Cyber Security Awareness Training

Password Management Strong Passwords

Most popular passwords

Lists of stolen passwords reveal the most popular passwords. Since approximately 10% of users employ the 20 most popular passwords, this means that with fewer than 20 attempts, anyone can login to roughly 1 out of 10 accounts today.

Google has published a list of the top 10 password patterns:

- 1. Pet names
- 2. A notable date, such as a wedding anniversary
- 3. A family member's birthday
- 4. Your child's name
- 5. Another family member's name
- 6. Your birthplace
- 7. A favorite holiday
- 8. Something related to your favorite sports team
- 9. The name of a significant other
- 10. The word "Password"

Password requirements

A strong password

- consists of at least eight characters (the more characters, the stronger the password)
- has a combination of letters, numbers and symbols like #, \$, %, +, /, etc. Not @ or !
- contains letters in both uppercase and lowercase, not at the beginning of each phrase.
- does not contain words that can be found in a dictionary, parts of the user's own name or the website being used.

How to create a strong password that is easy to remember?

One easy method is turning a sentence into a password.

<u>I want to use a strong password.</u> = Iw2uasp.

<u>Will the Packers ever win again?</u> = WtPewin8%

How should I remember all my 100 passwords? = HsIram100+passW%

You get the idea. There are more methods you can use, and a simple Google search can help you to pick yours.

Never reuse the same password? How should I remember all of them?

A typical American has up to 100 passwords to remember. That's why you should sign up for a Password Management Tool.