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CYSE 368, Cybersecurity Internship

Reflection Paper 2

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During the past 50 hours of my internship with the COVA CCI cybersecurity clinic, we had the opportunity of working under the guidance and mentorship of Greg Tomchick, CEO of Valor Cybersecurity, who shared his “Top 10” best cybersecurity practices for small businesses. Greg’s classroom lessons gave us guidance on critical steps to help small businesses strengthen their cybersecurity posture without having to implement complex or expensive solutions. For example, one solution in Greg’s “Top 10” steps in strengthening a small businesses cybersecurity posture is to train its employees on common cybersecurity attacks such as phishing scams to prevent employees from falling victim to a phishing attack, compromising the business.

To put all this knowledge to use, my group, Team Suffolk B, went out and engaged with small businesses in Norfolk, assessing their current cybersecurity measures and encouraging them to address their vulnerabilities. Additionally, we collaborated with our client, the City of Suffolk IT Department, to determine their needs as part of our Cybersecurity-as-a-Service (CaaS) internship positions. We conducted a vulnerability scan on one of their SQL databases using Tenable.io, identifying its vulnerabilities. Our ongoing risk assessment of this SQL database includes malware and compliance scans in Tenable.io, which we hope will give the City of Suffolk IT Department the information needed to take action in strengthening its SQL database.

I believe a key part of this internship within the last 50 hours was the hands-on training we received from Joshua Cox, Suffolk's Senior Cybersecurity Administrator, who taught us how to navigate Tenable.io and interpret scan results. Additionally, Suffolk's Special Projects Advisor, Neal Miller, also provided us guidance on structuring our risk assessment deliverable and our report, including outlining future steps for the City of Suffolk's IT Department to take, as we are now preparing to present our findings. In conclusion, our on-site meeting with Suffolk's IT Department has provided us with practical cybersecurity skills and Greg Tomchick's classroom lessons and practical application of it within the Norfolk community has shown us the importance of cybersecurity in two different approaches. This internship has been a great step forward in our academic journey toward a career in cybersecurity, providing both technical skills and insights into cybersecurity consulting!

