

Creating Strong Passwords

by Triona Guidry

Adapted from Triona's Tech Tips, your FREE online computer resource
www.guidryconsulting.com/techtips

Strong passwords can save more than your computer, they can also protect your identity. Standard IT guidelines say secure passwords:

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

Your system may have different password requirements, but try to follow these if you can.

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 on the end, a common trick that no longer works)

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

Triona Guidry is a freelance consultant and writer with over twenty years' experience in the computer industry. Her firm, Guidry Consulting, Inc., provides computer services to small and home businesses. For more tips, tricks, and computer help, visit Triona's Tech Tips: www.guidryconsulting.com/techtips.



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