Choosing a strong password.

- A strong password does not include:
    a. Your user name
    b. Your real name – first, last or middle
    c. Your Company Name
    d. Complete words

- A strong password contains at least 8 characters using something from at least three of the following four categories:

a.	lowercase letters	a, b, c
b.	uppercase letters	A, B, C
c.	numbers	0, 1, 2, 3
d.	symbols found on the keyboard.	`~!@#$%^&*()_+-=[]\{}|/.,<>?

- An example of a secure password would be something like this: Hgs3@4j55nKX!sl[1]
  This password is 15 characters long and contains a combination of numbers, symbols, upper and lowercase letters. Since it's long and random, it will be far tougher for someone to hack.

- Remember, having a secure password is meaningless if you write it down and leave it where anybody could find it. However, if you have difficulty remembering a random password, then you can use a common word like "**password**," for example, but add three of the four class characteristics to it to make it more secure, such as "**paSSw0rd**." While not as secure as a completely random password, it still meets the outlined criteria, thus making it far more efficient then your kid's name.[1]

[1] http://www.practicallynetworked.com/sharing/good_passwords.htm