

# Sage Hensley

Bristow, VA 20136 • sagehensley99@gmail.com • 571-991-7269

## Education

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### OLD DOMINION UNIVERSITY

Norfolk, VA

B.S. in Cybersecurity with a minor in Criminal Justice

April 2026

**Relevant Coursework:** Basic Cybersecurity Programming and Networking, Introduction to Cybersecurity, Introduction to Networking and Security, Linux System for Cybersecurity, Cybersecurity Techniques and Operations, Cyber Strategy and Policy, Ethical Hacking and Penetration Testing

## Technical Skills & Projects

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**Certifications:** CompTIA Security+ (SY0-701)

**Programming:** Python, Powershell

**Operating systems:** MAC OS, Windows, Kali Linux, Ubuntu

**Applications and Skills:** GitHub, Visual Studio, pfSense, NMAP, Wireshark, Google Docs, Slides, and Sheets, Artificial Intelligence, Prompt Engineering, Security Policies, Threat Management, Cryptography

### Ethical Hacking and Penetration Testing Projects

Used technical abilities such as reconnaissance using OSINT, Vulnerability analysis, and password cracking to perform penetration tests on multiple Linux and Windows machines

### Cybersecurity Techniques and Operations Labs

Solved multiple capture the flag formatted labs in both windows and linux having to do with implementing security policies, configuring firewalls, intrusion detection, and more.

## Job Experience

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### PAWS ON A WALK

Bristow, VA

#### Pet Care Professional

April 2020 - Present

Operated a professional pet care business with multiple employees that has seen continuous growth. Implemented specific plans of care for individual pet needs while consciously maintaining the safety and well-being of the pets. Maintained clientele for multiple years while also conducting new client meetings. Entrusted with access to many residential homes.

### SPROUTS FARMERS MARKET

Manassas, VA

#### Vitamin/ HBA Clerk

June - August 2023

Memorized locations and researched uses of hundreds of products to inform customers and answer any inquiries. Kept the store organized, meticulously arranged product displays and ensured shelves were stocked.