

# Change Password

Version 8

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Once you have activated your Seneca account and you know your password, you can log into [myid.senecapolytechnic.ca](https://myid.senecapolytechnic.ca) at any time and change your password. Using a strong password that is at least 12 characters long and that contains uppercase and lowercase letters, numbers, and symbols. We recommend that you change your password often and regularly.

1. Go to MyID – [myid.senecapolytechnic.ca](https://myid.senecapolytechnic.ca)
2. Select Change Password
3. Enter your password
4. You will now be prompted to change your password. Your password must meet the [minimum requirements](#) to proceed.
  - a. Enter your password in the “Old Password” field
  - b. Enter your new password and confirm your new password
  - c. Click Submit

## Change Password Video



## Additional Information

Here are a list of additional resources to assist you with MyID Self Service:

1. Refer to the [Frequently Asked Questions](#).

2. Refer to the [IT Acceptable Use Policy](#).
3. Review the [Password Rules](#)

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