Running Security Updates Without Upgrading MacOS (no admin required, 10.13+)

Individuals may be asked to run Apple Updates from Managed Software Center where it initially asks the individual to upgrade their OS. To run the Apple Security Updates without upgrading the operating system, follow these steps:

Open Security Preferences and click on Software Update

Under the MacOS upgrade option, there should be a blurb about the additional updates underneath.

Click on More info under the MacOS upgrade to see the available updates

Click Install Now to finish the installation!