Lab Report – Windows Task Manager

Objectives

The objective of this lab was to explore Windows Task Manager and manage processes, services, and performance monitoring.

Background / Scenario

Task Manager is a system monitoring tool that provides detailed information about running processes, applications, and system performance. It also allows administrators to terminate processes, change process priority, and troubleshoot system issues efficiently.

Required Resources

Windows PC with internet access

Lab Tasks & Findings

Part 1: Processes Tab

• Opened Command Prompt and Microsoft Edge.
• Verified processes categorized as: Apps, Background Processes, and Windows Processes.
• Console Window Host (conhost.exe) was located in: C:\Windows\System32.
• Closing the Command Prompt ended associated processes.
• Sorting by Memory column displayed processes from highest to lowest usage.
• Changed Memory values to percentages for better memory utilization insight.
• Double-clicking Microsoft Edge minimized Task Manager and opened the browser.
• Ending the Edge task closed all browser windows.

Part 2: Services Tab

• Services had two possible statuses: Running or Stopped.

Part 3: Performance Tab

• Threads running: 2594
• Processes running: 222
• Physical Memory (Total): 8.0 GB DDR3
• Available Memory: 3.4 GB
• In Use Memory: 4.4 GB
• Ethernet Link Speed: 1.0 Gbps
• IPv4 Address: 192.168.56.1
• Opened Resource Monitor from Task Manager for deeper performance insights.

Reflection

Understanding how to work within Task Manager is essential for administrators because it enables:
• Monitoring performance (CPU, memory, disk, network usage)

• Identifying problems (unresponsive apps, malware, high resource usage)
• Managing processes (start, stop, restart tasks and services)
• Troubleshooting (system freezes, crashes, slowdowns)
• User management (monitor active users and sessions)
Task Manager acts as a first-line diagnostic tool to maintain system stability and ensure smooth operation.