Creating a Strong Password – Windows Vista

A strong password prevents an attacker or thief from using a computer program designed to guess passwords by making the set of passwords the attacker has to attempt very large, and thus taking a long time. Create passwords that have the following characteristics:

a) At least 8 characters in length  
b) A combination of upper-case letters, lower-case letters, numbers, and symbols should be used  
c) Don’t use words found in the dictionary  
d) Don’t use any easily obtainable personal information (i.e. your dog’s name which also happens to be listed on you website).  
e) Tip: Many users find it helpful to create their password using memorable phrase or song.  
   As an example we will use the song “Oh When the Saints Go Marching In”.  
   1.) First reduce the phrase to an acronym. “OWTSGMI”  
   2.) Next decide on a few characters to change to lower-case. “OwtSGMI”  
   3.) Finally replace a few characters with numbers and symbols and remember to add a character to meet the minimum length of 8 characters. “0wt$GM1@”

To set a strong password:

Click Go to Start. Go to Control Panel. Click User Accounts and then click “Change your password”. 

Enter a strong password. A strong password uses at least 8 characters and includes at least 3 out of the following 4 character types: upper-case letters, lower-case letters, numbers, and symbols (see above section on tips for creating a strong password).