Resetting your password

Prior to your password expiring, you can easily reset it.

Go to https://arms.everett.k12.wa.us/

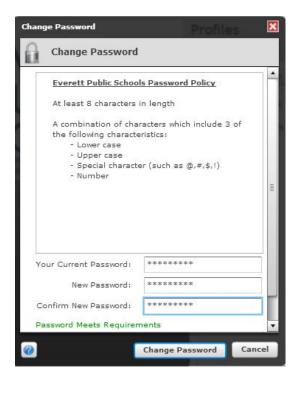


Enter employee number as username **Enter** password **Click** *Login*

Your first time in you will be asked to set challenge questions.

Click Change Password





Enter Current Password Enter New Password Confirm New Password

If your new password meets the password policy and has not been used previously the words *Password Meets Requirements* will display and the button, *Change Password* will activate.

Click Change Password

PASSWORD HELPFUL HINTS

What is a strong password?

While experts differ on their opinion of a strong password, if you stick to these rules of thumb, your passwords will be plenty strong. There are six main characteristics of a strong password:

- 1. Upper case letters
- 2. Lower case letters
- 3. Special characters (such as 1, @, #, \$, %,^)
- 4. Numbers
- 5. No dictionary words
- 6. At least 8 characters long

Using dictionary words will have your password cracked in less than 2 minutes with most free password cracking software(s)!

NEVER

- 1. Use online banking password for other personal sites such as Facebook, etc.
- 2. Write your password down and leave unprotected.
- 3. Use your name in your password.
- 4. Never use seasons, pet's names, months, relative's names, etc.
- 5. Share your password with anyone. If you suspect someone knows your password, change it!

Strong passwords will help you protect your personal information from evil doers.

Mnemonics

Use mnemonic devices to create and remember unique passwords. Pick a favorite saying, song, place, hobby, movie, book, etc. and use letters to create a password. You should also replace letters for numbers or symbols for added strength. Here are some examples:

- SW_e6_RotJ (Star Wars: Episode 6, Return of the Jedi)
- Myd6@mha (My dog ate my homework again)
- Pwli6h5t5 (People who live in glass houses, shouldn't throw stones!)
- Myd06s@ml! (My dogs are my life!)
- I^2gf5&C (I love to golf, fish, swim & cook)
- C@Sb14n{a (Casablanca)

Easily interchangeable characters: (Use shift + a number for even more options!)

$$E = 3$$
 $A = @ \text{ or } 4$ $S = 5 \text{ or } 5$ $L = 7 \text{ or } 1$ $G = 6$ $B = 8$

$$O = 0$$
 or () $V = ^ or \bigvee (forward \& backward slash)$ $C = { or [W = \bigvee \bigvee (slashes) }$