

Tracy AdomFrimpong

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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 5x (Spring 2024, Fall 2023, Spring 2025, Fall 2025, Spring 2026)
- **Certifications:** CompTIA Security+ (Expected April 2026) | Google Cybersecurity Professional Certificate
- **Clubs/ Extracurriculars:** Women for Cybersecurity Organization | Black Student Association | Summit Organization

TECHNICAL SKILLS

- **Security Tools:** Splunk (SIEM), Wireshark, Nmap, Metasploit, Burp Suite, Sysmon
- **Cybersecurity Concepts:** Vulnerability Assessment, Incident Response Fundamentals, Security Monitor, Risk Assessment
- **Networking:** TCP/IP, DNS, Firewalls, VPN, IDS/IPS
- **Systems:** Windows Server, Linux (Ubuntu, Kali), Amazon Web Services, Active Directory
- **Programming/Automating:** Python, SQL, Power Automate, Bash, PowerShell
- **Data & Reporting Tools:** Power BI, PowerApps

WORK EXPERIENCE

Sentara Health Hospital – Information Technology Service

Norfolk, VA

Desktop Support Analyst Intern

April 2026 – Present

- Provided technical support for hardware, software, and network-related issues across Windows-based systems.
- Diagnosed and resolved desktop, printer, and connectivity problems for end users in a timely manner.
- Assisted with imaging, configuring, and deploying laptops and desktop workstations for employees.
- Documented technical issues, resolutions, and support tickets using IT service management systems (service now).

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.
- Support IT operations by documenting technical issues and solutions, improving IT service reporting and communication.
- Ensure event infrastructure adheres to security and access control procedures to protect university systems and data.

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.
- Demonstrated precision and consistency in completing critical care tasks under demanding conditions.
- Built trust and provided compassionate support to diverse patient populations, applying strong communication and problem-solving skills.

PROJECTS

Active Directory Attack & Defense Simulation

September 2025

- Designed and deployed a simulated enterprise Active Directory environment to analyze attacker behavior.
- Performed privilege escalation and credential access simulations using Bloodhound and Mimikatz to identify domain attacks
- Implemented Sysmon logging and Splunk SIEM monitoring to detect suspicious activity and analyze security event
- Tools used: Kali Linux, Splunk, Sysmon, Bloodhound, Mimikatz, PowerShell.

Web Application Security Testing

October 2025

- Conducted web application vulnerability testing on OWASP Juice Shop using Burp Suite and Kali Linux.
- Detected SQL injection vulnerabilities and demonstrated authentication bypass through HTTP request manipulation.
- Analyzed application responses to identify security weaknesses and potential exploitation paths.
- Tools: Burp Suite, Docker, Kali Linux.