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**Subject:** [ALL-UNIVERSITY] RWU INFOSEC Monthly Briefing [January]  
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**Attachments:** [image001.png](#)

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## Information Security [INFOSEC] Briefing

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### January - 2023 Cybersecurity Focus

**Got backups?** Common knowledge or not - keeping accurate backups is one of the best strategies to recover from any computer incident. It's easy to settle into a daily routine that assumes everything will work. However, what if a major malfunction in your computer prevents it from starting? What if your computer gets a virus that needs to reset to its default state? **Ask yourself: will getting back to "normal" be a trivial issue or a catastrophe?**

**What, when, and how.** The first step is making a conscious effort to have a personal backup plan. Then, **determine which folders on your computer hold the most critical files.** Although a full backup can recover all files, it requires extra time and storage. A better strategy is to organize essential files in select folders. This approach can significantly streamline the backup process. The next question is - **When and how often should you perform backups?** If nightly is too frequent, consider a convenient day that can become a weekly routine. For example, every Friday afternoon before lunch or an hour before punching out. Finally, **how will the backups be done?** In general, there are two options: **local or cloud-based.** Local backups rely on devices you own - such as external USB drives. The advantage of local backups is they enable you to save significant amounts of data quickly and offline. Cloud-based backups use remote infrastructure managed by a hosting company. As such, cloud backup requires a connection to the Internet which can slow down the backup process. However, unlike local backups, it does not require any personal hardware. **One cloud backup option is OneDrive, as all RWU faculty and staff have OneDrive space as part of their O365 account.**

**Are you looking for automatic backup?** Built-in backup applications such as [Apple's Time Machine](#) or [Windows Backup and Restore](#) allow you to create a "set it and forget it" schedule. These tools can be helpful aids in making sure your backups get done on a regular schedule. Either way, executing a backup strategy is a simple and effective way to protect your digital assets. **So don't get caught off guard. Instead, make it part of your 2023 resolution to be proactive with backups!**

Sincerely,  
IT Management

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*Don't take the bait! IT will never ask you for your username and password via email.  
Phishing e-mails attempt to deceive you into giving up private information in a response  
to a message or by leading you to a fraudulent web site.*

*For more tips about phishing, go to [www.phishinginfo.org](http://www.phishinginfo.org).*

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