LAB 1 – Introduction to Windows 7 and Virtualization

Command prompt

1. Navigating to folders using command prompt
2. Create and delete folders using command prompt
3. Opening files using command prompt
4. List out the folders in the directory
5. copy folders (5 folders)
6. moving folders (5 folders)
7. Hide folders
8. Unhide Folders

windows

1. Add new user in control panel
2. Change password in control panel
3. Connect to a network using the Network and Sharing Center
4. Enable Windows Firewall
5. Remove unwanted programs (need to add some programs)
6. Restart explorer.exe in Task Manager
7. View your RAM usage in Task Manager
8. Find out your User ID in Task Manager
9. Turn on cockblocker encryption (do not mention during the competition)
10. Turn on hidden files
11. Show file extensions
12. Check system protection (turn on if you want)
13. Change computer name
14. Name the group you are in
15. go to the temp folder
16. go to the history folder
17. go to the cookies folder
18. see if all the drives are working properly
19. Turn on UAC

virtualization

1. Install VMware Player and Virtualbox
2. Add ISO Files (Windows 7 & Ubuntu)
3. Find the VMDK and VMX Files
4. Enable Shared Folders between host and guest OS
5. Identify the difference between NAT and Bridge adaptors
6. Configure USB detection in guest OS
7. Convert VDI to VMDK files and vice versa
8. Add guest additions