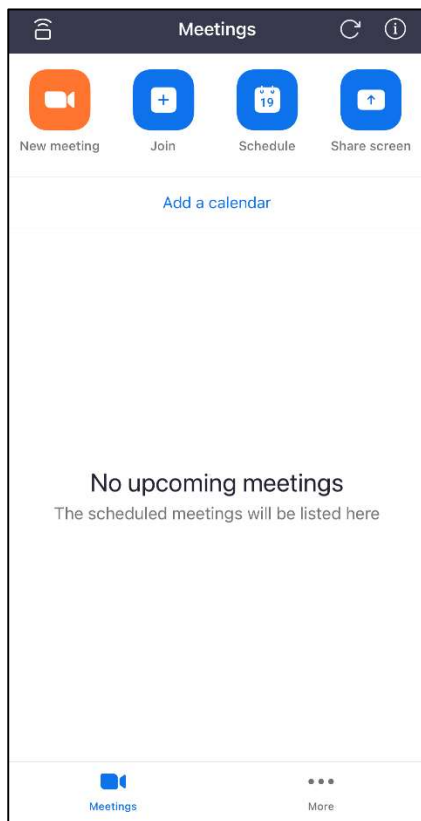


The screenshot shows the login page for Sophia University's Integrated Authentication System. The browser address bar displays 'sso.sophia.ac.jp'. The page features the Sophia University logo and the title 'Integrated Authentication System' in English and Japanese. A red rectangle highlights the 'Login ID' and 'Password' input fields. Below these fields is a link for forgotten passwords and a language toggle for Japanese/English. A prominent red 'Login' button is centered on the page. At the bottom, a notice in Japanese states that the login method will change from September 2024, requiring users to use their Sophia ICT account ID (student or faculty number) and password.

4. When a confirmation dialog box appears, tap [Allow] and open Zoom.



5. The screen will return to the Zoom app, and Zoom will be available on the app. Thereafter, you will remain logged in.



4. How to Join a Zoom Meeting

An Invite Link, meeting ID, and passcode are required to join a Zoom meeting.

For information on how to join, teachers will instruct you through My Sophia, Moodle, Sophia Mail, etc.

4-1 Sign in to Zoom

Important: Please check that you have signed in correctly by following the steps in 2-1 Sign in with a Web browser” and “3-4 Sign in to your Zoom account on the PC application”.

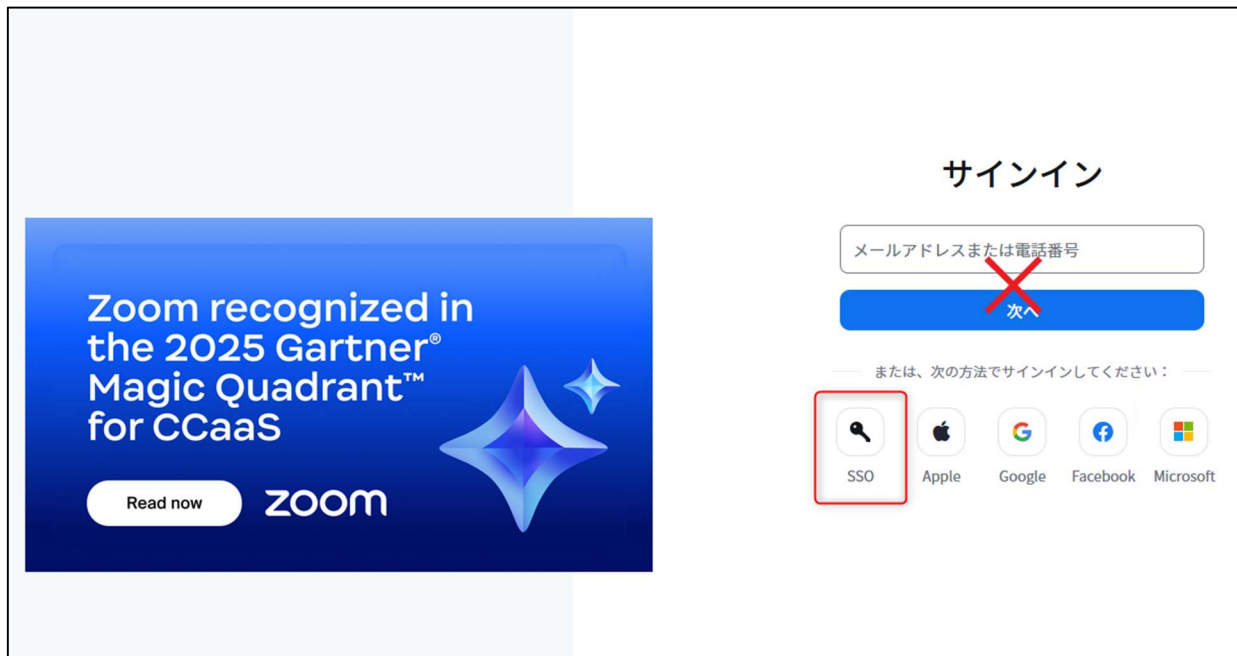
If you have not signed in with Sophia Mail, you cannot properly join a meeting if it is a “Sophia Zoom account is required to join” meeting.

4-2 **Enter meeting information and join**

There are three main ways to join a Zoom meeting.

- Join by entering your Meeting ID from the Zoom app
- Join by entering your Meeting ID from the Zoom website
- Join by clicking on the link in the invitation URL
 - If the organizer has set up a “You must have a Sophia Zoom account to participate” requirement, you may need to sign in using the following steps when you click the invite URL link.

1. Click [SSO].



2. Please do either Method 1 or Method 2.

Method 1) Enter "sophia-ac-jp" in the Company Domain and click [Continue]

(Please note that the hyphens are used before and after "ac", not a period).

Sign In With SSO

Enter your company domain.

Company Domain .zoom.us

Help

Continue

[I don't know the company domain](#)

There is a **hyphen** before and after "ac", not a **period**

Method 2) Click on "I don't know the company domain"; the 'Search Company Domain' screen will be displayed. Enter your Sophia email address and click [Continue].

Search Company Domain

Email Address

Help

Continue

[I know the company domain](#)

Zoom is protected by reCAPTCHA and the [Privacy Policy](#) and [Terms of Service](#) apply.

Enter your Sophia mail address.
Faculty and staff: ●●●@sophia.ac.jp
Students: ●●●@eagle.sophia.ac.jp

3. Access the Zoom sign-in page (<https://sophia-ac-jp.zoom.us/saml/login>). The following login screen will appear. Enter your ID and password and click [Login].
- Login ID: Student Number or Faculty ID Number
- Password: Sophia ICT account (Same as Moodle, Sophia Mail, etc.)

上智大学
SOPHIA UNIVERSITY

Integrated Authentication System
統合認証システム

Login ID

Password

パスワードを忘れた方は以下のリンクをクリック
Click the link if you have forgotten your password.
[日本語/English](#)

Login

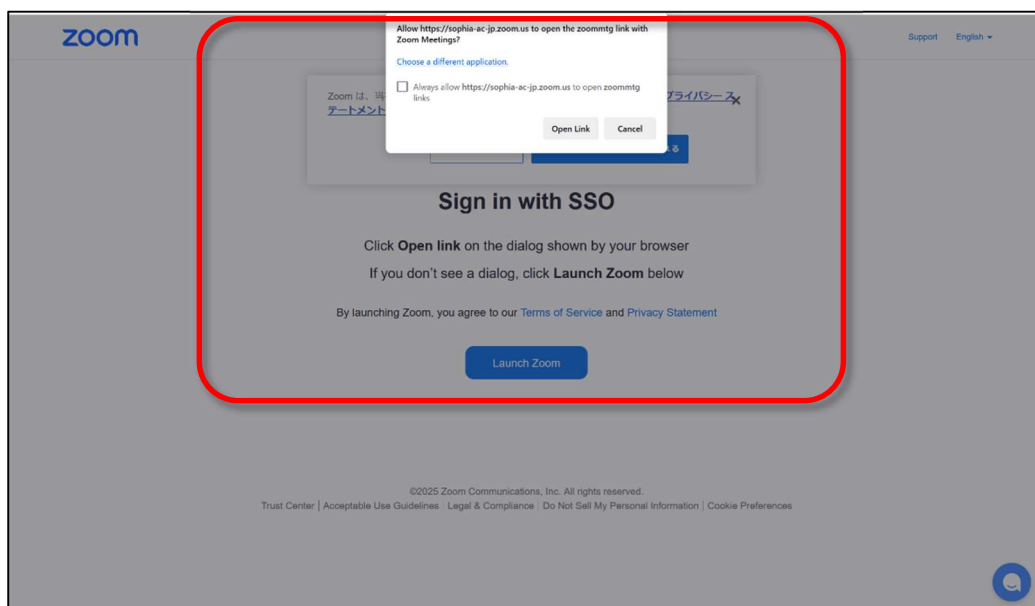
2024/9/7からログイン方法が変更になりました。
ソフィアICTアカウントのログインID（学生番号/教職員番号、卒業生の方は在学時学生番号/SFxxxxxxxなど）およびパスワードでログインしてください（@以降の入力は不要です）。

ソフィアメール(M365)にログイン後、「xxx.sophia.ac.jpを信頼しますか?」のメッセージが表示された場合は「続行」をクリックしてください。

The login method was changed on September 7, 2024.
Please login with login ID (Student ID/Faculty ID) and

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4. When the login authentication is successful, a dialog box will appear in your browser. Click on [Open Link]



More information on the support site:

https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0060732

5. Host a Meeting

Since Zoom is a cloud service, changes can be made occasionally. Please refer to the Zoom support page for general information other than the items set by Sophia University.

The points to note at the meeting at Sophia University and the original operation are listed below.

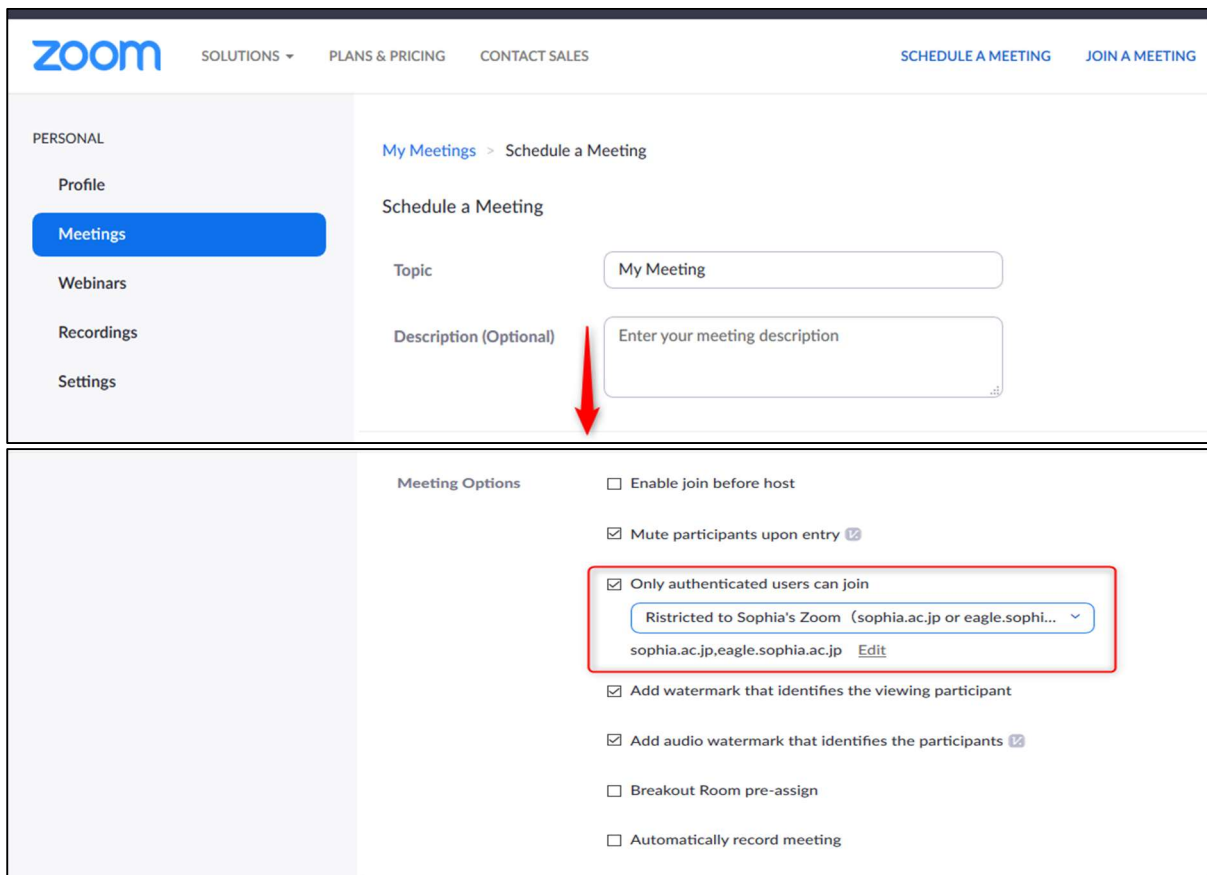
5-1 Setting of “Only authorized users can join”

If the box is checked when the meeting is held, only users who have logged in with “sophia.ac.jp” or “eagle.sophia.ac.jp” can join the meeting.

This feature is useful when taking attendance.

However, if you want to lower the threshold for guests from outside the university or for participants on campus who are not familiar with the operation, please uncheck the box.

Scheduling a Meeting from a Browser



The screenshot displays the Zoom 'Schedule a Meeting' page. The left sidebar shows 'PERSONAL' with options: Profile, Meetings (selected), Webinars, Recordings, and Settings. The main content area is titled 'My Meetings > Schedule a Meeting'. It includes a 'Topic' field with 'My Meeting' and a 'Description (Optional)' field with the placeholder 'Enter your meeting description'. A red arrow points to the 'Description (Optional)' field. Below the form, the 'Meeting Options' section is shown. The 'Only authenticated users can join' checkbox is checked and highlighted by a red box. The dropdown menu for this option shows 'Restricted to Sophia's Zoom (sophia.ac.jp or eagle.sophi...)' and 'sophia.ac.jp,eagle.sophia.ac.jp' with an 'Edit' link. Other options include 'Enable join before host', 'Mute participants upon entry', 'Add watermark that identifies the viewing participant', 'Add audio watermark that identifies the participants', 'Breakout Room pre-assign', and 'Automatically record meeting'.

Scheduling a Meeting from App

The screenshot shows the Zoom mobile app interface for scheduling a new meeting. The 'Generate Automatically' option is selected for the meeting ID. In the 'Security' section, the passcode is 598187. In the 'Video' section, both Host and Participants video are set to 'Off'. In the 'Audio' section, 'Computer Audio' is selected. In the 'Calendar' section, 'Outlook' is selected. In the 'Advanced Options' section, 'Enable join before host' and 'Mute participants upon entry' are checked. The 'Only authenticated users can join' option is also checked, and a dropdown menu below it shows 'Restricted to Sophia's Zoom (sophia.ac.jp or eagle.so...)' with a link to 'View/edit all 2 domains'.

5-2 Cloud Recording

Only faculty members with license allocation can record in Zoom's cloud area. By "Sharing Work", it is possible to access it by providing the URL to the students who could not connect to the Zoom meeting for some reason.

However, the recording capacity is shared by the whole and is set to be deleted in 30 days. Please download and store the necessary data individually.

The estimated usage capacity is 2GB (about 4 hours) per person. The exact contract is 0.5GB (about 1 hour) x 2200 (the number of contracted users at Sophia University). However, we assume that not all faculty members covered by the contract will use it.

Since the operation is a provisional rule, it is subject to reconsideration, but **there is no exception to any request for an extension of the storage period for individual recordings.**

Please refer to the following for more information on cloud recording functions and usage.
https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0062627

5-3 Output of participant log

Log in to Zoom's WEB page, display "Usage" in the "Reports" section, and click the number of "Participants" of the target meeting.

The screenshot shows the Zoom Reports interface. On the left is a sidebar with navigation options: Profile, Meetings, Webinars, Recordings, Settings, Account Profile, and Reports (highlighted). The main area displays 'Usage Reports' for the date range 04/21/2020 to 04/22/2020. A table lists meeting data. One row is highlighted, showing a meeting with 9 participants. The number '9' in the 'Participants' column is enclosed in a red box.

Meeting ID	User Name	User Email	Department	Group	Has Zoom Rooms?	Creation Time	Start Time	End Time	Duration (Minutes)	Participants	Source
		@sophia.ac.jp			No	04/20/2020 10:59:46 AM	04/21/2020 01:54:38 PM	04/21/2020 02:59:32 PM	65	9	Zoom

A list of participants is displayed and can be downloaded.

The 'Meeting Participants' dialog box is shown. It includes an 'Export with meeting data' checkbox and an 'Export' button. A table lists participants. A red arrow points to the 'User Email' column. A red text box contains the following Japanese text: ゲスト参加者 2名: 認証済ユーザー以外の参加を許可すると、外部の方も参加可能になります。しかし、その場合に「名前」にパソコン名などが記録される場合もあり、授業の出欠を正確にとることは困難になります。

Name (Original Name)	User Email	Join Time	Leave Time	Duration (Minutes)
	@sophia.ac.jp	04/21/2020 01:54:38 PM	04/21/2020 02:59:32 PM	65
	@sophia.ac.jp	04/21/2020 01:56:21 PM	04/21/2020 02:59:26 PM	64
	@sophia.ac.jp	04/21/2020 01:54:43 PM	04/21/2020 02:59:30 PM	65
	@sophia.ac.jp	04/21/2020 01:56:17 PM	04/21/2020 02:59:27 PM	64
Ishiyama		04/21/2020 01:59:26 PM	04/21/2020 02:59:27 PM	61
	@.co.jp	04/21/2020 02:00:02 PM	04/21/2020 02:59:26 PM	60

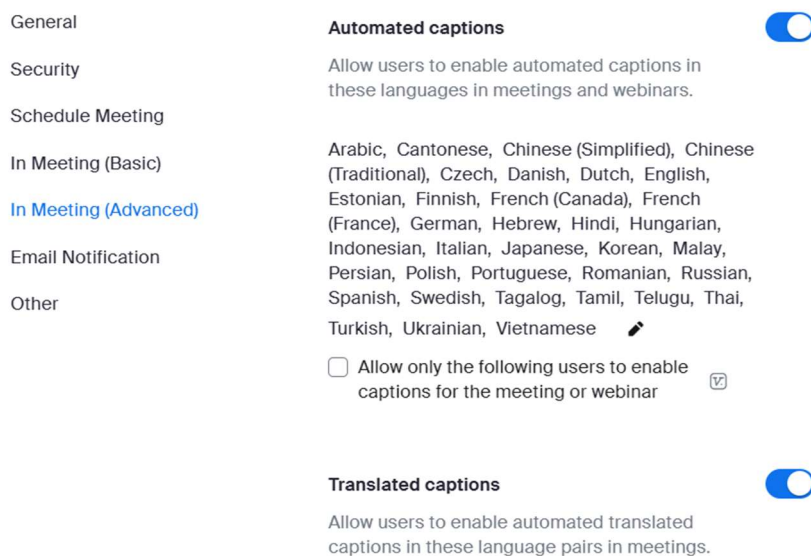
If "Only authenticated users can join" is not set, then outside participants will be able to join, but it will be difficult to accurately track class attendance if a computer name is entered in the "Name" field or the [User Email] field is left blank.

5-4 **Captions and translation**

Zoom Captions and translations are available for meetings held under a faculty/staff license. For example, if a meeting participant is speaking in English, other participants can see captions in languages such as German, Italian, and Japanese. Participants can turn the closed captioning on and off and switch between languages.

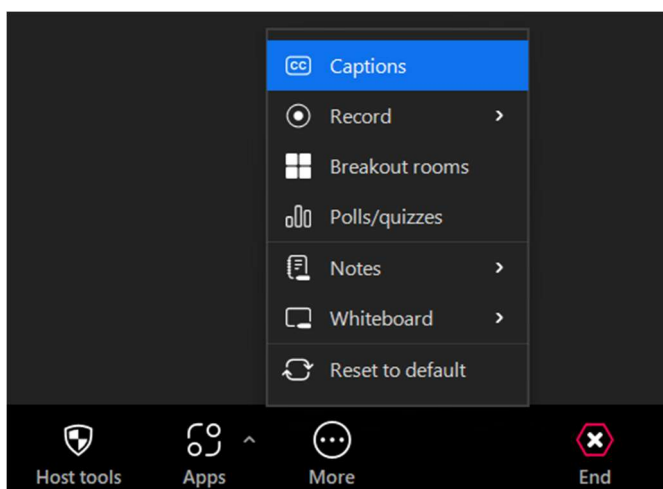
Host-side Preparation

Log in to the Zoom Web Portal > [Settings] > [In Meetings (Advanced)] tab and make sure "Automated captions" and "Translated captions" are enabled.



Operation during meetings

1. Join a Zoom meeting and click [More] > [Captions] at the bottom of the window.



2. When the following window appears, select the language and click "Save".

You've enabled Translation. Select the language you will read and speak in this meeting.

My speaking language
Select the language you will be speaking in for this meeting.

English ▼

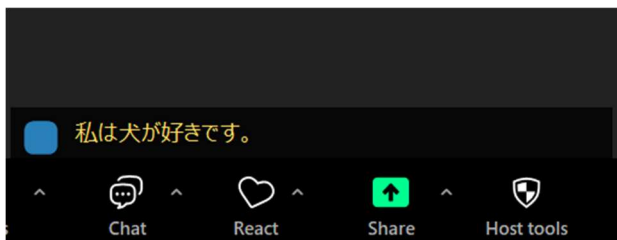
My caption language
Captions will appear in and translated to this language for you

Japanese ▼

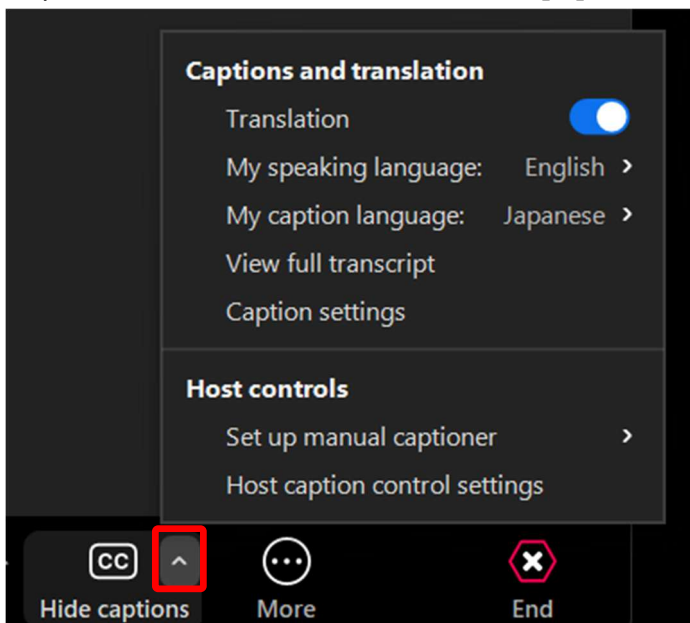
☒ Enable translation

Save Cancel

3. Participants' comments are translated and displayed with captions.



4. Captions and translations are set from [^] to the right of [Captions].



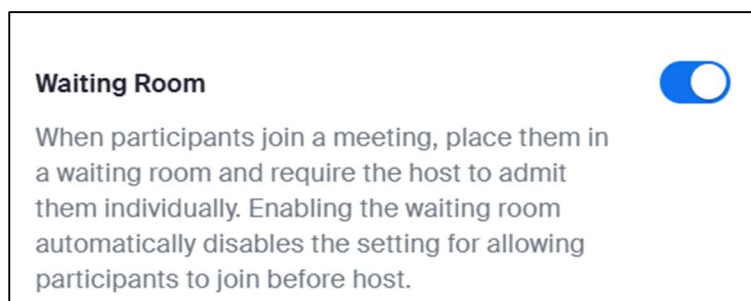
6. Zoom Settings

There are two types of Zoom settings: those that can be set on the web and those that can be set on the app or the web. Here are the recommended settings. Options are added or changed constantly, so please adjust accordingly.

6-1 "Meeting" tab

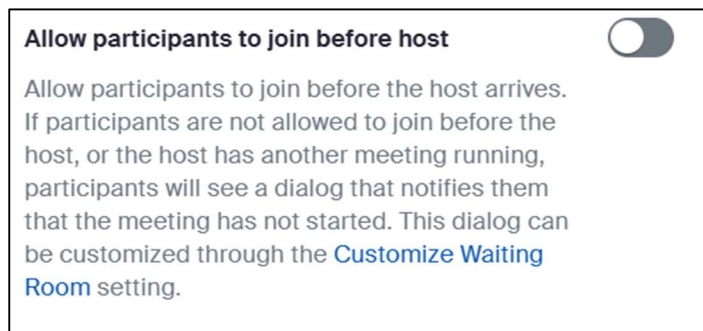
1. Waiting room: ON

When ON, participants must enter the waiting room once and be authorized by the host or co-hosts to join the meeting. This is secure, but it requires time and effort to allow.



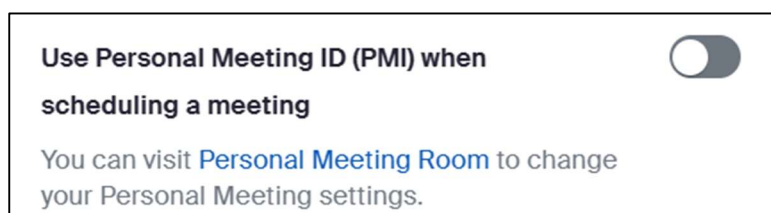
2. Allow participants to join before the host : OFF

When ON, participants may start conversations with each other.



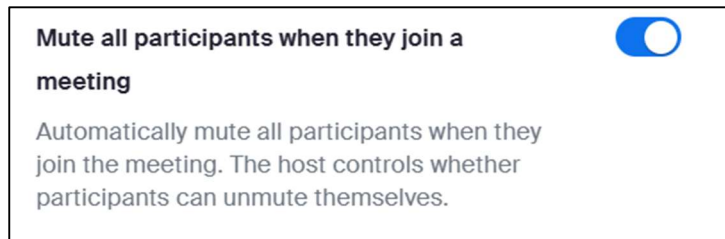
3. Use Personal Meeting ID(PMI) when scheduling a meeting : OFF

Personal meetings are not recommended. Because the same ID and password are always assigned, participants can join the meeting on different days.



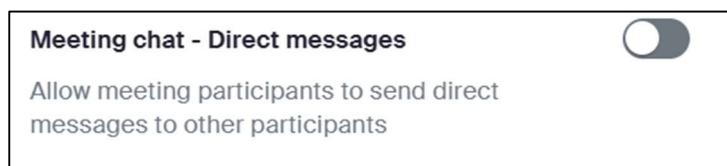
4. Mute all participants when they join a meeting : ON

Reduce noise at the start of the meeting.



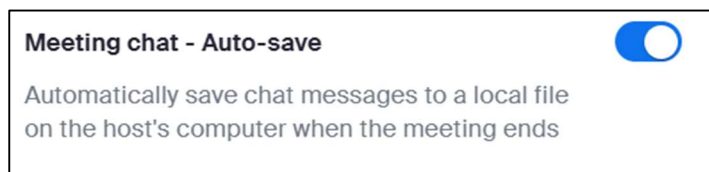
5. Meeting chat – Direct messages : OFF

When ON, participants can send chats to each other individually without including the host. Usually, it is not necessary to allow this.



6. Meeting chat – Auto-save : ON

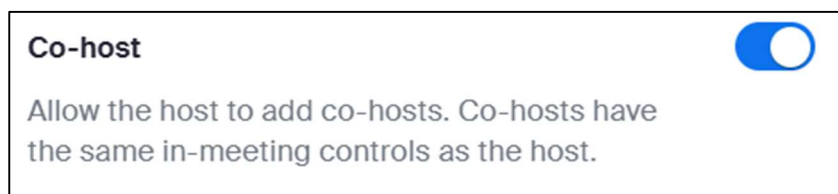
If not turned ON, chat content will be lost at the end of the meeting.



7. Co-host : ON

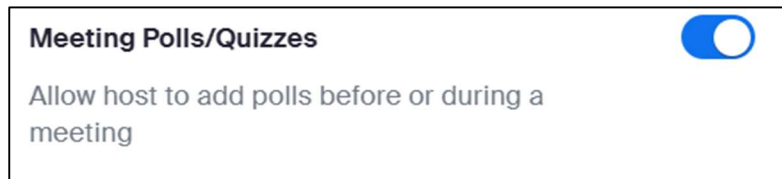
When ON, co-hosts can be designated.

The co-host can enter the room from the waiting room, manage breakout rooms, and more.



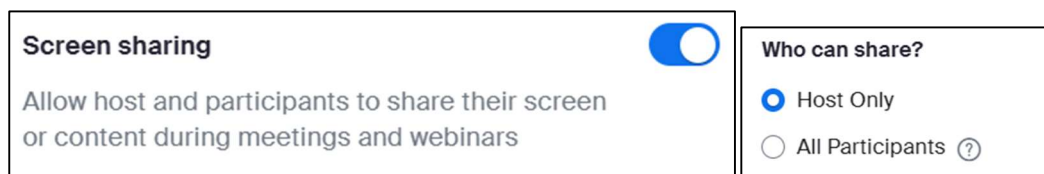
8. Meeting Polls/Quizzes : ON

Polling features. Questions can only be created after the meeting has started. It is used for very simple purposes.



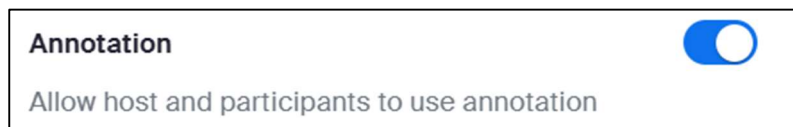
9. Screen sharing : ON Who can share? : Host Only

Only the host should be allowed to share the screen. If participants can share screens without the host's permission, Zoom Bombing will occur.



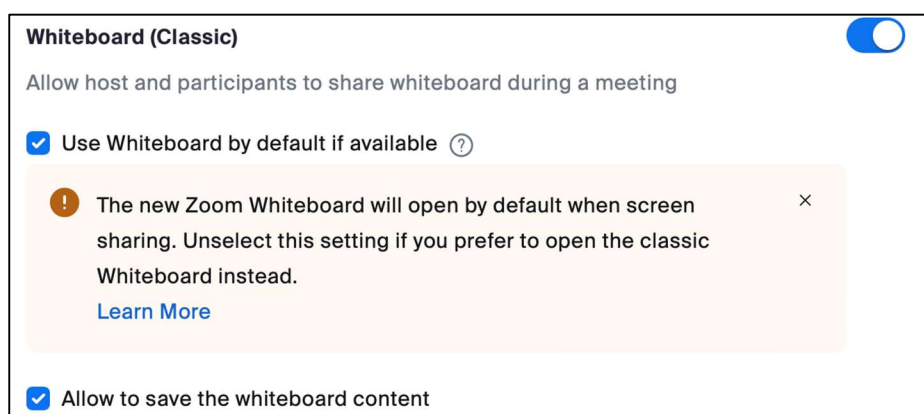
10.Annotation : ON

It can be OFF, but it is useful when commenting on the material presented by others in seminars, meetings, etc. However, if it is ON, please be careful after the meeting starts.



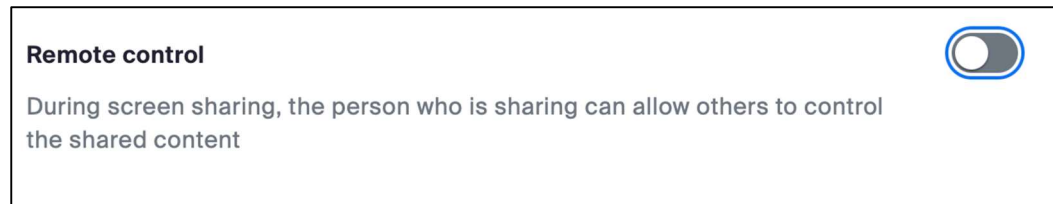
11.Whiteboard(Classic) : ON Allow to save the whiteboard content : ON

Automatic saving of the whiteboard should be ON.



12.Remote control : OFF

When ON, during screen sharing, the person sharing can allow others to control the shared content.



13. Breakout room - Meetings : ON

This feature splits participants into small rooms so that everyone can hold meetings. Hosts and co-hosts can move to any room.

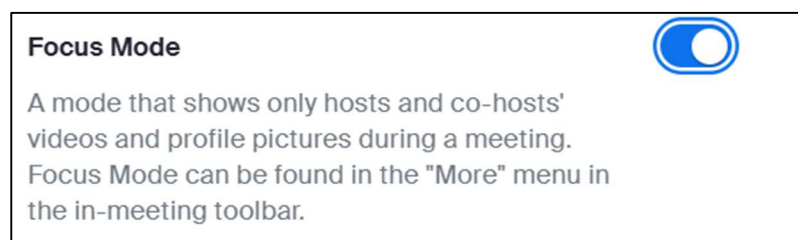


About the breakout room

Meeting breakout rooms allow you to split your Zoom meeting into up to 100 separate sessions. The meeting host or co-host can choose to split the participants of the meeting into these separate sessions automatically or manually, or they can allow participants to select and enter breakout sessions as they please. You can also pre-assign participants to breakout rooms when you schedule the meeting instead of managing them during the meeting. The host or co-host can switch between sessions at any time and monitor the level of activity in each room. Breakout room participants will have the same audio, video, and screen share capabilities as allowed in the main session.

14. Focus Mode : ON

Focus mode is a feature that allows meeting participants to see Myself, Host, Co-host, Shared Screen, and Other Participants Names Only. It can be turned ON/OFF during a meeting.



6-2 "Recording" tab

1. Local recording : ON

When ON, recordings can be stored in the device.

Local recording

Allow hosts and participants to record the meeting to a local file. The content will include video and shared content with user's own view, and audio only file.

2. Cloud recording : ON

Cloud recording is only available to faculty and staff. Please read separate section "Cloud recording" for more information on how to use Cloud recording

Cloud recording

Allow hosts to record and save the meeting / webinar in the cloud

3. Delete cloud recordings after a specified number of days : ON * unchangeable

The settings ensure that data is automatically deleted after a specified number of days. You cannot individually exclude items or change the number of days because it incurs costs for the entire university.

Delete cloud recordings after a specified number of daysLocked by admin

Specify a time range (days):

7. Zoom Security (Supplementary Information)

Here is supplemental information regarding reports of meetings being disrupted even within the university. Zoom security is often discussed as a single topic, but there are two types.

There are the following two types of Zoom security.

A : Since it is a simple setting, there may be security concerns depending on how it is used.

B : There are security issues with Zoom software and the construction method.

Regarding A, there is no problem if you are careful about changing settings and using them; the same can be said for other tools. However, as a trade-off, it is no longer easy to use, and the settings and operations become more difficult, requiring more skill.

For example, a Zoom meeting can be held just by sending a “URL link for participation” to the meeting, but if you share this URL with a third party (or if it is spread on SNS), anybody can participate. As a countermeasure, there are measures such as setting a password for the meeting and creating a waiting room. Sophia University applies such a setting by default.

For even stronger security, if it is an on-campus event, it is sure to have participants “Sophia-bound”, but there is a possibility that some participants will not be able to sign in properly.

The latest clients have improved countermeasures to deal with problems that arise. A “Suspend participant activity” feature has been implemented that disables all participants with a single action. An action has also been taken to report the problem to Zoom, Inc.

Regarding B, it can be largely avoided by keeping the software up to date. Zoom is also easier to understand, more convenient, and more stable than other tools. It would be more difficult to “have students or users who have never used Skype or Google Meet before using such tools” than to have them use Zoom because of the time and effort required to collect email addresses and IDs. Therefore, we recommend the use of Zoom, except for seminars where another communication tool has already been established.

For online meetings and calls between faculty and staff, Teams can also be used, although it is difficult to make a simple comparison as Teams is more secure, and Zoom is superior in terms of video and call quality. In addition, Zoom is not compatible with Office Infrastructure (VDI) and is not recommended currently due to its disadvantages for staff use.

May 4, 2020	Released
September 18, 2020	Revised
October 14, 2020	Revised
April 24, 2024	Revised
June 7, 2024	Revised
March 18, 2025	Revised
October 7, 2025	Revised

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