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Internship Class, CYSE-368

5 February 2025

Reflection Journal #1

After completing my first 50 hours, I do have to say I've learned a lot. The internship runs Monday through Friday, with Wednesdays being mandatory for in-person work, while the rest is done remotely. My hours fluctuate based on assignments or scheduled meetings, so depending on the week I typically work 10-20 hours.

My first two weeks consisted of paperwork and orientation which centered around the company's overview, mission, and values. I also talked about policies and expectations such as workplace rules, following a proper dress code, attendance policies, and technical guidelines since I was issued a government laptop and phone. Once that was done, It was introduction time! Where I met my supervisor and other mentors who are going to assist me during my internship. My supervisor gave me a tour of the building layout since it takes place at the CFTC (Commodity Future Trading Commission) located in Washington DC.

After introductions, one of my first tasks was researching. My supervisor wanted me to understand the basics of the cybersecurity policies used by the CFTC. He led me to the NIST website and began assigning resources to research. The first assignment was conducting a paper on: "What's the difference between RMF and the Cybersecurity framework. Also provide me with three other security frameworks where you will compare and contrast". Then was constructed to summarize the NIST 800-34 and 800-12 Rev1.

I was also tasked to review the “RMF Small Enterprise Quick Start Guide” and complete this assignment: “1. In the area of categorization, does this document align with NIST 800-37r2, NIST 800-60, FIPS 199 and FIPS 200? If yes or no, why? 2. In your viewpoint, is the document a good source to train people on the RMF process?”. Once that paper was completed I was asked to provide a diagram or workflow to categorize a computer system using the publications in a data type scenario, specifically for a non-national security system. The systems assigned were space exploration and a broadcast agency. I had to demonstrate the information types, their CIA levels, system categorization, and overall categorizations.

After research was over, I had to complete these two training modules which are the “NIST RMF for Systems and Organization Introductory Course”

https://csrc.nist.gov/CSRC/media/Projects/risk-management/images-media/rmf-training/intro-course-v2_0/index.html and the “NIST SP 800-53 Introductory Course”

<https://csrc.nist.gov/csrc/media/Projects/risk-management/images-media/rmf-training/53-intro-course-v1/index.html>.

After completing my first 50 hours I can say it's amazing and such a valuable learning experience. Although the tasks can be a bit time-consuming and challenging, it honestly showed me a deeper understanding of cybersecurity policies used at the CFTC while understanding the roles of frameworks such as the RMF and NIST when it comes to protecting information. Also, concepts that are shown can be compared to real-life scenarios which makes understanding certain terms easier. I appreciate how everyone has been extremely helpful and patient with me so far, especially since the majority of this information is new to me. Overall I'm excited for what's to come!