I have worked on many assignments in this internship and feel that I have benefited from all of them in some way. In many of these assignments, I have benefited others as well. These people include my advisors, assigned students, and future students as well. In this paper, I will explain the tasks I undertook and the ways that they have positively impacted me.

The main assignment in this internship was to be a peer mentor to struggling and/or undergraduate students pursuing a cybersecurity degree. One of the main goals of the internship was to become a trusted source of information and guidance to the students one was assigned. This means that establishing a dialogue was very important in driving interaction. I reached out to students to ask if they had questions about issues paramount to their journey. These included questions about student resources, locations, class registration, general advice for the major, and various other topics. Sadly, I did not get the interactions I would have liked to out of the students and, even though I reached out, they never did in return.

This brought me to the next challenge in the internship, which included going to in person events to complete my required hours. The reason I defined this as a challenge was not due to a lack of passion or initiative, but rather because of my own nature. I have always been very introverted, and these events were not easy for me to complete as they pushed me outside of my comfort zone and tested my communication skills. The most frequent events that I went to were the advising sessions that occurred on the first week of student registration and advising. I was part of a group of mentors that were there to aid students in outline a path for their upcoming semester, offer advice about course that we were familiar with, and register for their class. I showed up early to these sessions and left late. I interacted with various students, mentors, and advisors to assist them. I also showed up to aid in the newly admitted students' day. These assignments forced me to be more extroverted, increased my confidence, and improved my communication skills. These were all positives that resulted from my helping other people, and I am grateful for these experiences.

The last assignment that I was tasked to complete was to add to a cybersecurity YouTube playlist meant to help those on the same degree path. This playlist includes various videos that I have deemed to be helpful and those chosen by the undergraduate advisor. This is meant to be a well of information for students to view and gain the knowledge needed to improve their time at the college. It is also meant to be a rough outline of what is needed to be successful like certifications, soft skills, hard skills, etc. when pursuing a job position after their degree is acquired. I hope that the advisor and other mentor will add to this playlist in the future and that students will benefit from its creation.

The internship course was unlike anything that I have undergone at Old Dominion so far. I had to frequently network and engage with others on a digital platform. I had hours for zoom meetings, calls, emailing, and other modes of contact. I went to in person events where I aided advisors and students alike. I completed virtual assignments and added to the list of resources for new students at the university. I hope my impact on the students and staff was as positive as their influence on me. I am thankful for being granted the opportunity to work under Professor Thorbjornsen and would do so again. In conclusion, I would complete this internship again, even

if it was not required for my degree because of improvements to my communication skills and the chances I had to help others that were in need of assistance.

Video Bibliography

"Cyber Security Full Course for Beginner." www.youtube.com, youtu.be/U_P23SqJaDc. Accessed 20 Apr. 2023.