

Tracy AdomFrimpong

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SUMMARY

Compassionate and detail-oriented cybersecurity student, bringing a strong foundation in problem-solving, critical thinking, and working under pressure. Experienced in IT event support, providing hands-on technical troubleshooting, network setup, and security awareness. Skilled at protecting sensitive information, following strict regulations, and responding calmly in high-stress situations. Excited to apply precision and integrity from healthcare and IT to safeguarding digital systems

EDUCATION

Old Dominion University

Norfolk, VA

Bachelor of Science in Cybersecurity | GPA: 3.4 | Expected Grad. May 2027

- **Relevant Coursework & Knowledge:** Linux System for Cybersecurity, Windows, Programming and networking, Pre - Calculus 1
- **Awards/Honors:** Dean's List (Spring 2024, Fall 2023, Spring 2025)
- **Certifications:** CompTIA Security+ (Expected Dec 2025) | Google Cybersecurity Professional Certificate
- **Clubs/ Extracurriculars:** Women for Cybersecurity Organization | Summit Student Organization

PROJECTS

• Active Directory Attack & Defense Simulation

Tools used: Kali Linux, Bloodhound, Mimi Katz, PowerShell, Sysmon, Splunk

Built a custom AD lab to simulate attacker behavior and internal defense. Mapped domain relationships and privilege escalation paths using Bloodhound, then executed credential dumping and token impersonation with Mimi Katz.

Configured Sysmon and Splunk to monitor malicious activity, analyzed execution logs, and identified detection gaps.

Concluded by recommending hardening steps to reduce attack surface and improve lateral movement defenses.

• Web Application Security Testing

Tools used: Burp Suite, Docker (OWASP Juice shop), Kali Linux

identified SQL injection vulnerabilities in OWASP juice shop using Burp Suite. Intercepted and modified HTTP to bypass authentication, validating real-world security flaws and remediation techniques.

WORK EXPERIENCE

Old Dominion University – Information Technology Help Desk

Norfolk, VA

Student Support Technician

June 2025 – Present

- Provide front-line technical support to students, faculty, and staff for hardware, software, and network issues.
- Configured and maintained event technology, including audiovisual systems, hardware setups, and secure wired/wireless network connections.
- Troubleshoot IT and connectivity issues under tight deadlines, ensuring smooth and secure operations.
- Implemented access controls and device security measures to safeguard sensitive event data and presentations.

Sentara Norfolk General Hospital

Norfolk, VA

Patient Care Technician

October 2024 – Present

- Protected patient confidentiality and medical records in compliance with HIPAA standards, reinforcing principles of data privacy and information security.
- Delivered high-quality patient care while adhering to strict safety, hygiene, and infection-control protocols.
- Built trust and provided compassionate support to diverse patient populations, applying strong communication and problem-solving skills.

TECHNICAL SKILLS

- **Security Tools:** Wireshark, Nmap, Metasploit, Burp Suite, Splunk,
- **Networking:** TCP/IP, DNS, Firewalls, VPN, IDS/IPS
- **Systems:** Windows Server, Linux (Ubuntu, Kali), Active Directory
- **Programming/Scripting:** Python, Bash, PowerShell
- **Other:** Vulnerability Scanning, Risk Assessment, Incident Response Basics

