

## Password Do's and Don'ts

### Password Do's

- Mix of upper and lower case letters
- Contains at least one number
- Contains at least one special character (@, \$, &, ~, etc)
- Change your password often
- Use between 8-15 characters
- Use a password that can be typed quickly and is easy to remember
- Make sure your password is unique

### Password Don'ts

- Don't use names (Pets, Friends, Family, User IDs)
- Don't use repeating sequences (aaaa, bbbbb)
- Never use all letters or numbers
- Never use dictionary words or even foreign words (Forward or Backward)
- Never use personal information (license plate number, SIN, postal code)
- Never contains less than 6 characters
- Never write it down your password
- Never share your password with anyone
- Never use the same password for all accounts (hotmail, myspace, etc)

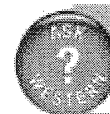
### System Health Status

### Known Phishing Attempts

#### Search ITS

#### Of Interest



have an IT question ...  
just "[Ask ITS](#)"

### Computer Wellness @ Western Passwords

### Western Password Policy

### Western Information Security

### Customer Support Centre