How secure is your password?

Here are some tips to creating a secure password:

1. Create passwords that are eight or more characters; the longer the password, the more secure it is
2. Create a sequence of words and/or letters that may seem random but are easy to remember
3. Use punctuation and symbols within the password to complicate it further
4. Use at least three upper and three lower case letters
5. Mix character types
6. Set a reminder to change your passwords periodically if you are not already prompted to do so by your company
7. If you use multiple passwords, a password manager program can encrypt and store all of your passwords under a single master password

Ways to make cracking your password more difficult:

1. Avoid using obvious words or personal information like a name, birthday or date, as these are easy to crack
2. Avoid using real words, for example if you were to use the word “password” (which obviously is not a good choice for a password), you could make it secure by changing it to read “P@s$w0Rd”
3. Avoid using words spelled backwards
4. Avoid sequences or repeated characters or adjacent letters on your keyboard, for example: “qwerty” or “12345678”
5. Avoid writing your password anywhere it might be seen or found
6. Never share your password

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