Installing LiveCD file using VMware Workstation Player

1. Download the Player from <http://www.vmware.com/products/player/playerpro-evaluation.html>
2. Follow installation instructions on your Windows computer.
3. Open the “VMware Station Player” from the desktop or All Programs.
4. Select “Create a new virtual machine”.
5. Select “Install disc image file”, then browse to the “livecducsc08.iso” file on the USB stick that the instructor Tom Poliquin gave to you.
6. Give a full name (e.g. “Unex Student”)  
   and password (e.g. “student”)
7. Give a virtual machine name (e.g. “LiveCDUCSC08”)  
   take note of the suggested file location (e.g. C:\Users\studnet\My Documents\Virtual Machines\LiveCDUCSC08)
8. Use the suggested default settings to complete installation of this iso file. Wait a few minutes to complete.
9. When the Ubuntu launches, give  
   login: poliquin  
   password: ucsc
10. You will be at the prompt: poliquin@ubuntu:~$  
    Follow Tom’s class instruction from here on.
11. To regain mouse control from the virtual machine to your computer, do “Crtl + Alt” keys together. To terminate the session, you can choose either to suspend or to power off.
12. To resume your work session, you can choose “Open a virtual machine” from the VMware Workstation Player menu.
13. Then select the virtual machine at its location, e.g. C:\Users\studnet\My Documents\Virtual Machines\LiveCDUCSC08\livecducsc08.vmx.