VirtualBox is an application on OSX which allows you to run the Microsoft Windows Operating System as if it were like any other application on OSX. However, it is resource intensive and requires the user to take some precautions listed below:

1. When you are not using Virtual Box please shut it down like you would a normal operating system by clicking the start button-->Power-->Shutdown. DO NOT CLOSE IT LIKE YOU WOULD ANY OTHER APPLICATION AS IT IS A RUNNING OS, NOT AN APPLICATION!
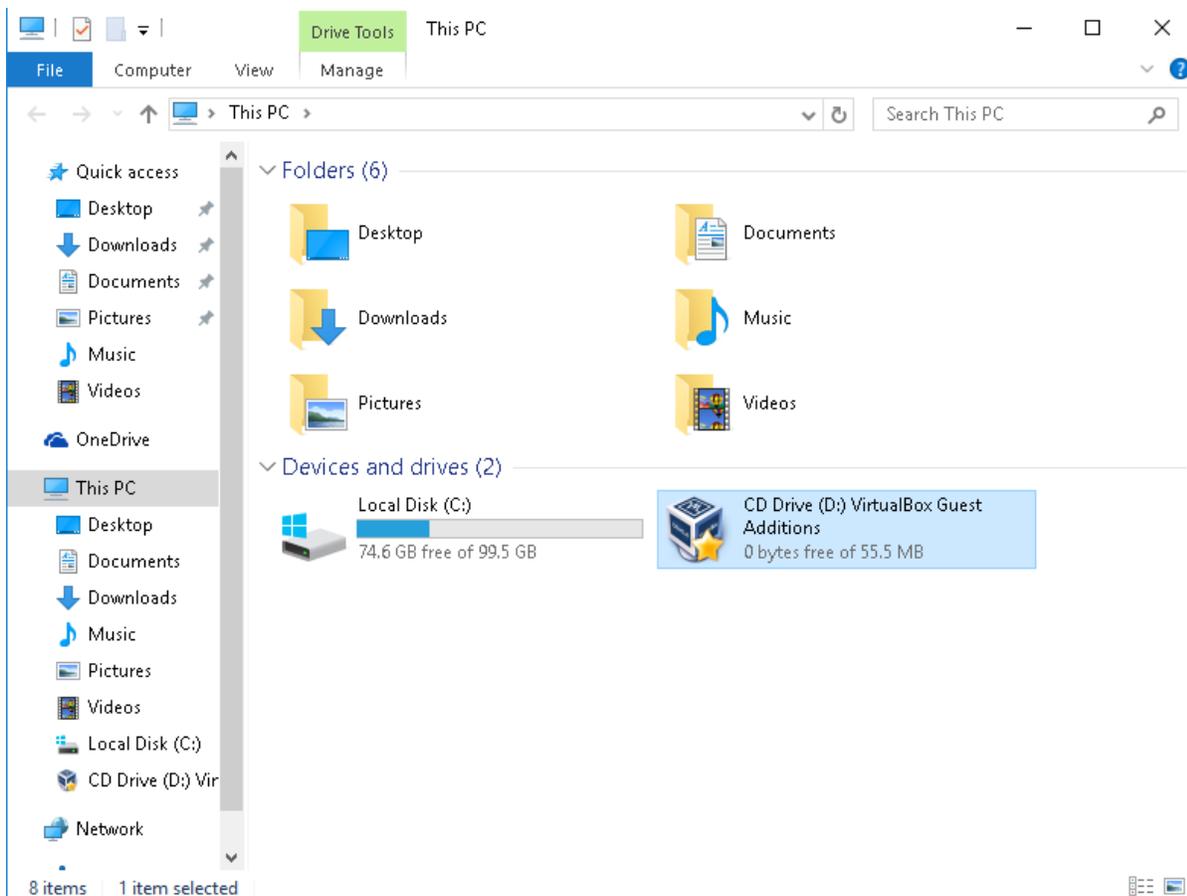

2. VirtualBox is blue box icon on your dock.
3. When you have not opened for awhile please check for application updates by clicking VirtualBox--
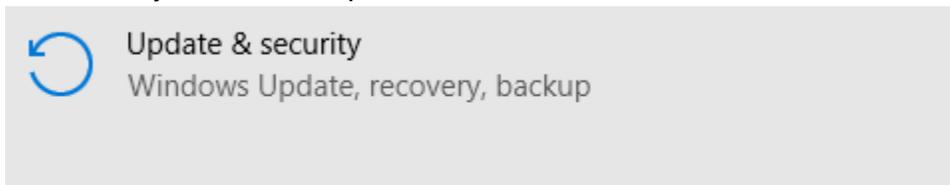

>Check for updates.
4. If updates are available you will have to update the guest additions. You do this by clicking devices-->insert guest additions. From here you open the file explorer and you will see a "VirtualBox Guest Addition DVD."

5. Click through the dialog menus until it finishes. Leave all default options. Reboot when asked.

6. After it reboots please check for windows updates. Please click the start button-->Settings-->Update and Security--."check for updates"

7. At the same time that Windows is updating please click the blue icon on your desktop called "Ninite Labs." This will update all third party windows applications needed for GSB use.
8. IF you continue to have problems come to Kalkin 227 or 232 and we will help you resolve them, usually in under 15 minutes