



computer services

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Triona's Infamous Password Rules
or, how to pick a secure password

Good passwords can save more than your computer, they can also protect your identity. A secure password:

- Is six to eight characters in length
- Contains at least one number and one symbol
- Uses mixed case (LiKe tHiS)
- Cannot be found in the dictionary
- Is different on every system
- Is not shared with anyone
- Is frequently changed
- Is not repeated on the same system

Examples of passwords that are secure (don't use these!):

h@rd2FIND

saf#ty1ST

x^2+y^2

I'm2safe!

Examples of passwords that aren't secure

a blank password (hitting Enter or Return)

your username

family names or birthdays

password (everyone uses it)

12345 (easily guessed)

password! (exclamation point at the end, a common trick that no longer works)

Even better, consider a one-time password system, or a biometric one.