Windows 11 System Restore and File History Backup Lab

Objective:
Learn to create and use System Restore points for recovery and configure File History to back up data files to an external drive. This lab also includes steps for restoring data files.

Part 1: System Restore

Objective: Enable and create system restore points to roll back the system to a previous state in case of issues.

1. Enable System Restore:
   - Open Control Panel > System and Security > System.
   - Select System protection from the left sidebar.
   - Under Protection Settings, select your primary system drive (typically C:) and click Configure.
   - Choose Turn on system protection, set the Max Usage slider to allocate disk space for restore points, and click OK.

2. Create a Restore Point:
   - In the System Properties window, click Create to manually create a restore point.
   - Name the restore point (e.g., "Pre-Update Restore Point") and click Create.
   - Wait for the system to create the restore point, then click Close.

3. Restore from a Restore Point:
   - To test a restore, go back to System protection and click System Restore.
   - Select the restore point you created, click Next, then Finish to initiate the restore.
   - Confirm the system restore and allow Windows to restart to complete the process.

Practice Questions:
   - Why is it important to enable System Restore on your primary drive?
   - What types of changes or issues can a system restore address?

Part 2: Hard Drive Backup with File History

Objective: Configure File History to back up important data files to an external drive and use Restore personal files to recover lost or modified data.

Step 1: Set Up File History for Backups

1. Connect an External Drive:
   - Connect an external hard drive or USB drive to your computer.
   - Ensure it has enough space to store your data backups.

2. Open File History:
   - Go to Settings > Update & Security > Backup > Add a drive.
   - Select your connected external drive as the backup location.

3. Turn On File History:
   - Once the drive is selected, File History will automatically turn on.
   - File History will back up files from key folders such as Documents, Pictures, Music, Videos, Desktop, and OneDrive (if configured locally).

4. Configure Backup Settings:
   - In the Backup options, configure how frequently backups occur (e.g., Every hour) and how long backups are retained (e.g., Forever or Until space is needed).

Practice Questions:
   - How often should you back up files for optimal data protection?
   - Which types of files should be prioritized in File History backups?

Step 2: Restore Files with File History

Objective: Use File History to restore specific versions of files that have been modified or deleted.

1. Open Restore Personal Files:
   - In the Control Panel, go to System and Security > File History > Restore personal files.
   - A window will open with a timeline view of backed-up files and folders.

2. Browse and Select Files to Restore:
   - Navigate to the folder containing the file(s) you want to restore.
   - Use the arrows at the bottom of the window to select different backup dates and view older versions.

3. Restore Files:
   - Select the file(s) you want to restore and click the Restore button.
   - Choose whether to restore files to their Original location or specify a Different location if you don't want to overwrite current versions.

4. Verify Restored Files:

- Navigate to the restored location and confirm that the files have been successfully restored to their previous state.

Practice Questions:
   - Why might you restore files to an alternate location rather than the original?
   - How can using File History help in recovering from accidental file deletions?

Final Questions

1. What are the main differences between System Restore and File History?
2. Describe a scenario where a system restore would be preferable to using File History.
3. How does regularly backing up data with File History protect against data loss?