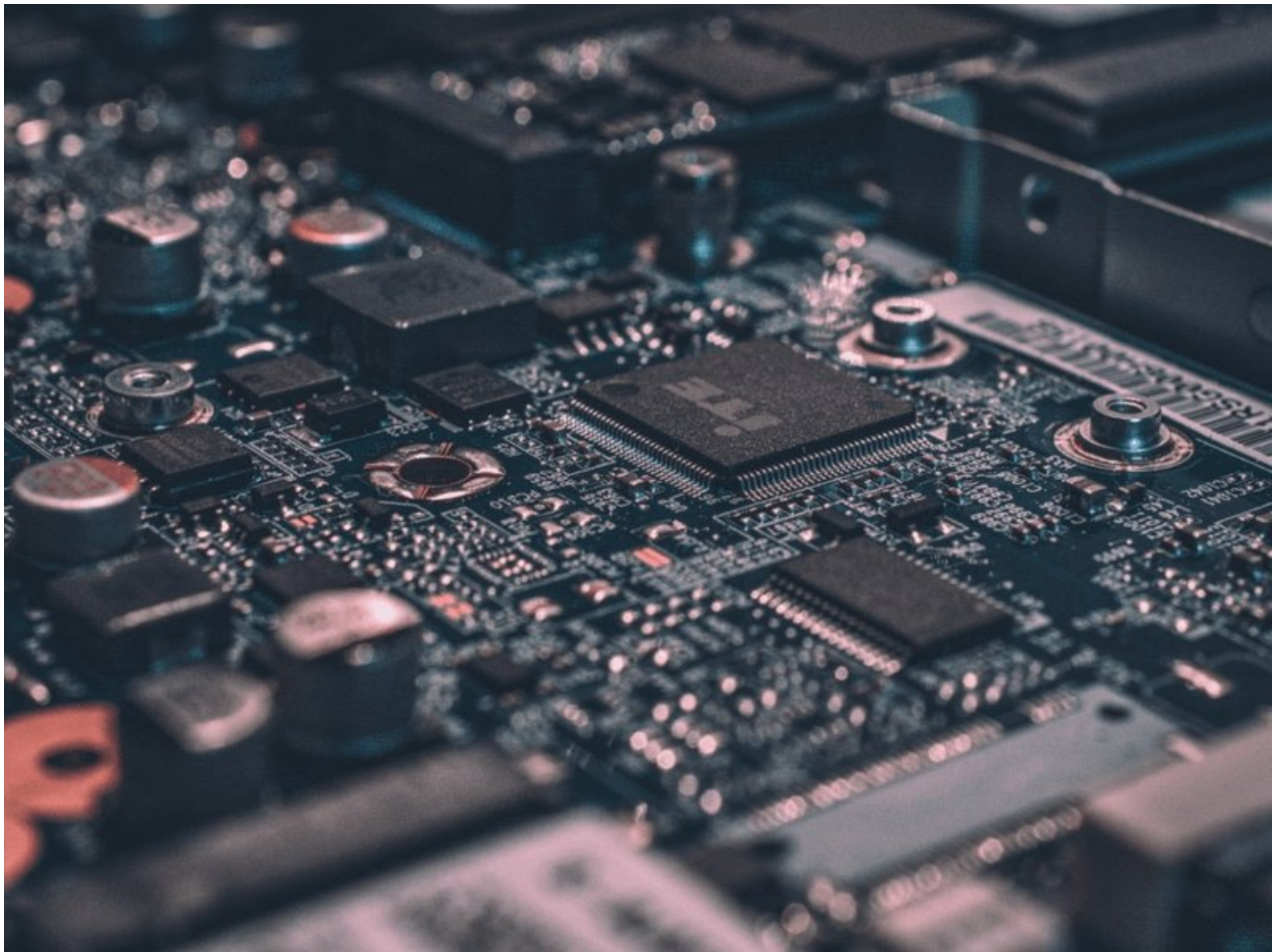# How to reset the SMC, PRAM and NVRAM on a MacBook Pro Touch Bar 2018

MacBook Pro acting up? These resets may be able to solve your MacBook Pro issues! This procedure also works for the 15" model too.

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INTRODUCTION

I had to make a separate guide for this particular MacBook Pro as it has the new Apple T2 Chip and requires a different procedure then the other Mac Laptops.
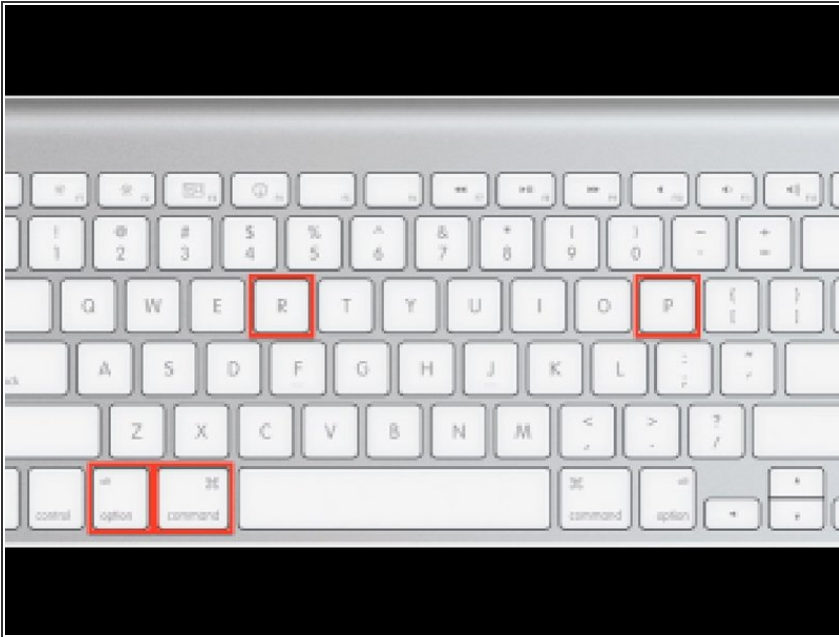
Step 1 — SMC Reset Part 1

- Choose Apple menu > Shut Down.

- After your Mac shuts down, press and hold its power button for 10 seconds.

- Release the power button, then wait a few seconds.

- Press the power button again to turn on your Mac.

- ⓘ If these procedures do not fix the problem, move onto Step 2.

Step 2 — SMC Reset part 2

- Choose Apple menu > Shut Down.

- After your Mac shuts down, press and hold the right Shift key, the left Option key, and the left Control key for 7 seconds. Then keep holding those keys while you press and hold the power button for another 7 seconds.

- Release all three keys and the power button, then wait a few seconds.

- Press the power button again to turn on your Mac.

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Step 3 — PRAM/NVRAM Reset

- Shut down your Mac.

- Then turn it on and immediately press and hold these four keys together: Option, Command, P, and R.

- You can release the keys after about 20 seconds, during which your Mac might appear to restart.

- (i) You can release the keys after the Apple logo appears and disappears for the second time, or after 20 seconds. Whichever comes first.

Still not working after these resets? Our friendly users over at the Answers Forum may be able to help you.

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