1. CPU utilization >= 60% for 2 minutes
   Several conditions could result in CPU utilization being >= 60% for 2 minutes, and there are various ways to resolve this issue. Some potential causes and solutions include:

   Multitasking: Running multiple applications or tasks simultaneously can increase CPU usage. Try reducing the number of concurrently running applications or use the Task Manager to identify and close unnecessary processes.

   Malware: Malicious software such as viruses or spyware can cause abnormally high CPU usage. Conduct a system scan using up-to-date antivirus software and remove any detected malware.

   Background Tasks and Services: Certain background tasks and system services may consume CPU resources. Use the Task Manager to identify and, if necessary, disable or adjust these tasks and services.

   Driver Updates: Outdated or incorrect hardware drivers can lead to high CPU usage. Ensure all hardware drivers on your computer are up to date.

   Insufficient System Resources: If your computer's hardware configuration is inadequate for your workload, it may result in high CPU usage. Consider upgrading hardware components, especially RAM and CPU.

   Program Errors: Some applications may have errors or memory leaks that cause unusually high CPU usage. Update the applications or try using alternative software to see if the problem persists.

   Performance Optimization: Certain applications may offer performance settings that can be adjusted according to your needs. Check the application settings for any optimization options.

If CPU utilization remains above 60%, you can use the above methods to investigate and address the issue, ensuring normal system operation. If the problem persists, further investigation or consulting with technical support may be necessary.