Getting used to using your keyboard exclusively and leaving your mouse behind will make you much more efficient at performing any task on any Windows system. I use the following keyboard shortcuts every day:

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Windows key + R = Run menu

This is usually followed by:

cmd = Command Prompt
iexplore + "web address" = Internet Explorer
compmgmt.msc = Computer Management
dhcpmgmt.msc = DHCP Management
dnsmgmt.msc = DNS Management
services.msc = Services
eventvwr = Event Viewer
dsa.msc = Active Directory Users and Computers
dssite.msc = Active Directory Sites and Services
Windows key + E = Explorer

ALT + Tab = Switch between windows

ALT, Space, X = Maximize window

CTRL + Shift + Esc = Task Manager

Windows key + Break = System properties

Windows key + F = Search

Windows key + D = Hide/Display all windows

CTRL + C = copy

CTRL + X = cut

CTRL + V = paste

Also don't forget about the "Right-click" key next to the right Windows key on your keyboard. Using the arrows and that key can get just about anything done once you've opened up any program.

Keyboard Shortcuts

[Alt] and [Esc] Switch between running applications

[Alt] and letter Select menu item by underlined letter

[Ctrl] and [Esc] Open Program Menu

[Ctrl] and [F4] Close active document or group windows (does not work with some applications)

[Alt] and [F4] Quit active application or close current window

[Alt] and [-] Open Control menu for active document

Ctrl] Lft., Rt. arrow Move cursor forward or back one word

Ctrl] Up, Down arrow Move cursor forward or back one paragraph

[F1] Open Help for active application

Windows+M Minimize all open windows

Shift+Windows+M Undo minimize all open windows

Windows+F1 Open Windows Help

Windows+Tab Cycle through the Taskbar buttons

Windows+Break Open the System Properties dialog box

acessability shortcuts

Right SHIFT for eight seconds...... Switch FilterKeys on and off.

Left ALT +left SHIFT +PRINT SCREEN...... Switch High Contrast on and off.

Left ALT +left SHIFT +NUM LOCK...... Switch MouseKeys on and off.

SHIFT...... five times Switch StickyKeys on and off.

NUM LOCK..... for five seconds Switch ToggleKeys on and off.

explorer shortcuts

END...... Display the bottom of the active window.

HOME...... Display the top of the active window.

NUM LOCK+ASTERISK...... on numeric keypad (*) Display all subfolders under the selected folder.

NUM LOCK+PLUS SIGN...... on numeric keypad (+) Display the contents of the selected folder.

NUM LOCK+MINUS SIGN...... on numeric keypad (-) Collapse the selected folder.

LEFT ARROW..... Collapse current selection if it's expanded, or select parent folder.

RIGHT ARROW...... Display current selection if it's collapsed, or select first subfolder.

Type the following commands in your Run Box (Windows Key + R) or Start Run

devmgmt.msc = Device Manager

msinfo32 = System Information

cleanmgr = Disk Cleanup

ntbackup = Backup or Restore Wizard (Windows Backup Utility)

mmc = Microsoft Management Console

excel = Microsoft Excel (If Installed)

msaccess = Microsoft Access (If Installed)

powerpnt = Microsoft PowerPoint (If Installed)

winword = Microsoft Word (If Installed)

frontpg = Microsoft FrontPage (If Installed)

notepad = Notepad

wordpad = WordPad

calc = Calculator

msmsgs = Windows Messenger

mspaint = Microsoft Paint

wmplayer = Windows Media Player

rstrui = System Restore

netscp6 = Netscape 6.x

netscp = Netscape 7.x

netscape = Netscape 4.x

waol = America Online

control = Opens the Control Panel

control printers = Opens the Printers Dialog

internetbrowser

type in u're adress "google", then press [Right CTRL] and [Enter] add www. and .com to word and go to it