

Individual Reflection: The Overall Experience

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Introduction:

During my time working in the Cyber Clinic, I've been through ups and downs. I've gained knowledge and honed skills that needed to be improved. It was definitely a new environment to work as I never had experienced working in an internship related to my field study. But this was definitely an experience I will hold to and use every knowledgeable lesson I have gained from this internship.

Overall Experience in the Clinic:

After finishing the clinic, there are questions I have for myself as in what went right and wrong, any personal lessons learned, and etc. I would say what went right was being able to speak in front of a group of people. Why I say this is because I am not the best public speaker. I am very known to be quiet and I've noticed that I lack confidence when dealing with public speaking. But after being in this clinic, my confidence levels increased compared to how I came in. Another thing that went right in the clinic, was feeling the real-world experience dealing with a real client. Being able to actually work with a real small business has shown me a glimpse of the field work I could be doing if I decided to work in this part of the field. I was able to gain clarity which was something I needed especially since I am graduating next spring. I could go on and talk about what went right because so much went right. But if we get to what went wrong, it would personally be about me as a person. One thing I know went wrong was my time management. I think I was having trouble balancing the enough time for each task I had and not just in this clinic but also other courses I was enrolled in. Another thing that I feel like went wrong was not enough effort was put into the clinic on my part. I do feel like I had a lot to offer

and I didn't give enough. I still think I did good but I could have been great, awesome, or even amazing.

Some personal lessons I learned is to put everything into any opportunity because you never know how long your next door will open. Another is to ask for help. I didn't really do this during the clinic but I've seen others around do it and see how much they improved with a little bit of help. So asking for help can definitely better improve your work. Learning to be uncomfortable in comfortable situations was another lesson I've learned. Working in teams of people with different personalities, work ethics and more, puts you in a position where sometimes it gets uncomfortable. But it's okay. I also learned how to be empathic for my client and using techniques like "Yes and..." in teams to not discourage my teammate or client about what they might have thought was right but add on. One thing I would change about the report is adding more stricter guidelines and standards for the roles that we chose. But everything else was fine.

Memorandum of Agreement:

The internship fulfilled the working in a team dynamic. I was able to work in a group of different personalities and work ethics. We all put our differences aside and work together well. Another aspect fulfilled was communication with my teammates. We were able to contact each other via the messaging app to keep ourselves updated. Lastly, honing my skills that were weak. I see a difference from when I first started to when it ended. There definitely has been a sprinkle of confidence that I didn't know I had in me but this internship brought it out. I think one aspect that wasn't fulfilled was my time management as I talked about in Overall Experience, that

something I will focus on better for the future so I won't go through the same problems as I did in this internship.

Different Aspects throughout the Clinic:

One of the most exciting aspects of the internship was meeting our clients. It was nerve wrecking at first because my teammates and I had to take responsibility for making a full report about solutions and recommendations for the client. But that's what made it exciting because it gave us a real glimpse of what it is like to work as a cybersecurity consultant. On the other hand, the challenging aspect of the internship was making an amazing report for our client on all the needs for their business. As well as creating a creative presentation that could be presented in front of the client.

Recommendations:

To help prepare for the internship beforehand, here's a list:

- Set clear goals for skills as you start the internship
- Come in ready to learn
- Ask questions and feedback
- Take initiative
- Enjoy yourself and believe in yourself

During the internship, this is a list of recommendations:

- Manage time wisely

- Once again, ask questions and feedback
- Stay organized
- Step outside your comfort zone
- Be involved
- Set goals
- Show up every class and try to be on time
- Be professional, even if it might be class like
- Stay focus

Conclusion:

After going through the internship, I can say one main takeaway that I've learned to hold dearly is to learn to get out of your comfort zone. I say this because I know I have interest in working in this part of the field and that requires making reports and presenting them. That would call for me to get myself out of the shy and quiet little box to put myself in and out myself out there and build more confidence. As I am reaching one last semester of my college years at ODU, one thing I can take from this internship is the team dynamic. Learning how to work well in class but also in the real world. My experience in the internship has helped with clarity of what I might want to pursue in the field of cybersecurity. Understanding what skills I would need to better improve is something I will focus on during my last semester in college as well as after college. Overall my experience in the internship was honestly the best I could have had. I was lucky enough to receive it and I will use everything I've learned in the clinic and apply it to my professional career in the future.