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CyberQRT

Reflection 1

During my 50 hours as an intern, I spent my time learning more about cybersecurity and developing skills that will help me in both college and my future career. This internship gave me the opportunity to work on research, improve my understanding of cybersecurity concepts, and prepare for the CompTIA Security+ certification. Although I was not working directly with cybersecurity systems, the tasks I completed helped me build a strong foundation of knowledge and gave me valuable experience with research, analysis, and professional development.

One of the main things I worked on during my internship was reading cybersecurity research papers and taking notes on what I learned. At first, some of the information was challenging because many research papers contain technical language and complex ideas. However, as I continued reading and taking notes, I became more comfortable understanding the material and identifying the most important points. I learned how researchers study cybersecurity issues and how their findings can be used to improve security practices. Taking detailed notes helped me stay organized and allowed me to review important information later. This process also improved my ability to analyze information and understand cybersecurity topics from a deeper perspective.

Another major task I completed was creating annotated bibliographies. With the help of Claude, I reviewed sources, summarized the information they contained, and explained why each source was valuable to the research topic. This assignment taught me how to evaluate sources and determine whether they were reliable and useful. It also helped me improve my writing skills because I had to clearly explain the purpose and importance of each source. Creating annotated bibliographies required me to pay close

attention to details and think critically about the information I was reading. Through this experience, I gained a better understanding of the research process and learned how important it is to use credible sources when gathering information.

A large portion of my internship was dedicated to studying for the CompTIA Security+ certification. Since Security+ is one of the most recognized certifications for individuals entering the cybersecurity field, I wanted to use this opportunity to strengthen my knowledge and prepare for future career opportunities. I spent time reviewing study materials, learning cybersecurity concepts, and taking practice tests. Some of the topics I focused on included network security, access control, risk management, threats and vulnerabilities, and security operations. Studying these topics helped me better understand how organizations protect their systems, networks, and information from cyber threats.

The practice tests were one of the most valuable parts of my studying. They allowed me to see which areas I understood well and which topics required additional review. Every time I completed a practice exam, I gained more confidence and became more familiar with the style of questions that appear on the Security+ certification exam. The practice tests also showed me that cybersecurity is not just about memorizing information. It is about understanding concepts and knowing how to apply them in real situations. This experience helped me become more disciplined with my study habits and motivated me to continue learning outside of the internship.

Throughout the internship, I developed several important skills that will help me moving forward. My research skills improved because I spent time reading and analyzing professional cybersecurity papers. My writing skills became stronger through creating annotated bibliographies and organizing information in a clear way. I also improved my critical thinking skills because many of the tasks required me to evaluate information and determine what was most important. In addition, my cybersecurity knowledge grew significantly through studying for Security+ and learning about different security concepts and best practices.

Looking back on my 50 hours as an intern, I am grateful for the experience and everything I learned. Even though many of my tasks focused on research and studying, they provided me with valuable knowledge and skills that will support my future goals. The internship taught me the importance of continuous learning, especially in a field like cybersecurity where technology and threats are constantly changing. It also showed me that success in cybersecurity requires dedication, curiosity, and a willingness to keep improving.

Overall, this internship was an important step in my professional development. Reading research papers, creating annotated bibliographies, and preparing for the Security+ certification helped me gain a stronger understanding of cybersecurity while improving my research, writing, and analytical skills. The experience has given me more confidence in my abilities and has reinforced my desire to pursue a career in cybersecurity. I look forward to applying what I learned during this internship as I continue my education and work toward achieving my career goals.