IT Essentials 5.0

5.2.3.4 Lab - Registry Backup and Recovery in Windows XP

Introduction

Print and complete this lab.

In this lab, you will back up a computer registry. You will also perform a recovery of a computer registry. The registry is also called System State data.

Recommended Equipment

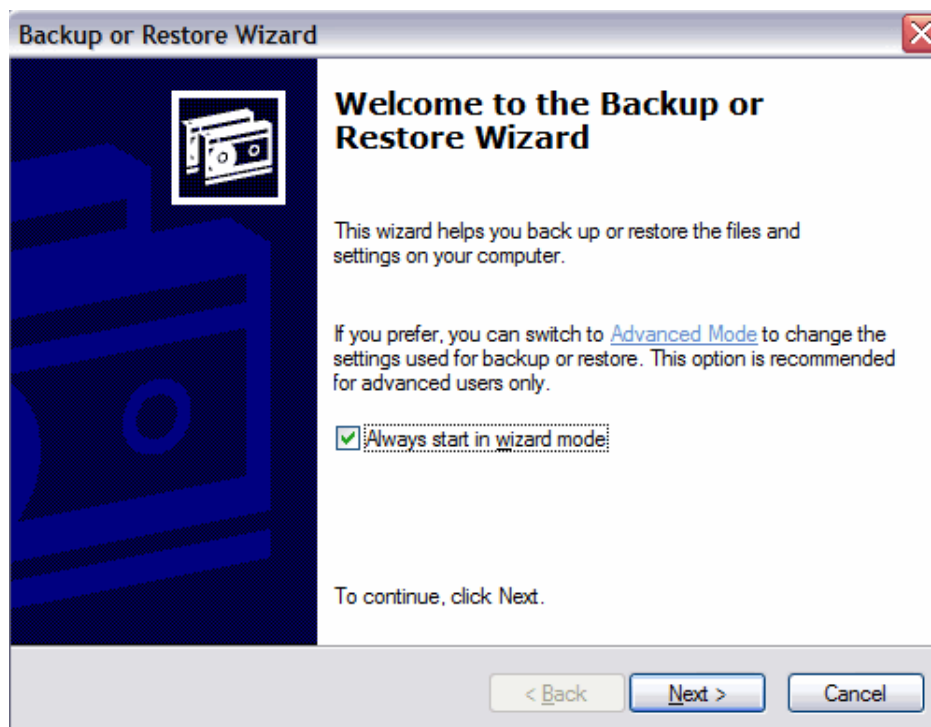The following equipment is required for this exercise:

- A computer system running Windows XP is required for this exercise.

Step 1

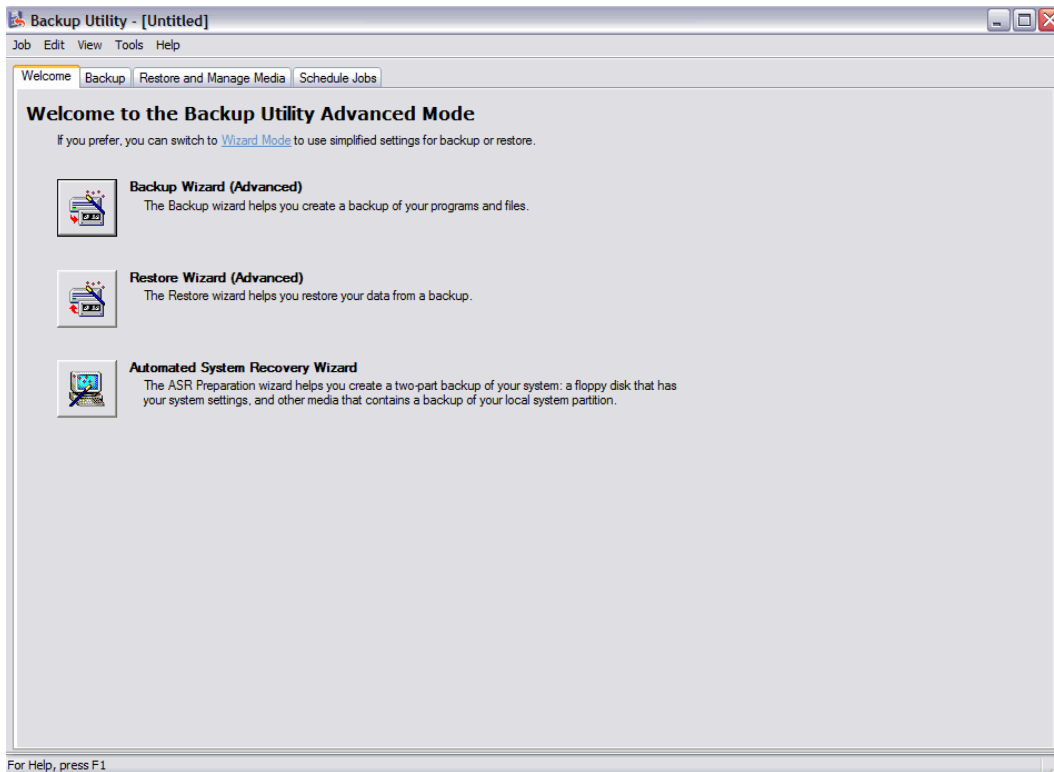Log on to the computer as yourself.

Click **Start > Run**.

Type **ntbackup** and then click **OK**. The "Backup or Restore Wizard" window opens.

Click **Advanced Mode**.

Step 2

The "Backup Utility" window opens.

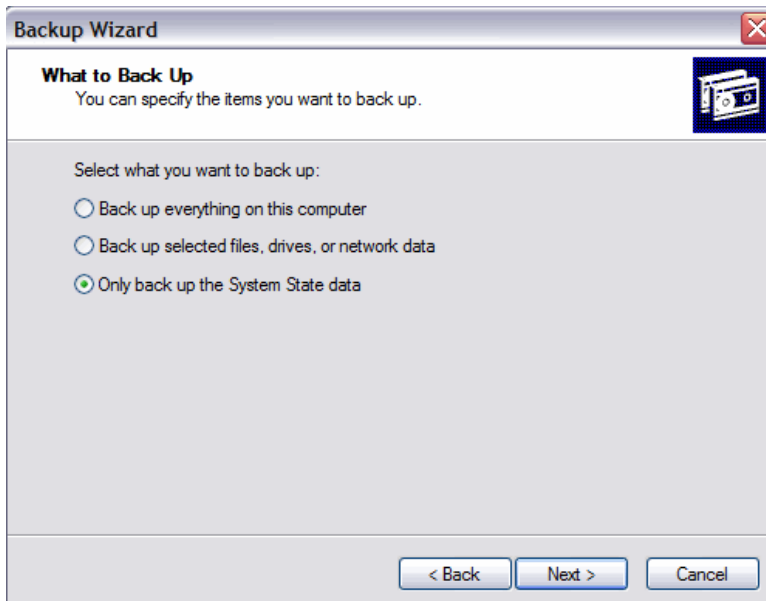Click **Backup Wizard (Advanced)**.

Step 3

The "Welcome to the Backup Wizard" window opens.

Click **Next**.

Step 4
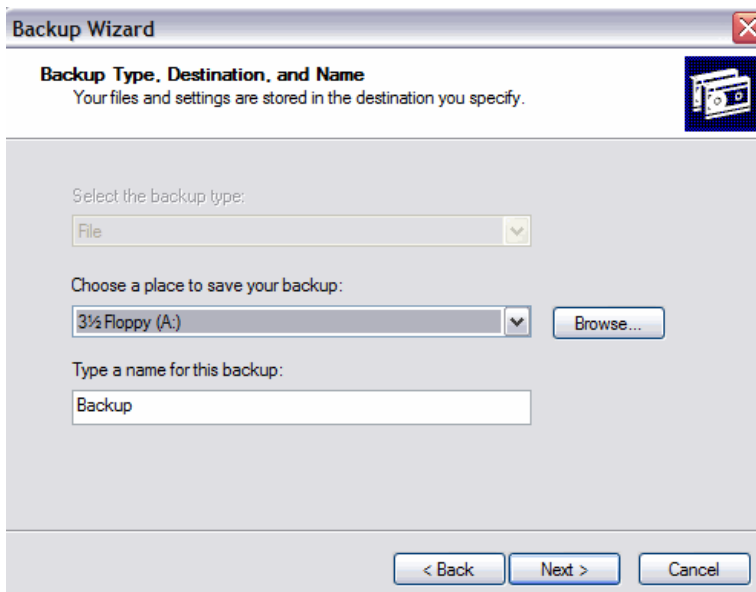
The "What to Back Up" screen appears.

Click the **Only back up the System State data** radio button.

Click **Next**.

Step 5
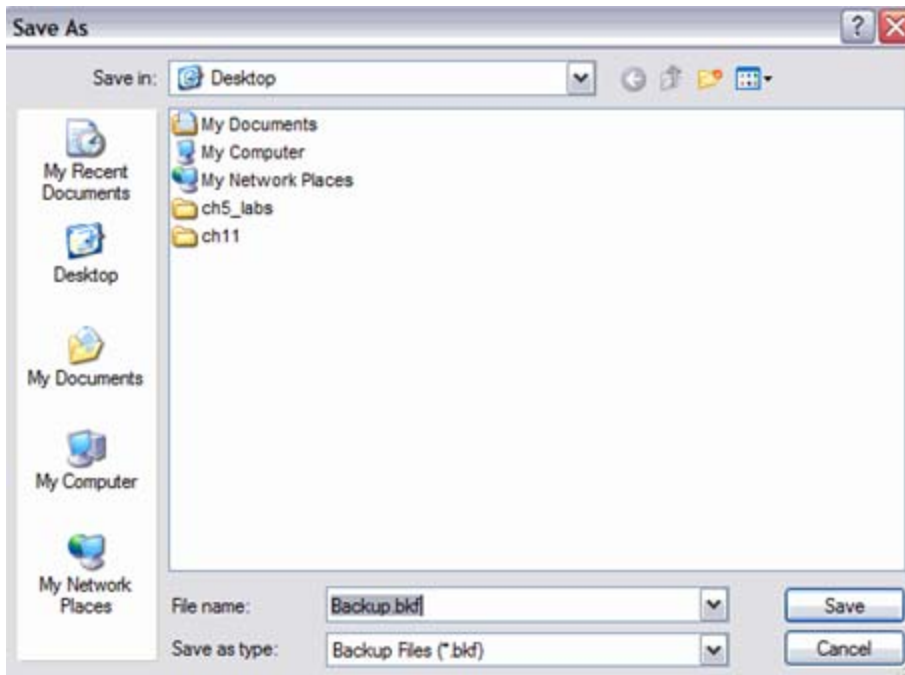
The "Backup Type, Destination, and Name" screen appears.

Click **Browse**.

If you are asked to insert a disk into the floppy disk drive, click **Cancel**.

Step 6

The "Save As" dialog box open.

Click the **My Documents** icon on the left side of the "Save As" dialog box.
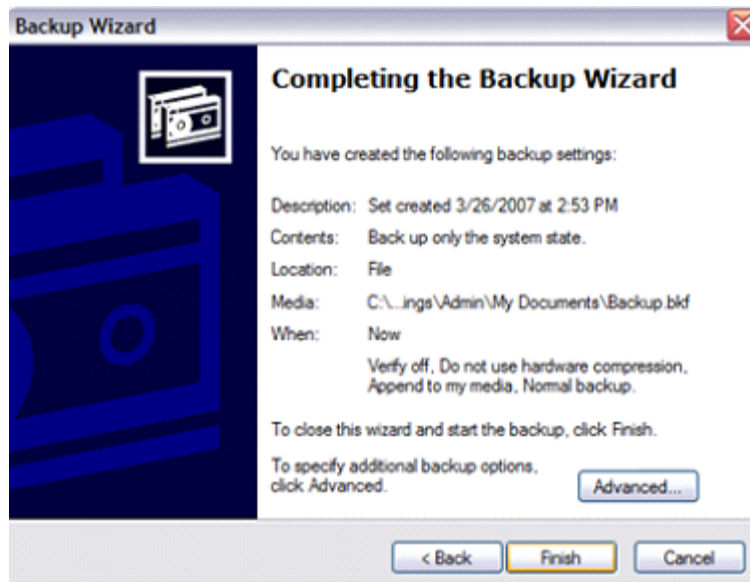
Click **Save**.

Step 7

The "Backup Type, Destination, and Name" screen re-appears.

Click **Next**.

Step 8

The "Completing the Backup Wizard" screen appears.

Click **Advanced**.

Step 9

The "Type of Backup" screen appears.

The default backup type is "Normal". If available, make sure that "Backup Migrated Remote Storage Data" is not checked.

Click **Next**.

Step 10

The "How to Back Up" screen appears.

Click the **Verify data after backup** check box, and then click **Next**.
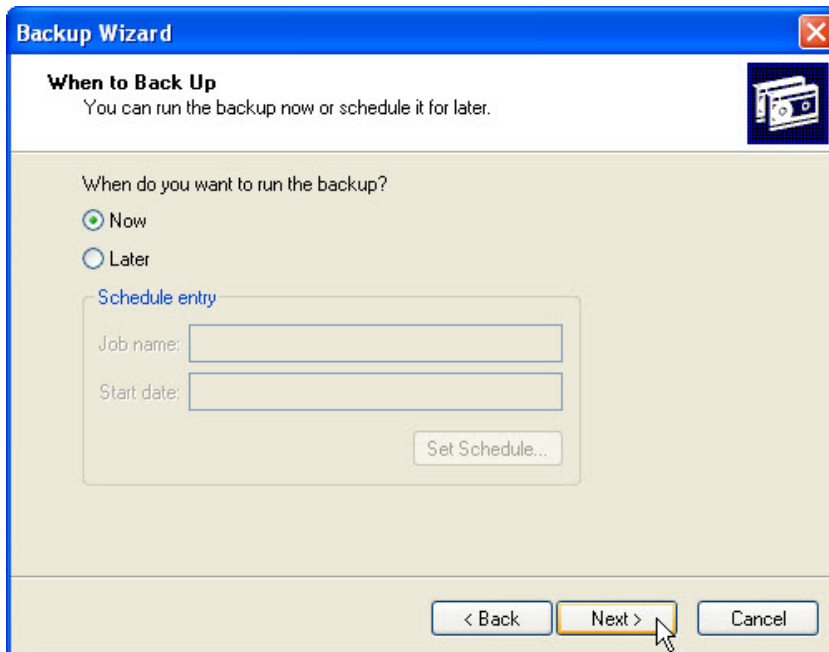
Step 11

The "Backup Options" screen appears.

Select **Replace the existing backups**, and then click **Next**.

Step 12

The "When to Back Up" screen appears.
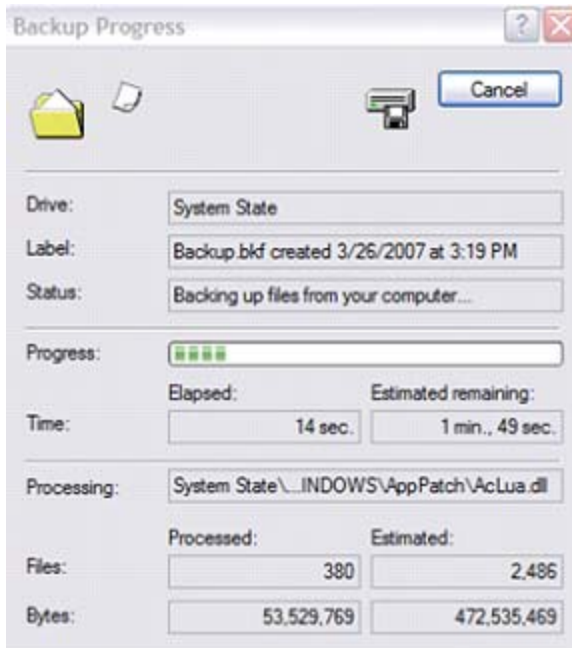

Select **Now** and then click **Next**.

Step 13

The "Completing the Backup Wizard" screen appears.
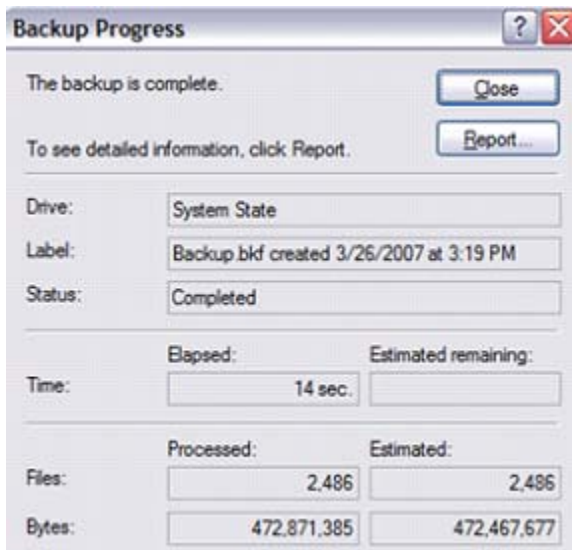

Click **Finish**.

Step 14

The "Backup Progress" window opens.

The "Backup Progress" window indicates that the backup is complete.

Click **Report**.

Step 15

The "Notepad" application window opens containing the report.

Close Notepad.

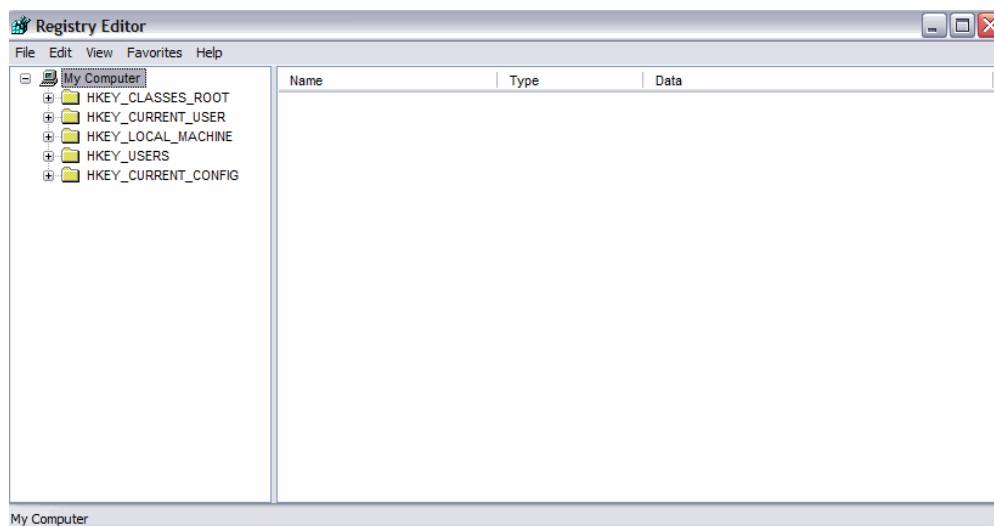In the Backup Progress dialog box, click **Close**.

Close the Backup Utility.

Step 16

Click **Start > Run…**.

Type **regedit** in the "open:" field.

The "Registry Editor" window opens.

Expand the **HKEY_CURRENT_USER** Registry Key.

Expand the **Control Panel** Registry Key.

Expand the **PowerCfg** Registry Key.

Right-click the **Screen Saver.Stars** Registry Key.
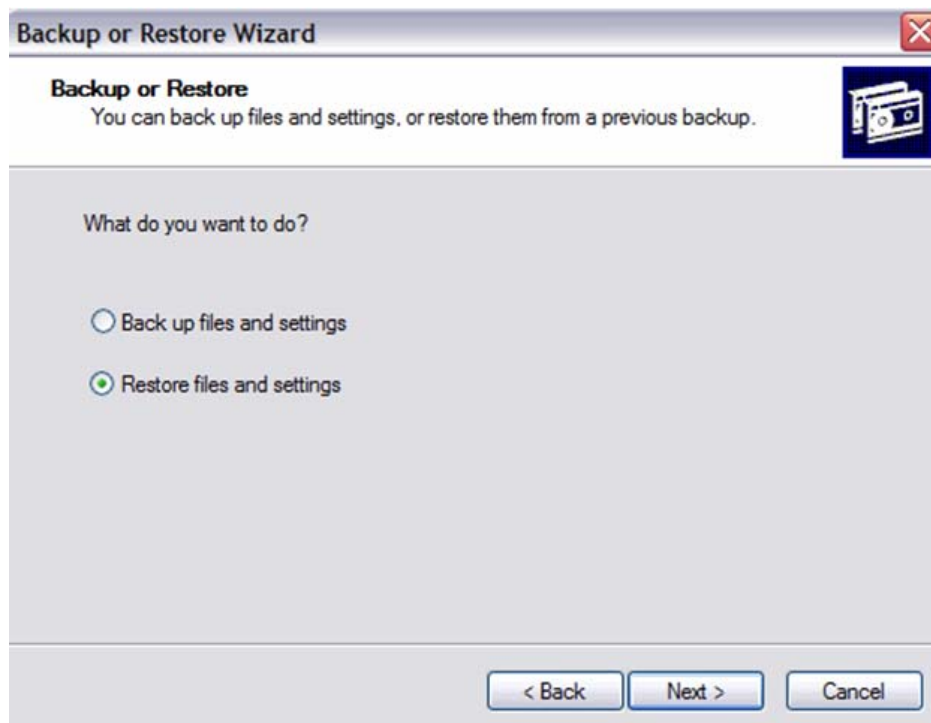
Click **Delete**.

Click **File > Exit** in the Registry Editor window.

Step 17

Browse to the "My Documents" folder and locate the "backup.bkf" file.

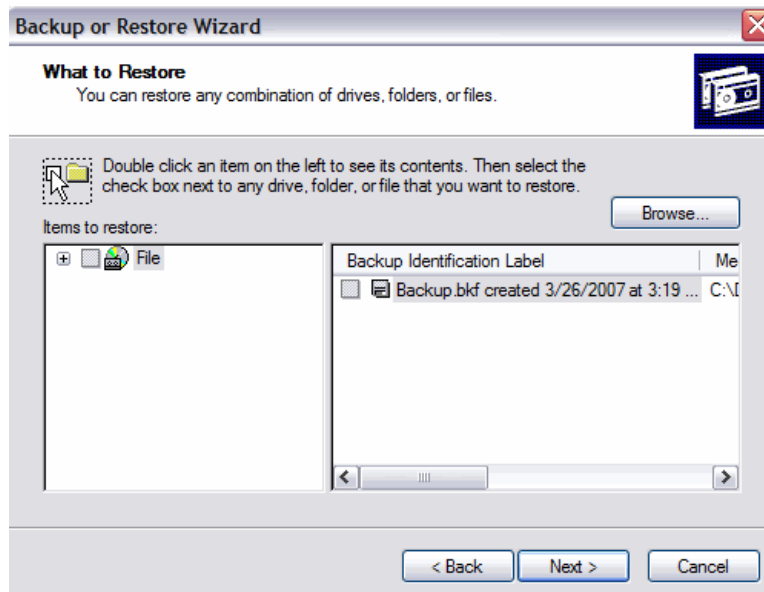Double-click the backup file to bring up the Backup Utility Wizard.

Click **Next**.

Click the **Restore files and settings** radio button and then click **Next**.
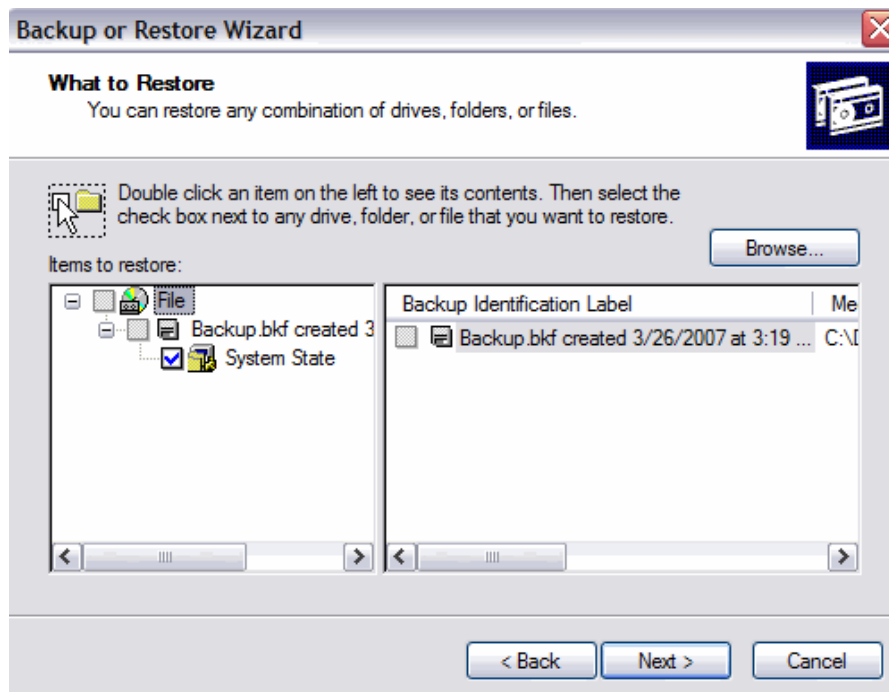
Step 18

The "What to Restore" screen appears.

Expand the file.

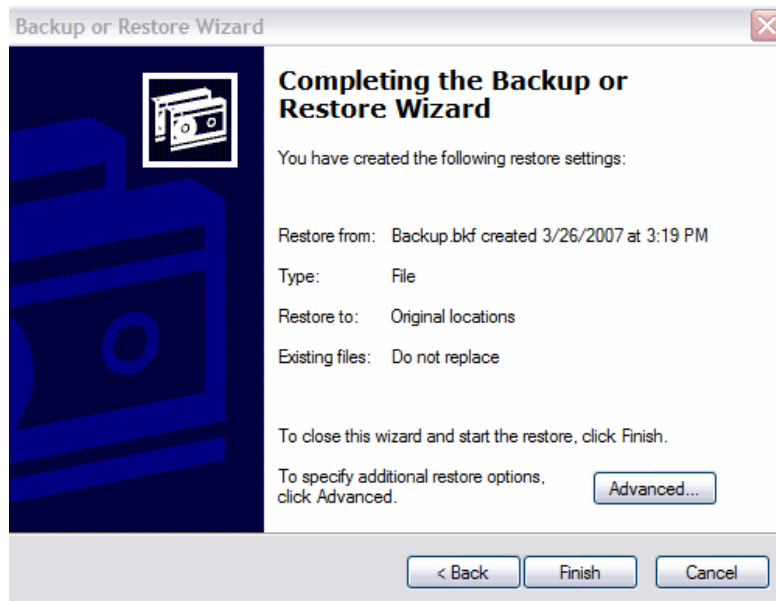## Step 19

Expand the backup.bkf file.

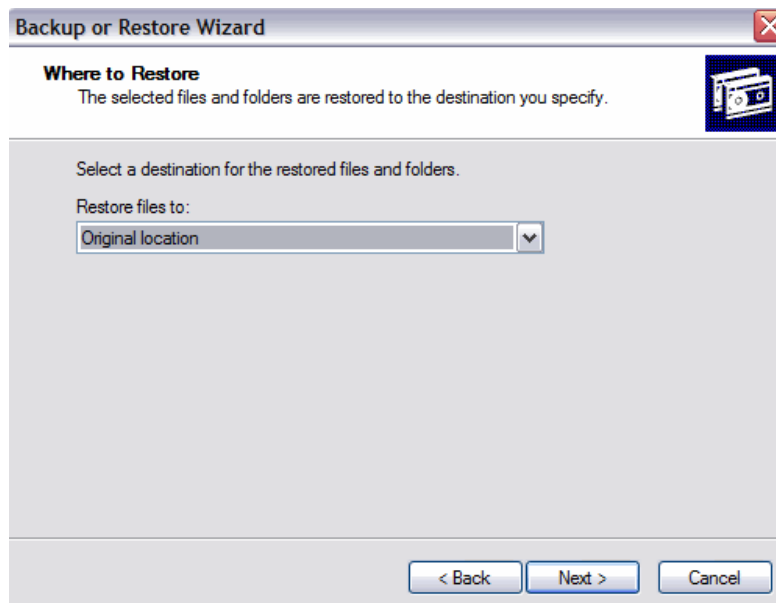Click the **System State** check box.

Click **Next**.

Step 20

The "Completing the Backup or Restore Wizard" screen appears.

Click **Advanced**.

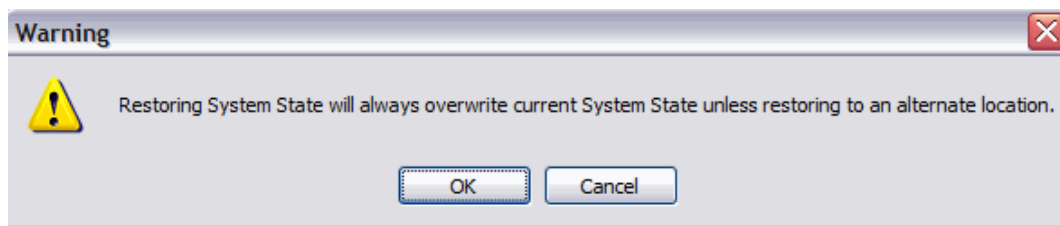## Step 21

The "Where to Restore" screen appears.

The default restoration location is "Original location".
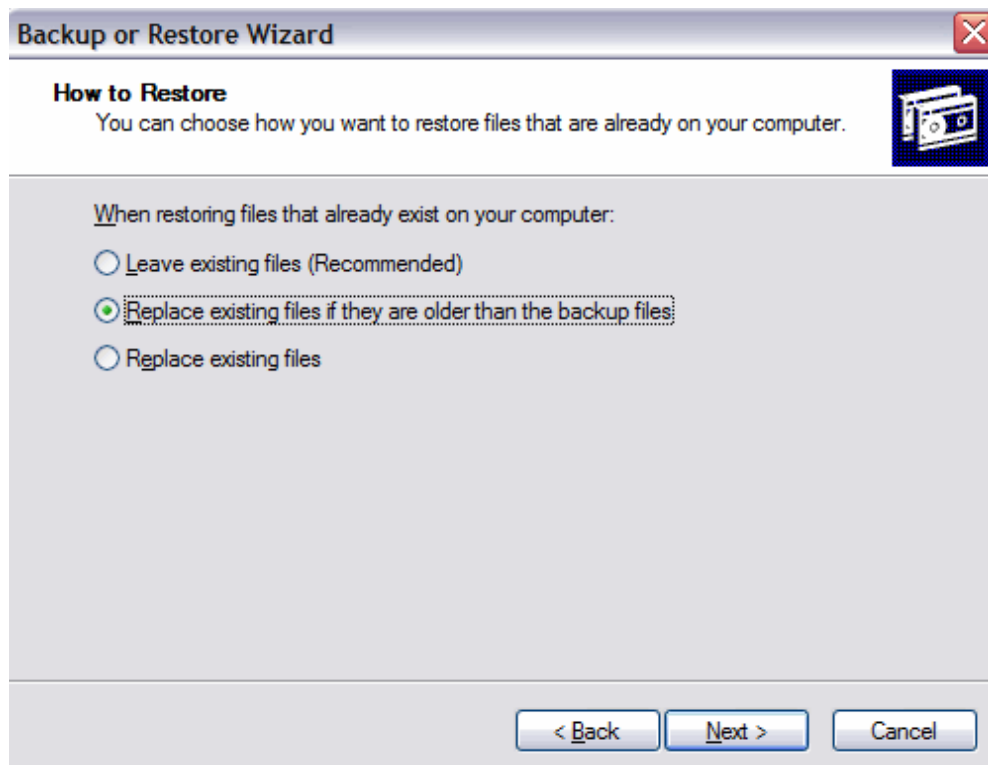
Click **Next**.

Step 22

The "Restoring System State will always overwrite current System State unless restoring to an alternate location." Warning window appears.

Click **OK**.
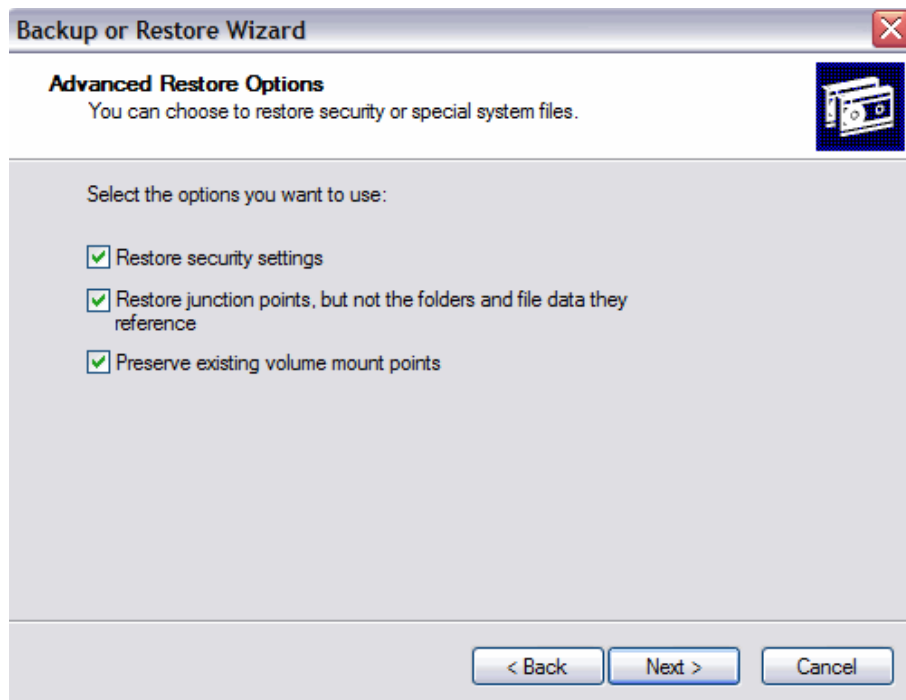
Step 23

The "How to Restore" screen appears.

Select the **Replace existing files if they are older than the backup files** radio button.

Click **Next**.

Step 24

The "Advanced Restore Options" screen appears.

Be sure that all three check boxes are selected, and then click **Next**.

Click **Finish**.

The system recovery begins by copying the files back to the computer.

When prompted to restart the computer, click **Yes**. The computer will restart.

Step 25

Click **Start > Run…**.

Type **regedit** in the "open:" field.

Click **OK**.

You should see the "Screen Saver.Stars" Registry key in the Registry Editor application window.

Click **File > Exit**.

How does backing up the system state files save time?