

# How to Reset MacBook Pro

This article shows you how to reset your MacBook Pro's NVRAM and battery settings, as well as how to erase all data on your MacBook Pro and restore the original settings. Resetting your Mac's NVRAM can help fix battery display errors, while battery settings can be reset when your Mac often gets hot or freezes. Restoring your MacBook Pro to factory settings will erase all data on the hard drive and reinstall the operating system.

## Reset NVRAM

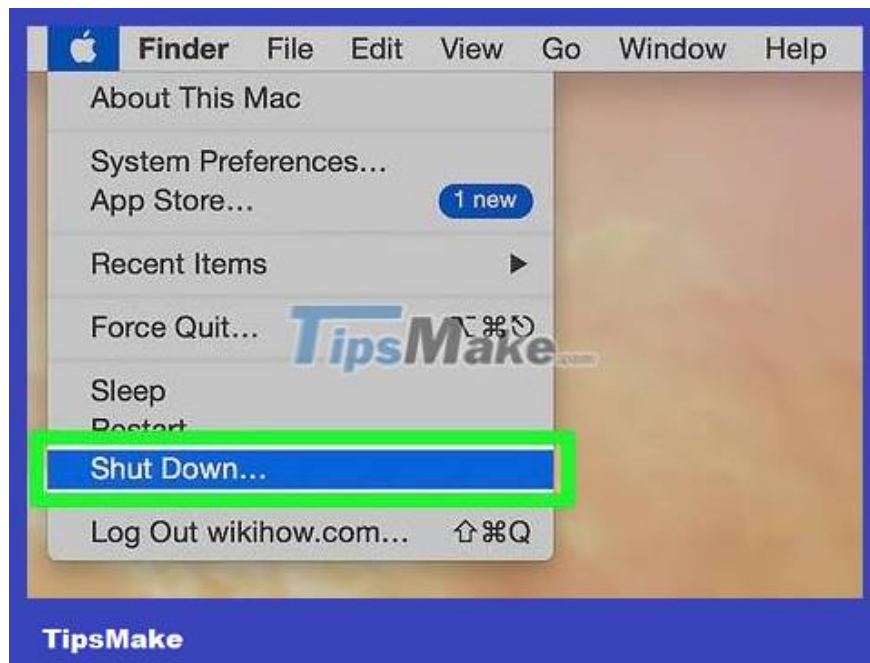


**Learn about errors that can be fixed when resetting NVRAM.** NVRAM is the abbreviation for "Non-Volatile Random-Access Memory" - stores settings such as speaker volume, default display and other settings that the device Mac commonly used. Resetting NVRAM can fix MacBook Pro's no sound, screen flickering or shutdown, taking a long time to start up, and similar issues.

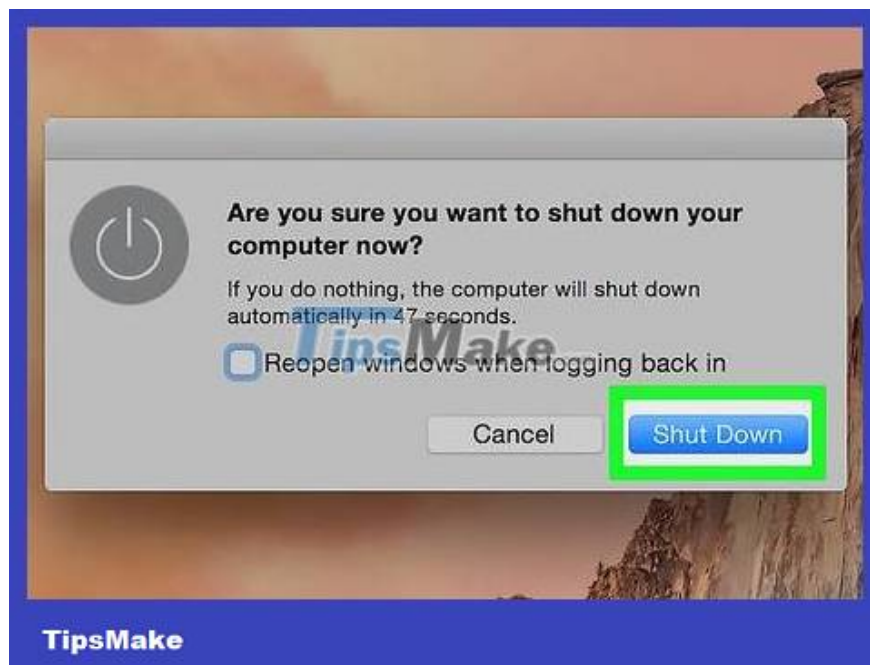
On some Macs, "NVRAM" is replaced by "PRAM" ("Parameter Random-Access Memory"), which works similarly to NVRAM.



**Open the Apple menu by clicking the Apple logo in the upper left corner of the screen.** You will see a screen displaying a list of options.



**Click Shut Down... at the bottom of the Apple menu.**



Click Shut Down when asked to turn off your MacBook Pro.



**Find the NVRAM reset key.** To reset NVRAM, you will have to press the ? Command, ? Option, Pand keys Rat the same time for about 15 seconds.



**Open your Mac.** Press the "Power" button on your Mac to start it up.



**Press and hold the NVRAM reset key combination.** Do this immediately after pressing your Mac's "Power" button; You will need to press 4 keys at the same time before the Apple logo appears.

If the Apple logo appears before you press the key combination, you will have to turn off the device and try again.



**Continue holding the key combination until your Mac finishes booting.** Your Mac will restart automatically during this process. When you see the user selection screen, stop pressing the key combination and log in to your MacBook Pro as usual.

You will need to reset some preferences (such as your favorite audio output) after resetting the NVRAM.



**Check if the problem has been fixed or not.** If you're still having problems with your system settings, you'll need to restore your MacBook Pro's factory settings. However, this method will delete all saved data on the device.

**Reset the battery**



**Learn what errors can be fixed with a battery reset.** To reset the battery, you actually need to reset the SMC (System Management Controller) - a small chip used to control display lights, button response, and battery management. . Resetting the SMC can extend battery life, fix overheating, and improve MacBook Pro speed.



**Check the sign.** Here are a few signs directly related to SMC:

The fan makes noise and runs at high speed even when the computer is not hot and is placed in a cool place.

Indicator lights (battery, screen, etc.) do not work correctly.

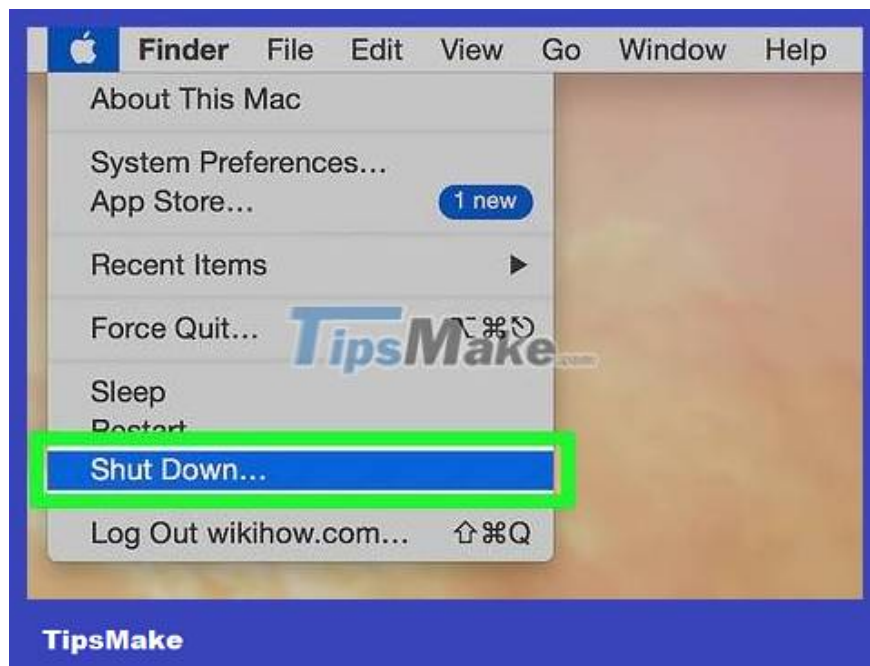
MacBook does not respond when pressing the power button.

The computer automatically turns off or goes into sleep mode while in use.

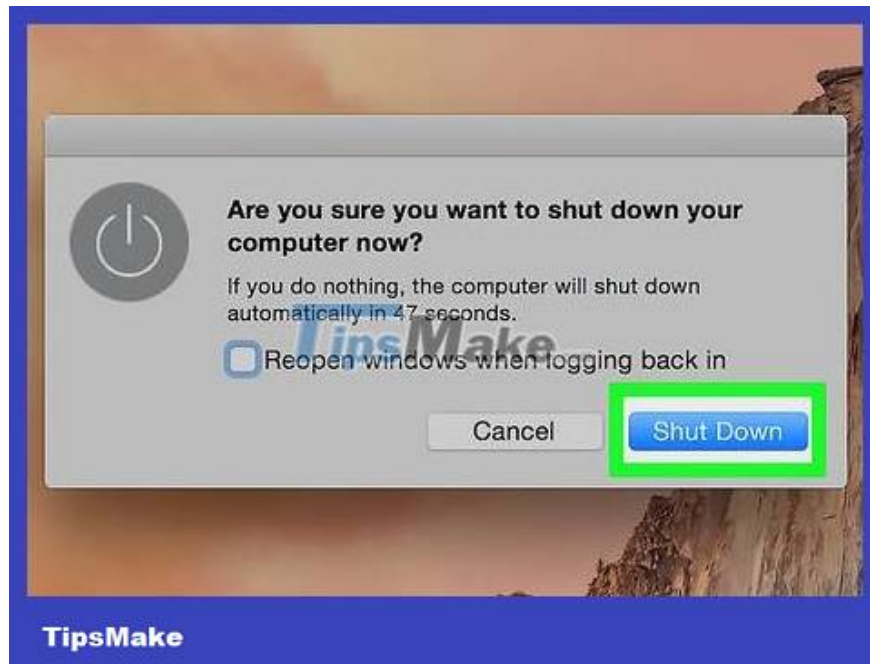
The battery is not charged properly.



**Open the Apple menu by clicking the Apple logo in the upper left corner of the screen.** You will see a screen displaying a list of options.



**Click Shut Down... at the bottom of the menu.**



**Click Shut Down when asked to turn off your MacBook Pro.**



**Connect MacBook Pro to a power source.** You will attach one end of the charging cord to the power outlet first and then attach the other end to the charging port on the right side of the MacBook Pro.



**Find the SMC reset key combination.** To reset SMC, you need to press ? Command, ? Option, ? Shift and the "Power" button at the same time.

If your MacBook Pro has a trackpad, the "Power" button is also the Touch ID button.



**Press and hold the SMC reset key combination for about 10 seconds then release.**

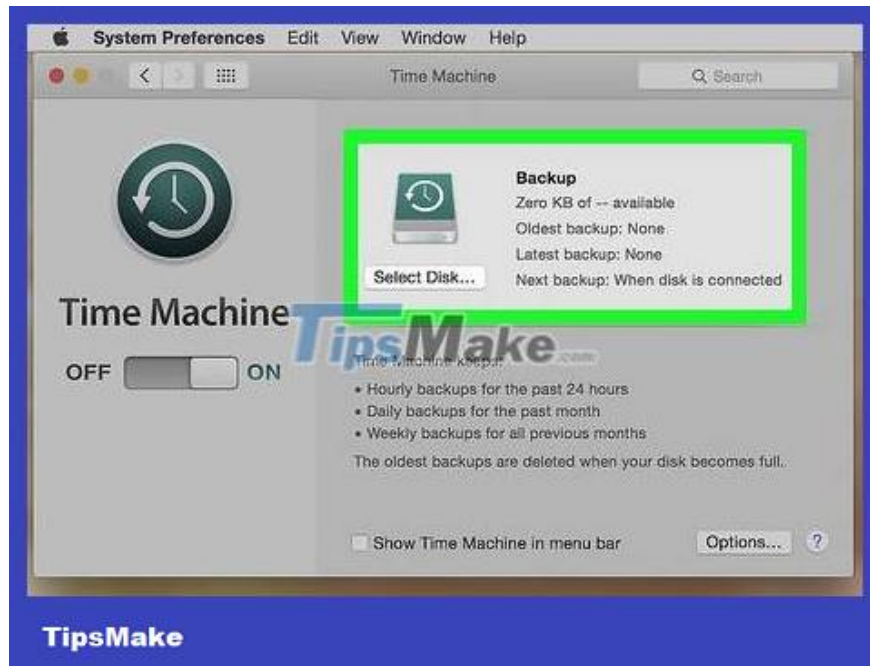


**Press the "Power" button.** This is the operation to turn on the Mac to restart. The battery-related issue will be resolved once the Mac restart is complete.



**Check if the problem has been fixed or not.** If you're still having problems with your battery, you'll need to restore your MacBook Pro's factory settings. However, this method will delete all saved data on the device.

**Restore original settings**



**Back up your Mac if possible.** Since restoring your Mac to its factory settings will erase all data on the hard drive, it's best to back up important data before continuing.

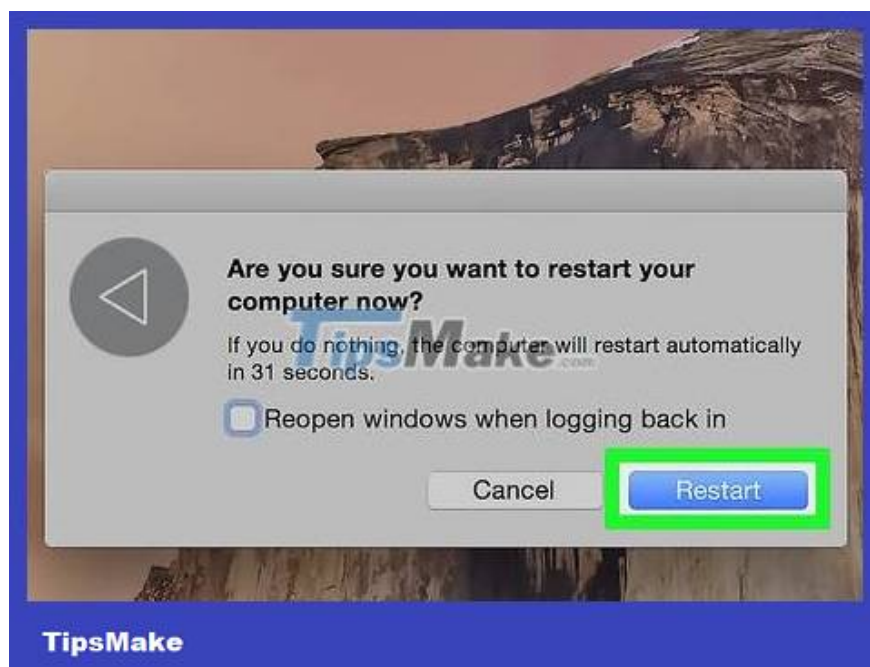
If you can't sign in to your Mac or can't run your Mac's Time Machine program, skip this step.



**Open the Apple menu by clicking the Apple logo in the upper left corner of the screen.** You will see a screen displaying a list of options.



Click Restart... . It's near the bottom of the menu.



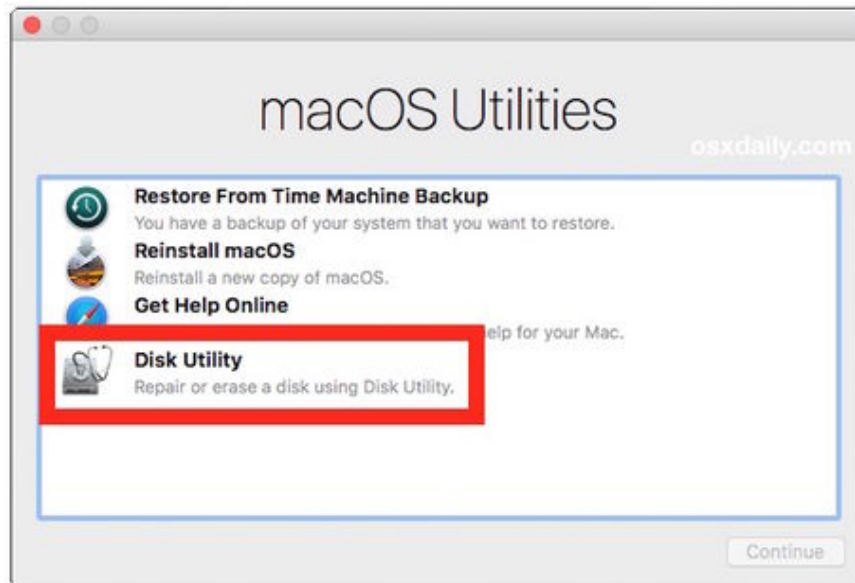
Click Restart when asked to restart your Mac.



Press ? Command and key R at the same time. You will need to do this immediately after clicking **Restart** .



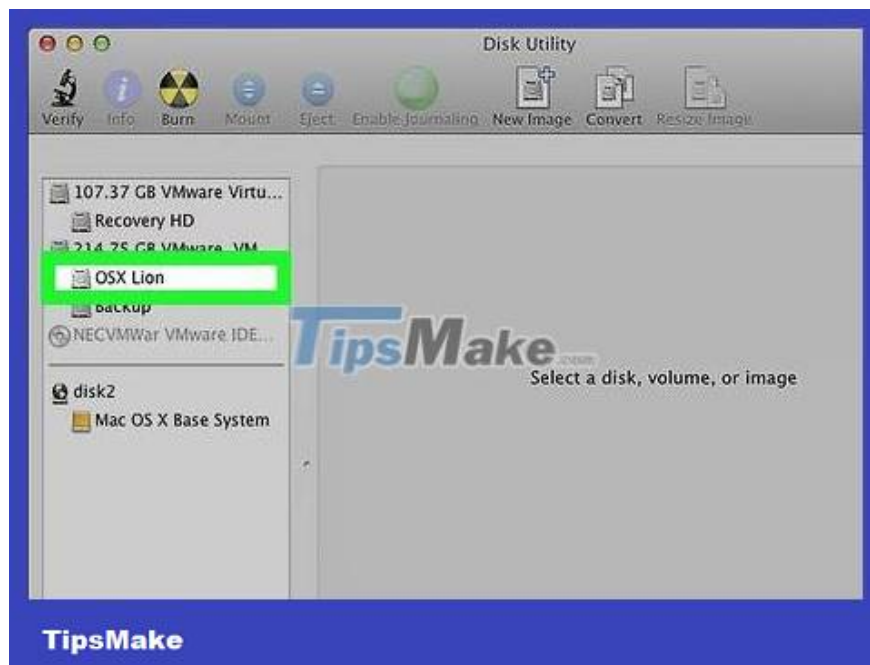
**Stop pressing the key combination when you see the Apple logo.** The MacBook will start to boot to open the Recovery window. This process may take a few minutes.



Select Disk Utility. It's in the middle of the Recovery window.

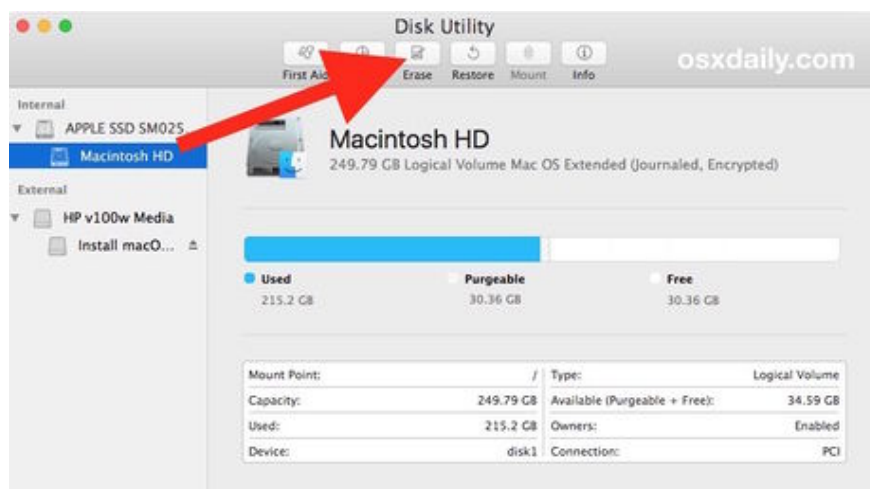


Click the Continue button in the lower right corner of the window to open the Disk Utility window.



Select your Mac's hard drive by clicking the hard drive name in the upper left corner of the Disk Utility window.

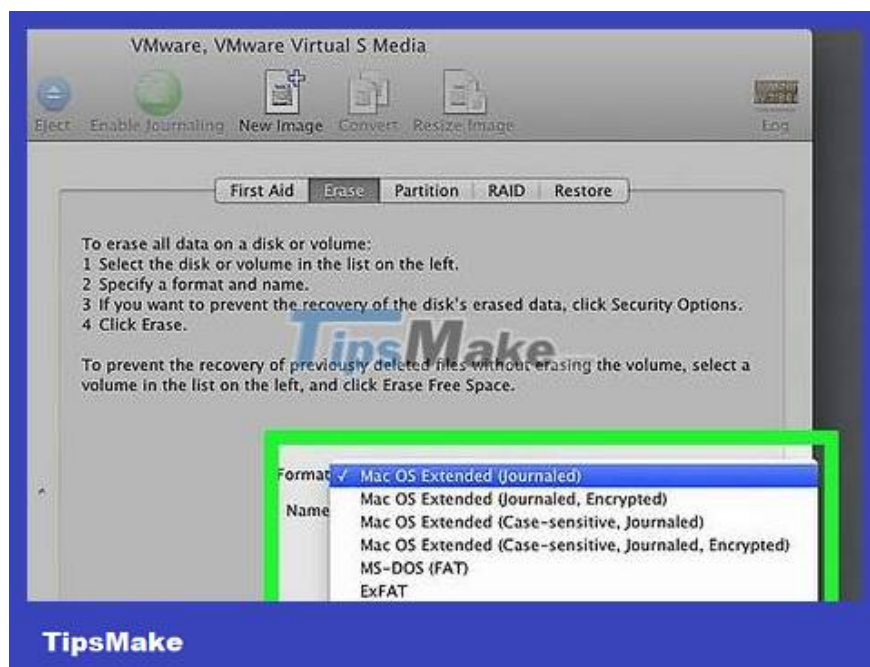
Your Mac's hard drive is named "Macintosh HD" if you haven't changed the name.



Click the Erase tab . It's at the top of the Disk Utility window. The screen will display a new window.



Click the "Format" drop-down box to see a list of options.



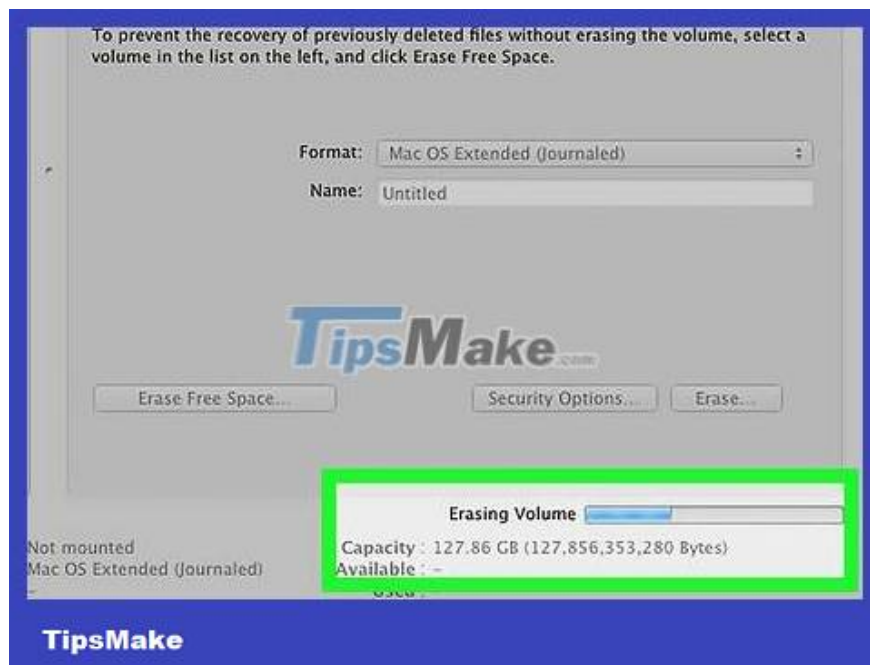
Click Mac OS Extended (Journaled) in the drop-down list.

This is the basic disk format used for Mac hard drives.

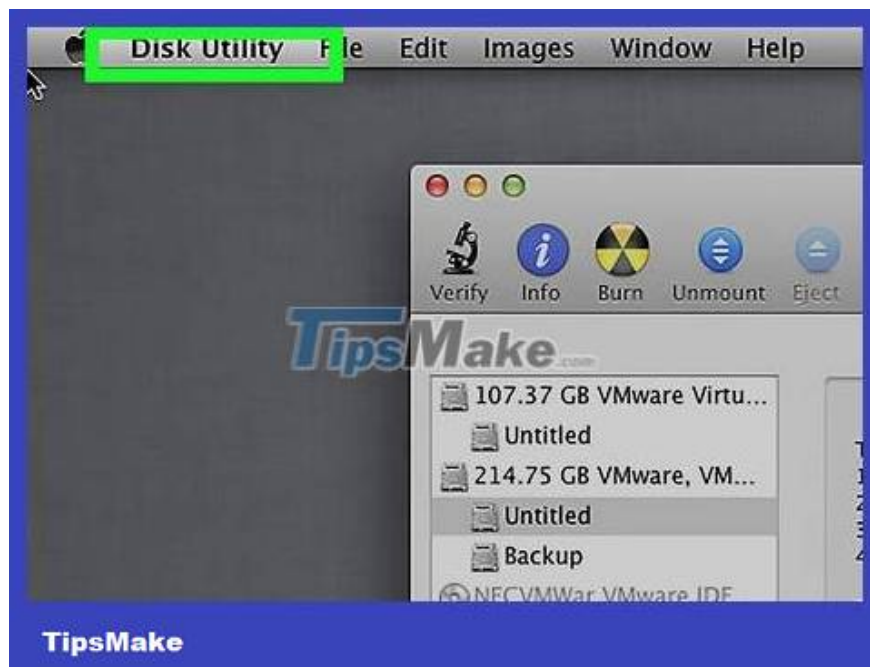


**Click the Erase button in the bottom-right corner of the window to erase data from your Mac's hard drive.**

Deleting data can take several hours, so you'll need to connect your Mac to a power source.



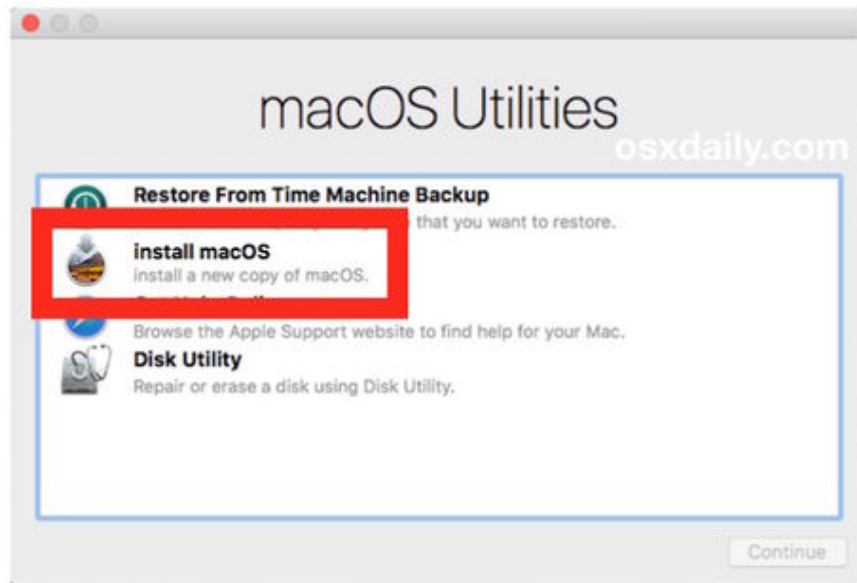
**Click Done when prompted.** Now the process of deleting Mac data is complete.



Click the Disk Utility menu in the upper left corner of the screen to open a list of options.



Click the Quit Disk Utility option at the bottom of the menu to return to the Recovery window.



Select Reinstall macOS in the Recovery window.



Click Continue in the lower right corner of the window to begin downloading MacOS to your computer.

You must have an Internet connection to download MacOS to your computer.



**Follow the prompts on the screen.** Once the MacOS download process is complete, you can install and set up the operating system as if you first bought your Mac.

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