

How to open Task Manager on Mac

If you've been using Windows for a long time and recently switched to Mac, you may be wondering where the task manager is on Mac or how to get Task Manager on Mac.

Is that right? After using Windows for quite a long time, most users have a habit of pressing **Ctrl + Alt + Delete** to open Task Manager to force quit the application or check what is slowing down the system. There's also a Windows Task Manager equivalent on Mac that provides similar information and tools. This article will show you how to open and use Task Manager on Mac.

Task Manager equivalent on Mac

Windows computers have a Task Manager that allows users to see what programs are running on the computer, check resource consumption, and manage and troubleshoot tasks. Every Mac has an equivalent Task Manager called **Activity Monitor**. This built-in macOS utility provides a detailed look at your Mac's progress, including apps and system tasks. You can check the current running processes & applications and the amount of system resources each process is using. Additionally, this Mac Task Manager equivalent allows you to force-quit applications that cannot be closed in the normal way.

How to open Task Manager on Mac

Unfortunately, the Ctrl + Alt + Delete keyboard shortcut will not open your Mac's Task Manager aka Activity Monitor for you. However, opening Activity Monitor on Mac is easy and quick. Here are some ways to do it.

Method 1: Use Spotlight

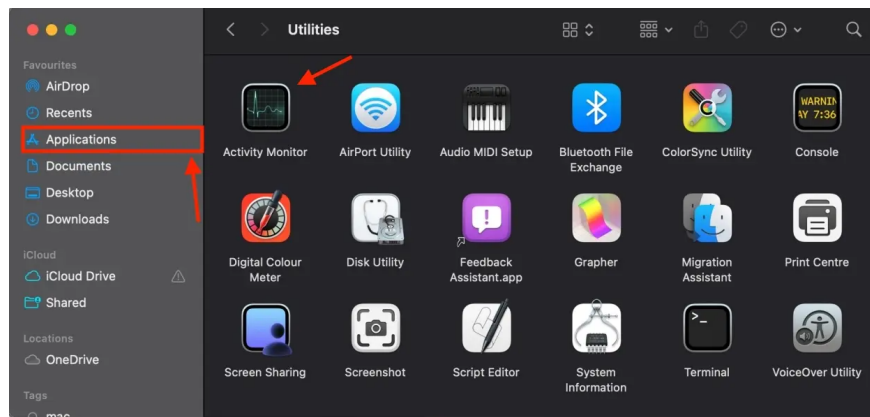
Spotlight search is one of the fastest ways to open your MacBook's Activity Monitor. Because you can access Spotlight from any window or application you're working in, you always have your Mac's Task Manager at hand. Here's how:

1. Use the keyboard shortcut **Command + Space** to open Spotlight on your Mac.
2. Now, let's start typing **Activity Monitor**.
3. Once it's highlighted, press **Return** or click **Activity Monitor** to open it.



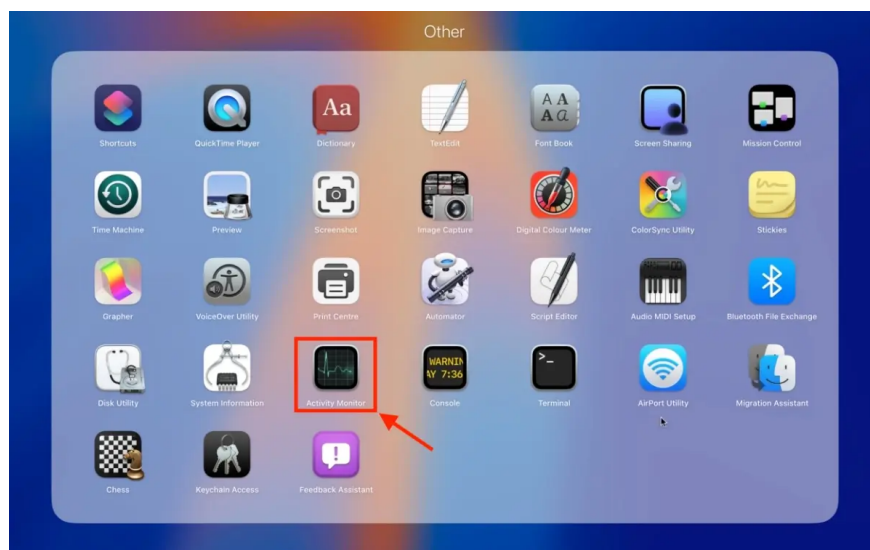
Method 2: Use Finder

1. From the Dock, open **Finder** .
2. Navigate to **Applications** from the left sidebar.
3. Now, click on **Utilities** in the Application window and double click on **Activity Monitor** to open it.



Method 3: Use Launchpad

1. From the Dock, open **Launchpad** .
2. Click on **Others** and you will see **Activity Monitor**.
3. Double click to open Activity Monitor on your MacBook.



Method 4: Use Dock

If you need Activity Monitor more often, you must pin it to the dock for easier access. This will be a handy, one-click shortcut to open Task Manager on your Mac. Here's what you need to do:

1. First, open Activity Monitor on your Mac. You can use any of the ways discussed above.
2. Once active, right-click the Activity Monitor icon in the Dock.
3. Click **Options** then select **Keep in Dock** .



Activity Monitor will now be in the Dock and you can launch it at any time just like any other app or program.

You finished reading the article "**How to open Task Manager on Mac**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
