

Journal Entry 7

When you're stuck struggling to pay attention in a cybersecurity training you take every year.



How it relates to human-centered Cybersecurity.

- In the cyber world, it is easy to become complacent in briefs or training on how to protect your online presence year after year with the same brief. Many don't realize that each year those trainings get updated with new and evolving threats. Many mark these trainings as a check in the box, but if taken seriously, it helps reduce there risk of victimization.

Journal Entry &

When you finally remember which of your seven passwords work.



How it relates to human-centered Cybersecurity.

- I know for me this happens quite often. Having multiple passwords for different sights or accounts helps reduce the risk of hacking or information gathering. If you have just one password for every account and that password is stolen, the thief now has access to all your information.

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When you must read the terms and conditions before accessing a web site.



How it relates to human-centered Cybersecurity.

- I feel that this relates to human-centered cybersecurity due to most of us do not read the terms or cookie warnings that appear when you click on a website. When reading the actual terms, it helps us understand what the website itself might be trying to track or obtain in personal information.