

Internship Reflection Paper #3: 150 Hours Completed

During my third 50-hour period of internship work, I continued to grow both technically and professionally. Now that I have completed 150 total hours, I can clearly see the progress I have made since the beginning of the internship. At first, I was mostly observing, learning new terminology, and trying to understand how the tools and systems worked. Now, I feel more comfortable with the environment and have a better understanding of how cybersecurity and IT operations work in a professional setting.

One of the main things I learned more about this week was MECM, also known as Microsoft Endpoint Configuration Manager. I gained a better understanding of how it is used to manage systems, deploy updates, organize devices, and support a large enterprise environment. Before this internship, I mostly understood endpoint management from a classroom perspective. Seeing how it is used in the workplace helped me understand that endpoint management is not just about installing software. It also involves security, compliance, troubleshooting, and making sure systems stay reliable for users.

This week, I also learned more about different types of code and automation tools being used by the team. One of the most interesting parts was learning more about how our team is using Claude AI and other tools to support automation, documentation, and workflow. This showed me how artificial intelligence can be used in a positive way to make work more efficient. It also helped me realize that future cybersecurity professionals will need to understand how to use AI responsibly and safely.

Another important topic I learned about was the rise of new cyber threats related to artificial intelligence, including threats such as Fable and Methos. Learning about these threats helped me understand how quickly cybersecurity is changing. AI can make attacks more advanced by improving phishing, social engineering, malware, and misinformation. This made me realize that cybersecurity professionals have to keep learning because attackers are always adapting and finding new ways to use technology.

This internship continues to connect strongly to what I have studied in school. My cybersecurity courses have taught me about system security, networks, operating systems, risk management, and cyber defense. During the internship, I am seeing how those concepts are applied in real situations. Learning about MECM connects to endpoint security and system administration. Learning about AI threats connects to threat intelligence and risk management. Learning about automation connects to programming and scripting. This experience has helped me see the connection between classroom learning and real-world cybersecurity work.

This week also helped me think more seriously about my future career. I learned more about different internship opportunities and possible options for continuing to work during the school year. Knowing that I may be able to come back and keep gaining experience motivates me to keep working hard and improving. It showed me that being professional, dependable, and willing to learn can open doors for future opportunities.

I can definitely see myself growing in this field. Cybersecurity is challenging, but that is one of the reasons I enjoy it. There is always something new to learn, whether it is a

new tool, new threat, or new process. This internship has shown me that cybersecurity is not only about technical skills. It also requires communication, patience, teamwork, and attention to detail. The more time I spend in this environment, the more confident I feel about pursuing cybersecurity as my career.

Professionally, I believe I bring curiosity, a strong work ethic, and a willingness to improve. I try to ask questions when I do not understand something, and I pay attention to how experienced professionals solve problems. I also try to take initiative when learning about automation and tools that can make tasks more efficient. This internship has helped me understand how important it is to be dependable, especially in a cybersecurity environment where small details matter.

Overall, my third 50-hour internship period has been a valuable part of my growth. I learned more about MECM, automation, Claude AI, new cyber threat AI, and future career opportunities. Completing 150 hours has helped me become more confident, more motivated, and more aware of the type of professional I want to become. This experience continues to push me to keep learning, work harder, and take advantage of every opportunity to grow in the cybersecurity field.