A system restore point is a place in time that was created by the system that everything at that moment is saved to its current state. This is good because when you make changes to software or add drivers or devices that you allow to change your operating system and they do not run smoothly or conflict with each other, you can in a way troubleshoot and restore your computer to when it was running good and try to figure out why the changes did not go well. Its nice windows does this periodically and when times you make changes depending on the way you put the settings. So if you can't find pin down the point where it started you can go back further with earlier restore points. In a case where malicious software is on your computer you can restore it to some degree depending on what's infected it. Either way it's like starting over in a sense that you don't have to uninstall everything. This pertains to what we are studying because we our working in virtual machines and installing programs and in the field of cybersecurity it leads to some kind troubleshooting trail where you can figure out at what point things changed and diagnose and see what you did from there, even it fails again you know what's not working. You can restore as far back as you can and start over without losing what you do have on your pc. And it does not affect files, music, video, or email, so you can retrieve that if your system is not working correctly or infected. This can also been done from the command line by: *rstrui.exe* I have never used it, so dont know what state it puts your pc in.