

## CHECK YOUR CPU USAGE PERIODICALLY

Most of us don't monitor our CPU (central processing unit) usage on a regular basis. But it is a good idea to keep an eye on it every once in awhile. CPU usage is the percentage of your computer system that's being used at any given moment.

If you use several programs on your computer at once, your usage will be higher than when you're not doing anything. Either way though, there's usually some part of your system that's processing information. Even when you're not using any programs, there will still be a small percentage used due to your antivirus program that you have running in the background.

To see how much of your CPU is being used at any given time, you need to open the **Task Manager**.

1. Right-click on the **Taskbar**.
2. Then select **Task Manager**
3. The percentage of CPU usage is under the **Performance** tab. You will see it fluctuate up and down.
4. The percentage of CPU usage for individual components is under the **Processes** tab.