

# J W

# JASMINE WATFORD



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Chesapeake, VA

## EDUCATION & CERTIFICATIONS

BACHELOR OF SCIENCE IN CYBERSECURITY  
Old Dominion University | May 2026

**Current GPA: 3.94**

ASSOCIATE OF SCIENCE IN GENERAL  
SCIENCE, CUM LAUDE

Tidewater Community College | May 2023

The Official ISC2 Certified in Cybersecurity |  
Ongoing

Certified Pharmacy Technician (ExCPT)

## CORE COMPETENCIES

- Electronic Health Record Systems
- Vulnerability Scanning and Assessment
- Threat Intelligence Analysis
- Digital Forensics
- Intrusion Detection and Prevention Systems
- Security Risk Assessment
- Firewall Configuration and Management
- Client Relationship Management
- Security Incident and Event Management
- Data & Information Security Analysis
- Documentation and Reporting
- IT Policies and Procedures
- Excellent Communication Skills
- Continuous Learning and Skill Development
- Adaptability and Flexibility

## MEMBERSHIPS & AFFILIATIONS

PREVIOUS MEMBER

Garden Club of TCC

MEMBER

Good Girl Movement

MEMBER

Women in Cybersecurity

## TECHNICAL SKILLS

**Operating Systems:** Kali Linux, Windows

**Cybersecurity Tools:** Virginia cyber range and  
Infosec

**Health IT Tools:** Electronic Health Records (EHR)  
Systems, Pharmacy Management Software,  
Connexus

**Microsoft:** Excel, PowerPoint, Word, Teams,  
Outlook

## PROFILE SUMMARY

A Self-starter and results-driven Professional with practical expertise in integrating innovative technical solutions and providing exceptional support, safeguarding critical healthcare information, mitigating potential risks, and boosting end-user productivity via proactive security measures. Recognized as a client-centric team player and IT Enthusiast - practical knowledge of cybersecurity principles, network security, cloud engineering, and healthcare IT while consistently demonstrating exceptional problem-solving skills to swiftly analyze technical challenges, manage data security, and implement robust security frameworks. Seeking to leverage technical skills, educational background in Cybersecurity, and healthcare IT experience to enhance organizational security, streamline operations, and deliver impactful results in a dynamic and fast-paced environment.

## TECHNICAL PROJECTS

### AUTOMATED FIREWALL CONFIGURATION AND FILE SYSTEM SECURITY OPTIMIZATION

- Spearheaded the design and development of an automated solution to streamline firewall configuration and secure file systems across Pfsense environments with a focus on strengthening network security by automating the enforcement of policies, real-time monitoring of file system access in Windows and Kali Linux, and proactively mitigating unauthorized access attempts.

**Environments:** Pfsense Firewall Configuration, Windows and Kali Linux File System Hardening, Automated Rule Deployment, Intrusion Detection and Mitigation, Real-time Monitoring, Policy Enforcement Automation, Cyber Threat Intelligence, Advanced Security Protocols, System Vulnerability Management, Regulatory Compliance, Incident Response.

### CYBERSECURITY RANGE SIMULATION PLATFORM FOR ADVANCED DEFENSE TRAINING

- Engineered a comprehensive cybersecurity range platform simulating sophisticated network attacks to bolster defense strategies focusing on secure file systems and firewall configurations without relying on flag-based objectives.
- Integrated virtualized Kali Linux and Windows environments to enable hands-on experience with network monitoring, defense tactics, and robust security measures.

**Environments:** Kali Linux and Windows File System Security, Pfsense Firewall Integration, Advanced Attack and Defense Simulation, Virtual Machine Deployment, Automated Network Traffic Monitoring, Real-time Threat Response, Vulnerability Scanning and Remediation, Ethical Hacking Techniques, Incident Management, Cybersecurity Compliance, Network Intrusion Detection.

## PROFESSIONAL EXPERIENCE

### CERTIFIED PHARMACY TECHNICIAN

Walmart, Chesapeake, VA

September 2022 – Present

- **Regulatory Compliance & Risk Mitigation:** Guaranteed 100% compliance with federal and state regulations, reduced potential legal risks and maintained operational integrity across pharmacy operations by executing precise prescription processing and regulatory adherence protocols.
- **Customer Support & Problem Resolution:** Amplified patient satisfaction and streamlined medication dispensing by resolving customer inquiries efficiently while demonstrating a solid commitment to customer care and accurate pharmaceutical management.
- **Operational Efficiency & Inventory Optimization:** Led inventory management initiatives, slashed stock discrepancies, maintained records, handled drug storage following safety protocols and ensured uninterrupted availability of critical medications via diligent tracking and strategic reordering processes.