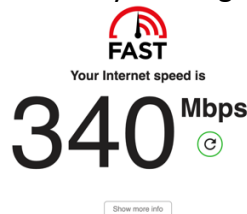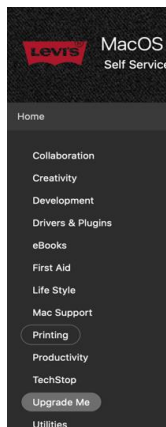# Upgrading to macOS Catalina

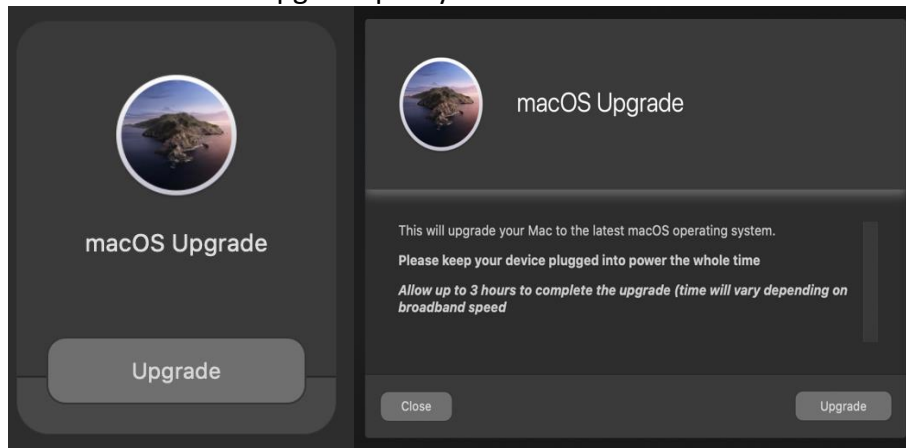Perform the following steps to upgrade your macOS to Catalina.

1. Plug your power adapter into your Mac and make sure it stays connected during the upgrade process.
2. If you are connected to VPN, please disconnect before starting the upgrade.
3. Go to the website www.fast.com to check your broadband speed. Let it run for about 30 seconds and you will get your results similar to what is shown below.
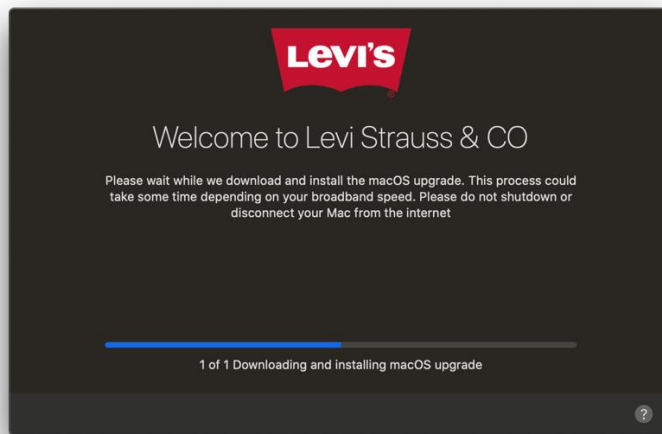

4. If your broadband speed is below 50 mbps, please contact TechStop to discuss if you are able to proceed with the upgrade. If it is 50 mbps or higher, please proceed to the next step.
5. Open Self Service in your applications directory, enter your Levi's credentials and log in.
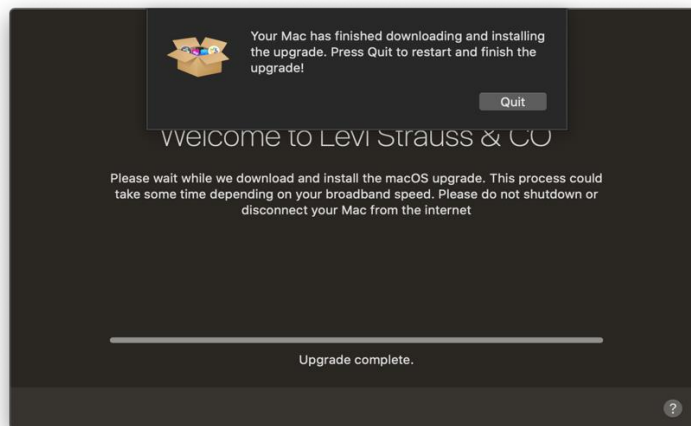6. Locate the Upgrade Me category

7. Click on the macOS Upgrade policy to view more information

8. When you are ready, click the upgrade button to start the upgrade. It will open a window with the status of downloading the upgrade.

9. When it has finished downloading the upgrade, it will prompt you to restart your Mac.

10. After restarting, the Mac will begin the upgrade process which will take about 30 minutes to complete. It will then bring you back to your login screen once complete.