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CyberQRT

Reflection 2

During 100 hours in my internship, I have had the opportunity to grow both technically and professionally by working on a variety of projects related to cybersecurity research, documentation, and technical analysis. Looking back on everything I have accomplished, I can see how each assignment has helped me build skills that will be valuable throughout my career. Every task has challenged me to think critically, communicate clearly, and continue learning about the cybersecurity field.

One of the primary responsibilities during my internship has been conducting cybersecurity research. I spent time reading peer reviewed research papers, taking detailed notes, and analyzing the information presented in each study. At first, some of the papers were difficult to understand because they included technical terminology and advanced research methods. As I gained more experience, I became more comfortable identifying the purpose of each paper, understanding the experiments that were conducted, and recognizing how researchers measure the effectiveness of different cybersecurity solutions. This process strengthened both my research and analytical skills while giving me a better understanding of current cybersecurity topics.

In addition to reading research papers, I created annotated bibliographies that summarized each paper's purpose, findings, and overall value. This helped me improve my technical writing and taught me how to organize information in a way that is useful for future research. I learned that being able to explain technical concepts clearly is just as important as understanding them.

Another major focus of my internship has been preparing for the CompTIA Security+ certification. I have spent time studying cybersecurity concepts and completing practice exams to reinforce what I have learned. The practice tests helped me identify areas where I needed additional review while increasing my confidence with the format of the certification exam. Preparing for Security+ has strengthened my understanding of networking, security principles, risk management, and many other topics that are important for a career in cybersecurity.

As my internship has progressed, my responsibilities have shifted toward improving help desk documentation. My current assignment is to review the entire help desk file set and take detailed notes on areas that could be improved. While reviewing the documentation, I am identifying instructions that could be explained more clearly, areas that may cause confusion, and opportunities to make the documents easier to understand. I am also looking for sections where information overlaps between multiple files so they can potentially be condensed into fewer documents. This experience has shown me how valuable well organized documentation is because it allows employees to solve problems more efficiently and provides consistent guidance for anyone using the documentation in the future.

Once I complete the documentation review, I will transition back into cybersecurity research with a stronger emphasis on finding recently published peer reviewed papers from 2025 and 2026. My supervisor has asked me to focus on papers available through databases such as IEEE Xplore that cover artificial intelligence and machine learning. We are specifically looking for research that includes experiments that can be recreated, uses public datasets, and provides enough performance metrics to compare results. After collecting a strong group of papers, we will evaluate which ones could serve as a foundation for future praxis projects. I am excited about this phase because it will allow me to continue strengthening my research skills while exploring how AI and machine learning are being applied to solve cybersecurity challenges.

Another change during my internship is the introduction of daily progress meetings with my supervisor. Beginning this week, we will have daily check ins every morning to review my progress, discuss any challenges I have encountered, and plan the next steps for upcoming assignments. I believe these meetings will help me stay organized, improve my time management, and receive valuable feedback that will strengthen the quality of my work. Learning how to communicate progress and collaborate with others is an important professional skill that I will continue to develop throughout my career.

Although the physical cybersecurity kit training has been delayed until another test kit becomes available later in the summer, I understand that this delay provides an opportunity to focus on strengthening my documentation review and research skills. I look forward to participating in the hands on training once the equipment is available because I know it will allow me to apply many of the concepts I have been studying throughout my internship.

Overall, this internship has provided me with valuable experience that extends far beyond technical knowledge. I have improved my research abilities, strengthened my analytical thinking, developed better technical writing skills, and gained experience reviewing and improving professional documentation. I have also learned the importance of communication, organization, and continuous learning in a professional cybersecurity environment. Every assignment has contributed to my personal and professional growth while giving me a better understanding of what it takes to succeed in the cybersecurity industry.

As I continue my internship, I hope to build on everything I have learned by completing the documentation review, conducting additional AI and machine learning research, preparing for the Security+ certification, and participating in future hands on training opportunities. I am grateful for the opportunity to continue developing my skills, and I believe the experience I have gained during this internship has prepared me to become a stronger cybersecurity professional in the future.