On a UAD (University owned) computer, open up Software Center and search for Zoom. Software Center is accessible through the Start Menu under University Applications and is also in a tile in the lower right when the Start menu first opens.

Click on Zoom Desktop Client 4.6.9 (or latest version available). Then click Install.
MacOS

On a University owned (JAMF-enrolled) Mac, open the UMS Application Catalog, search for Zoom. Click Install button under Zoom web Conferencing.
Updates are generally automatically installed about 7 days after release automatically, although may be within 2-3 days for important security updates.

Related

How to Update Zoom (Windows)