Am I using Windows XP or Windows 7?
Easy ways to determine your computer’s operating system

The easiest way to determine what operating system you are using is to look at your Windows Start button:

Windows XP
If you are using Windows XP on your computer, your Windows Start button will look similar to this:
Windows 7
If you are using Windows 7 on your computer, your Windows Start button will look similar to this. Notice the search box becomes available when you click on the Windows Start button.

Other Methods of Determining Your Operating System
If you are still unable to determine the operating system you are using, you can use the following steps to determine whether you are using Windows XP or Windows 7.

1) Click the Windows Start Button.

2) Click “Run...” or if you see the "Start Search" field click in it.

3) Type winver and press Enter.
4) This will open a new About Windows window giving you the version of Microsoft Windows, the build info, and service pack information if any service pack is installed as shown below.