

A quick Mac OS X primer

This website is intended to be a Mac OSX primer for workshops in Theoretical and Computational Biophysics.

Contents

[General Shortcuts](#)

[How to open VMD](#)

[How to open Spartan](#)

[How to open MOE](#)

[How to open Mathematica](#)

[How to open Safari](#)

[How to open TextEdit](#)

[Links to General Mac OS X tutorials](#)

General Shortcuts

Shortcut Keys	Explanation
⌘ + q	Quit current application
⌘ + w	Close current window
⌘ + "tab"	Switch to previous program window
⌘ + n	New window for current application
⌘ + s	Save to file (as appropriate for current application)
⌘ + .	Stop a process
"option" + ⌘ + "esc"	Force quit a process
⌘ + c	Copy
⌘ + v	Paste
⌘ + x	Cut
⌘ + "option" + "control" + 8	Switch to white-on-black or black-on-white
⌘ + f	Find words in a text file, or find files in Finder
⌘ + "shift" + 4	Takes a screenshot of a selected area
F9	Use Expose to show all the open windows
F10	Use Expose to show all the open windows in an application
F11	Use Expose to hide all the open windows and show the desktop

Back to the [Contents](#).

How to open VMD

To open VMD:

1. In Finder, click on Applications.
2. In Applications, find the VMD icon (fig.1) and double-click on it.



Figure 1

Back to the [Contents](#).

How to open Spartan

To open Spartan:

1. In Finder, click on Applications.
2. In Applications, find the Spartan icon (fig.2) and double-click on it.



Figure 2

Back to the [Contents](#).

How to open MOE

1. In Finder, click on Applications.
2. In Applications, find the X11 icon and double-click on it.
3. X11 will launch and a new terminal window(fig.3) will appear. At the commandprompt, type the following:
/usr/local/moe/bin/moe

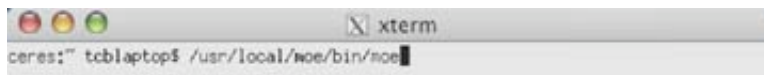


Figure 3

Back to the [Contents](#).

How to open Mathematica

To open Mathematica:

1. In Finder, click on Applications.
2. In Applications, find the Mathematica icon (fig.4) and double-click on it.



Figure 4

Back to the [Contents](#).

How to open Safari

To open Safari:

1. In Finder, click on Applications.
2. In Applications, find the Safari icon (fig.5) and double-click on it.



Safari

Figure 5

Back to the [Contents](#).

How to open TextEdit

To open TextEdit:

1. In Finder, click on Applications.
2. In Applications, find the TextEdit icon (fig.6) and double-click on it.



TextEdit

Figure 6

Back to the [Contents](#).

Links to General Mac OS X tutorials

[Macinstruct: Introduction to Mac OS X](#)

Macinstruct has a variety of tutorials and can be accessed at <http://www.macinstruct.com/>.

[Official Apple 10.3 Panther introduction Manual](#)

This pdf is the official Apple 10.3 welcome manual.

[Powerbook Specs](#)

Official Apple website that lists the Powerbook specifications.

[On the Prowl with Panther: A Free Orientation to Mac OS X version 10.3](#)

This is a series of Quicktime snippets explaining features of OS 10.3 (panther) in detail!

Back to the [Contents](#).
