

Reflection #3

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Old Dominion University

CYSE 368_25100: Cybersecurity Internship

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After finishing 150 hours of internship, I am really satisfied with my growth in the organization. Once again, I check for my objectives, and I can say that I have learned a lot. My benchmarks have been met to a certain degree. There were challenges but the outcomes have been satisfactory.

In my first objective, I stated that I wanted to learn the proper procedures to integrate cybersecurity into the systems of my organization. Since technology is in constant change the procedures change but the basics are the same using NIST frameworks. Because I work for a government agency, it is imperative to learn and use those frameworks. I can say that I gained a lot of understanding and learned new procedures almost every week.

In my second objective, I said I wanted to improve risk management by applying new cybersecurity frameworks to existing network systems. I have been able to apply compatible tools that can apply new rules to existing technologies. I learn to apply patches, run vulnerabilities scans and apply remediations to existing systems. I have been taught the proper procedure and participated in the discussions to propose different approaches to present situations.

In my third objective, I wanted to know how my education fared against the necessities and demands of the workplace. I can proudly say that ODU prepared me greatly for my current tasks. I have been able to use tools that I learn in class. I have seen in real-time some of the examples given to me in class and I was happy to understand the details of the task even though I never had done it in real environments.

My final objective was to be able to function effectively in a fast-paced environment. In the last few weeks, I have been tested, and I can say that my team and I were able to solve multiple problems in a timely manner. We also have a couple of emergencies that affected half of the critical systems. We were able to solve in a week and a half a problem that required at least 4

weeks at normal pace. It is true that two teams were needed but the results were excellent for the administration and fleet.

After everything this internship have been an amazing experience. I have learned so much and I satisfy with the results. It also brought me satisfaction since I was offered a position as a full-time employee and as of March 31, 2025, I became part of the organization. ODU opened an amazing door for me, and I am proud to be a Monarch.