2 Managing System Performance with Task Manager

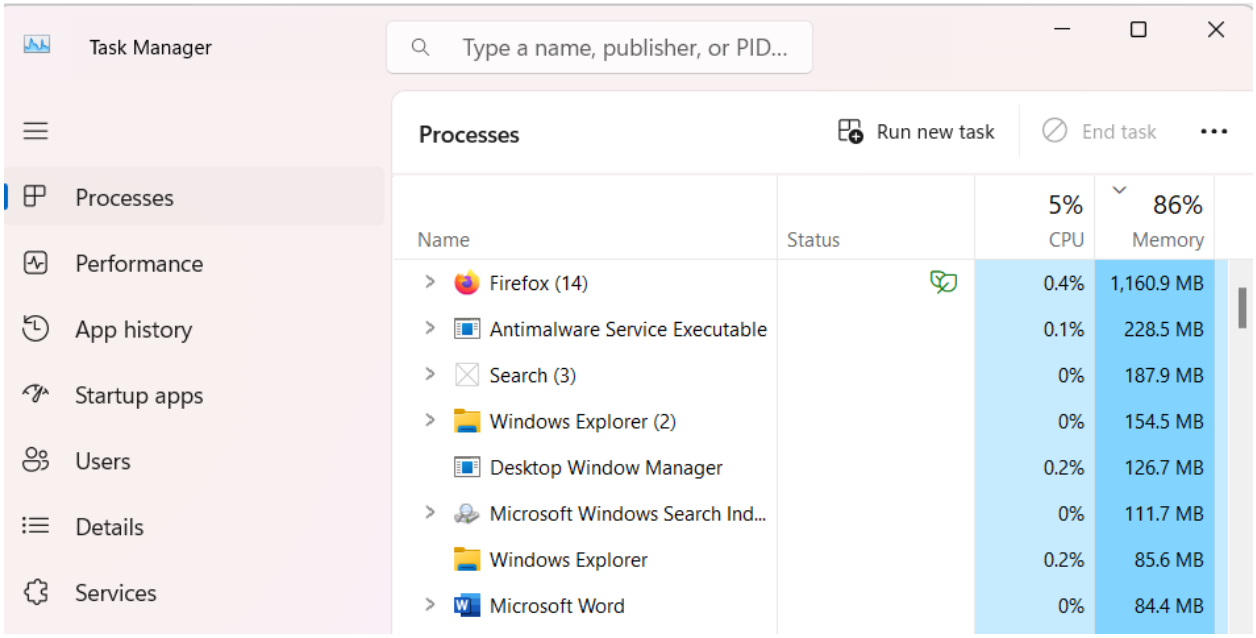
Title: Monitoring and Managing System Performance with Task Manager

Description: In this practical, you will learn to use Task Manager to monitor your computer's performance and identify applications that might be slowing down your system. You'll look at CPU, Memory, Disk, and Background Processes to decide which applications can be closed to improve overall performance.

Purpose: The purpose of this exercise is to familiarize you with Task Manager's monitoring capabilities, helping you understand system resources and how to manage them for a smoother computer experience.

Steps:

1. **Opening Task Manager:**
    - Press **Ctrl + Shift + Esc** on your keyboard to open Task Manager directly.
    - Or, Right click on task bar and click on Task Manager
    - If Task Manager opens in a simple view, click on **More details** at the bottom to expand it to the full view.



2. **Identifying High CPU Usage Programs:**
    - In the **Processes** tab, click on the **CPU** column header to sort by CPU usage, with the highest at the top.
    - Look at the applications using the most CPU. For example, if you see a program using over 70-80% CPU and it's not essential, consider closing it.
    - To close a high-CPU application, select it, and click **End task** at the bottom right of Task Manager.
      Example: End a high-CPU browser if it's not needed right now.

3. **Checking Memory (RAM) Usage and Freeing Up Space:**
    - Next, click on the **Memory** column to sort applications by memory usage.
    - Look at which applications or background processes are using the most RAM. If your computer is running slow, closing some of these may help.
    - Select any unimportant application with high memory usage, then click **End task** to close it.
      Example: If a game or graphics program is open but not in use, ending it will free up memory.

4. **Ending Non-Responsive Applications:**
    - If you notice any applications marked as **Not Responding** in the **Status** column, these might be slowing down the computer.
    - Select the non-responding application, then click **End task** to close it. This will free up resources the application was using.

Conclusion

After completing these steps, you should notice your computer running more smoothly. Regularly checking Task Manager for high resource usage and non-responsive applications can keep your system performing well and improve your understanding of managing resources effectively.