

Five Steps to Creating a Strong Password

Do you need help creating a strong password? We have an idea for you. You can follow these 5 steps to make your passwords strong. It will also be easy for you to remember.

Step 1. Get a piece of paper and a pen or pencil.

Step 2: Circle one question in each question box below.

Box A	Box B	Box C	Box D
What is your grandmother's first name? Do not use if your name is the same as your grandmother's.	What year was your mother born?	What is your favorite fruit?	Which symbol do you want to use? ! @ # \$ * - : , . / ?
What is your grandfather's first name? Do not use if your name is the same as grandfather's.	What year was your father born?	What is your favorite drink?	
Where were you born?	What year did you start to work at Tyson?	What is your favorite color?	

Five Steps to Creating a Strong Password

Step 3: Write down the answers to your 3 questions in the question boxes.

Box A.

Begin your answer with a CAPITAL letter.

Box B.

You will need 4 numbers.

Box C.

Box D.

Step 4: Write your answers with no spaces. This is your password.

Five Steps to Creating a Strong Password

Step 5: Check to see if your password meets the requirements for a strong password:

Strong Password DO'S:

Put a check mark in the box if your password HAS:

- at least 11 characters
- 1 or more uppercase letters
- 1 or more lowercase letters
- 1 or more numbers
- 1 or more symbols

Strong Password DON'TS

Put a check mark in the box if your password does NOT have:

- spaces
- your first name
- your last name
- your personnel number

Put a check mark in the box if your password is NOT:

- your old password