

Keeping your Macbook Pro healthy

1) Reset the System management Controller

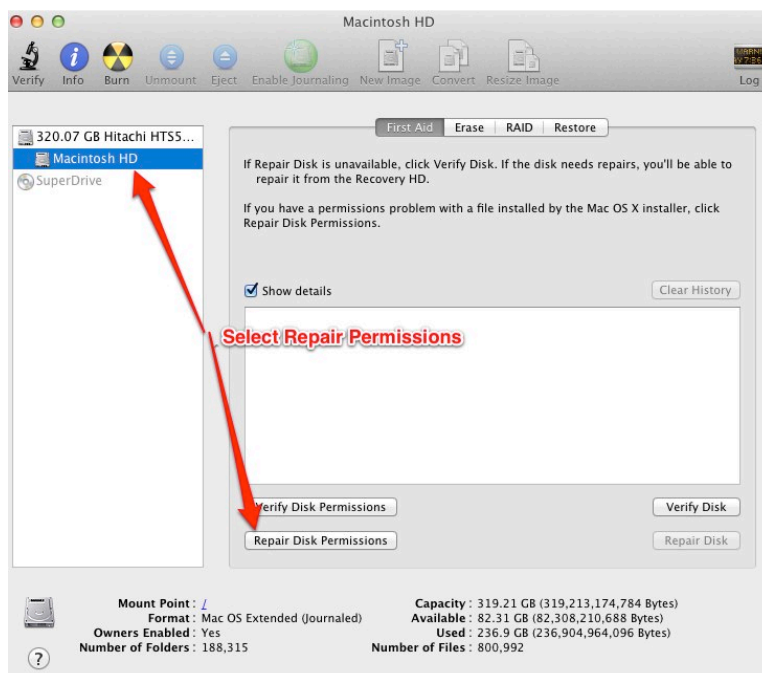
1. Shut down the computer.
2. Plug in the MagSafe power adapter to a power source, connecting it to the Mac if its not already connected.
3. On the built-in keyboard, press the (left side) Shift–Control–Option keys and the power button at the same time.
4. Release all the keys and the power button at the same time.
5. Press the power button to turn on the computer.
Note: The LED on the MagSafe power adapter may change states or temporarily turn off when you reset the SMC.

2) Reset the pRAM

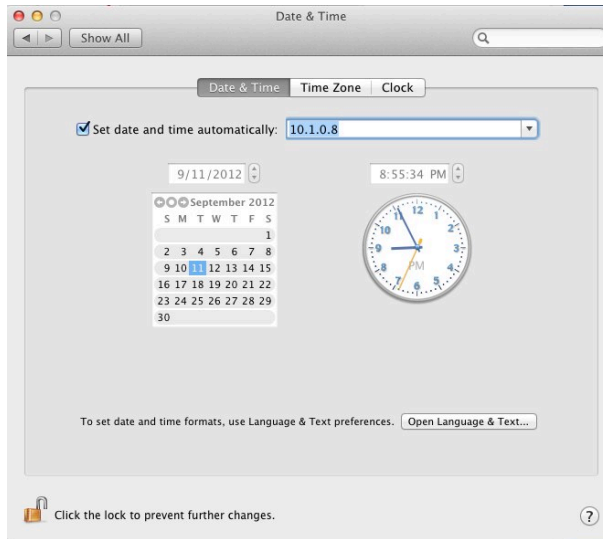
Press the power (⌘) button and immediately hold down the Command (⌘), Option, P, and R keys simultaneously until you hear the startup sound a two more times to reset the parameter RAM (PRAM). Release the keys after you here the 2nd or 3rd startup sound.

3) Run Disk Utility to repair disk permissions

- 1) Quit all applications
- 2) Launch Disk Utility (Applications --> Utilities)
- 3) Select Macintosh HD & Repair Disk Permissions



**4) Make sure your clock is set for the correct time. (System Preferences --> Date & Time).
The date and time are sync'd with the school's server**



5) Clean up your desktop. All documents should be in the Documents folder, pictures in the pictures folder, etc.. Move unwanted items to the Trash.

6) Back Up !

7) Run Software Update (Apple Menu --> Software Update...)

- Do this at home
- make sure your laptop is connected to its charger
- Follow the prompts and do not disturb the laptop while the updates are downloading and installing