



How do I run windows updates on my Windows Vista computer?



Windows Update

Windows edition _____

Windows Vista™ Business

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Service Pack 1

Upgrade Windows Vista

Step 1. Go to **Start**, click on **Control Panel**, then click on **Windows Updates** icon. When you click on **Windows Updates**, below is a sample screen of what you should see. Click on the **View available updates** link to see a list of available updates.

Windows Update

Download and install updates for your computer

Total: 2 important updates, 4.1 MB
Also available: 6 optional updates

Always install the latest updates to enhance your computer's security and performance.

[Install updates](#) [View available updates](#)

Most recent check for updates: Today at 8:20 AM
 Updates were installed: Yesterday at 4:38 PM. [View update history](#)
 You have Windows set to: Automatically install new updates every day at 3:00 AM (recommended)
 You receive updates: For Windows and other products from Microsoft Update

Choose the updates you want to install
Total available: 8 updates

Name	Type	Published
Windows Vista (6)		
<input type="checkbox"/> Internet Explorer 8 for Windows Vista	Important	8/25/2009
<input checked="" type="checkbox"/> Update for Windows Vista (KB972036)	Recommended	Yesterday
<input type="checkbox"/> ATI Technologies Inc. - Display - ATI Radeon HD 2400 XT	Optional	5/14/2009
<input type="checkbox"/> Group Policy Preference Client Side Extensions for Windows Vista (KB943729)	Optional	6/23/2009
<input type="checkbox"/> Update for Windows Vista - English (KB933728)	Optional	6/30/2009
<input type="checkbox"/> Windows PowerShell 1.0 For Windows Vista (KB932843)	Optional	5/12/2009
Office Live Add-in (1)		
<input type="checkbox"/> Office Live add-in 1.4	Optional	7/22/2009
Windows Live (1)		
<input type="checkbox"/> Windows Live Essentials	Optional	4/25/2009

Total selected: 1 update

[Install](#) [Cancel](#)

Step 2. Place a checkmark next to the software download file to download the windows updates you want to install into your PC, then click **Install**. See sample below of downloading windows updates.

Check for updates
Change settings
View update history
Restore hidden updates
Updates: frequently asked questions

Windows Update

Downloading updates...

Download progress bar (34% complete)

Download 1 update (4.1 MB total, 34% complete)

[Stop download](#)

Step 3. Below is a sample message **"The updates were successfully installed"** that you'll receive after the windows updates is successfully complete.

Check for updates
Change settings
View update history
Restore hidden updates
Updates: frequently asked questions

Windows Update

The updates were successfully installed

Restart now to finish installing updates.
Succeeded: 1 update

[Restart now](#)

Windows can't update important files and services while the system is using them. Save any open files, and then restart the computer.

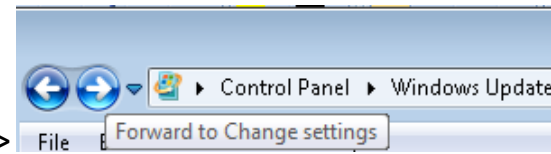
Note: Before you click **"Restart Now"**, save any documents to your local drive, folder or USB flash drive to backup your files, then click **"Restart Now"** (this will restart your PC and process all of your windows updates).

Step 4. How can I navigate using the back or forward buttons at the top of the dialog box?

Click the **Left** button to go **back** one step ----->



Click on the **Right** button to go **forward** one step----->



Step 5. How can I choose how Windows installs my updates? Go to **Start, click on **Control Panel**, then click on **Windows Updates**, then on the left hand side click on **Change Settings**. Select **Install Updates automatically** and select **Every day** at a specific hour (AM or PM), so that important updates will install accordingly to your settings.**

Choose how Windows can install updates

When your computer is online, Windows can automatically check for important updates and install them using these settings. When new updates are available, you can also install them before shutting down the computer.

Understanding Windows automatic updating

- Install updates automatically (recommended)**
Install new updates:
Every day at 3:00 AM
- Download updates but let me choose whether to install them
- Check for updates but let me choose whether to download and install them
- Never check for updates (not recommended)**
Your computer will be more vulnerable to security threats and performance problems without the latest updates.

Recommended updates

- Include recommended updates when downloading, installing, or notifying me about updates

Update service

- Use Microsoft Update
You will receive updates for Windows and other products from Microsoft Update.

Note: Windows Update may update itself automatically before it checks for other updates. Read our [privacy statement online](#).

Step 6. How can I view a history of my updates? Go to **Start, click on **Control Panel**, then click on **Windows Updates**, then on the left hand side click on **View Updated History**.**

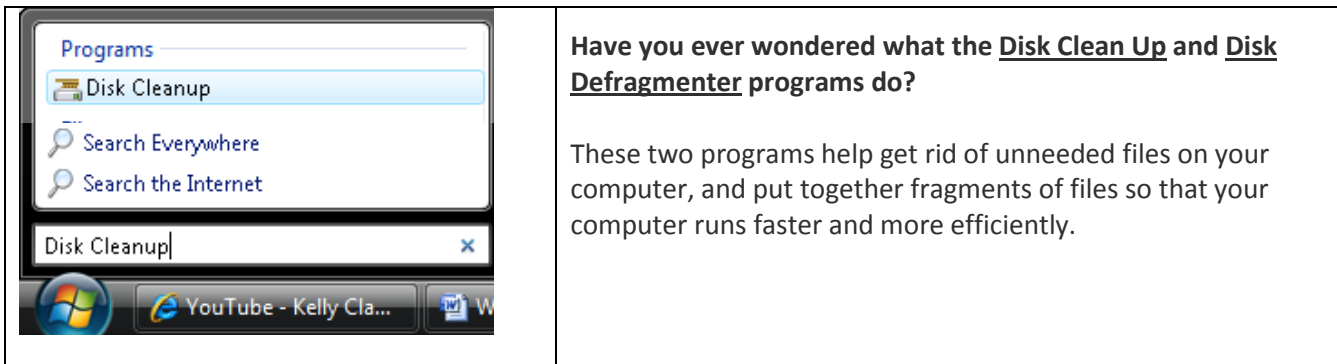
Review your update history

Make sure all important updates have been successfully installed. To remove an update, go to [Installed Updates](#).

Troubleshoot problems with installing updates

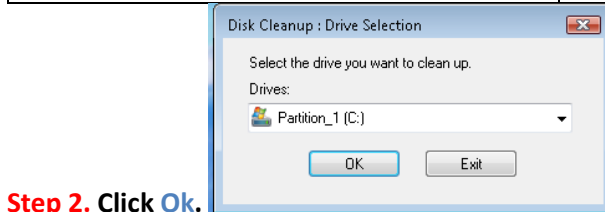
Name	Status	Type	Date Installed
Update for Windows Vista (KB972036)	Pending	Recommended	9/2/2009
Update for Windows Vista (KB968389)	Successful	Important	9/1/2009

Step 1. How do I run a disk cleanup in my Windows Vista PC? Go to the Start Menu, then click on Start Search Box and type: Disk Cleanup. See sample below. Under Programs listed click on Disk Cleanup then select the drive you want to disk cleanup to clean.



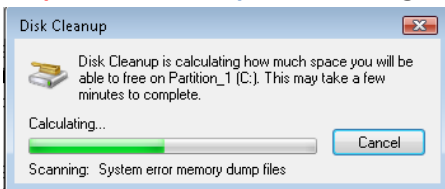
Have you ever wondered what the Disk Clean Up and Disk Defragmenter programs do?

These two programs help get rid of unneeded files on your computer, and put together fragments of files so that your computer runs faster and more efficiently.

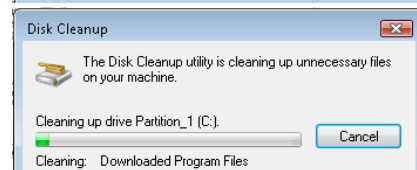
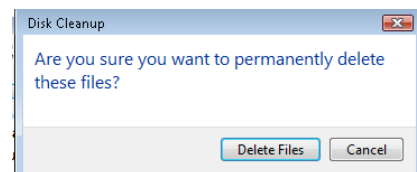
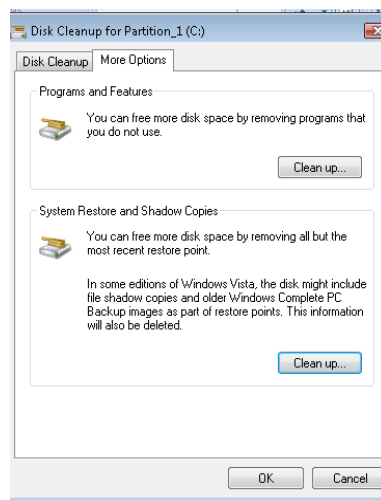
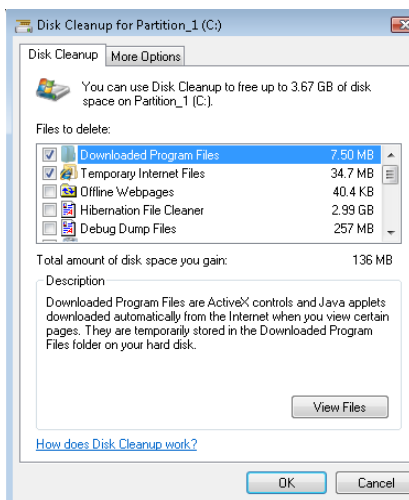


Step 2. Click Ok.

Step 3. Disk Cleanup is calculating how much space you will be able to free on your drive.

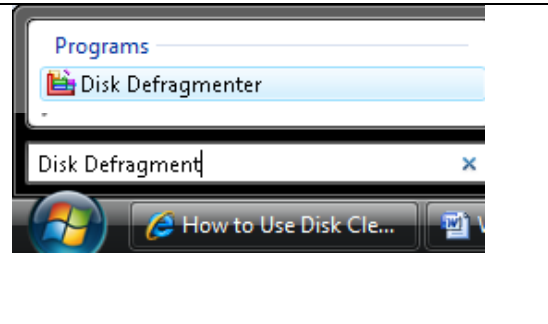


Step 4. In the Disk Cleanup tab, you can view how much disk space you can gain by cleaning certain files that you want to delete from your computer. If you click on the More Options tab, in the Program and Features section, the first clean up button allows you to free up more disk space by removing program that you do not user. Next, in the System Restore and Shadow Copies section, the second clean up button allows you to free more disk space by removing all but the most recent restore point.

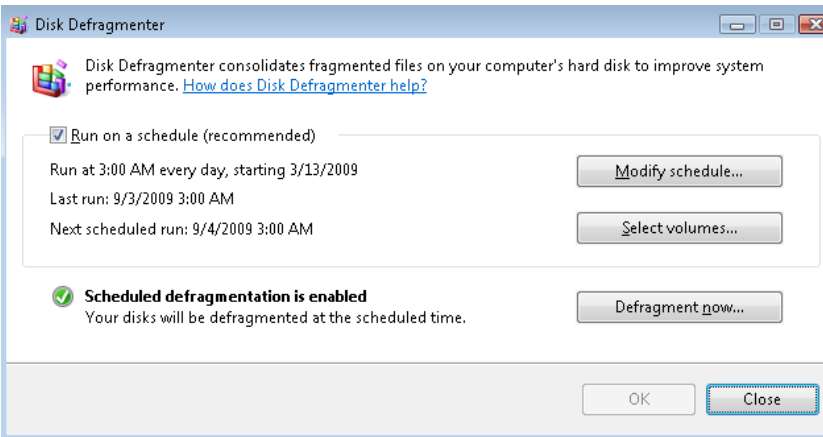


Step 1. How do I run a disk defragment?

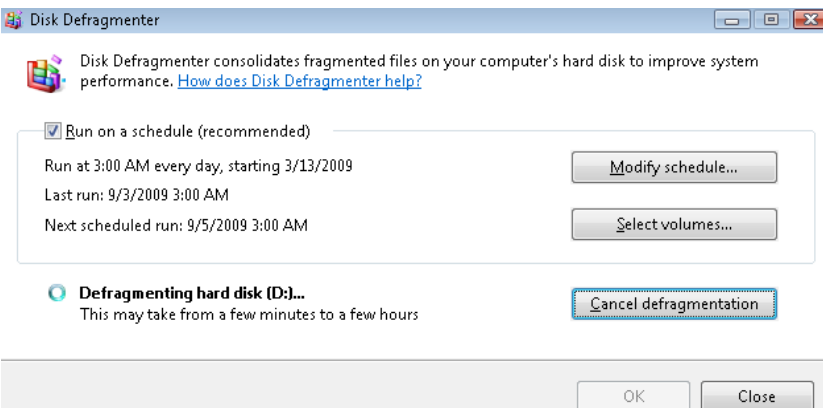
How do I run a disk defragment in my Windows Vista PC? Go to the **Start Menu**, then click on **Start Search Box** and type: **Disk Defragment**. See sample below. Under Programs listed click on **Disk Defragment** then select the drive you want to disk cleanup to clean.

 A screenshot of the Windows Start Search interface. The search bar contains the text 'Disk Defragmenter'. Below the search bar, a list of results is shown, with 'Disk Defragmenter' highlighted. At the bottom of the search results, there is a search box containing the text 'Disk Defragment' and a search button.	<p>Have you ever wondered what the <u>Disk Clean Up</u> and <u>Disk Defragmenter</u> programs do?</p> <p>These two programs help get rid of unneeded files on your computer, and put together fragments of files so that your computer runs faster and more efficiently.</p>
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Step 2. Click on **Modify Schedule** to select a date and time to run Disk Defragment. In the **Select Volumes** (button) you can select the drive that you want to defragment. If you click on **Defragment Now** (button)

A screenshot of the Disk Defragmenter window. The window title is 'Disk Defragmenter'. The main content area shows a description of the program and a section for scheduling. The 'Run on a schedule (recommended)' checkbox is checked. Below this, it says 'Run at 3:00 AM every day, starting 3/13/2009', 'Last run: 9/3/2009 3:00 AM', and 'Next scheduled run: 9/4/2009 3:00 AM'. There are three buttons: 'Modify schedule...', 'Select volumes...', and 'Defragment now...'. At the bottom, there are 'OK' and 'Close' buttons.

Step 3. Sample of Defragment scanning hard drive volume.

A screenshot of the Disk Defragmenter window. The window title is 'Disk Defragmenter'. The main content area shows a description of the program and a section for scheduling. The 'Run on a schedule (recommended)' checkbox is checked. Below this, it says 'Run at 3:00 AM every day, starting 3/13/2009', 'Last run: 9/3/2009 3:00 AM', and 'Next scheduled run: 9/5/2009 3:00 AM'. There are three buttons: 'Modify schedule...', 'Select volumes...', and 'Cancel defragmentation'. At the bottom, there are 'OK' and 'Close' buttons.