Published on *University of Colorado* (https://www.cu.edu)

Five cyber tips to protect yourself this Cybersecurity Awareness Month [1]

September 18, 2026 by ES and UIS Communications [2]

October is Cybersecurity Awareness Month, and this year's theme is **Cyber Smart Starts with You**. You don't need to be a security expert to make a real difference. A few smart habits go a long way toward protecting your information, your colleagues and the university. Here are five to build into your routine.

1. Use a unique password for every account

Reusing passwords means one leaked account can put all your other accounts at risk. Let a password manager create and store strong, unique passwords for you, and use passkeys instead of passwords wherever they're available.

2. Question unexpected messages

Slow down when a message is unexpected, urgent or asks for money, credentials or immediate action. Cybercriminals count on you reacting quickly before you've had a chance to think it through. Taking a moment to pause is often all it takes to spot something wrong.

3. Verify unusual requests through a trusted channel

If someone asks for sensitive information, a financial transaction or your credentials, confirm it's really them before you respond. Go through a phone number or email address you already know to be correct, not the contact information provided in the message.

4. Protect your sign-in

Turn on multi-factor authentication and never approve a sign-in prompt you didn't initiate. If you get an unexpected MFA push notification, that's a sign someone else may have your password. If you receive one, deny it and change your password right away.

5. Report anything that looks suspicious

If something feels off, report it — don't ignore it. Reporting suspicious emails, texts or calls helps the university investigate and warn others before more people are affected. When in doubt, forward it along rather than assuming someone else already has.

Remember: Small actions make a big difference. Together, these habits help keep CU connected and secure.

Complete the Information Security Awareness course between Oct. 1–31 for a chance to win $100, and check out CU's Cybersecurity Awareness Month page [3] for webinars and

additional resources.

cybersecurity [4], computer help [5]
Send email when Published:
No

Source URL:https://www.cu.edu/blog/tech-tips/five-cyber-tips-protect-yourself-cybersecurity-awareness-month

Links
[1] https://www.cu.edu/blog/tech-tips/five-cyber-tips-protect-yourself-cybersecurity-awareness-month [2] https://www.cu.edu/blog/tech-tips/author/249473 [3] http://cu.edu/cam [4] https://www.cu.edu/blog/tech-tips/tag/cybersecurity [5] https://www.cu.edu/blog/tech-tips/tag/computer-help