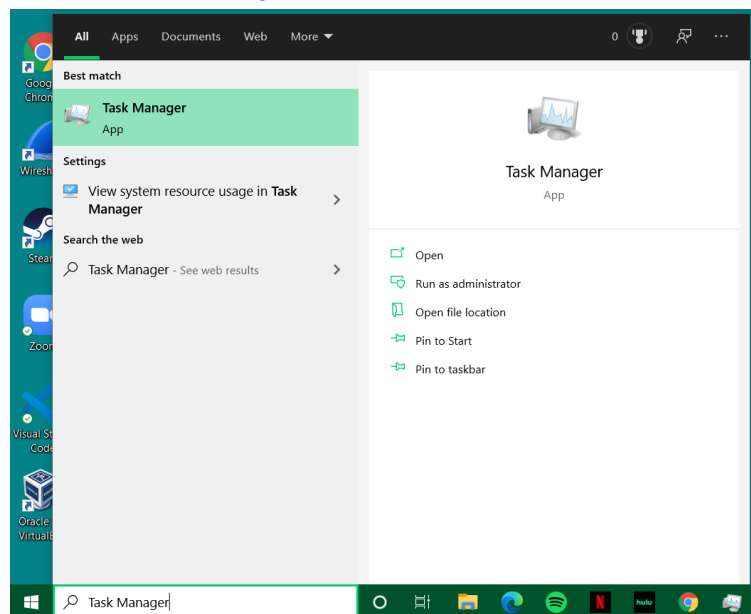# How to Use Task Manager

What is Task Manager?

The Task Manager is a system monitor program used to provide information about the processes and applications running on a computer, as well as the general status of the computer. Using the Task Manager, you can view how much memory a program is using, stop a frozen program, and view available system resources. If you are ever wondering why your computer is running slow, or if a program has frozen and refused to be shut down, task manager will be your ultimate savior in informing you, and enforcing your will.
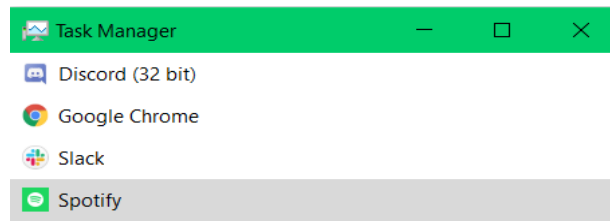
How to open Task Manager:

- Go to the Windows search bar (bottom left corner) and type "Task Manager" in the text box. Then click on the "Task Manager" tab

- (You can also right click the Start button and click on the "Task Manager" tab)
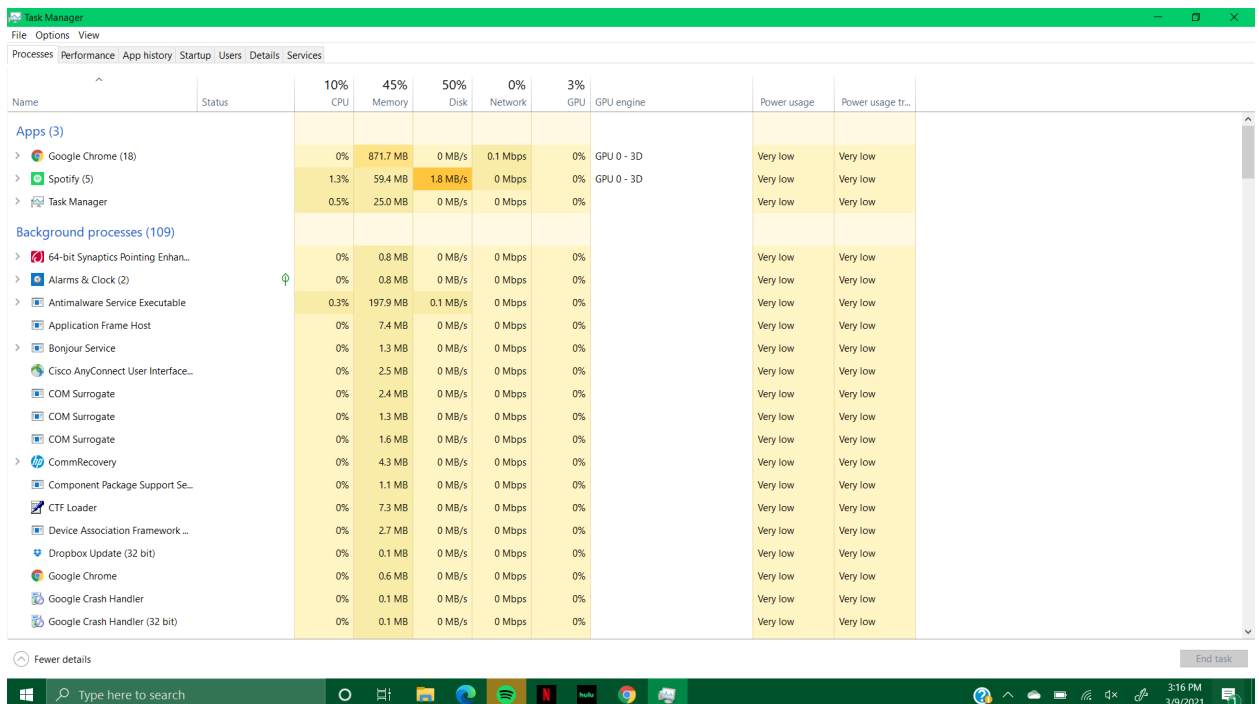
How to use Task Manager:

- Once Task Manager is open it will show all of the "tasks" currently running.

- By selecting a task and clicking the "End Task" button, it will force the computer to stop the task from running.

More Details:

- By clicking the more details tap it will show the full task manager and its capabilities.

- The Task Manager has seven main tabs. Processes, Performance, App History, Startup, Users, Details, and Services

Processes:

- The processes tab shows all of the applications currently running on your computer. This page also shows how much resources each app is using like CPU usage, memory usage, disk drive usage, network usage, and GPU usage. You can also click on any application and then hit the "End Task" button to stop it from running.

Performance:

- The performance tab shows useful information and graphs relating to your CPU, memory, disk drive, network, and GPU resources. It also has other useful information like your IP address and what processor your computer is using.

App History:

- This tab shows how much resources each app has historically used when running.

Startup:

- This tab shows all of the applications that your computer starts up when the computer turns on or when you sign into your account. If you have an app that you don't want to startup when your PC turns on you can simply click on it and then click the "Disable" button to disable it from starting up.

Users:

- The user tab shows a list of all of the users currently using the PC and how much resources they are using. You can also disconnect a user if you need to.

Details:

- The details tab shows more obscure information relating to the processes and applications running on your computer.

Services:

- The services tab shows all of the services currently running on the computer