

Introduction

This Week 1 is focused on “**Use Strong Passwords and a Password Manager.**” Strong passwords should be long, random, unique to each application/service, and incorporate all four character types: uppercase, lowercase, numbers, and symbols. Password managers are an essential tool to help you generate and securely store strong passwords for each of your accounts.

Passwords Resources:

- You can find more information on [Use strong passwords](#) and a [password manager](#) on the National Cybersecurity Awareness Alliance site
- [Secure Our World: Passwords Tip Sheet](#) (CISA)
- [Tips for Stronger Passwords](#) (Consumer Reports)

Helpful Password Tips:

- **Make passwords long:** At least 13 characters (the longer, the better!)
- **Use random strings or passphrases:** Mix letters, numbers, and symbols or use unrelated words
- **Create unique passwords for each account:** Never reuse passwords across different accounts
- **Use complex combinations:** Upper- and lower-case letters, numbers, and special characters
- **Use a password manager:** Simplifies password management, storing unique, complex passwords securely

Password Facts and Figures:

The National Cybersecurity Alliance 2023 Oh, Behave! report lists the following cybersecurity survey responses:

- Only **38%** of people use unique passwords for all their accounts
- **60%** of people use strong passwords, indicating a gap in password security practices
- **46%** of people create passwords that are 9 to 11 characters long, shorter than the recommended 13 characters

Our emails and supporting information are available from the [National Cyber Security Awareness Month \(NCSAM\)](#) page on the CUNY website. We also provide a growing security resources list on the [CUNY Information Security](#) pages. You may also want to visit the [OUCH!](#) website to read recent security articles or subscribe to the world’s leading, free security awareness newsletter designed for technology users.

If you have any questions about any of this information, please contact your college's [Information Security Manager](#).