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Reflection #3

As I finished my internship with the City of Virginia Beach Department of Information Technology, I continued building my skillset by monitoring risky users and analyzing phishing emails. These tasks helped me identify malicious behavior patterns and better understand how social engineering is used in real situations.

A highlight of my internship experience was attending the monthly cybersecurity team meetings. These meetings addressed current threats, cybersecurity news, ServiceNow ticket assignments, and risk management strategies and discussed incorporating AI-assisted software into the cybersecurity processes. It was insightful to see what planning goes into keeping the city's systems secure. Additionally, I had regular one-on-one meetings with Kris, where I could ask questions, reflect on my progress, and discuss any new topics I wanted to learn. These one-on-one meetings got me more comfortable in the workplace and were very helpful in pinpointing my areas of interest.

One of my more interesting new learning experiences was when I assisted in two investigative cases involving compromised work devices. We used digital forensic tools like Autopsy and FTK Imager to collect images of digital evidence. I helped conduct file system analyses and data recovery, collect logs, and examine user interactions. In one of the cases, we traced the breach back to a user who clicked on malicious links and interacted with CAPTCHAs that redirected to vulnerable WordPress sites. The threat appeared to be targeting credentials and trying to infiltrate and laterally move through the city network.

Another fulfilling experience was when the team and I spoke with high school seniors interested in cybersecurity. These students were from Princess Anne, and they were participating in a student shadowing event. They were interested in coding, cybersecurity, and bioinformatics. The high schoolers were still deciding what career path to take, so they wanted to learn more about college and internships. I shared a bit of my own college and internship journey, giving advice on financial aid, time management, and making the most of their college years.