

**Good afternoon, USC!**

**Here are your updates for the week of February 8th-12**

**Important Dates:**

**February 10th: USC Townhall at 1:00 PM**

**Important Information:**

**Departmental Updates:**

**PEOPLE AND DEVELOPMENT:**

**Wellness Program:** Just a friendly reminder that if you would like access to a Headspace account you can enroll for free using this link! Headspace is a wonderful app that has guided meditation sessions, workouts, podcasts, and playlists created to help you focus while doing work! <https://work.headspace.com/universitystudentscouncilofwesternuniversity/member-enroll>

**FINANCE** Thank you for submitting your AP and AR details promptly. AP cheques are being mailed, be sure to include an address. Please reach out to the Finance team regarding deposits and payments. We will do our best to accommodate your financial needs in a timely manner. 2020 T4's have been emailed to all employees. PT copies reach out to Tanee, FT copies to MA. Jan 2020 GI's have been distributed, financial reports to be emailed this week.

**INFORMATION SYSTEMS**

I've written before about the need for unique passwords on every website. This week I thought I would include a good example of why this is important, and pass on an excellent resource.

To see how vulnerable you are visit the site <https://haveibeenpwned.com>. They compile records of all email accounts involved in reported data breaches and scan the darkweb for the many more that go unreported. Simply type in your email address and you'll see a record of every known instance of a security breach.

Here's mine for my personal @gmail.com account...

# ';--have i been pwned?

Check if your email address is in a data breach

gpimlatt@gmail.com

pwned?

Oh no — pwned!

Pwned in 2 [data breaches](#) and found no pastes ([subscribe to search sensitive breaches](#))

## 3 Steps to better security

[Start using 1Password.com](#)



**Step 1** Protect yourself using 1Password to generate and save strong passwords for each website.



**Step 2** Enable 2 factor authentication and store the codes inside your 1Password account.



**Step 3** [Subscribe](#) to notifications for any other breaches. Then just change that unique password.

[Why 1Password?](#)

    [Donate](#)

## Breaches you were pwned in

A "breach" is an incident where data has been unintentionally exposed to the public. Using the [1Password password manager](#) helps you ensure all your passwords are strong and unique such that a breach of one service doesn't put your other services at risk.



**Adobe:** In October 2013, 153 million Adobe accounts were breached with each containing an internal ID, username, email, *encrypted* password and a password hint in plain text. The password cryptography was poorly done and many were quickly resolved back to plain text. The unencrypted hints also disclosed much about the passwords adding further to the risk that hundreds of millions of Adobe customers already faced.

**Compromised data:** Email addresses, Password hints, Passwords, Usernames



**Zynga:** In September 2019, game developer Zynga (the creator of Words with Friends) suffered a data breach. The incident exposed 173M unique email addresses alongside usernames and passwords stored as salted SHA-1 hashes. The data was provided to HIBP by [dehashed.com](#).

**Compromised data:** Email addresses, Passwords, Phone numbers, Usernames

Just two -- I've been both lucky and careful! Had I used the same password for my bank as I did for Words With Friends, my luck might have run out along with my savings...

Type in your email address and see how well you fare! May the odds be ever in your favor.

**BONUS CONTENT:** *(from the haveibeenpwned FAQ)*

*The word "pwned" has origins in video game culture and is a leetspeak*

*(<https://en.wikipedia.org/wiki/Leet>) derivation of the word "owned", due to the proximity of the "o" and "p" keys. It's typically used to imply that someone has been controlled or compromised, for example "I was pwned in the Adobe data breach". Read more about how "pwned" went from hacker slang to the internet's favourite taunt*

*(<https://www.inverse.com/gaming/pwned-meaning-definition-origins-video-games-internet-hackers>).*

## **RESERVATIONS & BUILDING SERVICES**

## **ADVOCACY AND GOVERNMENT SERVICES**

## **PROMOTIONS PRINT PRODUCTION:**