

Individual Reflection

Trinity Watson

School of Cybersecurity

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Professor Duvall

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I really enjoyed this class, and I feel like I learned a lot from it. The discussions helped me see things from new perspectives, and the assignments pushed me to think more deeply. To start, some things that went right were that I completed my assignments on time, understood them, and also received the criticism needed to improve. Another thing that went right was my team. I feel like my team dynamic was really great, and there were no problems within it, and I was able to learn about them and understand them. Furthermore, I wanted to add that everything with the client went well, the client asked questions, and we were able to fulfill the duties needed to help our clients. We wrote everything down, we double-checked everything, and in the end our client was very satisfied with our paper and our work. I would also say that the presentations went well. I could definitely see myself change from when I first presented with my team. I was very nervous, but then as I kept presenting, I realized that I became less nervous because I was actually prepared to present to my client.

Something that went wrong is that we were getting the clients info incorrectly. My team and I messed up the number three times and had to contact him through email to get his actual number; other than that, everything was fine, and there were no troubles. Moving on, some personal lessons that I learned are that you need to trust your team and communicate with them because if you don't communicate with them, then you're not going to get anywhere. Without communication, you can't express your ideas, which can contribute to the team. However, I learned that it's okay to be nervous. I had to practice speaking in front of my mirror and calm myself down before my presentation, and with my team being supportive, they told me it's okay to be nervous when I thought it wasn't okay to feel this way. Something that I learned is to speak up at the beginning of the internship. I didn't like speaking up because I had a fear that I would get judged or I would say the wrong thing, but the TAs and the professors were very supportive of me, and that really meant a lot. As the internship continued, I began asking questions, and I'm really glad that I did speak up because I wouldn't want those questions to go unnoticed. Moreover, if I could do the project over again, something I would do differently is take time for myself to practice a little bit more and gain more information on the topic. I did understand it, but I felt like it was an overload to grasp, so I would just say go over it a little bit more.

Subsequently, the Internship fulfilled my goal because I was able to get the paper done with my team sufficiently and I was also able to meet with the client and talk to them at their company about how we can improve their business and the steps needed for the next level, which was them trying to get better networks and also to move to a second building. We also presented our findings to them, and they were very pleased with our work, so I feel like this internship really fulfilled the goals in the memorandum of understanding.

The most motivating aspect of this internship was knowing that there was a team there ready to help you if you needed anything or to comfort you if anything went wrong, and the most exciting aspect of the internship was actually meeting up with the clients and helping them with their needs and creating a visual presentation. The most challenging aspect of this internship was just trying to speak out in front of everybody. I feel like that was the most challenging for me because I'm not really the type to speak out in front of people because I do not like speaking in front of a crowd, but with my supportive team I was able to. Another thing I want to add was just trying to get the paper done because the paper had a lot to write and to put a lot of information into, so I feel like that was also another aspect that was challenging. Other than that, nothing else was challenging. Some recommendations that I have for future interns are to just do your best, stay motivated, and communicate with your team. I feel like when you have all those three aspects, you can be able to do so much more with your time and be able to manage it and also to gain a better understanding of how your team dynamic works. Moreover, be sure to set certain expectations for yourself or have a goal in mind, and be sure to use the resources that you have.

All in all, my internship helped me understand how helping clients with the knowledge I know can be a real-world practice. I gained hands-on experience, improved my problem-solving and communication skills, and learned the importance of collaboration, time management, and adaptability in a professional setting. One of my biggest takeaways was learning how to take initiative, ask questions, and apply feedback to continuously improve my work. This internship will influence the rest of my time at ODU by helping me approach my coursework with meaning and focus. I now have a clearer understanding of which skills are most relevant to my career goals as a cybersecurity major, and I am more motivated to seek out projects and opportunities

that align with my professional interests. I also plan to strengthen my networking efforts on LinkedIn and continue developing both technical and professional skills before graduation.