

## How to Remove Unwanted Programs

### Why uninstalling programs is a good idea

Uninstalling programs you don't need any more is a great way of speeding up your computer. This is because many programs automatically run at start-up and often sit in your taskbar chewing up valuable memory. This causes your computer to take longer to start and also reduces the amount of memory available to the applications you actually want to use.

### Which programs can I uninstall?

Only remove a program if you know what it is! This is very important as there are some you may not recognise which are important and should be left alone. If you need a hand, a *JS Group technician* can help you get your computer in top performance and our technicians know which programs are safe to remove and which should be left alone.

### How do I uninstall programs?

#### Uninstalling a program in Windows Vista

In Windows Vista, to uninstall a program, click on **Start** > type "**Programs and Features**" and press **Enter**. A list of all the programs currently installed on your computer will appear. By selecting a program you no longer need then clicking the **Uninstall** button (which appears on the top strip), you will be able to remove it from your computer. Follow any steps required and re-start your computer once you're done.

#### Uninstalling a program in Windows XP

In Windows XP, to uninstall a program, click on **Start** > Click on **Control Panel** > Double click **Add or Remove Programs**. In the currently installed programs list, choose the program you want to get rid of and click on **Change/Remove**. Follow the instructions that appear. Once you're done, restart your computer.