

# Updating Windows and macOS from home on University-owned Equipment

## Windows

During the **last week of each month**, ITS requires that you connect your University-owned device to [GlobalProtect VPN](#) **each day** that week for at least **3 hours**. You may not need the entire 3 hours depending on the quality and speed of your internet connection. Once the updates have completed for that month, it is not necessary to maintain a constant VPN connection.

Doing this should allow your device to receive important Windows updates managed by the University at Albany.

You can test the speed of your internet connection by using a speed testing website such as [speedtest.net](#).

Please note that once updates are downloaded and installed you will likely be required to reboot your machine. Windows will let you know when this reboot is required.

To update your University-owned device to Windows 10 version 1909, please follow this link, [Updating Windows 10 to 1909 from Home](#).

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## macOS

macOS devices are not currently centrally managed by ITS. Because of this, one should update their University-owned Macs using the [same method](#) as those with personally-owned macOS devices.

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If you have questions regarding updating Windows and macOS on personally-owned equipment, information can be found on [Updating Windows and macOS on Personally-owned Equipment](#).