Click on Documents and Files Accessed (Figure 8-16).

Figure 8-16   SpyBuddy shows the documents and files that a user has accessed.

Click on Windows Launched (Figure 8-17).

Figure 8-17   SpyBuddy shows the windows that a user has launched.

3. Perform the following steps:
   - Navigate to Chapter 8 of the Student Resource Center.
   - Install and launch Activity Monitor.
   - Explore the various options.