## 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.
I want to use a strong password. $=$ Iw2uasp.
$\underline{\text { Will the Packers ever win again? }=\text { WtPewin8\% }}$
How should I remember all my 100 passwords? = Hslram100+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.

