



# Security Tip of the Week

## Create a Strong Password

There are many ways to create a long, complex password. Here is one way that may make remembering it easier:

What to do	Example
Start with a sentence or two (about 10 words total).	I hate snow. I much rather be at the beach. (10 words)
Turn your sentences into a row of letters.	ihsimrbatb (10 characters)
Add complexity.	IHSimrbATb (10 characters)
Add length with numbers.	IHS75imrbATb (12 characters)
Add length with punctuation.	!IHS75imrbATb (13 characters)
Add length with symbols.	!IHS75imrbATb#(14 characters)

Things to keep in mind when creating a password:

- Use the entire keyboard
- Avoid using any personal information
- Don't use real words
- Avoid common sequences of repeated characters
- Use a password management tool
- Keep your passwords safe

For more information on this week's tip visit [www.rochester.edu/it/security/securitytipofweek](http://www.rochester.edu/it/security/securitytipofweek).