Disabling Windows Updates on Windows 10

In Windows 10 - Microsoft has moved away from allowing users to disable Automatic Updates.

Though we are no longer able to “Turn-off” Windows Updates – we can still limit the times when these updates are installed. The goal is to adjust this timeline so that updates are never installed at a time when you may potentially be writing an exam.

- To adjust the Windows Updates settings – open your start menu in the lower right-hand corner of the screen and then find the control panel – this may have an icon of a gear. You can also access this menu by pushing the Windows key at the bottom of your keyboard and then typing “Control Panel” – you should find it in the search results.

- In the next menu – find and select the option of “Update & Security” or “Update & Recovery”.

Continue to Page 2
- In the Updates menu, under the heading of “Update settings” – click on the option “Change active hours”

- From here – Set the “Start time” to 4:00 AM. Set the “End time: to 11:00 PM. Finally, click “SAVE” to apply these adjustments.

By changing these settings – you are telling your computer to only install new Windows updates between the hours of 11:00pm and 4:00am on any given night. Hopefully you should not find yourself writing an exam during that time period. This should prevent your computer from being automatically restarted while in the exam room.

Please get in touch with Jordan in the front office if you have any questions of concerns. Thank you.