# Week 03 Lab: Hands-on Password Practice

Complete the Hands-on Password Lab, as outlined in the instructions document:

W03 Hands-on Password Lab Instructions.docx

Fill out this worksheet. When you are finished, save it, and upload it to I-Learn to be scored. You may earn up to 50 points for this lab.

## Task 1: Learn to create strong passwords.

|  |  |
| --- | --- |
| For what reasons should you change your passwords regularly? Write at least one reason. (1pt) | One good reason to change your password regularly is to protect your information from security breaches in online servers. |
| Which of the following are strong passwords? Which are weak?   * 1. MyCatLovesMe   2. myc@t\_lovesme   3. MyC@t\_L0v3sM3!   4. Mycatlovesme   (2pts) | B. and C. are strong passwords  A. and D. are weak passwords |
| What makes the strong passwords above strong? Why are the others considered weak? (2pts) | B. and C. are strong passwords because they have replacement characters for letters and underscores for spaces. A. and D. are weaker because they are simple phrases that can be easy to guess by looking at social media accounts. |
| What are the most import steps you can take to ensure you have a secure password? (1pts) | Don’t use a password based on animal names or things about you and don’t share your password with others. |

(Details)

## Task 2: Identify sites that can help verify you have a strong password.

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| What is the new password you invented? (1pt) | 5t0cKvCoN\_$9 |

(NOTE: Do not actually use this password for anything else! Only use it for this lab exercise.)

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| --- | --- | --- |
| According to the strength testing sites: how complex is your password?  (2pts) | UIC Password strength test: | The Password Meter: |
| Graphical user interface, application  Description automatically generated |  |
| According to “How Secure Is My Password?,” how long might it take to crack your password? (1pt) | Graphical user interface  Description automatically generated | |
| Paste your screen captures below as evidence of completion. (3pts) | Graphical user interface, text, website  Description automatically generated | |

(Details, screenshots)

## Task 3: Learn to use a password generator.

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| What generated random password did you get? (1pt) | x5Yr2?\h3a5HuN)C |
| Why do you think this random password might be *more* secure than the password you created earlier in Task 2? Also, can you think of any reasons why it might be *less* secure? (5pts) | I think it would be more secure because it is longer. It could be less secure because I went to an online website to generate it and that information could be tracked somehow |
| According to “How Secure Is My Password?,” how long might the generated password take to crack? (1pt) | 41 trillion years |
| Paste your screen capture below as evidence of completion/ (1pt) | Graphical user interface  Description automatically generated |

(Details, screenshot)

## Task 4: Install and use a password manager.

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| --- | --- |
| What is a password manager and why would you want to use one? (5pts) | A password manager is a place you can store all the passwords you use so you don’t have to remember them. A good reason to use them is to help keep your online accounts secure by using strong passwords that are hard to crack. |
| Did you install KeePass? If not, what password manager did you install? (1pt) | I installed keypass |
| How much time did you need to input your BYU-Idaho credentials and one other login/password credential into your password manager? (1pts) | It took me 5 minutes to set up keypass and input my byui credentials |
| Did you encounter any difficulties using your new password manager? Describe your experience. (2pts) | I didn’t really encounter any difficulties it worked just fine. |
| Paste your screen capture below as evidence of completion. (1pt) | Graphical user interface, text, application  Description automatically generated |

(Details, screenshots)

## Task 5: Teach password skills to someone else.

|  |  |
| --- | --- |
| Whom did you teach, and how did you assist them? (4pts) | I taught my wife what I learned here. I helped her create a strong password using some of the websites in the lab. |
| When they tested their password at “How Secure Is My Password?,” how much time was estimated to crack it? (1pt) | After we created a strong password it said a computer would take 46 thousand years to crack it |
| What did you learn when you helped them install a password manager (or when you compared your password manager to theirs)? What else did you learn from working with them? (4pts) | I learned that it’s not as easy for me to install a password manager as it is for everyone. It took me a lot longer working with my wife to help her understand how to use a password manager and why it’s useful. |
| What were your key-takeaways from this lab? What did you learn that will help you in the future? (10pts) | Some of my key takeaways from the lab are first, my passwords aren’t as secure as I would like them to be. Second, I can take some pretty easy precautions to ensure that my personal information online won’t be leaked to people I don’t want to see it. One thing That I can do in the future is use the password manager I installed for any accounts I create. |