

Use Strong Passwords and a Password Manager ^[1]

October 23, 2023 by [ES and UIS Communications](#) ^[2]

October is Cybersecurity Awareness Month, a global effort to help everyone stay safe and protected when using technology whenever and however you connect. The University of Colorado is proud to be a champion of [Cybersecurity Awareness Month](#). ^[3]

Throughout the month of October, the Office of Information Security, University Information Services and campus OITs are promoting key behaviors to encourage every employee to stay safe online. Most behaviors are covered in the [Information Security Awareness Skillsoft Course](#). ^[4]

NOTE: Complete the course before Nov. 30 and you'll be entered in a drawing to win \$100 on top of learning to stay virtually keep CU data and resources safe.

As our lives expand to doing more online, we've gone from having just a couple of passwords to managing hundreds. You might even be one of the 70% of people using the same password for most of your accounts — and that's not safe. If your one password gets stolen because of a breach, it can be used to gain access to all your accounts and your sensitive information. But no need to fret, password managers are easy to use and make a big difference.

[Password managers](#) ^[5] are one of the best ways to manage unique passwords and protect your digital privacy. A password manager is a software application created to manage and store all of your online credentials like usernames and passwords in a safe, encrypted database.

Some notable advantages of a password manager include saving time, protecting your identity and information, notifying you of potential phishing websites, and more.

Since a password manager stores your credentials, you don't need to remember them all or write them down. Just be sure the one you choose is trustworthy and from a reputable company. Start your research by visiting CU Boulder's [criteria for password managers](#) ^[5] and visiting [previous Tech Tips on password best practices](#). ^[6]

[cybersecurity](#) ^[7], [password](#) ^[6]

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