Welcome to Week 2 of Cybersecurity Awareness Month, which focuses on *"**Using Strong Passwords and a Password Manager**."* As our online lives expand, we've gone from having just a few passwords to many, and we might manage upwards of 100. That's 100 unique passwords to remember, if you're using strong password habits. Password managers can help you make accounts safer by recommending strong, unique passwords and making it easier to manage and use those passwords. This week, we're clearing up misconceptions about password managers and demonstrating how they can help secure your online accounts and data.

Password Resources:

- You can find more information on passwords and password managers on the National Cybersecurity Awareness Alliance site.
- Learn the value of password managers with this Password Infographic.

Helpful Password Tips:

- Every one of your passwords should be at least 12 characters long.
- Each account needs to be protected with its own unique password.
- Each unique password should be a combination of upper-case letters, lower case letters, numbers, and special characters (like >, !?).
- Running out of password ideas? Let password managers do the work for you.
- Lock up your password list. Replace your written list of passwords with a password management tool—you only have to remember one strong password for the password manager.
- A password manager is the best way to create and maintain strong passwords for the every-increasing number of online accounts we log into.
- A password manager encrypts passwords before they leave your device. It reminds you to change passwords regularly and evaluate the strength.

Password Facts and Figures:

In response to a Ponemon Institute survey:

- **53%** of people rely on their memory to manage passwords.
- **75%** of people said they don't know how to create secure passwords in the first place.

In response to a LastPass survey:

- **81%** of the total number of breaches leveraged stolen or weak passwords.
- **61%** of employees use the same passwords for multiple platforms.

In response to a Google survey:

- Only **45%** of adults would change a password after a breach.

In response to a Business Insider:

- **28%** of adults in the US use the same password for all their online accounts.

Our emails and supporting information are available from the [National Cyber Security Awareness Month (NCSAM)](#) page on the CUNY web site. 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](#).