

# Change Password

Version 7

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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 8 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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