
How to fix your Computer
Class 1 – Basic Computer Cleanup and Optimization
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If your computer is running slow and needs a cleanup, these are the steps you take to make it run like new again.

Step 1: Cleanup the programs running in startup

One of the most common computer problems is having too many programs running. If you press ctrl+alt+delete and look at the task manager processes, you may see a very long list of running processes. Very few of these processes are actually needed to run windows.

The startup can get congested and cause your computer to run slow.

To clean out the startup you do the following.

- Click Start>Run
- Type 'msconfig' and Click 'OK'
- Click the 'Startup' tab
- Uncheck everything except your Antivirus software
- You can always recheck things later if you accidentally disabled something
- None of the critical windows processes are in the 'Startup' area
- Click 'OK' and Restart your computer.

Step 2: Testing the Hard Drive performance

When hard drives start to go bad they can gradually decrease in performance until they fail. To make sure that your hard drive is not going bad you will want try either of the following programs.

Fresh Diagnose is a free program that, when registered, can be used to run a Hard Drive Diagnostic.

www.freshdevices.com/freshdiag.html

Another program that is somewhat popular in avoiding Hard Drive failures is HDD Health. www.panterasoft.com

Both of the above referenced programs are FREE.



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If the hard drive checks out then you will want to check for heat. Are all of the fans on your computer working? Do you feel air blowing out of the back of the computer? If you take off the side panel on your computer is the CPU fan spinning?

You will also want to dust out the fans in your computer. You can use a can of Air Duster or a compressor; just make sure your computer is off.

Laptops are especially susceptible to heat problems. They need to be sprayed out regularly.

Step 3: Removing Spyware and Viruses

The first thing you will want to do before installing and scanning for viruses and spyware is to clean out all of your temporary files. You can use CCleaner www.ccleaner.com to accomplish this.

After cleaning out all of the temporary files you will want to scan for spyware. Get the Spy Sweeper Trial from www.computerpros.cc/software.php. After downloading and installing Spy Sweeper, run a full scan.

To remove viruses you will want to download and install AVG. AVG Free Edition can be downloaded at <http://free.grisoft.com>

Be sure to uninstall any other antivirus software you have before installing AVG. This includes McAfee, Norton, etc...

After cleaning out all of the spyware and viruses you will want to run 'Disk Defragment'

Start>All Programs>Accessories>System Tools>Disk Defragmenter

Run a full defragment on the drive.

If your computer is still running slow at this point you may have a more advanced problem. Contact a technician for help.



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