**How to open and quit Terminal on Mac**

## Open Terminal

On your Mac, do one of the following:

* Click the Launchpad icon  in the Dock, type Terminal in the search field, then click Terminal.
* In the Finder , open the /Applications/Utilities folder, then double-click Terminal.

## Quit Terminal

* In the Terminal app  on your Mac, choose Terminal > Quit Terminal.

## Quit a shell session

* In the Terminal app  on your Mac, in the window running the shell process you want to quit, type exit, then press Return.

This ensures that commands actively running in the shell are closed. If anything’s still in progress, a dialog appears.

If you want to change the shell exit behavior, see [Change Profiles Shell preferences](https://support.apple.com/guide/terminal/change-profiles-shell-preferences-trmlshll/2.12/mac/11.0).

For more information, visit: [Apple Support](https://support.apple.com/guide/terminal/open-or-quit-terminal-apd5265185d-f365-44cb-8b09-71a064a42125/mac)