

Christopher Kundrat

First Quarter

Reflection #1

9/13/2025

Looking back on the past almost 3 weeks of being in the cybersecurity clinic, while only being the start of my experience within this clinic, I have learned a lot about myself as a person especially as someone who is approaching the start of my professional career in cybersecurity. As ill be completely honest, before last spring when I realized I needed to apply myself with the resources provided here at ODU before I graduate with just a diploma to my name, this is what inspired me to apply to this clinic alongside applying myself more in my classes and getting a position at the ITS help desk. Seeing that email that I was suggested up next for this program after not making the first wave, and was able to enter it, filled me with determination to do my best as I finally was given what I wanted which was a chance to apply myself. Upon entering this program initially my biggest concern was managing my time between this and my ITS help desk. While the ITS help desk is not the focus of my reflection, it was a little hard to balance the time between the two at first until I realized that I just need better time management and waking up earlier to do my homework. The result of this was that I was able to give more energy to both programs, especially CCIA since I have more time to prepare myself before class which allows me to focus better.

In conclusion, these past 3 weeks in this clinic has pushed me to become more Confident in myself and my work and has given me a drive to improve as much as possible. One skill I would like to get better at in this program is getting better at reading and having less notes as I feel like it takes too much time for me and is not as efficient.



