	Proof of Work (PoW)	**Proof of Stake (PoS)**
Mechanism	Mining: Compete to solve complex math problems	Staking: Validators based on cryptocurrency held
Consensus	Majority of miners agree	Majority of validators agree
Participation	Expensive hardware and electricity	Hold cryptocurrency stake
Security	More secure (computing power)	Less secure (stake concentration risk)
Energy Use	Energy-intensive	Less energy-intensive
Examples	Bitcoin, Ethereum (pre-Merge)	Ethereum (post-Merge), Cardano, Solana