Authentication
vs
Authorization

Authentication

User authentication is the process of confirming a user's identity by checking their credentials, like a username and password.

Authentication

- **Username and Password authentication** - Users provide their username and password.
- **JWT Authentication** - JSON Web Tokens (JWT) are used to authenticate users

Authorization

User authorization determines what this user is allowed to do.

Authentication vs Authorization

- **Authentication:** "Who are you?"
- **Authorization:** "What are you allowed to do?"