University Information Security Awareness

Stay Safe Online!

Jenny Blaine
University Information Security
Your accounts and identity are valuable > you have valuable access, assets, and trust relationships

http://phishing.it.umn.edu/2014/07/whats-your-email-worth.html
Threats - What the cyber criminals are doing

- **Fraudulent email and other scams** -> try to trick you into logging in or otherwise revealing your ID and password - can be highly targeted or a random spamming event - can also trick you into installing malware

- **Malware** -> infect your computer and transfer your information > attachments or infected websites can be vectors

- **Ransomware** -> malware that encrypts your files and the files of any shared drives mapped on your computer and holds them for ransom until you pay; dangerous to pay

- **Malicious websites or ads on websites** -> distribute malware or compromise your credentials
  - Use Ad Aware AdBlock or McAfee SiteAdvisor
  - Use UMN VPN to protect your wireless traffic > safecomputing.umn.edu
OneClass - Note Taking App

- Spreads by phishing
- Malicious browser plugin appears to be legit
- Teachers may not know it’s there
- Against student conduct code
What are the bad guys doing and why

Fraudulent email scams take advantage of current social climate:

- Relatively sophisticated
- Many accounts compromised
- Faculty and staff mainly
- Direct deposit routing numbers changed
- Google filters set to remove email from HR
- Requests to wire funds to offshore locations
- Transfer intellectual property to malicious state sponsored actors
- Use credentials stolen from legitimate users to scam innocent people

**Why?**
You have the power to protect yourself and the University! UMN two-factor protection in front of W2 & Direct Deposit protects your financial information.

- [https://it.umn.edu/duo-set-two-factor-authentication](https://it.umn.edu/duo-set-two-factor-authentication)

**Opt in to DUO Two-Factor Protection for Direct Deposit and W2**

Instructions
1. Log into myu.umn.edu
2. Select the My Info tab...
   [https://it.umn.edu/opt-in-duo-two-factor-protection-direct](https://it.umn.edu/opt-in-duo-two-factor-protection-direct)

**Opt Out of DUO Two-Factor Protection for Direct Deposit and W2**

Instructions
1. Log into myu.umn.edu
2. Select the "My Info" tab...
   [https://it.umn.edu/opt-out-duo-two-factor-protection-direct](https://it.umn.edu/opt-out-duo-two-factor-protection-direct)

**Use Duo Two-Factor Protection for Direct Deposit and W-2**

Instructions
1. Log into myu.umn.edu
2. Select the "My Pay" tab. This is available in the Employee Center for your campus which is accessed through...
   [https://it.umn.edu/cao-duo-two-factor-protection-direct](https://it.umn.edu/cao-duo-two-factor-protection-direct)

Duo Push Demo using a smart phone - short video

** Turn on 2-factor authentication everywhere you can (www.turnon2fa.com)**
Ways to stay safe online:

Strengthen your passwords

Use unique passwords for each account you create. Use passphrases or sentences. Longer = better.

Keep your computers and devices up-to-date

Turn on auto-updates for operating systems and apps, even on your phone.

Back Up your data - CrashPlan

In case your device is lost, stolen, or fails + the only real protection against Ransomware.

Be wary of scammers - don’t trust your email - be suspicious and curious - ask if you are not sure!

Ask the sender via phone if you receive an unexpected attachment; get a second opinion; “Unfortunately it is the reality of the world in which we now live.” (Bernard Gulachek, Interim CIO)

How strong is my password?

This is roughly how long it takes for hackers to crack passwords:

- 8 characters…… 9 minutes
- 10 characters…… 25 days
- 12 characters….. 260 years

https://howsecureismypassword.net/ to get a rough estimate of password complexity and security.
Password Therapy


From that article:

“Here are some of my passwords from the last 2 years, so you get an idea of how my life has changed, thanks to this method:

- Forgive@her (to my ex-wife, who started it all.)
- Quit@smoking4ever (It worked.)
- Save4trip@thailand (It worked.)
- Eat2times@day (It never worked, still fat.)
- Sleep@before12 (It worked.)
- Ask@her4date (It worked. I fell in love again.)
- No@drinking2months (It worked. I feel better.)
- Get@c4t! (It worked. I have a beautiful cat.)
- Facetime2mom@sunday (It worked. I talk with my mom every week.)

And the one for last month:
Save4@ring (Yep. Life is gonna change again, soon.)”
How do I keep track of all of my unique passwords for my buzillion accounts?

PasswordSafe
https://it.umn.edu/external/password-safe

can be used on local devices and backed up to cloud

LastPass
https://www.lastpass.com/ - cloud service

Password Management Fundamentals using LastPass
(available on Lynda.com)
What to do if you receive a telephone call, pop-up window, or email: anything that asks you to take action:

Think before you click. Try to dial back automatic behavior. Doubt and question!
This looks weird? If in doubt, reach out! Forward suspicious email or possible exposed data to:

- [abuse@umn.edu](mailto:abuse@umn.edu) > suspected or suspicious information security incidents
- [phishing@umn.edu](mailto:phishing@umn.edu) > fraudulent or suspicious email

Examples and Advisories of Scams: Phishing Blog

- [z.umn.edu/phishing](http://z.umn.edu/phishing)

Awareness Training (PJPD16) update

- All new employees are assigned
- Delivered via ulearn.umn.edu
Protect Your Mobile Devices


Use secure screen lock
Lock down apps too
Log out of apps
Use anti-virus
Use official app stores
Don’t install software you didn’t seek out
Don’t change default security settings or “jailbreak”
Always run updates
Use secure wifi (eduroam)
Enable remote tracking/wiping
Back up your data!
Stay Safe on the Road

https://it.umn.edu/news/secure-home-road

Use secure WiFi - password protected = more secure
Use VPN
Disable WiFi, Bluetooth, GPS if you’re not using them
Practice Safe Computing
Web site lists best practices

Be informed about steps you can take

http://safecomputing.umn.edu
Questions?  
Comments?  Stories?
THANK YOU

University of Minnesota