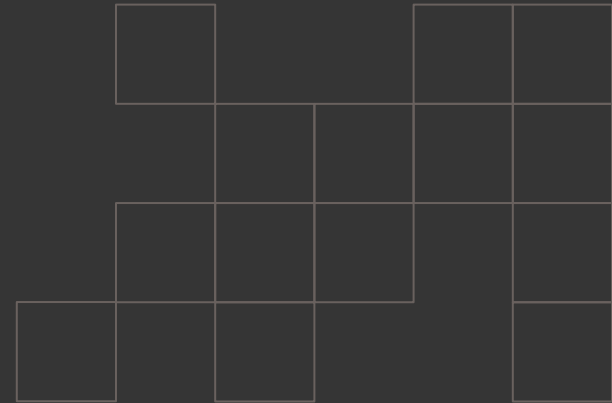


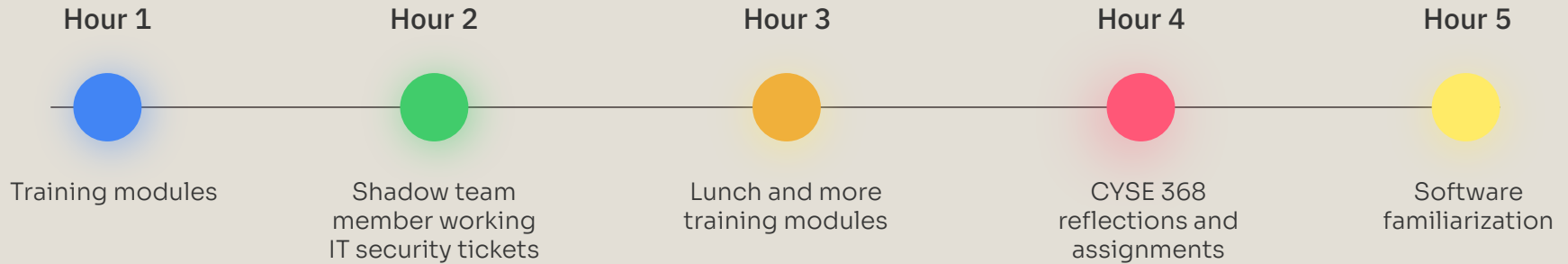
ODU ITS Security
October 2025

Reflection #1

Chandler West



Example Internship Workday



Training

What are some examples of what we are learning?

1

PagerDuty

Monitoring phishing attempts and learning what steps to take to disable the threats they present.

2

CrowdStrike

Security management program used to respond to incidents, hunt for threats, respond in real time to threats, and query language events.

3

Microsoft Defender

Analyze risky users, block emails and URLs, investigate suspicious emails/users.

4

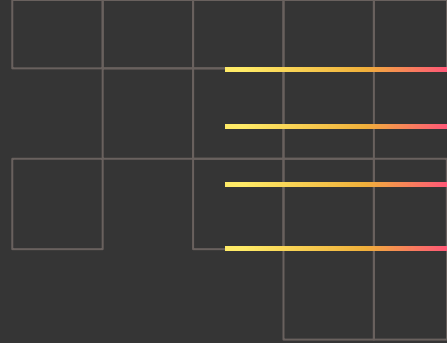
QRadar

User management, logs and events, access management, threat detection, and SIEM.

Challenges

Access issues

Workload



IMPORTANT TAKEAWAYS

1:

Document everything

2:

Be quick to react, but
exercise caution in
every situation

3:

Do not be afraid to ask
for help

Vincent is the GOAT



Christian is also the
GOAT



Feelings towards internship

Very grateful

Knowledgeable team

Amazing opportunity

Confidence boosted

Great technical experience



Excited for future



Thank you