macOS Sonoma Upgrade Procedures

![Old Dominion University logo]
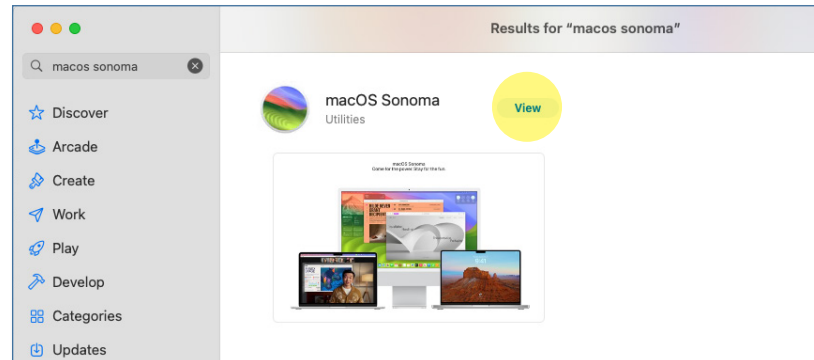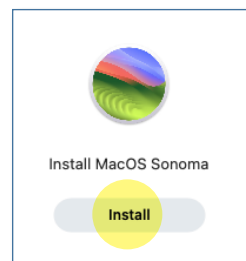
Download Sonoma

1. macOS Sonoma should automatically download from the app store. (If not, open the **App Store**, find **macOS Sonoma**, and click **Get**.)

Install macOS Sonoma

Once the Sonoma download is complete:

1. Launch the **Self Service** app from applications or the launchpad. (Make sure to save and close any documents you might have open.)

2. Find **Install MacOS Sonoma** and click **Install**.

3. After the item installs, the computer will reboot and start the upgrade process.

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