# 7 WAYS TO SPOT A PHISH

## Subject Line
**STOP & ASK YOURSELF:**
Does the subject line have `[EXTERNAL]` or another label on it? Does the subject line create a sense of urgency?

## From Address
**STOP & ASK YOURSELF:**
Do I know this sender? Does the email address match the sender’s name, and is the account one they typically use?

## Sent Date & Time
**STOP & ASK YOURSELF:**
Do I typically receive these types of messages on days like this and at times like this?

## Recipients
**STOP & ASK YOURSELF:**
Do I know the other recipients on this email? Do I typically receive messages addressed to this group?

## Attachments
**STOP & ASK YOURSELF:**
Was I expecting an attachment? Does the sender usually send information via attached documents?

## Content
**STOP & ASK YOURSELF:**
Does the tone or language seem out of the ordinary? Are unusual phrases or naming conventions being used?

## Links*
**STOP & ASK YOURSELF:**
Does the URL look familiar to me? Does the URL include a misspelling or a slightly modified version of a known website? *Security and marketing features may legitimately rewrite the destinations of URLs in emails, but it’s still good practice to inspect hyperlinks by hovering over them before clicking. For more information, visit [go.rowan.edu/safelinks](https://go.rowan.edu/safelinks).