Forum:Hack Forums

Thread: Session vs JWT Authentication How They Work, Key Differences, and Real-World Exa

Stanley - *August 15, 2025, 2:55 pm*

Session vs JWT Authentication — How They Work, Key Differences, and Real-World Exa

While both achieve the goal of verifying a user’s identity, they work in different ways.

https://hackernoon.com/session-vs-jwt-authentication-how-they-work-key-differences-and-real-world-examples?source=rss

JoseMar - *September 3, 2025, 12:53 pm*

(Aug 15, 2025 02:55 PM)Stanley Wrote: *[CITE]* Session vs JWT Authentication — How They Work, Key Differences, and Real-World Exa

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It's not just about stateless vs. stateful, but also about where you store the data and how you scale.

sharn - *September 7, 2025, 8:33 am*

Session-based authentication requires a session store, which can consume server resources.

JWTs eliminate the need for a session store, reducing server load.