# ­Week 3 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 Canvas 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) | To keep your information secure, and keep it less likely to be hackable. |
| Which of the following are strong passwords? Which are weak?   * 1. MyCatLovesMe   2. myc@t\_lovesme   3. MyC@t\_L0v3sM3!   4. Mycatlovesme   (2pts) | C. is the strongest password B. is the second.  A and D are the weak passwords. |
| What makes the strong passwords above strong? Why are the others considered weak? (2pts) | They are strong because they have different casing and symbols and numbers. The others are weak because they have no numbers or symbols, and are existing words and phrases. |
| What are the most import steps you can take to ensure you have a secure password? (1pts) | Making sure that real words and phrases are not used, use symbols and numbers with mixed casing. |

(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) | $y3er$ecUriTy23 |

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

|  |  |  |
| --- | --- | --- |
| According to the strength testing sites: how complex is your password?  (2pts) | UIC Password strength test: | The Password Meter: |
| Very Strong | Very Strong |
| According to “How Secure Is My Password?,” how long might it take to crack your password? (1pt) | 4 quadrillion years | |
| Paste your screen captures below as evidence of completion. (3pts) | Graphical user interface, website  Description automatically generatedGraphical user interface  Description automatically generated | |

(Details, screenshots)

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

|  |  |
| --- | --- |
| What generated random password did you get? (1pt) | #@eMx^r8Ma]6MSvj |
| 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 this is more secure simply based off the fact that the characters are far more randomized than the password I created. I think it would be less secure simply because of the fact that it is hard I’d also argue that it is near impossible to remember. |
| 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, website  Description automatically generated |

(Details, screenshot)

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

|  |  |
| --- | --- |
| What is a password manager and why would you want to use one? (5pts) | It is a secure application that manages a library of your passwords for different sites. |
| Did you install KeePass? If not, what password manager did you install? (1pt) | Norton Password Vault |
| 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 less than a minuet |
| Did you encounter any difficulties using your new password manager? Describe your experience. (2pts) | No it seemed to be pretty quick and simple. |
| Paste your screen capture below as evidence of completion. (1pt) | Graphical user interface, text  Description automatically generated |

(Details, screenshots)

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

|  |  |
| --- | --- |
| Whom did you teach, and how did you assist them? (4pts) | Talia shell |
| When they tested their password at “How Secure Is My Password?,” how much time was estimated to crack it? (1pt) | 9 Million years |
| 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 most passwords people make aren’t as secure as they think they are. |
| What were your key-takeaways from this lab? What did you learn that will help you in the future? (10pts) | It's important to keep your passwords updated and secure, there are sites to help you determine how strong your passwords really are. |