Cybersecurity How to Update Your MacOS Computers

Amid the rise of online threats, it's vital to keep your Mac computers upgraded. Regularly updating these devices with the latest patches and upgrades allows you to have access to the most up to date and secure features.

The document below will walk you through how to upgrade your Mac computers.

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Disclaimer

Proceed with updating your devices at your own risk. Marist University will not be held responsible for any damage that may occur to your device during or after the upgrade process.

By initiating the update, you acknowledge and accept full responsibility for any potential issues, including but not limited to data loss, hardware malfunction, or software incompatibility.

We highly recommend backing up all the important data before proceeding with the upgrade. Please refer below to learn how to back up your data.

If you have any questions, please reach out to Marist IT.

Thank you for your understanding.

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Upgrading MacOS Computers

To ensure your Mac remains secure and functions optimally, please update your devices to the latest macOS versions. Apple currently supports the three latest versions:

- macOS 13 (Ventura)
- macOS 14 (Sonoma)
- macOS 15 (Sequoia)

If your Mac is running macOS 12 (Monterey) or an older version, it is essential to upgrade to a device that is compatible with a currently supported operating system.

Finding which macOS version is running on your device:

You can find out which macOS version is installed on your device by clicking the icon in the upper-left corner of your screen and selecting **About This Mac**.

In the above example, we have a MacBook Air computer that is running Sequoia version 15.2. The **About This Mac** page will always show the specific macOS your system is running with the specific version number.

Updating MacOS Computers:

Before updating to any new MacOS software, it is a good idea to do a full backup of your computer. There are several options to do this using Apple's Time Machine backup option or backing up through iCloud or a third-party resource. The first two options are the best for your security wise.

Backing up your MacOS Computer using Time Machine

Step 1: Acquire an External Hard Drive for the Backup
- It is recommended to use a Hard Drive that is twice the capacity of your MacOS Computer. This External Hard Drive should be formatted to APFS (Apple File System).
- Plug your External Hard Drive into your Mac.

Step 2: Select Time Machine settings and add your external hard drive
- Select the icon > System Settings > General > Time Machine > Add Backup Disk.
- Select the Disk you want to use and select Set up Disk.
- Your Mac will prepare the Backup disk, and the Backup will happen shortly after.
- When your Backup is complete you will get a notification from your Mac.

Backing up your MacOS Computer using iCloud

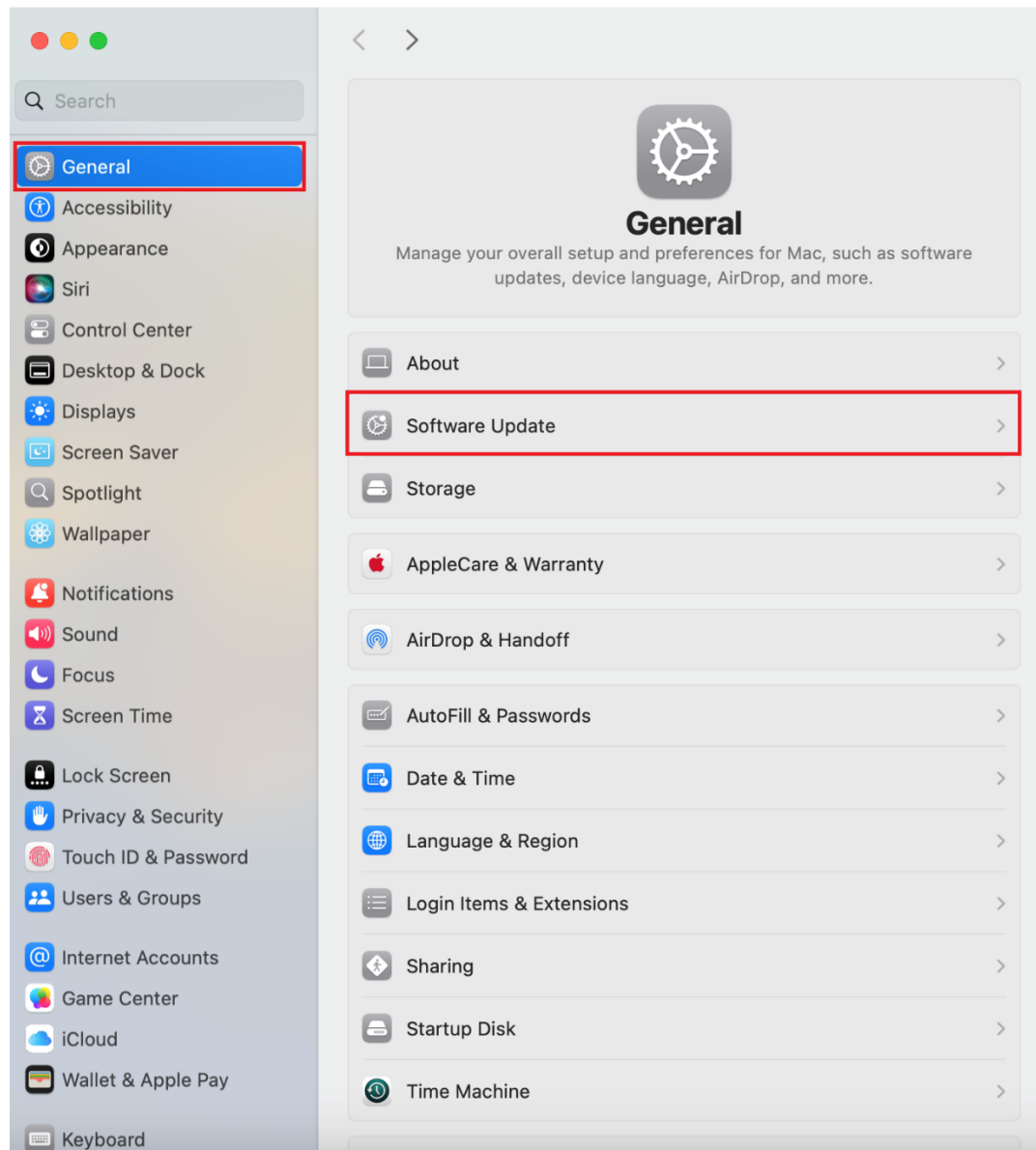### Step 1: Sign into your Apple ID
- Select System Settings > click Sign in > Sign into your Apple ID.

Step 2: Select the files and application you want to Backup
- From iCloud > iCloud settings > select the different applications you want to backup. These can be photos, documents, folders, and even Passwords & Keychains.
- You can also sync different folders such as Desktop & Documents.
- iCloud will then automatically backup these files to the cloud.
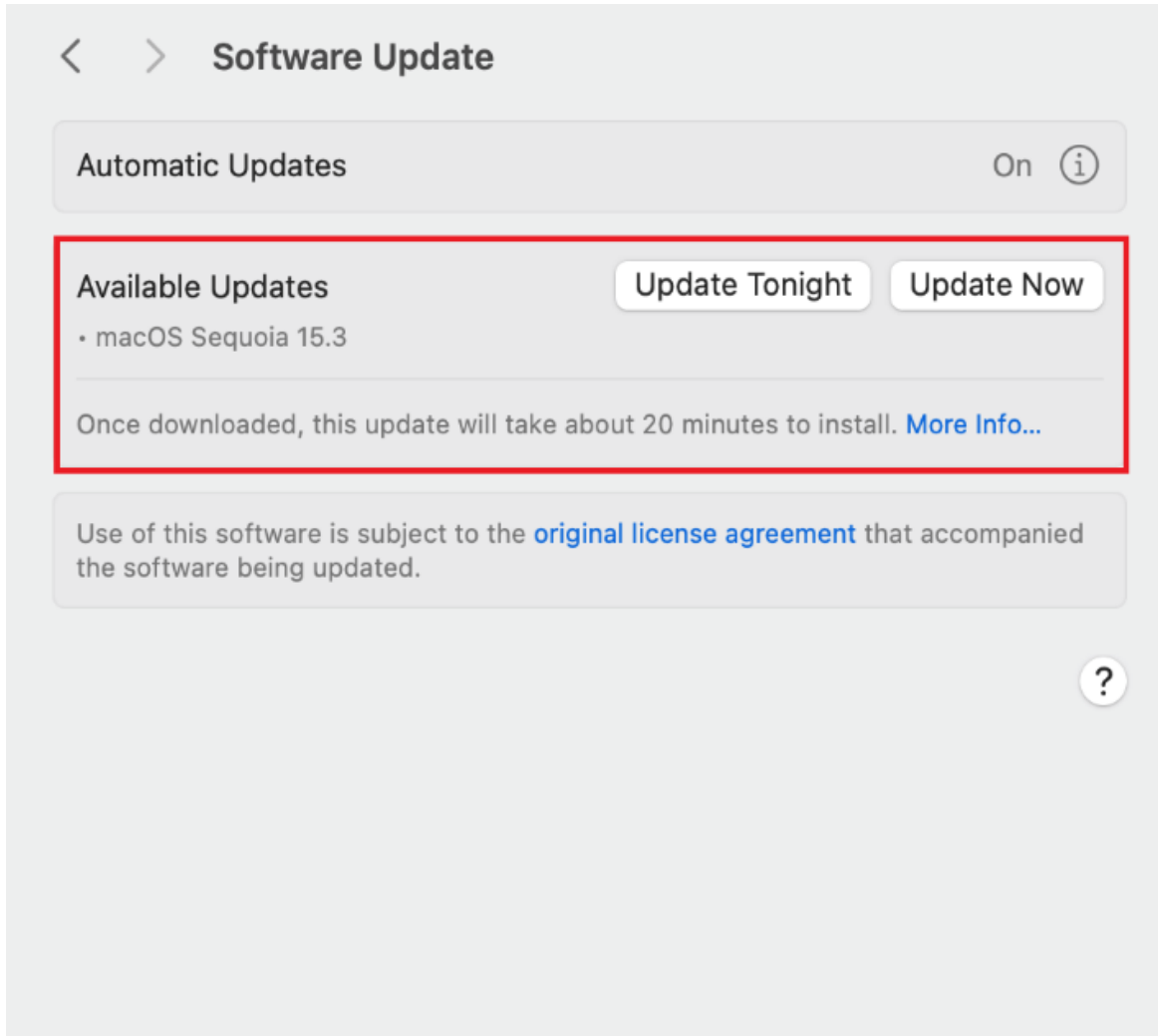
Step 1: Find the Update in Settings

After completing an iCloud backup, open the **System Preferences** app and scroll to **General.** Then select **Software Update** to check for a recent update. Make sure your computer is connected to the internet and powered. Alternatively, search in **Spotlight** for **Software Update** and open from the search results.

Tip: If you see a new version of the current macOS, that will be an update whereas a new name would be an upgrade such as macOS Sonoma to macOS Sequoia

Step 2: Select the update

If there is new software for your Mac, select the button to either Upgrade or Update.
Before the installation of the software happens, you will be asked for your password, which is the one you use to log into your Mac.

Step 3: Complete Update

Once the new software has been installed, read the navigation and new tips available to you because of it. If there are any issues or something goes wrong, make sure to contact Apple Support.

Additionally:

- Visit Apple's official site for more information and to see which macOS version is the latest:
  https://support.apple.com/en-us/109033
- Visit Apple's official site for detailed instructions on using Software Updates to keep your device up to date:
  https://support.apple.com/en-us/108382
- Visit Apple's official sites to learn which models support macOS versions 13-15:
  - Ventura
  - Sonoma
  - Sequoia

Be sure to check out our Cybersecurity Bookmark! Available at the Help Desk and WEPA printing stations across campus NOW! --->

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