Password Security Recommendations:

Why should I care?

Password complexity is extremely important when it comes to keeping your information secure. While no security measure is going to be 100% safe, having a **secure password** and using **two-factor authentication** on your work, school, and personal accounts will increase your online security.

What should I do?

- Use a different password for every account. Consider using a password manager.
- Use long passwords (Aim for at least 12-14 characters.)
- Utilize a mix of numbers, uppercase letters, lowercase letters, and special characters.

What should I avoid?

- Never write down passwords.
- Use a string of words or a phrase, not single words you would find in a dictionary — even if you use symbols and numbers.
- Don't use birthdays or other memorable dates.
- Don't use words related to your hobbies, travel, or interests.

What other steps should I take?

- Enable two-factor authentication. While this does add additional steps to the login processes, you must prove your identity by having another device or a backup code.
- Be cautious about clicking on links that require you to enter your login and password for VSU. If you aren't prompted for two-factor authentication, change your password immediately.