

## Journal Entry # 1

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With the growing demand and reliance to technology, it is becoming more evident that our dependence to computers, the internet, mobile devices and other technological gadgets are at an all-time high. Most of today's everyday task can now be done online. Paying bills, ordering food, and even shopping for clothes are just a fingertip away. All you have to do is make an account associated with whatever company you are buying from, fill in all the required information, make a payment, and wait for your items to be delivered. In the video, Ann was just doing her normal online shopping routine and then one day, received an email that she thought was legitimate. The email was supposedly a gift voucher from the site she usually shops from that required her personal information. Thinking that it was just a form of verification from the company, Ann didn't hesitate to fill it out and gave away her information. It was not until a few days later that she found out that the funds from her bank were missing, and that she has been a victim of a cyberattack. Cyberattack can be described as any form of online assault that was committed with the aid of computers or through the internet. The type of cyberattack that Ann was subjected to is called a "Phishing Attack". This form of cyberattack usually happens when a hacker sends a fraudulent email to the victim with the intent of installing a malware or stealing sensitive and valuable information. Ann's case could have been prevented if she just practice Cybersecurity. Cybersecurity is the art of implementing various techniques and practices to protect computers, network, devices and data from digital attacks and unauthorized use. Gone are the days were you only have to worry about your computer, nowadays, you have to safeguard your phone, tablets, laptops, your social media apps, and cloud storage. Cyberattacks can happen

to anyone. It can affect an individual, a small business establishment even a multinational corporation.

As the advancements in technology continues to rise, the various different ways a hacker can exploit vulnerabilities in computer related system and software also rises. Cybersecurity is a valuable tool in safeguarding oneself from the various risk and threat of cyberattacks. Practicing and being aware of common Cybersecurity practices like installing a firewall, having an antivirus software, or not clicking on suspicious looking emails, might seems small and basic on the outside but it does help in preventing cyberattacks. Prevention is always going to be better than any cure.