

## Password security

### Choosing strong passwords

We can all agree that passwords can be a pain in the neck. We forget to change them and when we do, it's difficult to come up with one. At Adept Internet we strive on using good, simple-to-remember passwords. However, there are a few guidelines when choosing a strong password.

### Security

Password cracking tools are very effective nowadays; processing large quantities of letter and number combinations in a matter of minutes until a match is found. So let's start off with what not to do when choosing a password.

Avoid using common words like:

- Words from the dictionary;
- Misspellings of words (e.g. "adept" = "ad3pt" or Adept101);
- Words written backwards (e.g. "tpeda");
- Family names and birthdays or any other personal information.

And remember:

- Never share your password;
- Never write down a password.

### Making the good choice

Note: Technically, some systems have policies on how short or long a password should be. Generally it is between 8 and 16 characters. For this guide we will stick to that amount. You can use this technique even if you have a longer password. Now let's get to it.

Generally, when we try to think of a new password we start looking at objects around us to make the choice easier. Combining "light" with "aircon" and then mixing it up like "lightaircon" or "1light1aircon" – This is wrong.

Stop thinking of a password and start thinking of a phrase, a song lyric or a few "nonsense" words with punctuation.

Here are some phrase and "nonsense" examples: (do not use these examples)

The phrase: The quick brown fox jumps over the lazy dog and hides in his burrow

The password: TqBfJ0T!D&h!Hb

The phrase: I'm singing in the rain\_ I'm singing in the rain

The password: I'm\$!Tr@1N\_Is1Tr

The phrase: This is great-what an awesome idea it was.

The password: t!G-Wa@11w.

Using two or more random words together: Cloud\_donkey\_batterY

Use this website as a guide to see how secure your password is: <http://www.howsecureismypassword.net>

**Remember: Change your passwords every 3 to 6 months.**