Next time you change your password, consider using a passphrase. They’re secure and tough to forget! Here’s how:

1. Pick at least three random words
Avoid ones that would be easy for an attacker to guess, such as…
- Names of people you know or pets
- Words related to UWGB, jobs, hobbies, etc.

2. Add special characters between the words and capitalize at least one letter
This will meet UWGB’s password strength requirements. Your other accounts may have different needs.

2. Make up a story to help you remember it
E.g. “The goose goes to the beaches to gather food”