How Secure is My Password Lab

**Purpose:**

This lab is designed to give the average user a perception of how much time today's hacking software can break their password. You will enter your own personal passwords of your existing account to determine how long it takes to break your password.

**Discussion:**

According to Dr. Mark Ciamp (2015), the average college student has 22 passwords in use. Offline cracking takes the captured password and runs various algorithms to crack that password.

The problem is that with an average of 22 password protected accounts, the typical student will use the same password more than several times. So the question then becomes, just how secure is my password and how long would it take the cracking software to break down the password.

**Lab:**

1. Open your Web browser.
2. Enter the following link: https://howsecureismypassword.net/
3. Read the note in the middle of the page regarding the process of stealing your password.
4. Enter any one of your known passwords. The system will not ask you any information about the account.
5. Observe how long it would take for the current cracking software to break your existing password.
6. Close the Web browser and consider those passwords that were easy to break to longer and complex passwords.

Resource:

Ciampa, M. (2015). Security Awareness. 5th ed. Boston, Massachusetts: Cengage Learning.